



Available online on 15 Jun, 2022 at <http://www.hjhs.co.in/index.php/hjhs>

## Himalayan Journal of Health Sciences

Published by Himalayan Group of Professional Institutions  
Associated with Himalayan Institute of Pharmacy

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Review Article

Open Access

### Role of Ayurveda Medicines in Pediatric Care w. s. r. to *Rasayana* Drugs: A Review

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#### Abstract

Ayurveda mentioned different therapeutic approaches for the management of *Bala Roga* (diseases related to the children), in this regards Ayurveda suggested uses of *Rasayana* drug for pediatric care. These drugs improve gastrointestinal secretions, boost appetite, prevent indigestion, treat nausea, cure sickness and improve physical strength in children. *Guduchi*, *Mandookparni*, *Jyotishmati* and *Shankhpushpi*, etc. are major *Rasayana* drugs which can be used for pediatric care and health restoration. These drugs offers several biological actions including potentiating *Agni*, improves strength of *Dhatu*s, boost *Ojus*, cleans *Srotas*as, maintain circulation and regulates process of detoxification, etc. The *Rasayana* acts as rejuvenator drug, improves mental vitality and strengthen immunity. Present article explained role of Ayurveda medicines in pediatric care W.S.R. to role of *Rasayana* drugs.

**Keywords:** *Ayurveda*, *Kaumarbhritya*, *Kayachikitsa*, *Rasayana*

**Article Info:** Received 08 Jun 2022; Review Completed 15 Jun. 2022; Accepted 15 Jun. 2022



#### Cite this article as:

Mithe AS, Phalak MP, Bari HM. Role of Ayurveda Medicines in Pediatric Care w. s. r. to *Rasayana* Drugs: A Review. Himalayan J H Sci [Internet]. 2022 Jun 15 [cited 2022 Jun 15]; 7(2):32-34. Available from: <http://www.hjhs.co.in/index.php/hjhs/article/view/135>

DOI: 10.22270/hjhs.v7i2.135

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#### 1. Introduction

The Indian civilization put health of children on prime concern since children are considered future of any nation. Ayurveda as oldest science of Indian origin provides several ways for curing common diseases of children like; indigestion, colic, diarrhea, mumps, allergy and fever, etc. Ayurveda branch '*Kumarbhritya*' deals with the growth and development of children while another branch of Ayurveda "*Kayachikitsa*" works around involvement of internal medicines for curing various health ailments. The *Kumarbhritya* along with *Kayachikitsa* gives a unique approach for curing diseases of children with the help of internal medicines. The *Kayachikitsa* offers different modalities for child care including right diet and lifestyle along with utilization of herbal remedies or Ayurveda formulations. (1-4)

#### 2. *Rasayana* for Pediatric Care:

*Rasayana* drugs such as *Shankhpushpi*, *Guduchi*, *Mandookparni* and *Jyotishmati*, etc. are used for the restoration of health of children. *Rasayana* drugs offers following health benefits in children:

- ✦ *Rasayana* improves potency of *Dhatu*s in children.
- ✦ *Rasayana* improves *Agni* thus cures digestive ailments in children.
- ✦ *Rasayana* improves path of *Srotas*as and clears micro-channels therefore improves circulation in body.
- ✦ *Rasayana* boost *Ojus* thus strengthens immunity of children.
- ✦ These drugs act as rejuvenator thus maintain physical as well as mental vitality in children.
- ✦ Ayurveda described *Rasayana* for *Bala-Roga* as well for improving general health and physiology.
- ✦ *Rasayana* facilitate salivary secretions which help in digestion and improves appetite in children of growing age.
- ✦ The *Rasayana* by virtue of their carminative and appetizer effects cure constipation and indigestion.
- ✦ *Rasayana* significantly improves symptoms of common disorders associated with children like *Grahani Roga* and allergic rhinitis.

- ✚ Improves skin tonicity, texture and complexion
- ✚ Prevent accumulation of *Ama* which is one of the major causes of disease in early childhood.
- ✚ *Rasayana* clears *Srotasas* and improves qualities of *Ojas*

### 3. Precautions

*Rasayana* therapy should be used with great precautions in children to avoid health complications. The excessive uses of *Rasayana* should be avoided in children to prevent chances of overdosing. The *Rasayana* should be used for children under the expert opinion. The therapy only used whenever required essentially. There are some drugs which only suggested for children, other *Rasayana* should not be used. (4-6)

The *Rasayana* formulations such as; *Svaran Bhasm*, *Panchgavya Ghrita*, *Brahmi Ghrita*, *Abhaya Ghrita*, *Mandura Bhasma*, *Lauha Bhasma* and *Samvardhana Ghrita*, etc. are advocated for children for curing health ailments of growing children. These drugs also used for improving general health and mental status, since these are metallic formulations therefore requiring great care and supervision while used for pediatric care.

### 4. Role of specific *Rasayana*:

*Vacha* used for new born to improve immunity against common infectious diseases. This drug offers anti-oxidant, immune-modulatory and digestive properties.



Figure 1. Common *Rasayanas* used for pediatric care

As depicted in above figure *Mandukaparni*, *Yastimadhu*, *Guduchi* and *Shankhapushpi* are major class of *Rasayanas* drugs used for pediatric care. *Kushmanda* and *Vacha* also used as *Medhya Rasayana* for improving brain and mortar activities. These drugs not only help to cure *Bal-Roga* but also improve process of physical and mental development. These Ayurveda drugs balances *Dosha*, enhances qualities of *Dhatus* and potentiate *Agni* thus improves strength in children. (5-7)

*The different types of Rasayanas offer various types of therapeutic role as mentioned below:*

- *Prana kanya Rasayana* improves quality of *Prana* (life energy) therefore nourishes circulatory and respiratory functioning.
- *Medhakanya Rasayana* used to promote mental health, memory and intellect.

*Swarna Prashan* possesses *Rasayana* effects, used as ancient vaccination technique to enhance intelligent and immunity of children.

*Brahmi* used to improves mental functioning and memory, *Brahmi* provides intellect, gives nourishment to the brain and boost mental coordination.

*Trikatrayadi Lauha* is an Ayurveda formulation which imparts *Rasayana* effects and boost bony frame work and muscular strength. *Trikatrayadi Lauha* enhances blood contents and maintains rigidity of skeleton system. *Rasayana* drugs containing iron prescribed for *Pandu Roga*.

*Triphala Rasayana* correct weakness and anorexia in children, *Triphala Rasayana* used for general fatigue in children, *Triphala* is used in children for general debility, indigestion and fever. *Triphala* maintain optimum health status in children and imparts good immune responses.

*Medhya Rasayanas* improves memory, intellect and provides mental nourishment. *Medhya Rasayanas* provides immunity, longevity and boost brain functions. The examples of *Medhya Rasayana* are depicted in Figure 1.

- *Srikanya Rasayana* boost complexion and improves physical appearance.
- *Naimittikarasayana* prevent causes of diseases.

### 5. *Rasayana* Formulations used for Children:

- ✓ *Svaran Bhasm*
- ✓ *Panchgavya Ghrita*
- ✓ *Brahmi Ghrita*
- ✓ *Samvardhana Ghrita*
- ✓ *Abhaya Ghrita*, etc.

### 6. Role of chemical constituents of *Rasayana*:

*Medhya Rasayana* possesses *Tikta Rasa* and *Ushna Virya* therefore improves *Grahana karma*. The constituents like; medacassoside, medacoside and triterpenic acid, etc. present in *Medhya Rasayana* provides neuroprotective effect. Similarly contents like glycyrrhizine and flavonones, etc. provides free radical

scavenging activity thus prevent biological damage caused by free radicals. The *Rasayana* herb also contains alkaloids, steroids, polysaccharides and glycosides, etc. therefore enhances immune power and imparts neuro-protective effects. The other contents like kaempferol, sitosterols and microphyllic acid, etc. are considered responsible for neuro-protective and anti-oxidant activities. (6-8)

### 7. Role of Ayurveda Properties:

- ✚ *Tikta Rasa* and *Madhura Vipaka* of *Rasayana* impart *Medhya Karma*.
- ✚ *Madhura Rasa* and *Sheeta Virya* of *Rasayana* provide *Balya Karma*.
- ✚ *Katu Rasa* and *Ushna Virya* of *Rasayana* are responsible for *Tridoshaghna* effect.
- ✚ *Kashaya Rasa & Snigdha Guna* of *Rasayana* gives *Manasrogahara* effects.

### 8. Conclusion

*Rasayana* drugs improve qualities of *Rasa Dhatu* and provide *Dhatu Poshana* effects. The *Dhatuwardhak* action helps in *Dhatunirmana*, *Shrota Shodhana* effects of *Rasayana* detoxify body and prevents blockage of micro channels. *Rasayana* promote *Ojas*, increases *Satva guna* and improves quality of *Mana*. *Rasayana* formulations such as; *Brahmi Ghrta*, *Cyavanaprasa*, *Satavari Ghrta*, *Dhatri Rasayana* and *Vasanta-Kusumakara*, etc. helps to improve symptoms of *Bala-Roga*. *Rasayana Chikitsa* enhances memory & grasping power in children, enhances disease resistance power, increases circulation and prevent oxidative damage. *Medhya rasayanas* stimulates *Agni*, potentiates *Dhatu*s, improves *Ojas*, gives rejuvenating effects and enhances mental functioning in children.

### Acknowledgements

I like to express our sincere gratitude to HJHS Journal for publishing our article

**Financial Disclosure statement:** The author received no specific funding for this work.

### Conflict of Interest

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

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