



Review Article

A review on some common diseases in children and their treatment with traditional system of medicine

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Abstract

There are so many diseases specially classified for children come under Kaumarabhria treatment as per Ayurveda. Recently many researchers' works to explore development of treatment of diseases related with childhood. The utilization of traditional system of treatment is well known but now it has been well proved and established also on the basis of scientific study and evidences. Further more research investigation need to be required for the establishment and modernizing of traditional therapy for children disease. This review article summarizes advanced research work of this area. Article involve discussion of traditional Ayurveda text related to the childhood disorders like; Rickets, asthma, constipation, Jwara and krimi etc. Further research and new concepts are utilizing for exploring Kaumarabhria.

Key words

Ayurveda, Kaumarabhria, Rickets, krimi.

Introduction

Pediatrics in Ayurveda is a well developed entity known as Kaumarabhria and this branch of the

science is one among the eight divisions of Ayurveda. Ayurveda is the science of life, which deals with each and every aspect of life. Childhood disorders are genetic or due to the



modern life style of children like; feeding habits along with not practicing ayurvedic principles such as regular exercise, avoidance of junk food items, oily spicy foods, polluted foods, Veerya virudha foods (dietetic incompatibility) and Ahara vidhi vidhan (dietary principles) create a lot of health related disorders in children.

Important treatises on pediatrics in Ayurveda are Vridda Kasyapa Samhita, Kasyapa Samhita, Jeevaka Tantram, Parvathaka Tantram, Bandaka Tantram, Hiranaksha Tantram and Ravaneeyam Kumara Tantram. Presently available Ayurvedic classics like Charaka Samhita, Susruta Samhita, Ashtanga Samgraha and Ashtanga Hridaya also contains special features dealing with treatise by name Arogyakalpadrumam (Bala Chikitsa). Ayurvedic classics have been supposed to be the oldest medical literatures available so far in the world for the neonatal care. The traditional Ayurveda text deals with certain fundamental considerations related to the children health like; diet, physical health and simple life style. The ancient Kasyapa Samhita deal with the treatment and diagnosis of various Bal-Rog like; 'Bhaka Roga' which has similarity to Rickets, 'Ulbakam' and 'Mahapatmam' [1, 2, 3].

This article involve conclusive review on recent development in the field of Pediatrics as per Ayurveda; so Ayurvedists and other interested medical scientists can utilize these available information and explore the progress of Aayurvedic paediatrics branch Kaumarabhria.

Rickets

Rickets is a metabolic disorder of the growing skeleton caused by a disturbance in calcium and phosphorus metabolism, characterized by an inadequate mineralization of bone and a disproportionate growth of the cartilage. Several etiological factors such as nutritional deficiencies of calcium, phosphorus, vitamin D

as well as inadequate sunlight have been reported to play a role in the causation of rickets with the formation of a less compact and weak bony matrix with diminished rigidity.

Ayurveda mentions several plants that are useful in the correction of fracture and bone metabolic disorders; Mitra S.K., et al. [4] studied the efficacy of a herbomineral preparation, on bone mineralization in experimental rickets. The herbomineral preparation formulated with such plants and bhasmas which are well known for their beneficial effects in various bone disorders. The formulation consists of Terminalia arjuna, Withania somnifera Dunal, Commiphora mukul, Hook Ex Stock and Praval bhasma. Study showed complete reversal of rickets, which was substantiated by biochemical and histological observations. Herbomineral preparation was found to be useful in the management of rickets in a natural way through herbal resources.

Suggested effect of formulation for the treatment of rickets

- **Terminalia arjuna** : Reduces osteodystrophic conditions
- **Withania somnifera** : Rejuvenator helps in relieving the pain
- **Commiphora mukul** : Mineralization of the bones
- **Praval bhasma** : Source of calcium

The compositions individually and synergistically were found to be effective and further studies were suggested to establish the efficacy of herbomineral in clinical situations of rickets [4].

Childhood asthma

Childhood asthma prevalence varies widely in different locales. Approximately 80% of asthmatics report disease onset before 6 years of age. Childhood bronchial asthma has multifactor causation. Geographical location,



environmental, racial, as well as factors related to behaviors and life-styles are associated with the disease. As it is a Kapha-Vata predominant disorder, its incidence should be witnessed more either during the Balyaavastha, which is the normal time of Kapha dominance. Poly-herbal formulations such as Padmapatradi yoga, Vasa Avaleha, Vasa Haritaki Avaleha and Bharangyadi Avaleha were found to be effective for the treatment of asthma.

Panda A., et al. studied the efficacy Padmapatradi yoga for the treatment of bronchial asthma. The ingredients of Padmapatradi yoga were found to have bronchodilator and antihistamine activities [5].

Yadav S.S., et al. [6] studied the immunomodulatory activity of Shirishavaleha. Study showed significant enhancement in antibody formation, attenuation of body weight changes and immune-modulatory activity which can be correlated with the anti-asthmatic activity of formulation. It was suggested that the main ingredients of formulation such as Shirisha (*Albizia lebeck Benth*), Twak (Bark) and Sara (Heartwood) known to have Anti-allergic and Immuno-modulatory activity this may be the responsible factor for the anti-asthmatic activity of Shirishavaleha [7].

Childhood constipation

Constipation in young children can be corrected by drinking a cup of warm milk before bedtime with one teaspoon of ghee added to it. Likewise, a good measure consists in including in the diet foods that have a natural laxative effect such as soaked raisins or dates, honey, bran, sesame seeds, mango, papaya, grapes, and fresh figs. Furthermore, encouraging proper eating habits and food combining when possible, sufficient water intake, high quality oils, and providing

plenty of high fiber foods can be helpful in the prevention of constipation.

Study revealed that castor oil with mother milk may help to relief from constipation of new born baby. It was also found that equal parts of Cumin, Fennel, and Coriander powder when mixed with hot water can be given as needed to correct vata in the colon. There are a variety of Ayurvedic herbs and formulas that can be quite effective for constipation in children, such as Triphala churna, Sat isabgol, Gandarva haritaki or Avipattikara churna.

Cold and fever in children

Jwara (fever) is the body's natural way of burning ama. Generally the common cold is often associated with the cold and damp qualities of kapha and ama (toxins), which cause symptoms such as low appetite, nasal or chest congestion, malaise, and sometimes mild to moderate fever. Ayurveda suggest intake of warm liquids to support the agni (digestive fire) and the elimination of ama. Yashti madhu (Licorice root) and a little raw honey helps liquefy and expectorate phlegm. Warm Mahanarayan or sesame oil, or ghee with a pinch of rock or black salt, can be massaged onto the chest followed by a eucalyptus steam inhalation to relief from sever congestion. As per Ayurveda Tulsi (Holy basil) also works for soothing coughs, decongesting the lungs and sinuses, as well as lowering fever by promoting sweating. Other typical Ayurvedic formulas for the treatment of common cold and flu are Sanjivani guti, Tribuvankirti ras, Sitopaladi churna, Talisadi churna, and Lavangadi vati.

Skin problems in children

Rashes such as eczema and psoriasis are quite common amongst children. Ayurveda correlate



such rashes with high pitta and ama in the liver, plasma and blood tissue. Although pitta is the primary dosha considered in such conditions, the characteristics of the rash may vary depending on whether other doshas are present. Ayurveda suggest some basic rules for children skin problem like; dietary restrictions, which include avoiding excessive intake of salty, pungent and sour tasting foods, acidic fruits, as well as deep fried, fermented, and hot spicy foods. Ayurveda also suggest that some bitter herbs such as Neem, Manjista, Haridra (Turmeric) and Guduchi can treat skin problem by altering rakta vaha srotas and also modify high pitta and ama. Traditional compounds such as Kaishore guggulu, Tikta gritam, Maha manjistadi kwatha, and Panchnimba churna are also useful for treating skin problem in children.

Worms problem in children

krimi (worms and parasite) Another problem common in children. Symptoms include constipation, diarrhea, abdominal pain, flatulence, anemia, anorexia, increased appetite and itching of the anus. As per Ayurveda there are many causes like; contaminated foods or contact with animal feces etc. Ayurveda suggest that few healthy habits can help prevent such situations by reducing excess dosha and ama which may generate krimi. Mixing equal parts of Neem and Vidanga can used as herbal remedy for worm. Herbal compound made with equal parts of Kutaja and Shardunika may also help to reduce worms and parasite. Hing (Asafoetida) mixed with dehydrated organic sugar cane juice can relief from krimi. Some traditional medicines used in Ayurveda for treating parasitic conditions in children are Kutajarishta, Vidangarishta, Kutaja parpati and Krimikuthar ras. These all eliminates all types of worms [8].

Summary

Ayurveda has much to offer in the way of gentle and effective health care and disease prevention for children through diet and lifestyle, as well as the use of medicinal herbs and spices. For thousands of years herbs have been successfully used for addressing a wide variety of childhood disorders. Many herbs can strengthen the immune system and support the health of children of all ages in a safe and holistic manner. This article summarized some ayurvedic treatment for different childhood disorders. Ayurveda also refers some rules to be followed related dietary intake and life style as preventive measures for childhood diseases. Traditional ayurvedic text consist diagnostic as well as therapeutic solutions of many childhood disorders, these all information now well proved by scientific evidences. More research work are utilizing exclusively for exploring the Kaumarabhria as substantial part of Ayurveda.

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