



AYURVEDA PERSPECTIVE OF PEDIATRIC DISEASE (BALA ROGA)

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ABSTRACT

The traditional science of Indian medical system described childhood age as *Shishu*, *Bala* or *Kumara Avastha*. As per ancient literature the considerable features of *Bala Avastha* involve lack of sexual activity, sleep for longer period of time, possess less energy and *Kumara* body. The exhaustive discussion of pediatric disease described as *Kaumarabhrityaka*, *Kaumarabhritya*, *Kumara Tantra* or *Kaumarabhritya* in *Ayurveda* science. *Kaumarabhritya* is one of the branches of *Ayurveda* which dealt with diseases of children. The basic science of *Ayurveda* not only involve childhood disease in *Kaumarabhritya* but it also suggest to take great care of diseases of genital organs, reproductive system since *Garbhashaya Kshetra* is the place where fertilization and development of fetus take places. This article summarizes perspective of pediatric disease (*Bala Roga*) as per ayurveda with special reference to the disease associated with nutritional deficiency (*Ahara-Vikara*).

KEYWORDS: Bala Roga, Pediatric, Bala Avastha, Ayurveda.

INTRODUCTION

As per *Ayurveda* three *Doshas* (*Vata*, *Pitta*, *Kapha*) are mainly involve in pathophysiology of most of the disease, it is very essential maintaining *doshic* balance for good health. In childhood age *Kapha Dosh* is predominance since it is associated with anabolic activity thus most of the childhood diseases are related to *kapha dosha* disturbance. *Ahara* which vitiates *Kapha* & *Vata dosha* may leads diseases like; *Balshosha*, *Phakka Roga*, *Karshya* etc., thus ayurveda suggest diet regimen to maintain *tridoshic* equilibrium in *Bala Avastha*.

Bala is the early developing age group in which physical strength is less since *Dhatu*s are in developing stage, the level of physical strength and sexual characters are very low, the *Kapha Dosh* is predominant resulting *Kaphaja Vyadhi*. This is *Sukumara* age susceptible for the infectious diseases. There are various approaches suggested by *Ayurveda* for the *Nidana* of *Bal roga*; the diagnostic approaches for *Bal rog* must encompasses consideration of body characters and movements, diseased conditions of mother and *Dhatri*, in *Bala Avastha Dosh*, *Dushya* and *Malla* are less thus the dose of drug should be fixed with great care since potency of drug may cause harm in this stage of delicacy. The consideration of *Graham Rogas* is also very important to maintain *Sutikagara* under the *Dhupana Karma*. *Sushruta* described *Baalya* as age from birth to 16 years however further it is further sub classified into

Ksheerapa (from birth to one year) *Ksheerannada* (one year to two years) and *Annada* (two years to sixteen years). The other ancient text also classified developing age which is as follows.

Classification of developing Avastha as per Kashyapa

- **Garbha:** Development stage of fetus.
- **Bala (Ksheerapa):** From birth to one year.
- **Kumara:** From one year to 16 years also called *Kishoreavastha*.
- **Yuva:** Adult age.

Classification of developing Avastha as per Charaka

- **Baalya:** From birth to 16 years.
- **Madhya:** From 16 years to 60 years.
- **Vaardhakya:** From 60 years to 100 years or up to death.

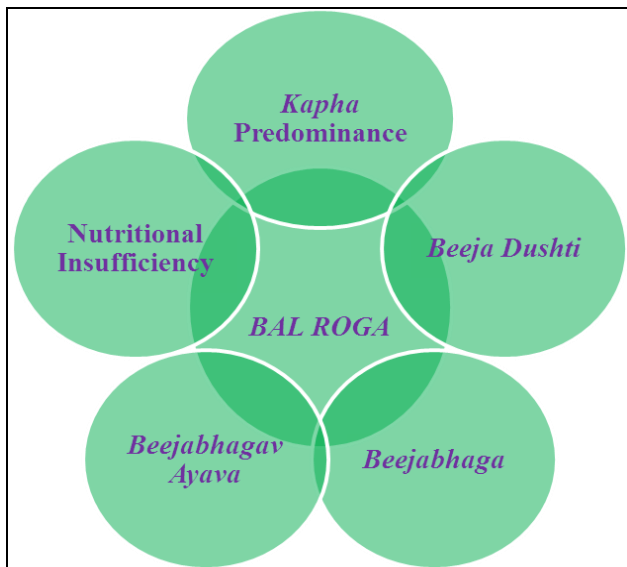


Figure 1: Various Causative Factors of Bal Roga.

Nidana consideration for Bal Roga

Ayurveda described some basic principles which need to be followed while treating disease in childhood age like if there is a need of massage then only specified *Bala Taila* should be used for the same purpose with gentle massage (*Mrudu Panchakarma*), *Anupaana* with *Matrustanya* or honey, use of specific medication for mother to offer relief of diseased child, *Ashma Sanghattana* at *Karnamula*, use of *Lavana* and *Ghritalehana* for emesis, *Swarna Prashana* for immunity and strength, *Rakshoghna Karma* for infections, selection of optimum dose of drug and frequency of dosing, etc. Ayurveda also emphasized that *Rasayana* and *Panchakarma* must be used with great care in children.

Vyadhi consideration for Bal rog

Kapha predominance, Genital disorders of parents, diet problem and susceptibility for infectious disease are some factors which may lead to diseases in childhood age. Ayurveda suggested that the *Beeja Dushti*, *Beejabhaga*, *Beejabhagavayava* are few genital *Vyadhi* which may cause abnormalities in children like; *Khandoushtha*, *Kuchikarnika*, *Jatyandha*, *Suchimukhi* and *Vaarta*, etc, therefore Ayurveda suggest diet regimen for the care of developing fetus; *Mudga*, *Godhuma*, *Navaneetha*, *Ghritha*, *Rasala*, *Madhu*, *Kadali*, *Amalaki* diet help to improve growth, strength and immunity of the child.

Common treatment approaches for some pediatric disease

Shirodhara possess calming effect thus help in mental disorder.

- *Pratisarana* for *Vaksanga*.
- *Navarkiji* for *Mamsakshaya*.
- *Panchagavya Ghrita*, *Yogaraj Guggulu*, *Smriti Sagar Ras* for *Murcha*.
- *Talisadi Churna*, *Shringi bhasma*, *Shwas kuthar ras* for *Kasa*.
- *Lakshmilivilas ras*, *Lavargodi Vati* for *Pratishyaya*.

- *Hingwashtak Churna*, *Bhaskara Lavana Churna* for *Udarashula*.
- *Vidanga Churna*, *Vidangarishta*, *Krimikuthar ras* for *Antajakrimi*.
- *Changeri ghrita*, *mushka tailam* for *Guda bhramsha*.
- *Hingwashtak Churna*, *Bhaskara Lavana Churna* in *Udarashula*.

BAL ROGA ASSOCIATED WITH NUTRITIONAL INSUFFICIENCY

Ayurveda emphasized on nutritional disorders of childhood age which may be due to the insufficient nutritional supply to the child or pregnant mother during the development of fetus. There are various diseases of *Bala Avastha* which are described under nutritional disorder such as; *Karshya*, *Phakka Roga*, *Balshosha* and *Parigarbhika*. There are different medical guidelines available worldwide for suggesting diet regimen to prevent any chances of nutritional disorders. As per modern medical sciences these diseases are mainly described as malnutrition. The childhood age is considered most susceptible for nutritional disorder since this is the age of growth and development which seeks more nutritional requirement. It is believed that *Aharvyadhi* can be managed by proper diet control instead of medication.

➤ **Karshya**

Vitiated *Vata dosha* leads *Apachita sharira* which may cause *Karshya* of the body; symptomatically it involves lean and thin body. It is the most common disorder of nutritional insufficiency in which *Vata* causes *Dhatukshya* (*Mamsa* and *Meda kshaya*) and leads *Karshya roga*. It is believed that factors like *Ruksha*, *Anna-pana*, *Anashana*, *Alpashana* are main causes of *Karshya*. It is not like that intake of food in low quantity may cause *Karshya* but lack of nutritional component in food stuff mainly responsible for *Karshya*, thus Ayurveda suggest use of balance diet to fulfill the need of nutritional requirements.

➤ **Phakka Roga**

It is the disease in which children not become to walk even after the age of one year. It is believed that vitiated *Kapha* and *Doshic* breast milk may lead *Phakka Roga*. Basically in this disease secretion of breast milk ceased which leads insufficient nutritional supply to the breast fed child.

➤ **Balshosha**

Balashosha is a condition of emaciated child. There are various factors which may lead *Balshosha* such as; excessive sleep in day time, consumption of cold water and intake of *Kapha* vitiated breast milk. In this disease vitiation of *Kapha dosha* leads *Agnimandya* resulting improper digestion and formation of *Ama Rasa* which obstructs *Rasavaha Srotasa*. Obstruction of *Rasavaha Srotas* leads *Anuloma Kshaya* of the subsequent *Dhatu*.

Ayurveda suggest that balanced intake of *Ahara* (diet) fulfill the nutritional requirement of body which help to

maintain proper growth & development of children in early age; the ancient medical science also prescribed some therapeutic approaches such as; *Agnideepana*, *Balya*, *Brumhana Chikitsa* and *Mrdu samsodhana* to combat nutritional disorder in children.

Suggested Diet Regimen in *Bala Avastha*

Ayurveda suggest *Stanya* feeding from the birth up to two years. After few months fruit juices and light liquid diet may be given to the child. Growing infant must be supplied through adequate amounts of milk to possess *Deha Pushti*, *Dhatu Vardhana* and *Bala Vardhana*. *Ayurveda* also advised *Phalaprashana* and *Annaprashana Samsakara* for childhood age. It is very essential to have carbohydrates, protein, fat, minerals and vitamins enriched food stuff for growing children. *Ayurveda* strongly suggest that consumption of food which may vitiate *Kappha* must be avoided since *Kappha Dosha* is predominant in *Bala Avastha*. *Ayurveda* also emphasized that too cold and too hot food should not be consumed in *Bala Avastha*. It is also very essential to select food stuffs as per *Dohsa*, *Kala* and *Prakriti* in early childhood age.

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