

# APPLICATION OF *BAHYACHIKITSA* IN CHILDHOOD *AYURVEDIC* CLINICAL PRACTICE

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## ABSTRACT

Childhood period is the state of structural, physiological and, psychological immaturity of the Dhatus, Doshas. It is also the period of limited tolerance for exercise and the Drug administration. Delicate nature of the child, immature biochemical status of the child posse's further challenge, while treating the child in pediatric practice. Meanwhile administration of the medicine and making the medicine Palatable is children is a big issue<sup>1</sup>. Reluctant children create panic and confusion and anxiety in parents as their drug intake is not satisfactory. Hence Bahyachikitsa has got important role which skip the internal medication and, in the meantime, effectively reduce the pain suffering of the child.

Kashyapa Samhita dealt the subject of clinical pediatrics practice and mentioned certain method of drug administration in newborn, infants and the older children<sup>2</sup>. We also find such references in Charakasamhita and Laghutrayis. Meanwhile Bahyachikitsa in the form of Snehana, Abhyanga, Mardana, Samhanana, Swedana, Lepa, Parisheka, Avagaha, Shirodhara, Shiro pichu, Pattabhandana, Agni Lepa are quite effective and useful in treating certain childhood disorders. These procedures not only quite easy for apply in children but also bypass the difficulties, reluctance of children in oral administration of drugs, without any issue of palatability.

**Key words** - Mahabhaishajja, Madhura rasa, newborn, infants, tolerance

## INTRODUCTION-

As rightly told by Kashyapa pediatrics differs from other branches of medical field, as there is need of modification on Upakrama (treatment), dosage, mode of administration by keeping the palatability as the main issue. Further it very clearly told by Kashyapa that Kaumarabhritya is the main branch with holding responsibility of producing physically, psychologically morally and socially healthy citizens of future. Hence Kurmarabhritya plays the role Agni Devatha, who provide the offered food to other Devatas, by providing the patients to other branches of medicine.<sup>3</sup>

Meanwhile during clinical practice of Kaumarabhritya, it should be kept in mind that children should not be treated as little adults. Many practitioners impose the rules and regulations and dosage of medicine of adults to children to half of the adult standard by considering the child as little adult, which is totally a wrong practice. Child completely differs from adults due to its physical, physiological, Biochemical psychological and immunological immaturity and dose should be calculated as per age, body weight or the surface area of the child. Hence a random way of childhood clinical practice is not justified.<sup>4</sup>

## DISCUSSION-

Treatment of childhood disorders especially in newborn and infants is really challenging and quite hazardous owing to certain problems like tolerance, palatability, irritability, gastric disturbances, and reluctant nature of the child<sup>5</sup>. Hence certain easy way of administration has been thought, and effective application of certain external procedure is the best way out.

**Abhyanga-** has been one of the most useful methods of external drugs applications. *Abhyanga* can be done by using the oil, *Ghrita*, *Vasa* etc. Different types of *taila* of Vegetable and animal origin oils can be used for *Abhyanga*<sup>6</sup>. In conditions of aching pain and Inflammatory pain *Nirgundi Taila*<sup>7</sup>, *MahaVishagarbhaTaila* has been found effective. While pain with tingling sensation as in neurological or degenerative conditions. *PrasariniTaila*<sup>8</sup> is good, has it has got *Vedanasthapanaproperty*. A *Vedanasthapa* drug reestablish the *Vedana* or Sensory perception in the given part of the body. In certain conditions of neuromuscular disorders with atrophy of the skeletal muscles associated with Pain with *MahamashadiTaila*<sup>9</sup> is good. *MahamashadhiTaila* is considered as *BhrihanaTaila* or bulk promoting and nourishing *taila*, which is also added with *Mamsa Rasa* which provide easily absorbable animal proteins. Many times in children there may be vague pain all over the body due to dry skin especially in winter seasons. Such conditions use of *Yastimadu Taila*<sup>10</sup> for *Abhyanga* gives good result. *Yastimadhu* is *Rasayana*, *Varnya*, *Kantya* and nourishes the skin due to its *Madhura Rasa* and *Madhura Vipaka*. Meanwhile pain in the joints due to degeneration or inflammatory origin as occur in Juvenile Rheumatoid Arthritis (*Amavata*) *Vishagarbha Taila*<sup>11</sup> or *MahaVishagarbha taila*<sup>12</sup> is quite useful. This is the *taila* which removes the *Ama* which is collected in the joint space and we can call it as *Ama pachanataila*. *PhakkaRoga* of *KashyapaSamhita* there is description of *Raja taila*<sup>13</sup> which is used for *Abhyanga* and quite useful in atrophy of the muscles and failure gain like condition where growth parameters of the child are below normal. Decreased range of movement in joints and muscular contractions leading to contractures can be best treated by *Sahacharaditaila*<sup>14</sup>

& *Pinda Taila*<sup>15</sup>, *Maha Narayana Taila*<sup>16</sup> - which is explained in the context of *Vatavyadhi* is quite useful in growing pain of children where in child complaints of pain in lower extremities especially in evening hours and night hours.

Meanwhile Local *Abhyanga* to the Chest area is also quite useful in many conditions. In case of Bronchial asthma external application of *LavanaTaila* or *BhrihatSaindhavadhya taila*<sup>17</sup> on both anterior and posterior aspects of the chest followed by *Swedana* gives good result by *Kapha* in bronchial Asthma and other *Kaphapoorna* conditions of the chest by dissolving *Kapha* present in the Bronchial tree and also acts like chest physiotherapy. Local application of *Ksheerabala taila*<sup>18</sup> over the eye ball and eye lid area by *Ksheerabalataila* also gives relaxation effects and induces good sleep to the child.

*Abhyanga* to the Anal area by *Katu taila*<sup>19</sup> is indicated in Anal itching caused by Pin worms where *Katutaila* mixed with *Lavana* and kept over the anal area by soaking it with a gauze piece during night hours has been mentioned by *Kashyapa*.

**Shirodhara-** One more type of *Bahyachikitsa* which is helpful in pediatric practice is *Shiro dhara*. *Shirodhara*<sup>20</sup> is quite useful in certain neurological, neurodegenerative, Psychological, behavioral and cognitive disorders of childhood. This is quite effective when after *Mundana*. As pediatric clinical practice we come across with certain conditions like cerebral palsy, cortical atrophy, neuro-degenerative disorders, Autism, Mental retardation, learning disabilities, Attention deficit hyper reactive disorders etc application of *Shirodhara* by using different *taila* and medicated water, *Takra* and *Mutra* are quite useful.

**Shiropichu-** At times application of *Shirodhara* may be quite difficult in non-cooperative child, mentally retarded and ADHD child. In such conditions instead of *Shirodhara* we administer *Shiro Picchu*. *Shiropichu*<sup>21</sup> is nothing but modification of *Shirodhara* where in certain *taila* are soaked in gauze piece are kept over the anterior fontanel and allowed get absorbed. Unossified anterior fontanel give the chance of absorption of the oil through the soft tissue areas of the skull.

**Shirolepa**-Meanwhile same *Shiropichu* can be substituted by *Shirolepa*<sup>22</sup> for convenience. This gives the opportunity for application of certain raw drugs in the heated *lepa* form over the scalp. Likewise, the *Lepa* of *Medhya* drugs in cognitive disorders like *shankapuspi*, *Jatamamsi*, *Vacha*, *Jyothishmati*, *Brahmi* etc can be done. *Lepa* of, *Yastimadhu*, *Maricha*, *Tuvaraka*, *Karanja*, *Nimbhaspatica*, *Tankana* is quite useful in Fungal infections, local wounds of scalp premature graying of hair, hair fall etc. Similarly, the *Shirolepa* with *Teekshna / Ushna* drugs like in *Vacha*, *Pippali*, *Jatamamsi* with *Gomutra* after *Mundana* are quite good in Autism like conditions. *Shriolepa* with *Sheeta*, *Madhura*, *Snigdha* drugs mixed with *Gomutra* is good in ADHD like conditions. *Shirolepa* with *Majja* (*Vibhitaka*, *Aragwadha*, *Bhallataka* etc)- can be tried Cortical atrophy like conditions. Premature graying of the hair, hair fall, alopecia areata, and other fungal infections leading to hairfall can be treated by *lepa* of *Amalaki*, *Sphatica*, *Tankana*, *Vacha* and *Yastimadhu* in *Tulasipatraswarasa*.

**Mukhalepa**-One more type of *Bahyachikitsa* which can be tried in children is *Mukhalepa*. *Mukha lepa*<sup>23</sup> with *Eladigana*, *Lepa*, *Yastimadhu* and *Amalaki* is quite useful in fungal infections of the face, white patches and acne vulgaris like conditions. Certain dermatological conditions with oozing lesions should be applied with drugs of *Shoshaka* property like *Kashyaya Rasa* drugs. While conditions with dry skin lesions with itching and lichenification should be applied with drugs of *Madhura Kashyaya rasa* and *snigdha nature*. When the lesion is reddish *Manjistadi Lepa* is preferred. *Lepa* in case of macules patches as seen in *Shwitra*, application of the *Gajalindalepa*, *Bakuchitaila*, or *pootikadilepa* is useful. *Lepa* in case of Streptococcal / atypical bacterial infections can be prepared by *Nimbapatra*, *Karanja Patra*, *Sapthaparnitwak* etc. The drugs which are used for *Rookshapatra panda sweda* can be used in *lepa* form for joint pain.

**Patta bandhana**<sup>24</sup> is one more type of *Bahyachikitsa* applied in children with good results. *Lepa* of certain *Vatahara* drugs like *Eranda*, *Rasana*, *Nirgundi*,

*Bandaka*, *Agin manta* and drugs of *Dashamoola* are taken and paste is prepared. This lukewarm paste has to be applied over a thin soft cloth. Later this cloth is rapped against the effected part tightly and later covered with either *Eranda* or *kadalileaves*. This is quite useful in long term treatment of muscular *Csssontractures*, deformities, spasticity like conditions which is commonly encountered in pediatric diseases like cerebral palsy, muscular dystrophy etc.

**Avagaha and Parisheka**<sup>25</sup> is another useful *Bahyachikitsa* in children. Certain skin conditions can be very well treated by *Avagahachikitsa*. Icthyosis like conditions can be very well treated by *Gomuutraavagaha* to ensure the *Srotoshodhana* and opening of the sweat. Certain *swedajanana* drugs can be also used. *Avagaha* of *panchavalka Kwatha*, *Nimbhapatrakwatha* is quite useful in certain atypical skin infection. If *Avagaha* is not possible *snana* can be done by using the *kashaya* of same drugs.

**Swedana**- can be used one of the *Bahyachikista* in many conditions of childhood disorders. *Snehana* followed by *Swedana* over the chest area is good in any *Kaphapoorna Deha* conditions. *Swedana* over the abdominal area by *Patasweda* is good in certain atypical abdominal colic, constipation, distention of the bladder etc. Neonates same can be done in the form of *Hasta sweda*<sup>26</sup>. *Swedana* over the nasal area and facial area is quite useful in nasal congestion. Certain *Sugandha dravyas* can be added to get quick relief from nasal congestion.

## CONCLUSION-

Hence administration of certain *BahyaChikitsa* is quite useful in children, when we are facing problems of internal administration of the drug. Drug can be administered by overcoming the issue of palatability also. Some of the *Bahyachikitsa* can be also done when child is sleeping. Child also enjoy certain treatment like *Avagaha* when it is kept in tub bath of *Kashaya*. Hence physicians can make use of certain easily applicable external treatment like, *Abhayanga*, *Swedana*, *Lepa*, *Pattabhandana*, etc to minimize the load of internal medications to the child.

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