

Importance of Panchkarma in *Malavarodha* (Constipation) in Paediatric Age Group

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ABSTRACT

Ayurveda is alienated into eight branches named as *Ashtang Ayurveda*. The childhood diseases are describe under *Bal-Roga* branch. *Panchakarma* is an essential part of *Chikitsa*; its practice was on full swing at the time when other medical sciences even not on the germination. As per our classics it is the only method to cure the disease from its roots. *Panchakarma* procedure has efficiency to make equilibrium of *Dosha* which leads to inefficiency to get relapse again . In this science treatment is branched into two wings namely; *Shodhana Chikitsa* (detoxification therapy) and *Shamana Chikitsa* (curative therapy).

Panchakarma is a therapeutic process of *Ayurveda* wherein the vitiated *Doshas* are expelled out of the patient's body, leading to detoxification of the body. It is also useful in diseases of children like cerebral palsy, muscular dystrophy, autism, attention deficit hyperactivity disorder, rhinitis, constipation etc.

Observations: *Panchakarma* therapies like *Abhyanga*, *Shashti shali*, *pinda* , *sweda* and *Basti* have significant results in Spastic Cerebral Palsy. Bell's palsy can be treated with *Shiro-abhyang*, *Nasya* and *Pata sveda*. Disorders like DMD, AS, ADHD and constipation are shown to be managed well with *Panchakarma* procedures. Conclusion: *Panchkarma* procedures are very effective in diseases of children like cerebral palsy, Bells's palsy, muscular dystrophy, autism, attention deficit hyperactivity disorder and constipation. Thus, it needs to be widely publicized for use in children along with oral medications for maximum benefits.

Keywords: *Avurveda. Panchakarma. Malavarodha. Pediatric.*

INTRODUCTION

Health status, growth and nutrition of the child during childhood years are the base for the future life of the child. So to remove the diseases judicious administration of medicines which are *Hridhya*, *Sita* and *Madhura Pradhana* along with estimated dose and slight modification of the procedure? As per *Kashyapa* Physicians of the *Kaumarbrithya* told always alert while treating as clinical manifestations of the child create confusion in the diagnosis (*Dusakara*) due to limitations in the presentation and manifestations of the disease in the children proper diagnosis with high index of suspicion is required in the child before implementation of *Panchakarma Chikitsa*. *Panchakarma* is an integral part of *Chikitsa*; its practice was on full swing at the time when other medical sciences even not on the germination.

- As per our classics it is the only method to cure the disease from its roots. *Panchakarma* process has efficiency to make equilibrium of *Dosha* which leads to inefficiency to get relapse again.
- *Charaka* quoted that *Basti* process is the management of half of the *Kayachikitsa*.
- *Sushruta* also defined that *Rakta Mokshana* process of management can cure half of the disease of *Kayachikitsa*. *Basti* and *Raktamokshana* is a part of the *Panchakarma* procedure, by analysing this quotation we can say that if only these two procedure claim for half of *Kayachikitsa* means there is all procedure having certainty to cure the diseases completely without any confusion. *Panchakarma* is a complete cure of so many diseases because it made the equilibrium of *Dosha* which responsible for health as per *Sushruta* told *Sama Dosha Samagani* is basic necessity for health.
- **Fivefold procedure comprised as Panchakarma are**
 1. **Vamana** (Therapeutic Emesis)
 2. **Virechana** (Therapeutic Purgation)
 3. **Basti** (Medicated Enema)
 4. **Nasya** (Nasal Insufflations)
 5. **Raktamokshana** (blood cleansing and purification therapy)

Prior to *panchakarma*, *purva karma* (preparatory measures) like *deepana* and *pachana* (appetiser and digestive) *snehana* (oleation) and *swedana* (sudation) are given to the patient. After the *panchakarma*, *samsarjana krama* (a special diet regimen) is advocated as post operative measures. *Panchakarma* therapy is an integral part of *ayurveda* which helps to achieve balanced state of body, mind and consciousness through detoxification and rejuvenation. *Ayurveda* considers that the purification of the body is important before the commencement of any other therapy. *Shodhana chikitsa* is considered superior to *shamana chikitsa* because disease treated with *shodhana* therapy will never recur, whereas the disease treated with *shaman* therapy may recur in due course of time. 2 Childhood is very crucial period where child pick up growth and development with respect to physical, mental and social aspect. In paediatric patients; *dosha* (bio-elements), *dushya* (blood, bones etc) and *malas* (waste product of body) which responsible for different *vyadhis* (diseases) are same as found in adult. They differed in their quantity which is small in children based on body weight, age and strength of child. 3 *Panchakarma* procedures are equally effective in a paediatric patient as they in adults; only measure should be taken in the prevention of complications. *Dhatri stanya dushti* (vitiation of milk in wet nurse) play main role for causing diseases in *ksheerada avastha balaka* (milk sucking babies). Hence, in such condition *shodhana* should be done both in *dhatri* (wet nurse) as well as *shishu* (infant). 4 Some classical texts consider *balyavastha* (childhood period) as *anarha* (contraindicated) for *panchakarma* therapies up to ten years of age but *Kashyapa* being paediatrician advises *panchakarma* from first year of life.

Diseases and Their Treatment:

Diseases of children can be classified into two divisions as per their clinical significance. (i) *Ks.i - rapa ka - lina Vyadhi / Roga* (Neonate-infants) (ii) *Bala Vyadhi / Roga* (paediatrics) *Kashyapa Samhita* - defines health first in the following terms and its opposite as 'disease'. 'One who has good appetite, good digestive power, normal bowel habit, pleasant psychic condition, sound sleep, normal strength, and growth and development is considered as disease free, but the opposite manifestations are the features of the diseased' (*Kashyap.Khi.* 5/6-8). As per *Ayurvedic* description clinical conditions develop in 6 stages to result in diseases. These are called '*satkriyakala*'.

1. **First stage** – *Sanchaya*: this stage accumulates *dosha*.
2. **Second stage** – *Prakopa*: aggravation of *dosha*.
3. **Third stage** – *Prasara*: spreading of *dosha* - from *shakha* (limbs i.e. upper and lower) to *kostha* (visceras) or vice versa.
4. **Fourth stage** – *Stha nasamsraya*: *dosha* - remains in one place.
5. **Fifth stage** – *Vyakta*: signs and symptom of diseases became prominent.
6. **Sixth stage** – *Bheda*: division of disease occurs.

But in the neonatal period diseases may occur suddenly without passing through the clinical stage. Hence it is difficult to stop the disease process before ending in disease. An experienced physician based on his knowledge and skills can diagnose and manage a case early.

Malavarodha (Constipation) :

Malavarodha (constipation) indicates a condition when one is not able to pass motion regularly and freely. This unpleasant bowel habit causes daily stress to the sufferers. Constipation is a common problem in children. Usually this problem occurs due to improper dietary habits, amoebic dysentery and worm infestations. The person suffering from constipation are usually in a gloomy mood, pass more flatus and hard stools.

When a child is not able to pass motion for 2 days and suffers from some abdominal pain, it is better to consult a physician to rule out sub-acute intestinal obstruction which is very common in round worm infestation in children.

Management

Parents should be advised to give adequate fluids to their child. Fruits like grapes, orange, apple, pineapple regulates bowel habit; green vegetables like ladies fingers, tomato, carrot, brinjal as well as leafy vegetables help. All animal foods can create constipation. Some drug preparations are available in the texts but those have no 'Samhita - ' references.

1. Take fresh *Haritaki*- 100 g and prepare its *kalka* (paste), add *Saindhava lavana* (black salt) 5 g and use after proper mixing. Give 5 g daily with luke warm water for children from 2 to 5 years of age.
2. *Draksha* 10 g with one cup of milk should be boiled for 10 minutes and filtered. This preparation should be regularly given once daily to avoid constipation during childhood i.e. 2 to 12 years of age.
3. *Triphala kwatha*– *Haritaki* - (1 part - 5 g), *Bibhitaka* (1 part – 5 g), and *Amala* - ki (1 part – 5 g) all should be taken without seeds; add water 4 times (60 g) and then boil to make it 1 part of *kasaya*, i.e. 15 ml. Administer 5 ml once daily from 1 to 5 years of age, 10 ml from 6 to 10 years of age and 15 ml for older children.

Common plants used in constipation

Many single plants are used as *Ayurvedic* drugs for treating constipation apart from those that are used in drug preparations. They are also easily available locally and are very effective. The common herb/plant used in various preparations for constipation are as follows:

1. *Haritaki* -: *Terminalia chebula*

- **Gunakarma:** *Rasa* (taste) : *tikta, madhura, amla, katu*, with *kashaya* predominance
- **Guna** : *Laghu* (light), *Ruksha* (dry)
- **Vipaka** : *Madhura*
- **Virya** (action potential): *Ushna*
- **Dosha Karma:** *Kaphapitashamaka, Anulomaka* : This drug is very useful for its laxative action and well used for children who are constipated.

2. *Aaragvadha* (*Amalatas*): *Cassia fistula*

- **Gunakarma:** *Rasa* (taste): *tikta, madhura*
- **Guna:** *Laghu* (light), *Rukhsa* (dry)
- **Vipaka:** *madhura*
- **Virya** (action potential): *Shita*
- **Dosha Karma:** *pitashamaka, Anulomaka* : This drug is very useful for its laxative action and safe to use for children who are with constipated bowel habits

SCIENTIFIC EVIDENCE ON *BALPANCHKARMA* :**METHODOLOGY :**

- A four year old boy of chronic constipation due to **Hirschprung** disease was given ***Shashtishali pinda sweda*** SSPS and *Matra basti* with *Ashwagandha taila* for 15 days.
- Thereafter, it was repeated 6 times with a gap of 15 days. Therapy was found effective as assessed by eight scales based Medical outcome study (MOS) e 36 item short form

RESULT :

Therapy was found effective as assessed by eight scales based Medical outcome study (MOS) e 36 item short form.

BASTI (MEDICATED ENEMA) :

It is the procedure where the medicines in suspension form are administered through rectum or genitourinary tract using *Vastiyanttra* (Specific apparatus). Among all therapeutic procedures, *Basti* is superior because it is like *amruta* (nectar) in child patient and the most appropriate remedial measure for *vata dosha*.

Equipments: *Bastiputaka* (polythene bag having 1 lt. capacity), *Basti netra* (nozzle), lavatory facilities, others (thread, vessels, churner, heating apparatus, table/ bench, towel, hot water for bath etc.)

Ingredients of Basti: Medicated oils for *Basti*, *kwatha* (decoction) & *kalka* (paste) made from prescribed medicines, *madhu* (honey), *saindhava* (rock-salt)

Types of Basti (Classified into many ways):

1. **Astthapana/Kashaya/ Niruha Basti** - Decoction based enema
2. **Anuvasana/ Sneha Basti/ Matra Basti** - Oil based enema
3. **Uttar basti** - If above bastis given by genitourinary route then called *uttar basti*.

Procedure: The patient is advised to lie down in left lateral position. Small amount of oil is applied on patient's anus and *Basti netra*. The *Basti netra* (nozzle) is gently inserted into the anal canal up to a specific length and *Bastiputaka* containing mixture (*Basti dravya*) is pressed with a uniform pressure. The pressure is continued till only small quantity of fluid remains in the bag to avoid air insertion. Then the nozzle is removed gently and the patient is allowed to lie down on supine position till he feels urge to excrete. The maximum time specified for retention of *Basti dravya* is 48 minutes.

After evacuation of the bowel; the patient may take hot water bath and follow *samsarjan karma*. *Niruha bastis* are not to be given alone wherever required must be given alternatively with *sneha basti*. Arrangement of *sneha bastis* in the beginning, *niruha bastis* and *sneha bastis* alternatively later followed by *sneha bastis* in the last is done in three specific patterns according to total number of *bastis*, the severity of disease and condition of the patient etc.

Matra basti :

- It is the type of *sneha basti* in which medicated oil given in a small dose, and it can be given daily with no risk.
- *Matra vasti* can be used irrespective of age and not much precautionary measures are required.
- The usual dosage is 60 ml.

Table 1: classification of Matra Vasti according to dose

Lakshana (signs)	Matra (dose)
Uttam (excellent)	2 <i>Prakuncha</i> (80ml)
Madhyam (moderate)	1 ½ <i>Prakuncha</i> (60ml)
Hina (mild)	<i>Prakuncha</i> (40ml)

CONCLUSION

- Paediatric care needed utilization of various approaches for the management of *Bal-Roga* such as; herbal remedies, discipline life style, *Rasayana*, *Lehana* and *Panchkarma*. *Panchakarma* is an integral part of *Chikitsa*; its practice was on full swing at the time when other medical sciences even not on the germination. As per our classics, it is the only technique to cure the disease from its roots. *Panchakarma* procedure has efficiency to make stability of *Dosha* which leads to inadequacy to get relapse again. According to *Charaka* in children *Dosha*, *Dushya*, & *Malas* in different *Vyadhi* are similar to adults but in smaller quantity based on body weight, age, & Agni of child. Whatever the disease the adult suffers the child also suffers.
- *Panchkarma* procedures are very effective in diseases of children like cerebral palsy, bells's palsy, muscular dystrophy, autism, attention deficit hyperactivity disorder and constipation. Thus, it needs to be widely publicized for use in children along with oral medications for maximum benefits.

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