



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Different Panchkarma Procedure In Kaumarbhritya: A Review

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Abstract

In Ayurveda treatment is chiefly divided into two *shaman* and *shodhan chikitsa*, here *Shodhan chikitsa* means *Panchkarma* procedures. In *shaman chikitsa* we control and manage dosha in body itself which includes *Deepan*, *Pachan* etc. and in *Shodhan chikitsa* is mainly for cleansing the body toxins i.e. cleansing the *prakopit doshas* which mainly included *Panchkarma* therapy. Ayurveda considered that the purification of body is important before the starting any other therapy. If we think about *panchkarma* procedure in pediatric practice it is equally effective as they are in adult patient. In present situation *Panchkarma* therapy looks difficult in pediatric practice because lack of knowledge about doses, their mode of action and complication. ACHARYA KASHYAP explained all the *panchkarma* procedure in detail. This pioneer approaches gives utility of specific therapeutic *panchkarma* procedure and their mode of action in pediatric patient to strengthening immune system, restoring balance and well being.

Key words- *shaman, shodhan, deepan, pachan, Panchkarma*

Introduction-

Shodhana chikitsa includes *panchkarma* which meant for detoxification of body, strengthening the immune system, restoring the balance and well-being. It is one of the best treatment procedure in Ayurveda. It promotes detoxification.

Panchkarma procedures includes-

Vamana Virechana Basti Nasya

Raktmokshan

Panchkarma procedure should complete in three stages viz. prior to *panchkarma*, *purvakarma* (preparatory measures) like *deepan* and *pachana*, also *snehan* (oleation) and *swedana* (sudation) are given to the patient. After the actual *panchkarma* procedure *samsarjan krama* (diet regime) is advocated to post procedure.

Childhood is very crucial period where child pick up growth and development with respect to physical, mental and social aspect. The *dosha* (*vata, pitta, kapha*), *dushya* (blood, bone marrow etc.) and *malas* (waste product) responsible for different *vyadhis* all same as in

children and adult. They differ in quantity which is small in children based on body weight, age and strength of child. *Panchkarma* procedure are equally effective as in adult. Only measure should be taken in the prevention of complication. Some acharya have considered

Balyavastha as anarha (contraindicated) for *panchkarma* therapies upto 10 years of age but Acharya Kashyap being pediatrician advise *panchkarma* from 1st year of life. In present situation

there is difficulty in administering *panchkarma* in children because the lack of knowledge about doses, mode of action, and complication. This article is to introduce the application of specific *panchkarma* procedure in pediatric practice.

Purvakarma (Preparatory procedures)-

Deepan and Pachana

To obtain *Niramavashta* of *dosha* before starting actual *panchkarma* procedure *shunti churna* with hot water can be used in pediatric patient to relieve *Amavastha* at the level of *koshta* (abdomen).

Snehan

Snehan is the most important preparatory procedure included in *purvakarma*.

To move *prakopit dosha* from *shakha* (extremities) to *koshta* (abdomen) *snehan* procedure has an important role. *Snehan* is the process of oleation of the body by using medicated ghee, oils internally and externally. There is no need of compulsory *snehapana* in *kshirap awashta* of *balak* due to daily intake of milk & oily substances in diet.

Snehan dravya are classified into 4 types *Ghrita*, *Taila*, *Vasa* (fat), *Majja* (Bone marrow) out of these 4 *Ghrita* is considered as best.

Complication of snehana: Pediatric patients suffer from minor complications such as nausea, vomiting, anorexia, headache etc. In which *snehan karma* should be discontinued and hot water boiled with a piece of dry ginger is given.

Swedana

It is a process in which sweating is induced artificially by which it relieves heaviness, stiffness and coldness of the body.

Types: Acharya Kashyapa mentioned 8 types of *swedana karmas* viz. *Hasta*, *Pradeha*, *Nadi*, *Prastara*, *Sankara*, *Upnaha*, *avgaha* & *parisheka*.

Hasta sweda – Up to 4 months of age

Patta sweda – After 6 years.

While doing *shodhana chikitsa* in children if a patient complains of abdominal pain then *Hasta sweda* should be given.

Shashtika shali pinda sweda: This is another process of *swedana*, most commonly used in pediatric practice. In this method we use *shashtika shali* (type of Rice) for application over a specific part of the body or entire body (*sarvanga Sweda*). In this method we form pottalis of *shashtika shali* used them with hot medicated milk and then applied over the body. In some patients like delayed milestone and muscular dystrophy and some of them like cerebral palsy have good results with proper *Snehan* and *Swedana*.

Vamana

Vamana is a biochemical used for *dosha* (mostly *kapha*) accumulation in the upper gastrointestinal tract. Acharya Kashyapa mentioned that babies who emit vitiated milk from the stomach repeatedly will never suffer from disease.

Vaman dravya and dosage: (as per Kashyapa)

- *Vaman* drug given in a quantity which is equal to *vidangaphala* (fruit of *Embelia ribes*) - Kashyapa.
- 2-3 seeds of *Apamarga* (*Achyranthes aspera*) with honey and sugar - *Vaideha Janaka*
- 2 or 3 *Pala* (60 to 120 ml) - *Vridha Kashyapa*
- Others- milk: 750ml, *yashthimadhu kwatha* (decoction of *Glycyrrhiza glabra*) 750ml
Lavanodaka (salted water): 500ml

Administration of *Vaman dravya* in very young children will cause *kushta*, *Hrilhas*, *Aruchi*, *Nidra*, *Tandra* etc. so it should be administered after 6 years of age.

Assessment criteria of vamana procedure-

Lakshana	Vaigiki Pariksha	Maniki Pariksha
<i>Jaghanya</i> (mild)	4 vegas	1 <i>Prastha</i> (640ml)
<i>Madhyam</i> (moderate)	6 vegas	1 and half <i>Prastha</i> (960ml)
<i>Pravara</i> (excellent)	8 vegas	2 <i>Prastha</i> (1280ml)

Indications and Contraindications of vamana-

Indications	Contraindications
<i>Ajeerna</i> (indigestion)	Acute peptic ulcer
<i>Kasa</i> (Cough), <i>Shwasa</i> (bronchial Asthma)	<i>Atikrisha</i>
<i>Madumeha</i> (Diabetes)	<i>Bala</i> (young children)
<i>Unmad</i> (Schizophrenia)	<i>Shranta</i> (Exhausted)
<i>Kushta</i> (Skin disease)	<i>Pipasit</i> (Thirsty)
<i>Peenasa</i> (Sinusitis)	<i>Kshudhita</i> (Hungry)
<i>Shlipada</i> (Filariasis)	<i>Hridroga</i> (Cardiac disorder)

Complications of vamana therapy

Weakness, dryness of throat, giddiness, *vatarogas* (neuromuscular disorders), fresh bleeding.

Virechana

It is the procedure where vitiated *doshas* (mainly *pitta*) are eliminated from lower gastro-intestinal tract through the anal route. Therapeutic purgation administer very cautiously in pediatric patients because their chances of severe complication like dehydration.

Single and compound preparation used for purgation-

Single drugs	Compound preparation
<i>Trivrit</i> (<i>Operculina turpethum</i>)	<i>Kalyanak Guda</i>
<i>Aragvadha</i> (<i>Cassia fistula</i>)	<i>Trivrutta Ghrita</i>
<i>Eranda Tail</i> (Castor oil)	<i>Mishraka Sneha</i>
<i>Shankhini Taila</i> (<i>Euphorbia</i> oil)	<i>Avipattikara Churna</i>

Assessment criteria of Virechana Procedure-

Lakshana	Vaigiki Pariksha	Maniki Pariksha
<i>Jaghanya</i> (mild)	10 vegas	2 Prastha(640ml)
<i>Madhyam</i> (moderate)	20 vegas	3 Prastha(960ml)
<i>Pravara</i> (excellent)	30 vegas	4 Prastha(1280ml)

Indications and Contraindications of virechana-

Indications	Contraindications
Constipation, <i>Krimi</i> (Worm infestation), <i>Kamala</i> (Jaundice), chronic fever	<i>Navajwara</i> (Acute fevers)
Eczema, Allergic dermatitis etc.	<i>Krishna</i> (Emaciated patients)
<i>Pakshaghat</i> (Hemiplegic)	<i>Rajyakshma</i> (Tuberculosis)
<i>Madhumeha</i> (Diabetes), <i>Arbuda</i> (Tumour)	<i>Garbhini</i> (Pregnant women)
<i>Tamak Shwasa</i> (Bronchial Asthma)	<i>Hridroga</i> (Cardiac problems)
<i>Galganda</i> (Goitre)	

Complications

Malena, prolapsed rectum, dehydration, giddiness, shock.

Benefits of *shodhana*

Shodhana (*vamana* & *virechana*) procedure provides clarity to the mind, strength to the sense organs, stability to the tissues, improves digestion, slowing down of ageing process.

Basti (Medicated enema)

It is the procedure where the medicines in suspension form are administered through rectum or genitourinary tract using *Bastiyatra* (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*.

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*.

Administration of *Basti* in children at different age groups has been explained by various acharyas in ancient time, in which Acharya Kashyap has mentioned that the *basti* should be given in those children who are able to walk on ground and taking food (*kshirannad/annad awastha*).

Matra (dose) of basti dravyas-

Age	<i>Sneha basti matra</i>	<i>Niruha basti matra</i>
1 to 3 year	3 <i>Karsha</i> (30ml)	9 <i>Karsha</i> (90ml)
4 year	1 <i>Pala</i> (40ml)	3 <i>Pala</i> (120ml)
6 year	1 <i>Prasut</i> (80ml)	3 <i>Prasut</i> (240ml)
12 year	2 <i>Prasut</i> (160ml)	6 <i>Prasut</i> (480ml)
> 16 year	4 <i>Prasut</i> (320ml)	12 <i>Prasut</i> (960ml)

Basti netra size according to the age-

Age	Size in <i>angula</i> (finger)	Increment per year	Increment per year
1-6 y	6	<i>Mudgavahi</i> (green gram)
7-12 y	8	1/3	<i>Kalayvahi</i> (green peas)
13-20y	12	1/2	<i>Kolasthivahi</i> (jajube seed)

- *Karma Basti* 30 in number (6 *Niruha*, 24 *Sneha*)
- *Kala Basti* 15 in number (3 *Niruha*, 12 *Sneha*)
- *Yoga Basti* 8 in number (3 *Niruha*, 5 *Sneha*)
- *Chaturbhadrakalpa* 12 in number (4 *Sneha* + 4 *Niruha* + 4 *Sneha*)

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 basti* can be used irrespective of age and not much precautionary measures are required. The usual dosage is 60 ml

Classification of *matra basti* according to dose-

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

If *shishu* (infant) who do not suck breast milk then *matra basti* given in quantity of ½ *prakunch/pala matra* (20 ml).

Complications: Local anal injury, GIT symptoms like pain in abdomen, vomiting etc.

Indications and contraindications of *Basti*-

Indications	Contraindications
<i>Vata rog</i> (hemiplegic, muscular dystrophy)	<i>Krishha</i> (Emaciated body)
<i>Amavata</i> (Juvenile Rheumatoid Arthritis)	<i>Amatisara</i> (acute diarrhoea)
<i>Ashmari</i> (kidney stone, bladder stone)	<i>Chhardi</i> (Vomiting)
<i>Jeerna jwara</i> (Chronic Fever)	<i>Kasa</i> (Cough), <i>Shwasa</i> (Asthma)
<i>Rajonasha</i> (Secondary Amenorrhoea)	<i>Madhumeha</i> (Diabetes)
<i>Niram atisar</i> (chronic diarrhoea)	<i>Shoona Payu</i> (Inflamed Anus)
cerebral palsy, delayed mile stones	<i>Kritahara</i> (Immediately after taking food)

***Nasya* (*Nasal insufflations*)-**

It is the process of administration of medicines through nostrils. *Nasya* is indicated mainly in aggravated and accumulated doshas (disease causing factor) of head and neck.

Types of *nasya*: Acharya Kashyapa mentioned two types of *nasya* namely *Bhruhan nasya* (*Purana nasya*) and *Karshan nasya* (*Shodhana nasya*).

Dose of *marsha Nasya* and *Pratimarsha nasya*-

<i>Marsha nasya</i>	<i>Matra (dose)</i>
<i>Uttam matra</i> (maximum dose)	10 drops
<i>Madhyam Matra</i> (medium dose)	8 drops
<i>Hriswa matra</i> (mild dose)	6 drops
<i>Pratimarsha nasya</i>	2 drops

Taila nasya has been explained for children along with *Madhu* and *Gomutra* by making the baby sit on the lap of mother.

Indications and Contraindications of *nasya*-

Indications	Contraindications
<i>Shirahshula</i> (Headache)	<i>Nava pinasa</i> (acute rhinitis)
<i>Urdhwajatrugata- Roga</i> (E.N.T. disorders)	<i>Ajirna</i> (indigestion)
<i>Ardita</i> (Facial paralysis)	Immediately after taking food,
<i>Pakshaghata</i> (Erbs palsy)	<i>Kasa</i> (cough)
<i>Vata rog</i> (Delayed mile stone)	<i>Shwasa</i> (bronchial asthma)
<i>Vyanga</i> (Hyper pigmentation)	After blood letting

***Jalaukavacharana* (Leech therapy)**

It is one of the types of *Raktamokshan* (blood cleansing and purification therapy) which is included in *panchakarma* (five bio- purification procedures) by *Vagbhata*.

Jalouka (leech) commonly used for the purpose of *Raktmokshana* in child patients, old peoples, ladies and those who are rich, fearful and sophisticated.

Indication: *Vidradhi* (abscess), *gulma* (lump), *arsha* (piles), *kushta* (skin disorders), *vatarakta* (sclerosis), *visarpa* (pemphigus), *vichrchika* (eczema), *netraroga* (eye disorders), *shiroroga* (headach),. *kantharoga* (throat disease), *ahiputana* (napkin rash)

Complication: Infection, Anemia, Leech migration, Allergic reaction.

Scientific observation: Hirudin a potent anticoagulant found leech saliva inhibits conversion of fibrinogen to fibrin thus preventing blood clotting

CONCLUSION

By explaining the above all *Panchakarma* procedures (five bio-cleansing therapies) one can understand that importance of *Panchakarma* procedures as well as consider these procedures in pediatric patients. It is highly individualized based on the *dosha* imbalance (imbalance of bio-elements), age, digestive strength, immune status and other factors. *Panchakarma* remove the toxic elements from the body, strengthens immune system and increase acceptability of body to various therapeutic regimen. In pediatric patients, *Panchakarma* procedure are equally effective as they in adult but must be given due consideration. It is most important when doing *panchakarma* procedure in pediatric patient measures should be taken in the prevention of complications.

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