

Ayurveda Properties and Therapeutics Importance of Kumarkalyan Rasa: A Review

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REVIEW ARTICLE

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ABSTRACT

Ayurveda system of health restoration comprises many streams for the management of different diseases. Ayurveda encompasses several therapeutic options for different age groups and in this regards Ayurveda suggested many approaches for pediatric care (management of *Balaroga*). *Balyavastha* or childhood is stage of life which needs special care due to the lack of strength and immunity. *Ahara, Vihara and Aushadhi* are some Ayurveda measures which help to maintain strength in *Balyavastha*. There are many drugs (*Aushadhis*) mentioned in Ayurveda classics which provides therapeutic response in health issues of childhood age. *Kumarkalyana Rasa* is one such Ayurveda drug used as pediatric medicine. This drug used for breathing problems, fever, cough, jaundice, digestive problems, diarrhea and others problems in children. Present article emphasizes Ayurveda perspective of *Kumarkalyana Rasa* and its therapeutic significance in *Balaroga*.

Keywords: *Ayurveda, Balaroga, Kumarkalyana Rasa, Pediatric.*

1. Introduction

Kaumarayabhritya is branch of Ayurveda which deals with *Balaroga* means disease of childhood age. The Ayurveda pediatric care deals with infant feeding, neonatal care, diet regimen for newborn child, seasonal regimen for children and nutritional care. The children are susceptible towards the health ailments including respiratory infections, skin problems, digestive problems and infection of intestinal worm, etc. These diseases arise due to the disturbances of *Doshas* namely; *Vata, Pitta* and *Kapha*. The *Kapha Dosha* mainly dominant in *Bala Avastha* therefore most of the diseases in childhood age arise due to the vitiation of *Kapha dosha*. The diminished state of immunity and *Dhatus* in *Bala Avastha* make children prone towards the many pathological conditions. Therefore Ayurveda suggested many approaches to restore immunity and strength of children. These Ayurveda modalities help in the prevention and treatment of pediatric diseases. There are many drugs used in Ayurveda therapeutic for pediatric care and *Kumarkalyana Rasa* is one such drug which enhances immunity, resist respiratory

infections, helps in *Jwara, Kasa* and *Shwasa*, etc. (1-3)

Kumarkalyana Rasa:

Kumarkalyana Rasa is Ayurveda drug used for pediatric care it composed of following ingredients:

- ✚ *Ras Sindoor*
- ✚ *Moti Pishti*
- ✚ *Swarna Bhasma*
- ✚ *Abhrak Bhasma Loha Bhasma*
- ✚ *Swarna Makshik Bhasma*
- ✚ *Aloe Vera Juice*

The formulation rich in elemental or metallic components like; gold, magnesium, iron and copper etc. Therefore it offers beneficial effects of purified metallic components (*Bhasma*) and also possesses therapeutic benefits of herbal ingredients. The major biological actions of *Kumarkalyana Rasa* depicted in **Figure 1**.

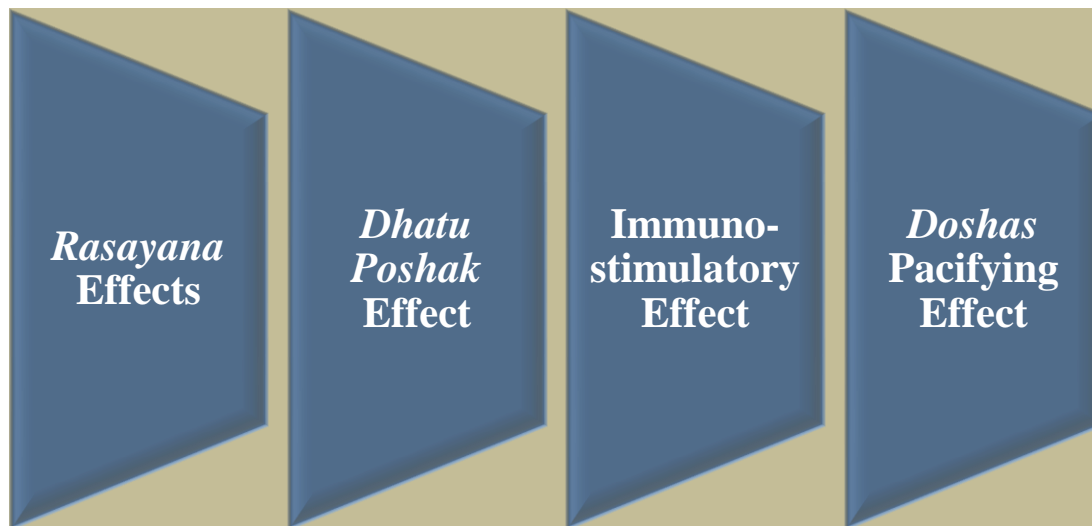


Figure 1. Therapeutic biological actions of *Kumarkalyana Rasa*

2. Therapeutic Properties

Kumarkalyana Rasa used as Immuno-stimulatory since it helps to develop non-specific immunity, adaptogenic & *Rasayana* effects thus improve strength, antitussive and anti-asthmatic actions help in respiratory problems, antibacterial effect provides relief from common infections of childhood age, it acts as a digestive stimulant & carminative thus cures digestive problems and haematinic effect helps to increase hemoglobin levels in children. (4,5)

3. Ayurveda Properties

- **Dosha Karma:** Pacifies *Tridoshas*; *Vata*, *Pitta* & *Kapha*
- **Dhatu Karma:** Affects *Rasa*, *Rakta*, *Asthi*, *Majja* & *Ojas*
- **Virya:** *Sama-Sheeta –Ushna*
- **Prabhava:** Immuno-stimulatory

Ras Sindoor relieves accumulated phlegm since it acts as *Uttejak* and *Kaphasravak* agent. This drug provides *Vrushya*, *Yogavahi kalpa* and *Rasayan* action thus helps to treat many pathological conditions of children such as; *Shwasa*, *Kasa*, *Rajyakshma* and *Pratishyaya*, etc.

Moti Pishti possesses *Madhura Rasa*, *Laghu Guna*, *Sheeta Virya* & *Madhura Vipaka* thus helps to pacify *Pitta* & *Kapha*. It improves digestion, boost functioning of brain, nerves, treatment of diarrhea and used in the management of asthma.

Swarna Bhasma has *Madhura Rasa*, *Laghu Guna*, *Madhura Vipaka* and *Sheeta Virya* effects thus provide immune-modulatory action. *Swarna Bhasma* acts on *Pitta Dosha*, strengthens *Rasa* & *Rakta Dhatu* therefore considered good for brain, lungs, intestine and enhances immunity. *Swarna Bhasma* gives therapeutic response in microbial infections, improves symptoms of fatigue & weakness.

Abhrak present in *Kumarkalyana Rasa* has *Deepana*, *Pachana* and *Rasayana* properties therefore helps to manage digestive problems in children, relieves constipation, gives beneficial effects in gastric trouble and maintains nutritional supply in children.

4. Probable Mode of Action

The formulation is beneficial for various organs including; lungs, bone, muscles, brain and liver. The *Dhatu Poshak* effect of formulation provides physical and mental strength. *Asthi* & *Majja Poshak* effect helps in childhood diseases like rickets & weakness of bones, *Pitta* pacifying effect cures recurrent fevers. *Kapha* normalizing action of formulation helps in childhood asthma; *Rasa* & *Rakta* boosting property of *Kumarkalyana Rasa* provides therapeutic benefits in anemia. Hepato-protective action cures symptoms of jaundice, helps in anorexia and appetite stimulant property maintains nutritional supply thus helps in underweight or malnutrition. Effect on *Tridoshas* keeps children away from normal health ailments and immuno-stimulatory action strengthens inherent

immunity thus resist prevalence of common infectious diseases. It is good for diseases of various organs including; brain, lungs, heart, bones, muscles and liver, etc. The *Tridosha* balancing effects strengthen mental awareness & boost brain power in children. *Kumar Kalyan Ras* improves immunity against microbial infections associated with respiratory tract. *Kumar kalyan ras* cure problems like cough, cold and asthma. Hypotonia means diminished state of muscle tone, in such types of condition *Kumar Kalyan Rass* provides strength to the muscles, boost strength of bone and balances neurological coordination. It cures general physical weakness in children & promotes general well-being. *Kumar kalyan ras* is good for indigestion since it possess natural digestive stimulants and imparts mild laxative action thus relieves constipation. It improves digestion, helps in vomiting and helps to manage condition like emaciation. The *Giloya satva* present in formulation is very effective for the management of liver diseases, it improves kuffer cell activity thus facilitate phagocytic activity and improves defense mechanism of body. *Giloya satva* provides immunity against bacteria & viruses while *Abhrak* present in formulation imparts *Rasayana* effect thus improves quality of *Dhatu*s. (6)

5. Administration of *Kumar Kalyan Rasa*

- ❖ Overdosing must be avoided since it can cause health complication thus ***Kumar Kalyan Rasa*** should be used in proper **dose**.
- ❖ Generally it is recommended as 10 mg dose/day for treating cough and weakness, this dose considered good for infants.
- ❖ Dose can be extended up to 30 mg for child ageing from one to three years; this dose can be administered by dividing in two or three equal amounts and should be given after fixed intervals in a day.
- ❖ The dose up to 45 mg is effective in children around five year of age for infections and other problems.
- ❖ *Kumar Kalyan Ras* is very effective if used with honey or milk. (7, 8)

6. Conclusion

Kumarkalyana Rasa is Ayurveda drug mainly used for pediatric purpose; this drug offers beneficial effects in the management of breathing problems, cough, jaundice, fever, diarrhea and digestive problems. *Kumarkalyana Rasa* comprises of *Ras Sindoor*, *Moti Pishti*, *Swarna Bhasma*, *Abhrak Bhasma* *Loha Bhasma* and *Swarna Makshik Bhasma*, etc. *Kumarkalyana Rasa* gives immuno-stimulatory, adaptogenic & *Rasayana* effects thus provides antitussive, anti-asthmatic, antibacterial and digestive stimulant effects in children. *Kumarkalyana Rasa* pacifies *Tridoshas*, boosts *Rasa*, *Rakta*, *Asthi* & *Majja* therefore imparts health benefits in anemia, rickets, diarrhea, respiratory disease and improves mental strength.

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Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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