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Review Article

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Ayurveda Approaches for Bala Roga w.s.r. to importance of Classical Formulations

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Abstract

Ayurveda is a system of medicine which deals with health management of person belonging from any age group; in this regard Ayurveda separately deals with the health of children and infants under the heading *Kaumarabhritya*. This branch is related with the various health aspects of children and adolescence. Ayurveda suggested different measures for maintaining health of children including concept of immunization, purification therapies and uses of Ayurveda formulations. The Ayurveda formulations such as; *Utpullikahara rasa*, *Kumara kalyana rasa*, *Bala jwarankusha rasa*, *Balarogantaka rasa* and *Balarka rasa*, etc. play vital role in *Balacikitsa*. *Kaumarabhritya* not only prescribed therapeutic approaches but also mentioned many preventive measures for restricting disease invasion in children. Present article deals with Ayurveda approaches for *Bala Roga* W.S.R. to importance of classical formulations in *Balacikitsa*.

Keywords: *Ayurveda, Balacikitsa, Bala Roga, Kaumarabhritya*

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1. Introduction

Kaumarbhritya or *Balrogyvyan* is system of Ayurveda science which works around diseases of

children and their treatment. As per ancient philosopher child can be classified into three categories according to their financial condition as depicted in **Figure 1**.

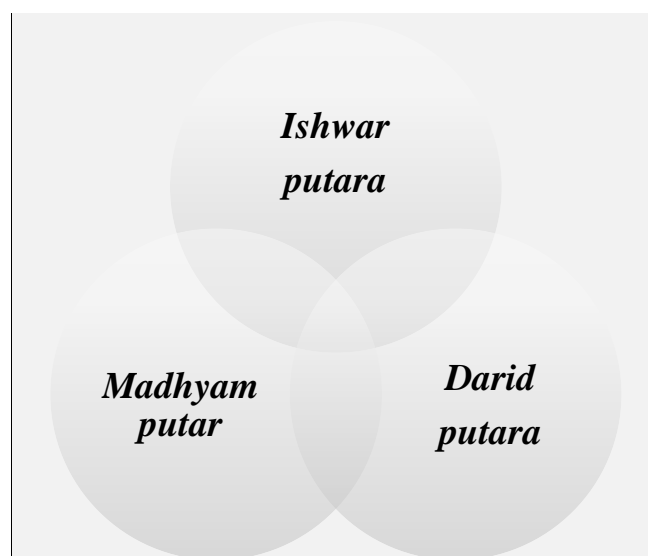


Figure 1. Children's categories as per their prosperity

The *Kumara Shrirra* of children requires special care thus *Kaumarabhrityaka* mentioned various modalities for treating *Bala Roga*. The *Stanya*, *Dhatri* and *Dushti* mainly cause diseases in *Bala Avastha* thus it is requiring potentiating *Dhatus* and balancing *Doshas* in early childhood age. (1-4) The normal state of *Agni* also play important role in the health maintenance of children since vitiation of *Agni* is one of the major cause of diseases in *Bala Avastha*. Ayurveda compound formulations helps significantly for the management of health issue of children. (4-7)

2. Common health benefits of Ayurveda formulations in *Bala Roga*

Table 1. Ayurveda Formulations for Children

Formulations	Diseases
<i>Brihat Vata Chintamani ras, Vatagajan Kusha ras and Ekangaveer ras</i>	<i>Ardita Vata</i>
<i>Indukantagh rita, Panchagavya ghrita and Yogaraj guggulu</i>	<i>Apasmara</i>
<i>Mrutyunjaya rasa, Godanthi mishran and Amrutarishta</i>	<i>Jwara</i>
<i>Sitopaladi Churna, Talisadi Churna and Pushkaramula Churna</i>	<i>Kasa</i>
<i>Charmaroga nashak vati, Gandhak rasayan, Maryishtadi Kadha and Khadirarishta</i>	<i>Charma Roga</i>
<i>Lakshmililas ras and Vyoshadivati Lavargodi Vati</i>	<i>Pratishyaya</i>
<i>Kalyanaka ghrita and Raja Tailam</i>	<i>Phakka Roga</i>
<i>Brahmivati, Ashwagandha Churna and Vacha Churna</i>	<i>Vaksanga</i>
<i>Changeri ghrita and Mushka tailam</i>	<i>Guda bhramsha</i>
<i>Vidangarishta and Krimikuthar rasa</i>	<i>Antajakrimi</i>
<i>Karpoora rasa and Balachaturbhadra Churna</i>	<i>Atisara</i>

3. Health benefits of some pediatric formulations:

Dadimashatak churna:

- ❖ Used to treat *Grahani* in children
- ❖ Cure symptoms of digestive problems
- ❖ Maintain supply of essential elements in the body

Vak-shuddhikara Churna

- ❖ *Vak-shuddhikara Churna* is used for *Gadgada*.
- ❖ Offers *Kapha Vata hara* and *Medhya* effects
- ❖ *Katu Vipaka* and *Ushna Veerya* pacify vitiated *Vata* and *Kapha* in children.
- ❖ *Madhura Vipaka* offers *Rasayana* and *Balya* effect thus promote growth of children.

Kumarkalyana Rasa

- ❖ *Kumarkalyana Rasa* helps in jaundice, cough and fever.
- ❖ Gives immuno-stimulatory, adaptogenic and *Rasayana* effects.
- ❖ *Kumarkalyana Rasa* offers anti-asthmatic, antitussive and antibacterial effects.
- ❖ *Kumarkalyana Rasa* purify *Rakta*, pacify *Kapha* and useful for respiratory disease like asthma.

Balacaturbhadrika churna

- ❖ *Balacaturbhadrika churna* used for fever and diarrhea.
- ❖ Pacify *Tridoshas*
- ❖ Gives immuno-stimulatory action.

Balachaturbhadra Churna

- Ayurveda formulations offer *Dhatu Vardhana* effects.
- *Bala Vardhana* and *Deha Pushti* effects of formulations helps in problem associated with growth and development of children.
- Nourishing effects improves immunity and provides physical as well as mental strength.
- *Rasayana* like *Shankhpushpi* and *Jyotishmati*, etc., improves *Agni* and correct digestive disorders.
- Clear *Srotasas* thus maintain circulation of body as well as detoxification process.
- Pediatric *Rasayana* boosts *Ojus* in children and gives disease resistance power. (6-8)

- ❖ *Balachaturbhadra Churna* used for diarrhea and fever.
- ❖ This formulation is considered good for abdominal pain.
- ❖ Offers antitussive action and prevent bacterial infection.
- ❖ *Balachaturbhadra Churna* imparts mucolytic properties. (8-10)

4. Conclusion

Balyavastha means childhood age that requires special care and Ayurveda offers several measures for restoring health of children. Ayurveda provides ways for treating various diseases of children like; digestive disorders, worm infestation, respiratory diseases and skin problems, etc. *Kaumarayabhritya* as branch of Ayurveda suggested many herbs, *Rasayana* and classical Ayurveda formulations for curing *Bala Roga*. *Brihat Vata Chintamani ras, Vatagajan Kusha ras, Indukantagh rita, Panchagavya ghrita, Sitopaladi Churna, Talisadi Churna, Charmaroga nashak vati, Kalyanaka ghrita, Ashwagandha Churna, Vacha Churna, Krimikuthar rasa* and *Balachaturbhadra Churna*, etc. are some Ayurveda formulations which helps to treat many diseases of children. These Ayurveda formulations used to treat gastrointestinal diseases, *Antajakrimi, Kasa, Udarashula* and *Pratishyaya*, etc. in children.

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Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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