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## Study On *Bala Graha* With *Skanda Graha* Ayurveda And Morden Approach In *Kaumarbhritya*

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### ABSTRACT-

*Bala Graha* is a broad-spectrum term & collection of symptoms defined in Ayurveda codes books, where in the etiology is unknown. The word *Grahi* is mentioned in *Atarva Veda*. Mahabharata first time explained morphology of *Graha Rogas*, whereas Ayurveda texts explain the clinical features along with management, though the number of *Balagraha* varies from text to text. The advancement of technology and diagnostics in the subject of paediatric's in the recent years have made more clear understanding of these conditions, still many challenging disorders are present whose causes are unknown, termed as of idiopathic origin. One of the major management approaches is *Daivavyapashraya Chikitsa* for disorders of unknown etiological factors especially *Graha Rogas*. One such specific *Graha Roga* is *Skanda* among the *Bala Grahas*, whose detailed description is available in all the major texts. The clinical features of *Skanda Graha* closely resembles with Polio virus infection such as painful joints, rigid muscles, stiffness of the body. The details and concept regarding this will be discussed and presented in full paper

**Key words:** *Bala Graha, Skanda Graha, Daivavyapashraya Chikitsa, Polio virus infection.*

### INTRODUCTION-

*Bala Graha* is a broad-spectrum term & collection of symptoms defined in Ayurveda codes books. The etymology of word *Graha* is to seize or grasp (*Grahi*). In Ayurvedic literature, it has been used in situations where the cause is unknown and can only be observed through *Sukshma drishti* (micro vision). *Graha Rogas* are separate entities from other general disorder's. Their cause, mode of onset, sign, symptoms, severity and management are completely different from others disorders. The advancement of technology and diagnostics in the subject of paediatrics in the recent years have made more clear understanding of these conditions, still many challenging disorders are present whose causes are unknown, termed as of idiopathic origin. Ayurveda attributes these entities to *Diavika Shakti, Poorvajanamakrita Papkarma*, etc. When a pregnant mother turns to *Mithyaahara Vihaar*, the *Graha* is thought to affect the developing baby. References regarding *Graha Rogas* are available in *Vedas* but they do not directly mention any *Balagraha*. Mahabharata first time explained the morphological features of *Graha Roga*. *Graha Roga* was also discussed in the *Kaushik Sutra* and *Skanda Bhaishajya*. *Agnipurana* gives his significant contribution & explains 38 *Graha*'s. According to mythological concept these *Grahas* are produced by *Ishwara*, the supreme power which governs and control this whole world. Lord Shiva appointed 5 male and 7 female *Grahas* to care and protection his son *Kartikeya*.

## ***Acharya Kashyapa* has described morphology, habitat & characters of *Grahas* in *Revati kalpadhyaya* as (*Kasyapa Samhita*): -**

- ✓ *Grahas* are visible only by *Sukshma drishti* (Micro vision).
- ✓ There are countless colonies made up of their leaders and servants.
- ✓ They grow in water tanks (*Shitaputana*), ruined houses (*Putana*), cow sheds (*Mukhamandika*) and bases of the tree (*Pitrigraha*).
- ✓ These vitiate the breast milk of Dhatri also.
- ✓ A neonate must be cared for like a wounded person, Sushruta advised, and wounds need to be protected from *Grahas*.

As per modern view all above facts confirm the microscopic, unicellular nature of *Graha* which can be visualised by special assistances like microscope. They can change their shape and size when enters in different phases of their life cycles like egg, larva, spore etc. Microorganisms although cause disease, but they live back certain immunity inside the body against them by stimulating the body immune system. According to the current understanding of gram positive (+) and gram negative (-) organisms, the classification of the *Grahas* as *Stri* and *Purusha* may indicate the pathogenic character, severity, and power of these entities. *Acharya Vagbhata* has clarified that colonies of *Grahas* are innumerable and attack peoples for three purposes:

- *Hinsa* (to victimise)
- *Archana* (to get worshipped)
- *Rati* (to combat the sexual urges) (*Vagbhata*).

## **Causes for attack of *Grahas* (*Susruta Samhita*): -**

- Due to faulty conduct of Mata / Dhatri.
- fluctuation in behavior, such as excessive pleasure or sadness.
- Negligence of hygiene.
- Don't follow religion customs.

If we correlate it with modern perspective then the objective is

- Non-pathogenic microorganisms may contribute to anabolism, in which they use the bodies of their hosts as a source of nutrition.
- Pathogenic nature.
- Parasitic and opportunistic nature that is microbes enter in the body to complete their life cycle.

If above all factors are seen in modern prospective view unhygienic diet habits of mother, depression and any brain disorder affect child psychologically whereas unhygienic environment, less immunity of child, affects child by inviting attacks of pathogenic micro-organism.

## **Pathogenesis: -**

According to *Acharya Charaka*, at the time of birth, *Grahas* enter the body by invisible pathways similar to those used for mirror image formation, heat production, and ray refraction in a lens. *Grahas* enter the body in this way, contaminating the breast milk and making the kid sick and uncomfortable. In *Susruta samhita Acharya Sushruta* number of different causative factors into two main categories (*Susruta samhita*). One commented to unhygienic condition in which he told about violation of rule and regulation of lifestyle of child or mothers such as feeding in contaminated and broken vessels with unhealthy condition of surrounding environment. Other reason includes excessive indulgence of child's wet nurse or mother in eating, sex, sleep, exercise, harmful activities and other unreligious conduct etc. Number of *Grahas* according to different Authors *Acharya Kasyapa* mentioned 20 synonyms of the *Revati Graha*. *Acharya Charaka* didn't mention any numbering and called them *Asankhya* where as *Bhavprakash* and *Susruta* described 9 *Grahas* to which *Vagbhata* and *Yogratnakara* added 3 more *Grahas* and total 12 *Grahas* out of which 5 are said to be male *Grahas* and 7 are female *Grahas*. *Harit* described about only 8 *Grahas*.

## General management of *Grahas* (*Chakradutt*): -

- The attending doctor's own hygiene is essential.
- Maintenance of Personal hygiene with bath, oleation, fumigation etc.
- The health of mother and attendants should be good.
- *Japa, bali, havankarma* etc. Karmas should be done.
- Consumption of oil preparation like *Mahamasha oil, Jyotishmati oil*.
- Consumption of *Ghritas* like *Astamangala ghrita, Balagrahanasaka ghrita, Balahitkari ghrita*.
- Do symptomatic treatment according to developed sign & symptoms.

## Clinical features of *Grahaavesha* (*Vagbhata*): -

*Prodromal Symptoms*: Fever and excessive crying are two prodromal symptoms which are defined in various textbooks of ayurveda Codes.

### General Symptoms: -

- Producing extraordinary or supernatural power in speech, activities, strength etc.

### In other hand *Grahas* with evil desire produces the following symptoms: -

- Fainting with upward eye direction.
- Worthy and foamy salivation, teeth and lip biting, eyebrows movements.
- Scratching own and mother body with nails.
- Altered voice and fear crying, insomnia, vomiting, yawning, apathy, refuse to take breast feeding etc.

### Aims and Objectives: -

- ✓ To review of *Graha Rogas* with available literature.
- ✓ To discuss the scientific background behind *Graha Rogas* in present era.
- ✓ To evaluate the etiopathology of *Graha Rogas*.

### MATERIALS AND METHODS: -

Data and information about the *Graha Roga* in children were gathered from a variety of sources, including the Ayurveda Samhita and related texts, eBooks, health magazines, newspapers, various research articles from various journals, websites, and references from a variety of text books on paediatric practice.

### *Skanda graham*: -

*Skanda*, the supreme leader of the army of the *Devataas*, shot *Raakshasi Krouncha* in the heart with one shot with his weapon. His body is a brilliant shade of red and is decorated with red flowers and garlands. His body is smeared with red sandal paste and he receives all the energies produced by austerities. *Skanda Graha* is currently It's possible that *Teja, Swastha Shareera*, Putra of Mahadeva, Agni, and Ganga are alluding to a particularly dangerous pathogen that has entire cell structures, can survive in aquatic medium, and is heat- and cold-resistant. (*Susruta samhita*).

### Symptoms of *Skanda graham* Attack (*Vagbhata's astanga hrdayam*): -

- Watering of one eye only, unsteady head, loss of control over half the body, stiffness of body parts, sweating, drooping down of shoulders, teeth grinding & refusal of breastfeeding, fearful.
- Abnormal Cries, asymmetrical face, vomiting, profuse salivation, gaze fixed upwards, body emits the smell of muscle fat and blood, irritable, clenching of palm, non-laminations of faeces, movement one eyebrow, eye and cheek having, redness of eyes.

These *Grahas* are related to infectious pathogens in modern medical research, which can be viruses, bacteria, fungus, or other microorganisms. Microbes can readily infect people due to a lack of hygiene, children's less immunity, and psychological misconduct on the part of mothers as well as children. So *Skanda Graha* correlated with infection of polio virus whereas *Skanda Graha Janya Roga* compared with poliomyelitis. The features of Poliomyelitis can be compared with Guillain Barre Syndrome.

**Poliomyelitis: -**

Poliomyelitis is an extremely crippling and often fatal disease caused by any of the three serotypes of polio virus type 1, 2, and 3 mainly affect children under the age of Five. It is a highly contagious disease for which human is the only reservoir. It multiplies in the intestine and spread via faecal-oral route. The average incubation period is 7-10 days. The maximum excretion of virus occurs just before the onset of paralysis and during the first two week after the onset of paralysis. (IAP textbook of paediatrics).

**Pathogenesis & Pathology (Ghai essential paediatrics): -**

The virus of poliomyelitis multiplies in the intestine and then travels to the regional lymph nodes and reticuloendothelial structures. Viremia may occur as a result of these specific types of antibodies are produced in the blood and gut. If the immune system is adequate and fast, the virus is neutralized and the illness is aborted. If the conditions for the spread of virus are present, the virus involves the nervous system, reaching there either along the nerve pathway or through the blood stream.

**Pathology: -**

Selective motor and autonomic nerve system damage is caused by the polio virus. The anterior horns of the spinal cord, vestibular and cranial nerve nuclei, vital centres in the medulla, and nuclei in the roof of the cerebellum are the regions that are most frequently impacted. The harm to the nervous system could be minor and temporary, serious or common. Clinical manifestation (IAP textbook of paediatrics, 2016):

**In 90-95% of infected individuals, polio virus infection is unapparent. In the remaining 5-10% of individuals infected by polio virus, one of three syndromes may occur: -**

**(1) Abortive polio: -** Occurs in 4-8% of infections. Characterized by-

- ✓ Low grade fever, sore throat.
- ✓ Vomiting
- ✓ Abdominal pain
- ✓ Loss of appetite
- ✓ Malaise
- ✓ The painful joints, tender and rigid muscles giving rise to the stiffness of the body. Recovery is rapid and no paralysis occurs.

**(2) Nonparalytic polio: -** Occurs in 1-2% of infections. Characterized by-

- ✓ Headache, neck, back and leg stiffness. Presentation resembles other causes of aseptic meningitis and recovers within 2-10 days.

**(3) Paralytic polio: -** Occurs in 5-1% of infections. Symptoms often occur in two phases, minor and major. The minor phase consists of symptoms similar to those of Abortive polio. The major phase of illness begins with muscle pain, spasm and the fever. This is followed by rapid onset of flaccid paralysis that is usually complete within 72 hours.

**There are 3 types of Paralytic polio: -**

- 1) **Spinal paralytic poliomyelitis:** Most common, seen in approximately 80% of paralytic cases. It results from a lower motor neuron lesion of the anterior horn of the spinal cord and affects the muscles of the legs, arms or trunk. The affected muscles are flaccid and reflexes are diminished. No sensory involvement. Paralysis is often asymmetrical, affecting legs more than arms.
- 2) **Bulbar polio:** accounts up to 2% of paralytic cases results from a cranial nerve lesion, results in respiratory insufficiency and difficulty in swallowing, nasal regurgitation etc.
- 3) **Bulbospinal polio:** accounts for 20% of cases which is a combination of both spinal and bulbar component.

**Clinical features: -****Poliomyelitis (Chavali's principles)-**

- The drooping of head when shoulders are elevated and the absence of nuchal rigidity in prone position but elicited in conventional supine position gives an appearance of stooped neck.
- Low grade fever, sore throat, vomiting, abdominal pain, loss of appetite, malaise.
- The painful joints, tender and rigid muscles giving rise to the stiffness of the body.
- Paralysis of muscles of trunk and extremities giving rise to monoplegia or hemiplegia indicate involvement of spine.
- Involvement of cranial nerve seen in bulbar form of polio infection.

**Comparison of symptoms of *Skanda Graha* with Polio (Chavali's principles) –**

- A. *Stabdhangra* that is stiffness of body as a whole with fists & sweating.
- B. *Natkandhra* that is the drooping of head when shoulders are elevated and the absence of nuchal rigidity in prone position but elicited in conventional supine position gives an appearance of stooped neck.
- C. *Trasyati, Udvigna, Dantankhadi, Rodatia* and *Viswara* that is excitability with frightened look, teeth grinding, anxious face and cry with altered voice.
- D. *Urdhwa nirikshati, Shiro Vikshiptae* that is conjugate deviation of eyes with nodding of head and oedematous eyelids.
- E. *Hatakepaksha* that is monoplegia or hemiplegia indicating involvement of spine usually asymmetrical.
- F. *Chalitaekakashigandabhru Vakravakro, Eknyanstravi, Sunakshi* that is facial palsy with bulbar involvement. Deviation of angle of mouth with dribbling of saliva. Tears flow from paralysed eye due to absence of blinking. *Vaiklya Marnam va Bhavet Dhruvam* that is either kills the child or leaves with a disability (*Susruta samhita*).

a) Guillian Barre Syndrome ([www.mayoclinic.org](http://www.mayoclinic.org)) -

- ✓ Prickling, “pins and needles” sensations in fingers, toes, ankles or wrist.
- ✓ Weakness in legs that’s spreads to upper body.
- ✓ Inability to walk or climb stairs.
- ✓ Difficulty with eye or facial movements, including speaking, chewing or swallowing
- ✓ Severe pain that may feel achy or cramp like and may be worse at night.
- ✓ Difficulty with bladder control or bowel function.
- ✓ Rapid heart rate, alteration in blood pressure.
- ✓ Difficulty in breathing.

**DISCUSSION: -**

*Bala Graha* is a broad-spectrum term & collection of symptoms defined in Ayurveda codes books, where in the etiology is unknown. In Ayurvedic literature, it has been used in situations where the cause is unknown and can only be observed through *Sukshma drishti* (micro vision). *Graha Rogas* are separate entities from other general disorder's. Their cause, mode of onset, sign, symptoms, severity and management are completely different from others disorders. Ayurveda attributes these entities to *Diavika Shakti, Poorvajanamakrita Papkarma*, etc. When a pregnant mother turns to *Mithyaahara Vihaar*, the *Graha* is thought to affect the developing baby. References regarding *Graha Rogas* are available in *Vedas* but they do not directly mention any *Balagraha. Skanda*, the supreme leader of the army of the *Devataas*, shot *Raakshasi Krouncha* in the heart with one shot with his weapon. His body is a brilliant shade of red and is decorated with red flowers and garlands. His body is smeared with red sandal paste and he receives all the energies produced by austerities. *Skanda Graha* is currently It's possible that *Teja, Swastha Shareera*, Putra of Mahadeva, Agni, and Ganga are alluding to a particularly dangerous pathogen that has entire cell structures, can survive in aquatic medium, and is heat- and cold-resistant. (*Susruta samhita*).

## Conclusion: -

Many microbiological infections are compared with Graha Rogas. Clinical features of Skanda Graha are similar to Poliomyelitis, which can be treated with Daivvyapashrya Chikitsa according to Ayurveda with therapeutic approach. The research emphasizes the effectiveness of "Ayurveda," a traditional practice that is still practiced in some regions of India. This ancient concept should be carefully evaluated in the light of modern medical science and can be utilized partially if found suitable.

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