



## Ayurvedic View On Rasayana W.R.S To Balroga.

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### ABSTRACT :

Attention deficit hyperactivity disorder (ADHD) manifests in childhood with symptoms of hyperactivity, impulsivity, and/or inattention. In addition, there are other secondary symptoms associated with ADHD such as insomnia, learning disabilities, and delayed language development. The symptoms affect cognitive, academic, behavioural, emotional and social functioning. ADHD is found to be more common in boys than girls. Kaumarabhrityaka, Kaumarabhritya, Kumara Tantra or Kaumarabhritya encompasses information regarding pediatric diseases (Bala Roga). The ayurveda text Kaumarabhritya not only encompasses the information regarding pediatric diseases but also emphasized diseases of genital organs which may impart to the Bala Roga. Dhatri, Stanya, Dushti may be considered as disease causative factor in Ksheerada Avastha. Ayurveda described various therapeutic modalities for diseases of children (BalaRoga) & rasayana therapy is very useful approach, rasayana drug stimulates gastrointestinal secretions and boost appetite, prevents indigestion and nausea, improves mental strength in children. Shankhpushpi, Guduchi, Jyotishmati and mandoorparni, etc. are rasayana drugs that can be used for pediatric health restoration. These drugs boost Agni functioning, potentiate Dhatus thus strengthen Ojas& clears Srotasas therefore maintains circulation & detoxification. These drugs act as rejuvenator hence increases physical and mental viability. Present article described role in pediatric diseases.

**KEYWORDS:** Ayurveda, Pediatric, Rejuvenator, Rasayana,Balroga.

### INTRODUCTION :

The use of Rasayana therapy in Bal Rog needs great attention towards the dosing and frequency to prevent any chances of adverse reactions. to enhance longevity, intelligence and immunity. Ayurveda is the basic science of traditional medical system in India consider balrogai.eshishu, bala or Kaumarbhritya and mentioned different therapeutic for treatment of childhood Diseases. Recently many researchers utilize their Research in rasayana therapy for management of various childhood diseases. This article described several aspects of rasayana with special reference to childhood diseases. The diseases of children mentioned as balroga in ayurveda science under the heading of Kaumarbhritya. Ayurveda described dhatri stanya dushti as major responsive factor for diseases related to ksheerada avastha. The constitution of dosha, dhatus & agni are different in children compared to young person. Therefore, children are more prone to some diseases as compared to adult, however children strength is weak thus they require especial care and treatments. The therapies for treating diseases of children are different from the therapies require treating diseases of adults.

Herbal remedies, Rasayan, disciplinary conduction of dietary regimen and balanced life style, etc. are ayurveda approaches which help in the management of pediatric health status. Rasayan therapy requires precautionary measurement while used for the childhood care.

### **Rasayana :**

The word “Rasayana” is composed of two Word 1Strasa and 2Ndayana. „rasa“ means fluid or Juices and „ayana“ means pathway. Hence word „rasayana“ means „path of the juice“. It also means by Which one gets excellence of is known as rasayana.literally the technical term rasayana refers to obtaining the optimum nourishment to dhatus. According to sushrut samhita, substances which Decreases the aging process increase longevity and increases the mental and physical strength and Which destroy the disease process is called as rasayana. According to Charak samhita, the substance Which invigorate a healthy person by producing best quality of dhatu and other dhatu called rasayana. In means:Drug, diet and regimens which destroy old age and disease called rasayana. i.e taking rasayana we always remain healthy and young, which means you are in your old age perform your normal duties.

According to ayurveda, rejuvenation takes place so that the person can become healthy and explore Spiritual aspect of life.

1. Kamyarasayana-is used to fulfil Desire{kamya desire} it is also used to Promote general physical and mental Health.
2. Pranakamya – it is used for achieving the best quality of prana (life energy) in body.
3. Medhakamya-it used for inhsansing the intellect and memory.
4. Srikamya – is used for promoting of vitality and longevity.
5. Naimittikarasayana -is given to combat and balance a specific cause, causing a disease in the body.

The Rasayana Shashtra also involves use of metallic formulation along with herbs. Guduchi, Shankhpushpi, Jyotishmati, Mandookparni. etc are considered Rasayana. Rasayana boost functioning of Dhatus, Agin Srotasas and Ojus and therefore act as rejuvenator. Ayurveda described Rasayana also for Bal-Rog with great care since Rasayana therapy may become harmful in children if not used properly. Rasayana therapy also used as preventive remedy in children since it enhances immunity and thus protect from various infectious diseases. There are various herbometalic formulations which may be used in children for different for different therapeutic purpose such as, Svaran Bhasm, Vacha, Madhu, Ghrita, Panchgavya Ghrita, Brahmi Ghrita, Abhaya Ghrita, Abhaya Ghrita, Samvardhana Ghrita, Mandura Bhasma and Lauha Bhasma, etc. Swama Prashan is formulatuion of Swarna and herbs, Vacha and Brahmi along with honey and ghee utilized for new born baby to improve their immunity and mental health. Raw gold after rubbing on stone along with little amount of water along with honey and ghee administered to the new born baby.

## Benefits of Rasayana therapy

1. Rasayana boost salivary secretions hence maintain appetite and digestion.
2. The enhanced gastrointestinal activity relives Constipation & indigestion.
3. Rasayana effectively cure digestive ailments related to the children i.e diarrhea, indigestion and grahani Roga.
4. Relieves fatigue & mild fever by virtue of their rejuvenating effects.
5. Imparts beneficial effects towards mental health hence prevent psychological disorders.
6. Improves immunity hence provides resistance against common infectious diseases.
7. Strengthens overall physical & mental health hence contributed in growth & development of the children.
8. Improves complexion & skin texture thus provide appealing physical appearance.
9. Maintain metabolic rate & regularizes process of Detoxification hence resist accumulation of toxins and prevent formation of ama.

## The Mode of Action of Rasayana in Pediatric Disorders

Rasayana improves nutritional value of rasa dhatu & improves dhatu poshana. This dhatuvardhak and agnivardhak action of rasayana contributed towards dhatunirmana. The shrotashodhana action of the rasayana improves detoxification & circulatory process of body thus prevents diseases and maintains alertness. TiktaRasa of drugs increases aakash mahabhut in body hence increases satvaguna of mana. The madhurvipak of rasayana helps in uttarokt vriddhi of all Dhatus & promote ojas. Laghuguna of rasayana increases satvaguna of mana and in such ways rasayana drugs offers health benefits in case of pediatric Diseases.

## Formulations

1. Chyavanaprasha
2. Brahmi Ghrta
3. Shatavari Ghrta
4. Vasanta-Kusumakara
5. Dhatri Rasayana

## CONCLUSION

Age from birth to 16 years described as balyavastha as per sushruta. Ayurveda depict different approaches for prevention, diagnosis & management of balroga. The traditional science explored use of several therapeutic approaches for the management of bal-roga such as; herbs, rasayan&remedies but it is suggested that precaution is better than the cure thus rules of dinacharya&ritucharyaneeds to be adopted in balaavastha to maintain the discipline life style which help to retain normal health. Ayurveda also mentioned diagnostic approaches such as; consideration of the graham rogas, nadipariksha, sharir-pariksha and prashnpariksha as nidana perspective of the bal-roga. Ayurveda also mentioned diet Regimen not only for the children but also

for pregnant women. This article emphasized different preventive, diagnostic and therapeutic approaches of Ayurveda for the management of pediatric disease, this Article may become helpful for researchers to explore novel aspect of Pediatric care.

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