



STUDY OF PREVALENCE AND CORRELATES OF PSYCHOLOGICAL DISTRESS IN ADOLESCENT GIRLS AND EFFECT OF VACHA CHURNA AND ITS MANAGEMENT

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ABSTRACT

One of the most rapid stages of human growth and development, adolescence serves as a transitional period between childhood and maturity. The term "adolescent" refers to those between the ages of 10 and 19, or around one-fifth of the Indian population. Adolescents complete the opportunity- and risk-filled physical, psychological, and emotional transition to adulthood. This period is frequently challenging for both parents and teenagers due to the rapid changes that occur. Neglecting one's health during adolescence can lead to a variety of issues. The right treatment is crucial in terms of health and fertility. The dosha Pitta, which rules the teenage years, is linked to change, heat, and metabolism.

KEYWORDS - Adolescent, Development, Pitta Dosha, psychological, etc.

INTRODUCTION

Adolescence is a stage of life with unique requirements and rights in terms of growth and health. Additionally, this is a period for knowledge and skill development, relationship management, and other traits and talents that are necessary for enjoying adolescence and taking adult tasks. The period of considerable physical, intellectual, and emotional development is adolescence.

- Teenage life is separated into three stages:
- Secondary sex characteristics and growth surge in early adolescence (10–13 years old)
Middle adolescence (ages 14 to 16)
- Separate identity from parents, fresh support from peer groups, and experimentation with opposing sex.
- Late Adolescence (ages 17 to 20) physical attributes of an established adult, a unique identity, and thoughts and attitudes.

Girls		Boys	
Age range	Changes	Age range	Changes
9 to 11 years	Hormone activity starts. Breast budding may start. Ovaries enlarge.	9 to 12 years	Growth of scrotum and testes. Male hormone start to get active.
9 to 14 years	Growth of soft, thin, pubic hair begins. Breast growth is manifest.	11 to 14 years	Growth spurt at its peak. Pubic hair growth begins. Reproductive organ increases in size & length.
9 to 15 years	Breast growth continues. Pubic hair becomes coarser and darker. The girl may get first menstruation in later part of the stage.	11 to 16 years	Under arm hair develops. There is a change in voice. Voice gets deeper. Facial hair grows.
10 to 16 years	Under arm hair begins to grow. Pubic hair continues to grow.	14 to 18 years	Physical growth reaches almost to adult range. Facial hair and chest hair increase.
12 to 19 years	This is the final stage of becoming an adult. Breasts reach adult size. Menstruation cycle gets established ovulation occurs monthly.		

- 1) Education for Motor Development: An teenager should get the education necessary for his motor development, says current science, in order to manage these issues. He should be inspired to participate in a variety of sports and games. He will correctly develop his motor skills through these games and sports.
- 2) Education in Phycology: Teachers and parents ought to be familiar with the fundamentals of Phycology. Since many issues may be resolved by an adolescent alone, they should be able to comprehend the perspective of a teenager.
- 3) Vocational Direction- The adolescents should receive career counseling from their teachers. With respect to their intelligence, capacities, aptitude, and interests, this advice should be given.
- 4) To create a healthy environment Teenagers should have a healthy environment to grow and develop in. They ought to have access to the right resources and growth opportunities. They should be given a balanced food and taught appropriate behavior.

It is extremely easy to see how kapha and childhood are related. Childhood is a time of fast weight gain for the physical body as it develops, new tissue formation, and body mass accumulation. The body need a huge amount of kapha to do this. In other words, kapha is innately in charge of the fast growth and development, the ongoing production of new cells and tissues that define childhood. The body being buffered with additional kapha throughout this period of life shows a beautiful intellect. Additionally, kapha controls body fat, which naturally provides our bodies with a buffer and fuel during this tremendously growth-oriented phase.

A well-fed youngster is cushioned with a layer of "baby fat" for just this reason. Of course, a person's constitution plays a role; vata and pitta-dominant children may carry less baby fat than kapha-dominant children, but as long as they have access to healthy nutrients, all children are inherently a little bit heavier than their healthy, adult selves. In fact, if you look back over a photo history of a healthy person from infancy to age, you can see how

this buffer of fat first appears on their body in the months following birth and then progressively disappears—seeming to melt off of them—as the child grows older into adolescence and adulthood.

Actually, kids are quite aware of the natural connection between childhood and the nurturing, constructing character of Kapha. Children's cellular needs are for pleasant, nourishing, and anabolic nutrients that will aid in the enormous task of becoming an adult human body. These characteristics are present in meals with a sweet flavour, such as whole grains, legumes, root vegetables, milk, and many other wholesome, kid-friendly foods. It just so happens that we have access to a wide variety of processed meals with a comparable qualitative profile now, unlike any other period in evolutionary history (at least in the industrialized world), and our kids like them.

CHILDHOOD SUSCEPTIBILITIES

The increased kapha in our systems throughout childhood also brings some expected weaknesses since it is the damp, heavy dosha that it is. Congestion, coughing, runny noses, recurrent colds, and excessive mucus are typical kapha imbalances. The fact that infancy is also the time when we establish our immunity complicates this enhanced kapha impact. Since immunity is developed by exposure to numerous microorganisms, becoming ill is necessary for the development of a strong immune system. Therefore, it is reasonable to anticipate that healthy children would experience illness more frequently than healthy adults, but they should also be able to recover from colds quite swiftly and easily.

SUPPORTING BALANCE DURING THE KAPHA STAGE OF LIFE

The systemic rise in kapha that comes with childhood, but which undoubtedly helps kids avoid typical kapha imbalances. Children can benefit greatly from a few straightforward measures, and they can assist to ensure that the excess kapha present naturally serves as a buffer rather than an imbalance. More lightness, sharpness, heat, dryness, roughness, fluidity, movement, subtlety, and clarity may be introduced into our children's life to achieve this.

DIET

Being the most physical of the three doshas by nature, kapha benefits greatly from a diet that encourages balance. The best meals for balancing kapha are those that are light, warm, heating, naturally dry or astringent, fibrous (rough), and clarifying. Kapha may usually be balanced with an abundance of fresh fruits, vegetables, legumes, and healthy grains. Cooking using a lot of warming, digestive spices, such as garlic, ginger, cinnamon, and turmeric, is also very beneficial. In actuality, the majority of spices balance kapha, so have fun with them. A small amount of Trikatu powder, which is similar to pepper, can be sprinkled on a child's diet to stimulate agni (the digestive fire) and balance out excess kapha. Teas that are warming and clarifying, like ginger tea with a spoonful of honey, may be quite effective for calming the kapha. It is preferable to restrict or eliminate kapha-provoking foods like wheat, dairy, and sugary sweets, especially when kapha is actively inflamed in a child's system.

CONCLUSION

We might draw the conclusion that adolescence is a critical stage during which a kid experiences a variety of mental and physical changes. The responsibility of guiding the kid through this stage and accurately describing the changes that are occurring are quite difficult for both parents and pediatricians. Otherwise, kids may experience a variety of psychological issues, such as depression, anxiety, etc., which results in school absences, poor focus, and lack of confidence. By using a variety of adaptogenic and anti-stress herbs as well as Panchkarma therapies like Nasya and Shirodhara, Ayurveda can assist to lessen these types of health issues and changes that occur during adolescence.

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