



### Review Article

## Fundamentals of panchakarma in child health care

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### ABSTRACT:

Ayurveda is the science of life deals with different principles which guide for the healthy, long and good quality of Happy life. Mainly Ayurveda concentrates on preventive aspect, one among them is the concept of panchakarma. It is special branch among Ashtangas of Ayurveda. Panchakarma is the five major procedures beneficial in the elimination of Tridoshas- Biological units of the body when they get vitiated due to improper diet intake and regimens or even seasonal environmental changes.

It prevents ageing, gives longevity, strength and also destroys various diseases. In the present condition, this will help with the proper growth & development of the child, avoid certain deficiency disorder, to the overall development of the child like-somatic, psychological, social etc. By doing panchakarma we can avoid the future disease incidence.

In the present day due to change in Lifestyle, children suffer from Anxiety, Stress, Tension, and Depression and Deficient nutritive values in the routine food and Environmental pollution leading to different disorder. To overcome this and add few years to Quality and Healthy life panchakarma can play a very crucial role in contemporary Health Scenario of children.

**KEY WORDS:** Panchkarma, bala, Ayurveda.

### INTRODUCTION:

Ayurveda concentrates on preventive aspect one among them is panchakarma. It prevents ageing, gives longevity, strength and also destroys various diseases in the field of paediatrics there is so many diseases which have no or limited answers in the contemporary medical science. Growth and development is a physiological process provided all factors influencing them are healthy.

Panchakarma are the five major procedures beneficial in the elimination of Tridoshas- Biological units of the body when they get vitiated due to improper diet intake and regimens or even seasonal environmental changes.<sup>1</sup>These therapies are equally helpful in the prevention and cure of the diseases. panchakarma plays a vital role in maintaining the equilibrium of *dosha, dhatu, and malas* and ultimately prevents illness

also maintain a good healthy state of children. Terms used are *shodhana, langhana, doshavasechana, and apakarshan*.<sup>2,3</sup>

Baby should undergo shodhana to eliminate the accumulated doshas(*Doshasanchaya*).<sup>4</sup> The child without eradication of the disease is in danger and his various body parts do not grow properly.

### Factors Which Highlight The Limitation of Panchakarma In Pediatrics <sup>5</sup>

- Aparipakvadhātu
- Ajatavyanjana
- Sukumara
- Akleshasaha
- Vakchestayohoasamarthya

**Basis of Modification of Pancha karma in children**

- Alter or reschedule the Procedure, Drugs, Mode of Administration, Duration and Frequency
- As per Condition(dushya), Dosha state, Age and maturity, Severity, Desa, Kala and Prakriti

**Trividha karma <sup>7</sup>****◆ Purva karma (Pre therapy procedure)**

Purva karma mainly includes rukshana karma which can be considered as udwartani.e massage with dry medicated powder. It provokes Agni, enhances the circulation and brings stability to the body. It also includes deepana which brings koshtalaghavata, improves agni and helps in digestion and absorption. Pachana corrects the dhatwagni which results in dhatuparinamana and dhatuposhana.

Snehana is done to bring uncouthness in the body and pacifies vata in body fills empty channels Increases Kapha, Meda, Majja etc, Reaches brain and acts as Medhya(Ghee), Provokes Agni helps to eliminate vitiated dosha from Dhatu to Koshta and Promotes growth and development. Swedana is a Procedure that relieves rigidity, heaviness, cold and brings about sweating Some of the conditions where swedana is given in balaas Phakkaroga-Shashtikashali pindasweda, Balashosha-Navarapayasa, Khanja & pangu-shastik panda sweda and Bala taila parishekasweda is given in newly born according to Vagbhata.

**◆ Pradhana karma (Therapy procedure)****1. Vamana karma :**

Vamana is Possible from birth onwards. Treatment of choice for kapha especially in children who are predominant of Kapha. Mridusadyovamanais carried out many times. No pre-therapy procedures are required in infancy and in early childhood Modifications required in procedure and dosage. According to KashyapaVamana therapy is suitable for the children only after the age of 6 years. He told that it is best to use the milder potency drugs in small quantity.

Ksheerada- apply vamana drugs like madana, pippali, saindhava, madhu over the breast of the mother and after it dries up it should be washed and baby is made to breast fed which leads to easy Vamana.

Ksheerannada- administermadana, vacha along with

breast milk.

Annada- the decoction of madana, vacha and saindhava or katphala and sarshapa etc.

**2. Virechana karma :**

Virechana is the second therapy in the sequence of panchakarma, especially for paittika diseases. It is also useful in Pitta associated with Vata or Kapha. All Acharyas told Bala as Ayogya for Virechana. Aragwadha is madhura, mrudu and does not produce much complication. Aruna variety of trivrit is best in children as it is mrudu.

**Dosage of vaman and virechandravayas <sup>6</sup>**

Half anguliparvamatra if churna 15 mg

One prasrut if kashay 96 gram

Half karsha if kalka 6 gram

**3. Basti karma**

Kashyapa has told bastiafter the age of 1 year ie., when the child starts to take solid foods by leaving breast milk.For children having given up breast feeding ,the dose is ½ pala, no need of pathyas.

**Dose of snehabasti according to kashyapa :**

AGE	MATRA
Up To 3 Years	3 Karsha (36ml)
4 - 5 Years	1 Pala
6 - 11 years	1 prasruta
12 - 16 years	2 prasruta
17 years & above	4 prasruta

**Dose of niruhabasti matra according to Acharya Kashyapa:**

Age(Yrs)	Nirooha matra	
1	½ prasruta	4 tola
2	1 prasruta	8 tola
3	1 ½ prasruta	12 tola
4	2 prasruta	16 tola
5	2 ½ prasruta	20 tola
8	4 prasruta	32 tola
12	6 prasruta	48 tola
21-50	12 prasruta	96 tola

Some useful Bastikalpasare Dashmula Madhutaalik Basti, Balarasnadi Niruha, Punarnavaerandadi Niruha, Nikumbha Anuvasan, Yashtimadhu tail Basti etc.

Uttara basti - In children insert bastinetra only upto one angula. The prescribed dose of oil for children is 2Karsha. The dose is one Shukti.

#### **Bastipaschat Ahara-**

Vataroga – mamsa rasa

Pitta roga – ksheera

Kapharoga – yusha

#### **According to Kashyapaacharaya -**

Karma basti – Atyadhikabala

Kala basti – Madhyamabala & vatawith pitta samsarga

Yoga basti – Alpbabala & vata with kaphasamsarga

#### **4. Nasya karma**

Marsha nasya can be given from 7<sup>th</sup> year, whereas pratimarsha from birth itself. Especially to breastfed children, mustard oil or ghrita mixed with rock salt should be used. Two – two or three- three drops should be put into nostrils and the nostrils should be closed with a finger for a short while. With this shleshma disease of the child gets cured.

#### **5. Raktamokshana karma**

Siravyadha variety of RaktaMokshana is contraindicated throughout the childhood period till 16 years. Jaloukavacharana or leech application is the best method adopted for bloodletting in children in cases of pitta associated and Raktaja disorders like Kukoonaka, Ahipootana, Visarpa, Kushta, Mukhadushika etc.

#### **◆ Paschat karma (post-therapy procedure)**

##### **Samsarjana karma -**

- Day 1 – pradhana karma jeerna bhakta sukhoshna shitajala
- Day 2 – yavagupanam
- Day 3 – Deepana ruksha ushna saindha vavilepi
- Day 4 – Mudga mandasadhita odana
- Day 5 – Phalamla mudgamandasadhita odana
- Day 6, 7 – Ghrita mudga mandayukta odana
- Day 8 – Jangala mamsa rasa & odana
- Day 9 – Ghrita yukta mamsa rasa & odana
- Day 10, 11 – Ghrita lavana amla mamsa rasa yukta odana
- Vatakapha dominant – Anupana – ushnaudaka

#### **Rasayana -**

The application of rasyana can be used based on yukti and the dosha, vyadhiavastha and prakruti of a child for immune building and to promote strength. some of the following rasayanas can be used in daily regimen- chyavanprasha, bramharasyan, pippalirasayan, amlakarasayan, etc.

#### **CONCLUSION:**

By going through the above points one can understand that Panchakarma is the unique therapy of Ayurveda System of Medicine. They are equally beneficial in the prevention and cure of the disorders thereby improves the lifespan of the individual. In pediatric practice also these therapies are helpful provided administered with due consideration in the stage of the diseases, the dosage of medicines, proper method, vata and Bala of the children. Care should be taken in the prevention of complications.

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