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MANAGEMENT OF PRANAVAHA SROTASTHA VYADHI IN CHILDREN

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ABSTRACT

As per Ayurveda pranavaha srotas includes both cardiorespiratory system. According to caraka mula of pranavaha srotas are Hridaya and Mahasrotas. As per susrutha hridaya and rasavahi dhamani as mula for pranavaha srotas. By this we can say that the main seat of pranavaha srotas is uraha pradesha which is the main sthana of kapha dosha

INTRODUCTION

Today there are millions of people suffering from different kinds of respiratory illness that can have a significant effect in the way they live their daily lives. Respiratory illness can vary from being acute to chronic. In acute cases, it is usually easy to treat and is only a short term illness. However the chronic conditions of respiratory illness are difficult to treat and can cause permanent damage to the respiratory system. In modern system of medicine only symptomatic treatment is available and the recurrence rate is high and the patients are getting dependency on oral and inhaled corticosteroids, short acting β 2 agonists, theophylline all of which cause significant side effects in long run. In this scenario one can get rid of those diseases permanently from the root by elimination of vitiated doshas with the help of panchakarma therapy by which we can prevent undesirable adverse effects of modern medication. Vitiating exaggerated doshas, which are the root cause of the disease are to be eliminated through the nearest outlet of the body. As it is said that the panchakarma is done when doshas get aggravated and move out of their own seat to other places like shaka etc. Modulation of panchakarma in the frame work of kaumarabhritya Snehana and swedan are the poorvakarmas of panchakarma therapy but they have limited application in

pediatric age group. The literature suggested that Bala Panchakarma play significant role in the management of cerebral palsy, Pranavaha Srotastha and Tamaka Shwasa. Panchakarma basically is a type of Shodhana Chikitsa. The basic principle of Kaumarabhritya involves Panchakarma in later stage of development of ayurveda science; however fixation of drug dose in and intensity of Baala Panchakarma is very important to prevent any side effect. It is believed that Panchakarma being Shodhana Chikitsa remove vitiated Doshas. The various steps of Panchakarma such as; Vamana, Virechana, Basti, Niruha or Yapana Bastis and Anuvasana Basti recommended in early childhood for the management of different abnormal physiological conditions. The herbo mineral formulation including such as; Rasayana prepared using metals and minerals along with herbs for the treatment of various disorders. The concept of size reduction involves improving potency of herbo mineral formulation. The ancient literature of ayurveda reported use of herbo-mineral formulations for the treatment of various childhood diseases. The use of Rasayana therapy in Bal Rog needs great attention towards the dosing and frequency to prevent any chances of adverse reactions¹⁻⁴. RASAYANA IN BAL ROG Rasayana Tantra is branch comes under the branch of Astanga

ayurveda which overall used to enhance longevity, intelligence and immunity. 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, Agni, 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 therapeutic purpose such as; Svaran Bhasm, Vacha, Madhu, Ghrita, Panchgavya Ghrita, Brahmi Ghrita, Abhaya Ghrita, Samvardhana Ghrita, Mandura Bhasma and Lauha Bhasma, etc⁴. Swarna Prashan is formulation 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. This type of formulation possesses many therapeutic activity like; anti-oxidant property, immunomodulatory activity and also improves Agni. The ayurveda suggest use of Swarna Prashan with

precautionary measurement to enhance intelligent and immunity in children⁵. Lauha formulation such as; Trikatrayadi Lauha prescribed in children for Pandu Roga, in this disease Pitta Prakriti of children suffer predominantly. Ayurveda strongly recommended use of Lauha in children suffers from iron deficiency. Trikatrayadi Lauha contains Mandura Bhasma and Lauha Bhasma along with such as; Triphala, Trikatu and Trimada. It is believed that herbal ingredients help in iron transportation thus improve its bioavailability and also elevates blood hemoglobin level significantly in children suffered with Pandu Roga. The literature mentioned use of Lauha formulation in other physiological dysfunction such as; weakness, anorexia and fatigue

The article emphasized management of Bal-Rog using various ancient approaches of ayurveda science such as; herbal remedies, Rasayan and Panchkarma. This article mentioned importances of Rasayan and Panchkarma in the management of some Bal-Rog; although use of Rasayan and Panchkarma in Bal-Rog must be carried out with care. Panchakarma may be done from the age of seven years and as per requirement while Rasayan therapy may be used in early age but with great precautionary measurement. The discipline life style also play significant role in the management of BalRog

Another type of childhood disease is Pakshaghata which is a brain injury due to the decreased oxygen supply to the brain during child birth resulted motor and cognitive impairments. It is a type of Vataja disorder and ayurveda described that Snehan, Swedan and Basti may be helpful in Vata Vyadhi thus Panchakarma may be suggested for such type of disease conditions. Vata Shamaka Panchakarma therapy along with drugs play significant role in Pakshaghata. In this approach Head massage improves the blood circulation which helps to calm and stabilizes the irritability and anxiety of the patient thus; offer nourishment to the brain and improves mental abilities. The Annalepana (Snehana and Swedana karma) offer relief in tonicity and spasticity. Similarly Shiro-talam possesses calming effect to the brain⁹. Panchakarma and Yoga also emphasized role of Pranavaha Srotastha Vyadhi is a disease of Kapha Dosha. Kapha along with Vata Dosha play major role in appearance of Pranavaha Srotho Vyadhi, in which Dushitha Prana Vyau resulting Hikka and Swasa diseases, the disease condition involve aggravation of Kapha and Vayu. Swasa, Kasa, Hikka are the diseases of Prana Vahasroto Dusti, ayurveda suggested use of Panchakarma in pranavaha srotastha vyadhi, it is believed that Panchakarma in pranavaha srotastha vyadhi not only pacify Kapha and Vata Dosha but it also

help in excretion of harmful toxins. Shodhana through Panchakarma clear accumulated Kapha and other secretion from respiratory tract and thus relief pranavaha srotastha vyadhi

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