



Short Review

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Traditional approaches for the management of *Bala Roga*: An Ayurveda perspective

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ABSTRACT

Shishu, *Bala* or *Kumara Avastha* means childhood age described by traditional science of Indian medical system, the basic features of this age group are; lack of sexual desire, sleeping tendency and *Kumara Shri*, this is an age of mental and physical development. *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*. The predominance and prevalence of *Dosh*, *mala* and *Dushya* are different in *Kumara Avastha* therefore especial attention require in this age to prevent chances of disease. This article summarizes role of traditional approaches of *Ayurveda* for the prevention, diagnosis and treatment of *Bala Roga*.

Keywords: *Ayurveda*, *Bala Avastha*, *Bala Roga*, Pediatric.

INTRODUCTION

Pathophysiology of disease mainly involves disturbances of three *Doshas* (*Vata*, *Pitta*, *Kapha*) thus *doshic* balance is very important for retaining good health. *Kapha Dosh* is predominance in *Bala Avastha* resulted diseases originated from disturbance of *kapha dosha*. *Balshosha*, *Phakka Roga*, *Karshya* etc., are diseases arise due to the *Kapha* & *Vata dosha* vitiation. Ayurveda suggests diet regimen for children to maintain normal physiological functioning of body & *Doshic* balance along with suggested daily life routine. In *Bala Avastha* physical strength is less since *Dhatu*s are yet to be built up resulting more susceptibility for the infectious diseases; thus pediatric care needed different therapeutic approaches for the management of various disease as compared to diseases of adult age. Ayurveda suggested different modalities for the prevention, diagnosis and treatment of pediatric disease. This article emphasized preventive, diagnostic and therapeutic approaches of ayurveda for the management of *Bal-Roga*.^[1-6]

Bal-Roga: Preventive Approaches

- *Stanya* feeding from the birth develop immune system of *Shishu*; *Stanya* feeding is suggested by ayurveda for new born baby for *Deha Pushti*, *Dhatu Vardhana* and *Bala Vardhana*.
- Light liquid diet may be given after 6-8 months, heavy diet should be avoided which may cause constipation.
- Ayurveda also advised *Phalaprashana* and *Annaprashana Samsakara* for *Bala Avastha* for proper physical and mental development.
- Ayurveda advocated that carbohydrates, protein, fat, minerals and vitamins enriched *Ahara* boost immunity of growing children; thus food stuff must encompasses all essential component of balance diet.

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- Ayurveda believe that vitiate *Kapha* predominate in *Bala Avastha* thus such food must be avoided which may vitiate *Kapha Dosh*.
- As per medical science very cold or very hot food must be avoided in *Bala Avastha* to prevent any chances of *Prakriti-Virudha*.
- The liquid and solid diet in *Bala Avastha* must be planned as per the *Dohsa, Kala* and *Prakriti* so as to avoid *Virudha-Ahara* which may result disease conditions.
- The traditional science of Indian medical system strongly described that hygiene conditions avoid attack & prognosis of diseases.
- The rules of *Dinacharya* & *Ritucharya* help to retain normal health in *Bala Avastha*.
- The potency of drug should be fixed with great care for *Bala Avastha* since in this age *Dosha, Dushya* and *Malla* are less thus detoxification is not very prominent and excess amount of drug may cause harm due to the accumulation.

Bal-Roga: Diagnostic Approaches

- Observation of body characters and movements of suffered child along with external symptoms.
- Consideration of disease associated with reproductive system of mother and *Dhatri*.
- *Graham Rogas* play significant role towards the disease pathogenesis in *Bala Avastha*.
- Other pathologic conditions such as; *Beeja Dushti, Beejabhaga, Beejabhagavayava* are few genital *Vyadhi* which may leads pediatric disease such as; *Khandoushtha, Kuchikarnika, Jatyandha, Suchimukhi* and *Vaarta*, etc,
- Diet regimen of mother during pregnancy period also play significant role towards the *Bal-Roga*.
- *Nadi-Pariksha* and *Sharir-Pariksha* should be involved in diagnostic approaches.
- *Prashna Pariksha* also suggests some aspect about history and prognosis of disease.

Bal-Roga: Therapeutic Approaches

- *Panchagavya Ghrita, Smriti Sagar Ras, Yogaraj Guggulu* for *Murcha*.
- *Shringi bhasma, Shwas kuthar ras, Talisadi Churna* for *Kasa*.
- *Vidangarishta, Krimikuthar ras, Vidanga Churna* for *Antajakrimi*.
- *Mushka Tailam, Changeri Ghrita* for *Guda bhramsha*.
- *Bhaskara Lavana Churna, Lavargodi Vati, Udarashula Lakshmilas ras* for *Pratishyaya*.
- *Bhaskara Lavana Churna* and *Hingwashtak Churna* for *Udarashula*.
- *Rasayana* therapy as rejuvenator, to facilitate immunity and as memory enhancer.

- Herbs such as; *Shankhpushpi, Guduchi, Jyotishmati, Mandookparni* etc., improve *Dhatu, Agni, Srotas* and *Ojus*.
- *Panchakarma* therapy also play significant role in *Bal Roga*; since *Panchakarma* therapy pacify vitiated *Doshas*, perform detoxification and open *Shrotas*.
- *Virechana* control *Pranavaha Sroto Vyadhi*; *Swasa Kasa* when *pitta dosha* is vitiated.
- *Nasya Karma* helps in diseases which occur due to the *Kapha* and *Vata* predominance.
- *Vamana* eliminate *Kapha Dosh* by opening *pranavaha srotastha*.^[4-10]

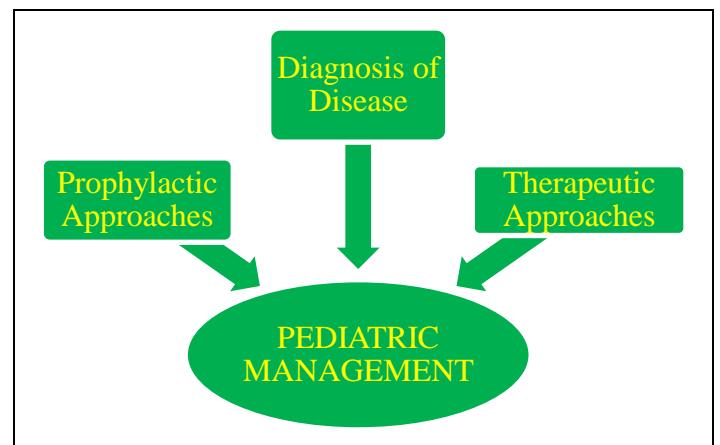


Figure 1: Approaches of Pediatric Care

CONCLUSION

Age from birth to 16 years described as *Balya* as per *Sushruta*. Ayurveda depict different approaches for the prevention, diagnosis and management of *Bal Roga*. The traditional science explored use of different therapeutic approaches for the management of *Bal-Roga* such as; herbs, remedies, *Rasayan* & *Panchkarma* but it is suggested that precaution is better than cure thus rules of *Dinacharya* & *Ritucharya* need to be adopted in *Bala Avastha* to maintain discipline life style which help to retain normal health. *Ayurveda* also mentioned diagnostic approaches such as; consideration of *Graham Rogas, Nadi-Pariksha, Sharir-Pariksha* and *Prashna Pariksha* as *Nidana* perspective of *Bal-Roga*. *Ayurveda* also mentioned diet regimen not only for children but also for pregnant women. This article emphasized different preventive, diagnostic and therapeutic approached of *Ayurveda* for the management of pediatric disease, this article may become helpful for the researches to explore novel aspect of pedantic care.

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