



“A Literature Review Of Kshiralsak Vyadhi With Special Reference Kaumarbhritya.”

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Abstract:

Kaumarbhritya is a branch of Ayurveda that deals with the care of children from conception to maturity. The word "Kaumarbhritya" comes from the words "Kaumar" which means "children" and "Bhritya" which means "to take care of". Kaumarbhritya is one of the eight branches of Ayurveda, called Astang Ayurveda, and deals with both preventive and curative care for children.

The breast milk vitiated by three doshas has bad smell and resembles water; by drinking it the child eliminates hard or thin frothy feces of varied colors along with discomfort in abdomen. Urine is yellow, white and thick. Fever, loss of appetite, thirst, vomiting, belching, yawning, twisting of body, moaning, shivering, giddiness and ulceration of nose, eyes and mouth develop. This disease is called 'Kshiralasaka'.

It can be correlated with Cow's milk allergy, Lactose intolerance. So this article is focusing on 'Kshiralasaka' with special reference to Kaumarbhritya.

Keywords: Kshiralsak, Ksheeralasaka, Kaumarbhritya.

Introduction:

Kaumarbhritya is described as one of the most important branch of Ayurveda which deals with Kumar Bharan, Dhatri Ksheer Dosha Samsodhan, Grahotta Vyadhi shaman. It also mentions the quality of wet nurse, causes of vitiation of breast milk and their treatment.

Ksheeralasaka is a multi-system disease of the breast-fed child. It is one among the four types of diseases caused by the vitiated breast milk in infants, caused by Sannipathaja stanya dushti (or breast.)¹

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Epidemiology:

Cow's milk allergy (CMA) usually develops in the first year of life²⁴ and is one of the most common allergies seen in childhood, with a documented prevalence of between 0.3% and 3.5% in young children under 5 years and less than 1% in older children.³

AIMS AND OBJECTIVES

1. To study the Kshiralsak vyadhi given in Kashyap Samhita wsr to Balrog.

MATERIALS AND METHODS:

Methodology:

The Literature Review.

The term Ksheeralasaka is derived from two words 'Ksheera' and 'Alasaka.' Ksheera denotes breast milk and Alasaka is a type of Ajeerna (indigestion), a condition called Ama caused by Agnimandya or weak digestive/metabolic power. Thus Ksheeralasaka is Ajeerna or indigestion in the infant caused by intake of vitiated breast milk. In broader terms it is indigestion due to milk or milk components. Alasaka, a form of indigestion is considered as an Amapradosha vyadhi or dyspepsia.⁴

Onset:⁵ It is a disease of breast fed babies-Ksheerada (the exclusively breast fed) and Ksheera Annada (partially breast fed baby on complementary feeds).

Causes⁶-

Being a disease due to Sannipathaja stanya dushti (breast milk vitiated by all the three Doshas) and Amapradosha (indigestion), the causes of Ksheeralasaka can be classified into

- i.The causes of Stanya dushti (vitiation of breast milk) (C. chi. Sutra 30/89)
- ii.Causes of Sannipatha dosha kopa (vitiation of all three Doshas) (Astanga Hruday) and
- iii.Causes of Ajeerna or Amapradosha (indigestion). (Astanga Hruday)

Samprapti: ⁷

The improper diet and regimen of the mother leads to vitiation of the Tridoshas (bodily humors) and the Rasa dhatu(the first tissue formed from digested and absorbed food) of the mother. These Doshas pervade the Ksheeravaha rasayan is (the milk ducts) and vitiate the breast milk. Any vitiation of the Rasa dhatu manifests within a short period of time, even a few hours in the breast milk as it is directly formed from the Rasa dhatu. The infant who feeds on the vitiated breast milk also develops Ama or indigestion which manifests as Ksheeralasaka.

Clinical features: Ksheeralasaka is a type of indigestion and includes all the general symptoms of Ajeerna or indigestion-namely, diarrhea or constipation, exhaustion, deranged Vata, distended abdomen, feeling of heaviness and dizziness. As it is caused by all the three Doshas it has the symptoms of Vata, Pitta and Kapha ajeerna like Shoola (abdominal pain), Bhrama (vertigo), Anaha (abdominal distension), Stambha (constipation), Jwara (fever), Atisara (diarrhea), Trishna (dehydration), Chardi (vomiting), Vaksanga (obstructed voice), Ksheetavana (eructations), etc. It also manifests Sannipathika graha (sepsis in neonates)⁸

Treatment⁹

As Ksheeralasaka is caused by Ama(indigestion) and Stanyadushti, Apatarpana (depletion) in the form of Sodhana (purification) and Stanyasodhana (purification of breast milk) are the treatments to be adopted. The Apatarpana to be selected should be depending upon the severity of the disease in the child. Langhana or fasting if Ama is mild, Langhana and Pachana (digestive tonics) if Ama is moderate and Sodhana (purification) if Ama is severe.

- ☐ Shodhana (purificatory therapies)
- ☐ Ama pachana (increasing metabolism), Agnideepana (strengthening the digestive power).
- ☐ Stanyasodhana (purification of breast milk)
- ☐ Samana (pacification of Doshas) Shodhana (purificatory measures)-Vamana (emesis) for mother and child (ideal treatment for ajeerna) purifies the gut of the mother and the child and expels the allergens ingested. It also improves the Agnibala (digestive power) and thus helps in Deepana (improving digestion) and Ama pachana (metabolizing the undigested elements). In mild and moderate cases Sodhana may be restricted but in severe cases Sodhana is necessary for faster and effective relief from the symptoms.

DISCUSSION:

Ksheeralasaka is a multi-system disease of the breast-fed child caused by Sannipataja-stanya-dushti (breast milk vitiated by all the Tridoshas). A proper understanding of the condition is not available and it is confused with lactose intolerance and cow's milk allergy. Hence a thorough review of Ksheeralasaka and its management in the light of Ayurvedic and modern principles is intended in this paper so that suitable therapies can be selected. Ksheera denotes breast milk and Alasakais a type of Ajeerna (indigestion), a condition called Ama caused by Agnimandya or weak digestive/metabolic power. Thus Ksheeralasaka is Ajeerna or indigestion in the infant caused by intake of vitiated breast milk. Ksheeralasaka is most similar to non-IgE-mediated cow's milk protein allergy and is also comparable with food allergies caused by egg, peanuts, etc

Conclusion:

1. Ksheeralasaka is more or less a gastrointestinal disease of the breast fed child caused by breast milk vitiated by improper diet and regimen of the mother.
2. A proper understanding of the causes, clinical features and management of Ksheeralasaka vis-a-vis cow's milk allergy, food allergies, lactose intolerance and lactose overload is important from treatment point of view.

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