

“TRADITIONAL CHURNA YOGA IN THE PREVENTION AND TREATMENT OF BAL-ROGA”

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ABSTRACT

Kaumarabhritya is an important aspect of Ayurveda that works around paediatric health care (*Bala chikitsa*) and *Acharya Kashyapa* has given great attention to this branch amongst *Ashtangas Ayurveda*. *Kaumarabhritya* focuses towards the health of infants and children, in this regards this branch suggested many approaches towards the prevention and treatment of diseases related to the childhood age. As per ayurveda the *Shishu* or *Bala Avastha* considered as *Kumara* since this condition which require excess health care. Children remain susceptible towards the pathological conditions since their strength is not enough to prevent disease prevalence. Ayurveda described many formulations for the health management of children and *Churna* formulations play vital role in this regard. *Dadimashatak churna*, *Vak-shuddhikara Churna*, *Balacaturbhadrika churna* and *Balachaturbhadra Churna*, etc. are Ayurveda formulations which helps greatly to manage health issue of childhood age. **KEYWORDS:** Kaumarabhritya, Balacaturbhadrika churna, Balachaturbhadra Churna.

Introduction Children possess *Kumara Shri* therefore branch deals with health issue of children termed as Kaumarabhritya. This branch works around pediatric diseases (*Bala Roga*) and mentioned various modalities for treating *Bala Roga*. As per *Ayurveda Stanya*, *Dushti* and *Dhatri* cause disease in *Ksheerada Avastha*. *Dosha*, *Dhatu* and *Agni* are in different state in *Kumara Avastha* as compared to adult age therefore this age requires special focus towards health restoration. The disease in childhood age may be due to the vitiation of mainly *Kapha Dosha* amongst other *Doshas*; *Vata* and *Pitta*. *Phakka* and *Karshya* are major pathological issues related to childhood age along with allergic diseases. Ayurveda suggests diet regimen and classical formulations for managing diseases of childhood. *Bala Avastha* resembles age of physical development in which *Dhatu* remains in diminishes state and susceptibility towards diseases increases. Therefore, ayurveda mentioned various formulations which help in *Dhatu Vardhana*, *Bala Vardhana* and *Deha Pushti*, etc. *Phalaprashana* and *Annaprashana Samsakara* are other Ayurveda approaches which help to maintain strength in *Bala Avastha*. It is suggested to take protein, fat, carbohydrates, vitamins and minerals in diet during growing age. Nourishing diet boosts immunity and provides strength against diseases. *Khandoushtha*, *Suchimukhi*, *Vaarta* and *Jatyandha*, etc. are some diseases related to the paediatric which may occur due to the *Beejabhaga*, *Beejabhagavayava* and *Beeja Dushti*, etc. Ayurveda in such conditions mentioned concept of pregnancy care and period of conception for healthy child birth. *Rasayana* herbs such as; *Guduchi*, *Mandookparni*, *Shankhpushpi* and *Jyotishmati*, etc., are recommended for improving functioning of *Agni*, *Srotasas*, *Dhatu* and *Ojus* in children. Ayurveda advocated various therapeutic modalities for various childhood diseases as mentioned in Table 1.

S.No.	Aaushadhi	Karma
1	Yograj guggulu	Murcha
2	Talisadi churna	Kasa
3	Vidanga churna	Antajakrimi
4	Bhaskar Lavana churna	Pratishyaya
5	Bhaskar Lavana churna	Udarashula

Ayurvedic formulations for various childhood diseases.

Dadimashatak churna This formulation helps in the management of *Grahani* in children especially belongs from age group of 8-14 years. *Dadimashatak churna* cure symptoms of digestive problems and provides essential elements for the body. *Dadimashatak churna* cure irritable bowel syndrome by improving *Agni* and functioning of digestive system.

Vak-shuddhikara Churna *Vak-shuddhikara Churna* is useful for *Gadgada*, *Vak shuddhikara Churna* contains *Vacha* thus offers *Kapha Vata hara*, *Medhya* and *Swarya* effects thus removes obstruction of *Vata* by *Kapha* due to their *Katu Vipaka* and *Ushna Veerya*. *Medhya* effect balances psychological strength while *Ushna Veerya* & *Katu Vipaka* of *Ajamoda* & *Jeerka* imparts *Vata Kapha Shamaka* effects. *Teekshna Ushna* and *Madhura Vipaka* of *Pippali* & *Haritaki* contributed towards *Rasayana* and *Balya* effect of formulation. *Vak-shuddhikara Churna* is helpful in *Dhatukshaya*, boost *Agni*, relieves anxiety, relieves anxiety, boost brain activity and nourishes whole body. *Tikta*, *Katu Rasa*, *Teekshna guna*, *Medhya* and *Ushna Veerya* of *Vak-shuddhikara Churna* lead *Vata Kapha Shamaka* action thus contributed towards *Samprapti Vighnana* of *Gadgada*.

Kumarkalyana Rasa for pediatric care *Kumarkalyana Rasa* is Ayurveda formulation used for pediatric care; it helps in breathing problems, jaundice, cough, fever and diarrhea, etc. It contains *Moti Pishti*, *Swarna Bhasma*, *Ras Sindoor*, *Abhrak Bhasma*, *Swarna Makshik Bhasma* and *Loha Bhasma*, etc. thus gives immunostimulatory, *Rasayana* and adaptogenic effects. Therefore provides anti-asthmatic, antibacterial and antitussive effects. *Kumarkalyana Rasa* balances *Tridoshas*, purify *Rakta*, boost *Asthi* and strengthen *Majja* thus useful in rickets, respiratory disease, anaemia and diarrhoea, etc. *Kumarkalyana Rasa* cures pathogenesis of bone, lungs, brain, liver and muscles, etc. *Dhatu Poshak* effect useful in rickets & disorders of bones, *Kapha* pacifying effects useful for asthma, *Pitta* balancing effect helpful in fevers and hepato-protective action relieves jaundice, anorexia and consequences of malnutrition. *Kumar kalyan ras* is useful for indigestion, it stimulates digestion, provides laxative action, cure vomiting, helps to manage liver diseases and imparts *Rasayana* effect therefore restore overall health.

Balacaturbhadrika churna *Balacaturbhadrika churna* is traditional formulation used for vomiting, fever, diarrhea and respiratory problems. It is prepared from *Cyperus rotundus Linn.*, *Piper longum Linn.*, *Aconitum heterophyllum Wall.* and *Pistacia integerrima Stew.* *Tridoshas* pacifying effects prevents normal pathological conditions which generally seen in growing children, moreover immunostimulatory action prevent infectious diseases. It provides physical as well as mental power therefore relieves physical and psychological problems in children.

This formulation considered useful for treating abdominal pain, possess antitussive action, helps to cure bacterial infection in children and imparts mucolytic properties. This formulation has been used since long in Ayurveda practice for managing childhood problems. **CONCLUSION**

Balyavastha means age of childhood considered as crucial phase for life since major growth and development take places in this stage. Good conduction of *Ahara* & *Vihara* and proper uses of *Aushadhi* can help to restore health of children. Children are susceptible for digestive disorders, skin problems, worm infestation and respiratory diseases, etc. Ayurveda branch '*Kaumarayabhritya*' suggests many therapeutic options for preventing and treating these disorders related to *Balyavastha*. Herbs, *Rasayana*, *Ayurveda* formulations and

Panchkarma along with good conduction of *Dinacharya & Ritucharya* keep away disease and maintain health in *Bala Avastha*. *Dadimashatak churna*, *Balacaturbhadrika churna*, *Vak-shuddhikara Churna* and *Balachaturbhadra Churna*, etc. are Ayurveda formulations which help to prevent gastrointestinal diseases, *Kasa*, *Antajakrimi*, *Pratishyaya* and *Udarashula*, etc. This article concluded that Ayurveda formulation plays vital role in the management of diseases related to the childhood age and Ayurveda branch *Kaumarayabhritya* specifically provides therapeutic approaches for paediatric care.

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