Introduction

Ayurveda, the basic science of traditional medical system in India, considers Bal-Rog under Kaumarbhritiya and mentioned different therapeutic approaches for the treatment of childhood diseases. Recently, many researchers utilize Baala Panchakarma and Rasayana therapy for the management of various childhood diseases. This article describes various aspects of Baala Panchakarma and Rasayana therapy with special reference to the childhood diseases.

Abstract

The childhood diseases described as Bal-Rog in ancient Ayurveda science; this is the state of mental and physical development. Ayurveda considers Dhatri Stanya Dushti as the causative factor of diseases in Ksheerada Avastha. The physiological participation of Dosh, mala, and Dushya is different in children as compared to adults. Therefore, the type and prevalence of disease are also different in children and thus pediatric care needs utilization of various approaches for the management of Bal-Rog such as herbal remedies, discipline lifestyle, Rasayana, and Panchkarma. This article describes the role of Rasayana and Panchkarma in the management of some Bal-Rog. However, use of Rasayana and Panchkarma in Bal-Rog preferably not come first but traditional texts of Ayurveda advised these therapies in some special conditions. Panchakarma may be done from the age of seven years and as per requirement Rasayana therapy may be used in early age but with great precautionary measurement.

Keywords

Ayurveda, Bal-Rog, Rasayana and Panchkarma.
Rasayana therapy in Bal Rog needs great attention towards the dosing and frequency to prevent any chances of adverse reactions\(^{1-4}\).

**RASAYANA IN BAL ROG**

Rasayana is a branch of Ayurveda which overall used to enhance longevity, intelligence and immunity. The Rasayana Shashtra also involves use of metallic formulation along with herbs. Guduchi, Shankpushpi, 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, etc\(^4\).

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 children\(^5\).

Lauha formulation such as; Tripatrayadi 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. Tripatrayadi 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\(^6\).

**PANCHAKARMA FOR BAL-ROG**

Many childhood diseases occur due to the vitiation of Doshas and Panchakarma therapy help to pacify these Doshas vitiation and thus relief many disorders. It is believed that purification of body through Panchakarma and Yoga pacifies Dosa and clear harmful toxins from the body and thus help to relive many diseases in children. Panchakarma utilizes various approaches of Shodhana such as; Vamana, Virechan, Nasya: Vamana in children help to eliminate Kapha Dosha and thus opens pranavaha srotastha which may block due to the accumulation of Kapha in Kapha Vyadh. Virechana may help in Pranavaha Srotyadhi; Swasa Kasa where pitta dosha is predominant. Nasya Karma is...
useful for diseases associated with Kapha and Vata predominance.

Cerebral palsy is a common pediatric disorder in children. Seizures, hearing impairments and mental retardation are common features of the disease. Ayurveda emphasized various treatment options for disease including Panchakarma and Yoga. It is Vata Vyadhi which involves Pakshaghat, Ekangvata, Sarvagavata, Pangu etc. Ayurveda believed that anti-spastic, muscle relaxant and calming properties of Panchakarma and Yoga help in the management of Cerebral palsy.

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 brain.

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.

Figure No.1: Type of Rasayana and Panchakarma

CONCLUSION

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. Panchkarma 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 Bal-Rog.
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CONFLICT OF INTEREST
We declare that we have no conflict of interest.

BIBLIOGRAPHY