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## **Drug Dose Fixation in Baala Panchakarma (Classical Review)**

### **Review Article**

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### **Abstract**

According to *Charaka* In children *dosha*, *dushya*, & *malas* in different *vyadhi* are similar to adults but in smaller quantity based on body weight, age, & *Agni* of child. Whatever the disease the adult suffers the child also suffers. Thus induction of vomiting & purging etc are not done in *Paratantra avastha*. *Panchakarma* are the unique therapy of Ayurveda System of Medicine. They are equally beneficial in the prevention and cure of the disorders there by improves the life span of the individual. In pediatric practice also these therapies are helpful provided administered with due consideration in stage of the diseases, dosage of medicines, proper method, *vaya* and *Bala* of the children. Care should be taken in the prevention of complications.

*Shodhana* is advised to remove the vitiated *doshas* and to bring the *doshas* to normal condition. *Kashyapa* being *kaumarabhritya* physician explained *panchakarma* can be done in *bala* starting from infancy and advised *vamana*, *virechana*, *basti*, *niruha* or *yapana basti* and *anuvasana basti*. He contraindicated *raktamokshana* in children. He attributes complete *siddhithana* to explain this. At various places he explained doses of *sneha*, *vamana* and *virechana* drugs and given the quantity of *basti* as per different age.

**Key Words:** Baal, Anuvasana basti, Niruha basti, Snehana, Vamana matra, Virechana, Nasya.

### **Introduction:**

Childhood is very crucial period where child pick up growth and development with respect to physical, physiological and social aspect. *Dosh*, *dushya* and *mala* present in body are similar in both children and adult but present in lesser quantity in children. Whatever the diseases the adult suffers child also suffers the same (1)

*Dhatri stanya dushti* is the main cause for diseases in *Ksheerada avastha*. Hence *Shodana* should be done both in *dhatri* and *Shishu*.

Some classical texts consider *bala* as *Anarha* for *panchkararma* therapies up to seven years of age. But *Kashyapa* being pediatrician advises *panchakarma* from first year of life However in today's time it is observed that with a certain set of

precautions along With Proper Drug and Dose is required for *Baala Panchakarma*.

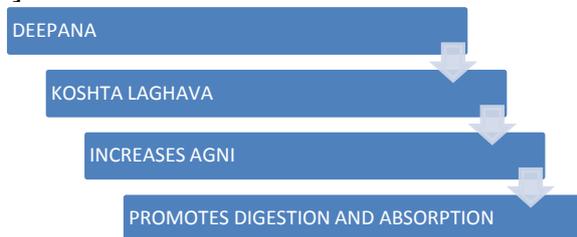
In present situation there is difficulty in administering *panchakarma* in children because of lack of knowledge of the doses of medicine in children and also difficulty in deciding the dosage of *snehana* etc. considering all these an effort will be made in this article to Discuss regarding the dose fixation as per different age in *bala panchakarma* which can be used for various research purposes.

**Purva karma: Deepana and Pachana**

Before *shodhan karma* *deepana* and *pachana* should be done for *niramavastha of doshas*. This relieves *ama* at the level of *Koshtha*.

Drug used for *pachana* in paediatrics: *Agnitundivati, Sankhvati, Trikatu, Sunthichurna, Panchakol* etc. Usually done with *mridu Bheshajam* having *Anulomana property*<sup>2</sup>

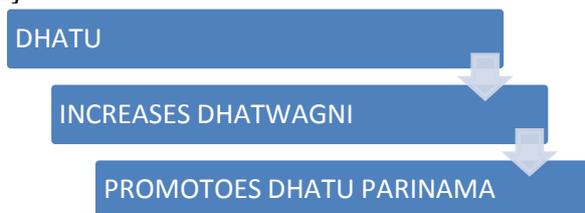
1]



Usually done with *Laghu, Ruksa, Usna, Teekshna Bheshaja*. *Releives Ama* at the level of *Kosta*.

*Pachana*

2]



Usually done with *mridu Bheshajam* having *Anulomana property*.

*Sneha matra*

Varsha Badve et al. (2003, Jamnagar) have formulated *agni bala* index for fixing the dose of *sneha*. During *snehapana agni vriddi* is expected. This ignited *agni* has thus more power to digest more quantity of *sneha* in the same stipulated time. *Pachana kala* and quantity thus play a very important role while calibrating the *agnibala*. As *agnibala* increases, the *pachana kala* is bound to decrease. So for assessment of *agni* as follows.

⊙ A. I (Abhyavaharana Index)=

$$\frac{\text{Test dose} \times \text{T(Time)}}{\text{Given dose}}$$

Time required for the digestion of *sneha-jarana shakti* both should be considered so for *sneha Abhyavaharana Index* was calculated as follows.

so for the first day-30/30=1 therefore if *Abhyavaharana Shakti* is more than 1 then it is tilting towards decrease of *Abhyavaharana Shakti* and if *Abhyavaharana Shakti* is less than 1 then it shows the improvement of *Abhyavaharana Shakti*.

With the help of *Abhyavaharana Shakti* one can calculate *Agnibala*. to formulate *Agnibala* to consider the second factor that is *kala-time* required to digest the given dose of *sneha*.

For example in a person 70ml of *sneha* digest in 3 hours on 2<sup>nd</sup> day then the *Abhyavaharana Shakti* index=30/70x3=1. 29. on 3<sup>rd</sup> day 100ml of *sneha* digests in 3. 5 hours so the *Abhyavaharana Shakti* index=30/100x3. 5=1. 05 the second day *Abhyavaharana Shakti* index is 1. 29 which is reduced to 1. 05 on 3<sup>rd</sup> day. indicates the increase of *Agni* occurs by *sneha*. in the same way *Abhyavaharana Shakti* index should be calculated till the completion of *snehana*. Lesser the *Abhyavaharana Shakti* index more will be the *Agnidipta*. (2)

### Sneha Matra (3)

Dose	Time required for Digestion	Action	Indication
Prathama Matra	3 Hours	Agnidipiti	Alpa Dosha
Dvitiya Matra	6 Hours	Vrushya	Madya Dosha
Tritiya Matra	9 Hours	Brimhana	Bahu Dosha
Caturtha Matra	12 Hours	Snehaniya	Glani, Murchana, Mada
Panchama Matra	24 Hours	Pujaneya	Kushta, Visha, Unmada, Graha, Apas-mara.

### Swedan

Type of sweda( acc to Kashyapa)

*Hast, Pradeha, nadi, prastara, Sankar, Upnaha, Avgaha Parisheka.*

After gradual disappearance of delicacy and appearance of toughness the sudation of these children should be increased.

*Bala taila parisheka sweda* is given in newly born according to *Vagbhata*.

- *Hasta sweda*- upto 4 months
- *Pata sweda*- up to 6 years
- *Pradeha*- From Age of 4<sup>th</sup> Month Onwards

For *Shodhana* Purpose usually these *Swedana* Should be done in Children

*Pariseka* (2): Pouring of hot *kwatha, taila, Ghrita, dugdha, kanji, gomutra* etc liquids over the body from a specific height is known as *Parishaka*. *Kayaseka* is one of the most important treatment for vata borne diseases. This is generally indicated in paralysis, hemiplegia, *Apatantraka, Antarayama, Bahyayama*.

*Avagaha Sveda* (4, 5): A good sized tub is filled with hot *decoction of vata* alleviating drugs, milk, oil, meat, soup or water and uncted patient lies in this.

*Acco to Kashyapa* (6): Drugs used for *Avagaha Sweada* is -The meat soup of Ass, goat, Sheep, bidala, Tiger, lion, and bear.

*Nadi Sweda* (4, 5): The drugs, flesh of deer or birds, Kanji(Sour drink), Salt, Oil, Urine and milk etc. as per need are boiled in a big pot with mouth sealed with a saucer or another pot having a hole preferably in centre, which is fitted with a flexible pipe either resembling trunk of elephant or bent at three places. The hot vapour Comong out of this is used for Sudation.

### Vaman

ADMINISTRATION (6)

Treatment of choice for *kapha* especially in children who are predominant of *kapha*. *Mridu*

*sadyo vaman* Should be given. No pre therapy procedures are required in infancy and in

early childhood No *purvakarma* required Because *Bala sarrira snigdha*.

For *Ksheerapa-Tripti bala* with *stanya* then give *vaman*

For *Ksheerannada-Tripti bala* with *dudha* and *peya* then give *vaman*.

For *annada-tripti bala* with *peya* and *ghrita*.

#### Application-(6)

*Ksheerada-* Apply vaman drug like *madan pushpa, pippali, saindhav, Madhu* over the breast of mother and after dries up wash it and baby is made to feed which leads to easy *vaman*.

*Ksheerannada-*administer *madam, vacha*, along with breast milk

*Annada-*The decoction of *madan, vacha* with *Saindhav* given.

#### Age indication :-(6)

Acharyas	Age
<i>Vaideha janaka</i>	Infancy
<i>Vridhdha Kashyapa</i>	4 <sup>th</sup> or 8 <sup>th</sup> month
<i>Kashyapa</i>	6 yrs.

According to *Kashyapa Vamana* therapy is suitable to the children only after age of 6 years. He told that it is best to use the milder potency drugs in small quantity.

#### *Vamana dravya dosage*

- ☉ *Vidanga phala / Amalaka matra – Kashyapa.*
- ☉ 2-3 seeds of *Apamarga + Madhu + Sharkara – Vaideha janaka*
- ☉ 11/2 to 2 *phala - Vridhdha kashyapa*
  - 1/2 of अङ्गुलिपर्व मात्रा if चूर्ण(15mg)
  - one प्रसूत if कषाय (96g)
  - ½ कर्ष if कल्क(6g)

#### Mode of administration

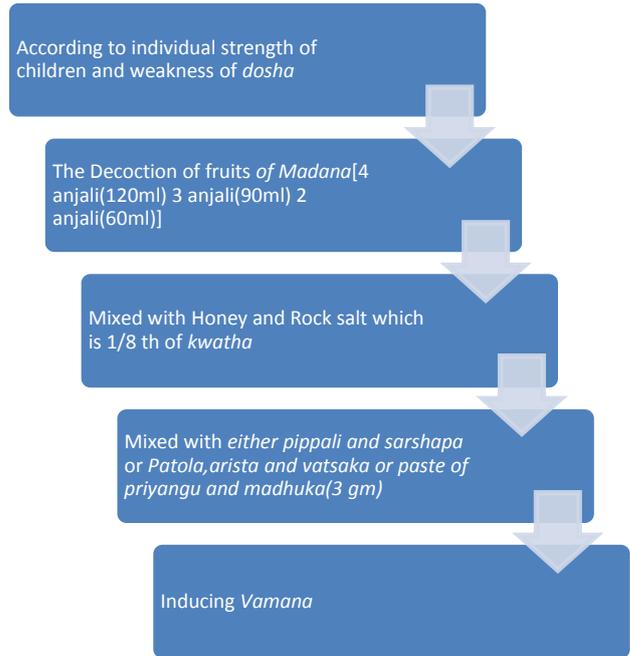
- ☉ *Kalka / kwatha* mixed with enough *sharkara & madhu*

#### Drugs in kwatha

- ☉ *Shwetha sarshapa, Vacha, Saindava, Pippali, Madana beeja*

#### Pradhana Karma (7)

3]



Treatment of inadequate/improper *emesis(Ka S Si)*

Water mixed with the available drugs out of *triphala, citraka, danti* etc and mixed with goats milk in half of its quantity Parched paddy of good quantity of *Sali* rice should be given in sufficient quantity, this induces immediately vomiting

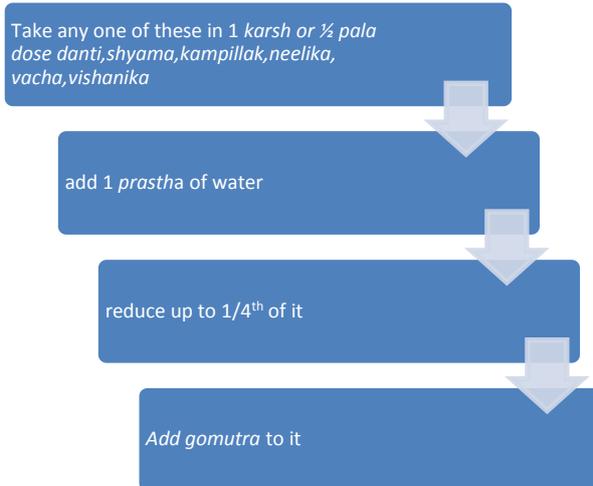
#### *Paschath karma (6)*

- *Ushnajala prakshalana and kavala*
- *Nidra in Nirvata pradesha*
- *Shali prepared with Apamarga / Pippali / Shirisha*
- *Ardraka samskaritha jala for pana*

#### *Virechan (8)*

- ☉ Except *kashyapa charya* all acharya told *bala as ayogya* for *virechan*.
- ☉ *Pradhan karma- (Ka Si 3/15-16)*

4]



☉ Or Give the *lehan* of above medicine with *navanita*.

☉ *Paschat karma*- same as *vamana*

#### Drugs for *Virechana*:(6)

1] *Pathya* mixed with *pippali* and *rocksalt* or *trivruta*

2] Fruit of *Aragwada* treated with milk or soup (meat soup)

3] *Trivruta* or *Triphala* mixed with *ghrita*, *vyosa*, *rocksalt*

4] *Gandharva taila* is best for unctuous purgation

5] *Trivruta*, *draksha* and *abhaya* mixed either with decoction of *dasamula* or meat-soup of wild animals or decoction of *draksha* or water of appetizing drugs or cows urine.

*Trivrutastaka churna*.

☉ *Aragwadha* is *madhura*, *mrudu* and does not produce much complication. *Aruna* variety of *trivrit* is best in children as it is *mrudu*.

*vibandha daha* – *Aragwadhapphalamajja* + *Draksha rechana*

#### *Basti*(9)

☉ Among all therapeutic procedures, *basti* is superior because it like *amruta* in both *bala* and aged group.

Classification of *basti* According to *sankhya*- *Kashyapa charya* also classify *basti* into *karma*, *kala*, *yoga*, *Chaturbhdra Kalpa*.

<i>Basti</i>	No. Of <i>Basti</i>
<i>Karma</i>	24 <i>Anuvasan</i> +6 <i>Niruha</i>
<i>Kala</i>	12 <i>Anuvasan</i> +3 <i>Niruha</i>
<i>Yoga</i>	5 <i>Anuvasan</i> + 3 <i>Niruha</i>
<i>Chaturbhdra</i>	<i>Chaturbhdra</i>

#### Acc. To various quantity of *sneha* in *basti*, classified into

Acc. to	<i>Sneha basti</i>	<i>Anuvasan basti</i>	<i>Matra basti</i>
<i>Sarangdhar</i> ( <i>Ut. Kha. 5/20</i> )	1/4 <sup>th</sup> of total quantity of <i>niruha</i>	1/2 of of total quantity of <i>sneha basti</i> .	Dose which digest in 6 hr. 1/2 of <i>anuvasan</i>
<i>Sushruta</i>	-----	1/4 <sup>th</sup> of total quantity of <i>niruha</i> (300ml)	1/4 <sup>th</sup> of <i>sneha</i> i. e 75ml
<i>Dalhann</i>	6 <i>pala</i>	3 <i>pala</i>	1 1/2 <i>pala</i>
<i>Chakrapani</i>	6 <i>pala</i>	3 <i>pala</i>	1 1/2 <i>pala</i>

#### *Kashyapa* explain dose of *Basti*-(10)

	<i>Sneha basti</i>	<i>Niruha basti (3 times of sneha)</i>
Age	<i>Matra</i>	<i>Matra</i>
Upto 3 year	3 karsha(45ml)	9 Karsh
4-5 year	1 pala(50ml)	3 pala
6-11 year	2 prasruta	6 prasruta
17 year and above	4 prasruta	12 prasruta
Old age	<i>Matra is to be decrease</i>	

*Kashyapa* explains limits of *matra basti*-(11)

<i>Matra basti</i>	<i>Dose</i>
<i>Uttam</i>	1Prakunch(50ml)
<i>Madhyam</i>	1 ½ Prakunch(75ml)
<i>Hina</i>	2 Prakunch(100ml)

**Dose calculation of *niruha basti* acc. To different *acharyas*-(6)**

Age in year	Acc. To <i>charak &amp; vagbhatta</i> in <i>prasruta</i>	Acc. to <i>kashyap</i> In ml
1	½	50
2	1	100
3	1 ½	150
4	2	200
5	2 ½	250
6	3	300
7	3 ½	350
8	4	400
9	4 ½	450
10	5	500
11	5 ½	550
12	6	600
13	7	700
14	8	800
15	9	900
16	10	1000
17	11	1100
18-70	12	1200
>70	10	1000

***Basti netra size according to the age as told by charaka***

Age	Size in Angula	Increment per year	Diameter of the agrabhaga
1-6 yr	6	--	Mudgavahi
7-12 yr	8	1/3	Kalayvahi
13-20 yr	12	1/2	Kolasthivahi

### Nasya

Marsh nasya cannot be given below 7 yrs. and after 80 yrs. of age.

#### IN INFANTS (kashyapa)

☉ Kaphaja disorders(12) – *katu taila* + *Ghrita* + *saindava* (2 – 3 drops)

#### IN OLDER CHILDREN

☉ Kaphavataja disorders – *Prishnaparni*, *pippali*, *Apamarga*, *Ardraka*, *Swarasa*, *Madhu*

Specially to breast fed children, *mustard oil* or *Ghrita* mixed with rock salt should be

used. Two –two or three- three drops should be put into nostrils and the nostrils should

be closed with finger for a short while. With this *shleshma* disease of child gets cured.

Drugs Used In Nasya(Acco to Kashyapa)

☉ In the predominance of *Kapha* and *vayu*

☉ *Pippali*, *Iksvaka*, *Ksavaka*, *Lasuna*, *Mayuraka*, *Rocksalt*, *Sauvarcala*, *jyotishmati*, and *Vishwabhesaja*, *twaka*.

#### Paschaat karma

It includes post *panchkarma* procedures- *Peyadi samsarjana karma* & *rasayan sevana*

#### Samsarjana-(12)

Day	Samsarjana
1	<i>Pradhan karma jeerana bhakta sukhosita jala and mand</i>
2	<i>Yavagu panam</i>
3	<i>Deepaniya</i> , <i>Ruksha</i> , <i>ushna</i> , <i>saindhav siddha vilepi</i>
4	<i>Mudga mand sadhita odan</i>
5	<i>Phalamla mudga manda sadhita</i>

	<i>odana</i>
6, 7	<i>Ghrita mudga manda yukta odana</i>
8	<i>Jangal mamsa rasa &amp; odan</i>
9	<i>Ghrita yukta mamsa rasa &amp; odana</i>
10-11	<i>Ghrita lavan amla mamsa rasa yukta odana</i>
	<i>In Vata kapha dominant roga anupan is Usna udaka</i>

#### Rakta- mokshan(13)

*Siravyadha* variety of *raktmokshan* contraindicated throughout the childhood period till 16 years.

*Jalauka*(14) variety of bloodletting is suitable for child age.

#### Discussion

The *Dose Snehapana* Is Completely Depend Upon the *Agni*, *Koshtha*, *Prakriti*, *Dosha* along with *Bala*, *Satmya*, *Satva*, *Vaya* etc Which put the physician in trouble while deciding the Dose and duration for achieving adequate *snehana*. But *Snehana* Should be given upto the appearance of *Samyaka Snigdha Laxanas*.

According to *Kashyapa Vamana* therapy is suitable to the children only after age of 6 years before 6 years *Vamana* should not be given because in Children *Vamana Vyapad laxanas* will produces then it will difficulty to treat the Complications. In *Virechana Virechana Atiyoga* should not be done. According to Strength of patient and Disease *Pravara*, *Madhyama*, and *Alpa Virechana* should be done respectively in *Uttama*, *Madhyama* and *Alpa Bala* Patients and Disease. *Kashyapa* Told *Basti* should be given at Crawling Stage when child starts to take solid food the reason behind this is the

child becomes more stable after the age of 1 year. Among all 5 types of *Panchakarma Basti*, (enema) therapy is the most commonly used treatment modality as it is safe and noninvasive therapy.

Drug and Dose Fixation in *Baal Panchakarma* We are tried to decide the Dose and Drugs which are used in *Baal Panchakarma* but still standardization is required and it is area for Research Lot of Research can be done.

### Conclusion

By going through the above points one can understand that *Panchakarma* are the unique therapy of *Ayurveda* System of Medicine. They are equally beneficial in the prevention and cure of the disorders there by improves the life span of the individual.

In pediatric practice also these therapies are helpful provided administered with due consideration in stage of the diseases, dosage of medicines, proper method, *vaya* and *Bala* of the children. Care should be taken in the prevention of complications.

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