



CONCEPTUAL STUDY OF THE BALATISARA

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ABSTRACT : Balatisar is very common disease in children and sometimes life threatening. It occurs due to disturbed bowel movements. It may deteriorates school performance of childrens. According to Ayurveda there are seven types of atisar. These are Vataja, Pittaja, Kaphaja, Bhayaja, Tridoshaja, Shokaja and Raktatisaraja.^[1] Diarrhoea can be caused by a lack of immunity, a vulnerability to the causing pathogen, poor hygiene, malnutrition, and ingestion of contaminated food. Common symptoms of Balatisara include increased frequency of bowel movements, abnormal electrolyte balance, thirst, weakness, gases and cramping in the abdomen. Due to nidana sevana vitiating Vata leads to the Mandagni and causes Koshtha shoonata and increasing Dravata in Pureesha in the form of aam in Pakwashaya. by understanding nidanpanchak and samprapti of the atisar we can easily treat the child with atisar.

KEYWORDS: BALATISAR, ATISAR, DIARRHOEA

INTRODUCTION:

Atisar is now recognized in Ayurveda as a separate illness that affects childrens. In developing world diarrhoea is one of the most important cause of death in pediatric population. Diarrhoeal diseases rank among the top 3 causes of the death in pediatric population (infection 25%, malnutrition 25%, miscellaneous 25%, diarrhoea 25%)

Diarrhoea contributes about 40% death in age < 5 year.

Almost 500 million children suffer from acute diarrhoea annually. Out of them 5 million die every year.

In India alone, nearly 1.5million children becomes a casualty case due to acute diarrhoea every year. Total diarrhoea morbidity can be as high as 1/3 of the 1-2 years of child's life.

Madhavnidan claims that Atisar is the result of Mandagni. Food is a basic need for all living things. Food is the source of nourishment and development for all sharir dhatu. The body is what food does to you. All Sharirdhatu are impacted if there is unclean food. Acharya Kashyap described the signs, symptoms and diagnosis of atisara in the Sutrasthana's Vedanadhyaya.

गुदेन बहुद्रवसरणं अतिसारम् ।^[2]

- मा.नि. (मधुकोष टिका)

Ayurvedic texts state that increased stool mass and a malfunctioning of gastrointestinal tract that is aam cause atisara. This aam is expelled out through rectum.

The term atisar derived from 'ati' means excessive and 'sara' means passing liquid through the rectum.

NIDAN PANCHAK:

THE NIDANA OF ATISAR:

The concept of nidana panchaka plays important role in knowing the vyadhi, so among the panchanidana, nidana is the first and it's description is given below

NIDANA:

Nidana is the one which reflects the characters of vyadhi. Nidana is the prime cause of vyadhi. That is why the acharyas gave the chikitsa sutra as nidana parivarjana i.e., by avoiding the nidana we can get rid of diseases.

The Nidana can be classified into two categories.

1.Samanya Nidana

2.Vishisha Nidana

1.Samanya Nidana: It is the common set of nidana, which leads to the vitiation of doshas and that in turn produces the samanya samprapti.

2.Vishisha Nidana: When the nidana causes the vitiation of particular doshas and produces the disease accordingly, which will be predominant of that particular dosha is called as "Vishishta Nidana".

1. Ahara (Dietic or Nutritional)
2. Mitya upacharaja - Mainly panchakarma
3. In Grahabhadharanajanya for Ex.Putana, Revati.
4. Associated with other disease like Krimidosha etc.
5. Rutu viparyaya etc.,
6. Psychological-Bhayam,Shoka

Hetu ^[3]

Kshiradavastha-

- 1) Changing the baby's milk
- 2) Not feeding baby in proper position
- 3) Irregular feeding times of the child (excessive breastfeeding-indigestion-diarrhea)
- 4) Breastfeeding, especially gallbladder and tridosha breastfeeding (milk craving)
- 5) Increase in sugar content in milk while giving top milk.
- 6) Utensils (pots, bottles) used for boiling, making and drinking milk are not clean.
- 7) Not boiling bottle, sucker properly after feeding
- 8) Not boiling the milk in proper amount while giving top milk

9) The Ashtanga Sangraha has included diarrhea as a periodontal disease.

10) Infection

11) During the first 1 to 2 years, a child's intestines are tender. Therefore, if there is even a slight change in food during this period or if it is not changed in a proper way, diarrhea is seen.

12) Contaminated climate, unsanitary environment, overpopulated habitations, impure water, land and air also cause diarrhea in children.

Annadavastha:

1) Consuming gurgly food, eating very greasy, very dry, very hot, liquid, very cold food all the time.

2) Consuming viruddha aahar like fish and milk, milk and bananas.

3) Adhyashan - re-eating the previously eaten food before it has been digested.

4) Consuming food that is not liked or not regularly consumed.

5) Atiyoga or mithayoga of Snehapana dikas.

6) Poisoning, extreme grief, contaminated water, contaminated air

7) due to swimming in water, great exercise, holding fast to stool. Because of worms

Purva roopa –^[4]

Pricking Pain in Hruday, nabhi, guda, kukshi, udara

Body pain (Angasad)

Obstruction of vata

Constipation (malbaddhata)

Abdominal distension (adhman)

Roopa –^[5]

Vomiting, Shrunken eyes, Dry skin, Excessive thirst, Pain in calf muscles, Decreased urine output, Discoloration of body, Increased pulse rate, fatigue.

Vishishta Lakshan-

1. Vataj atisar- Passing of blackish (dagdha gudabhasa), frothy, ama and small amount of stool, Sashoola and sashabda malapravrutti.^[6]

2. Pattaja atisar- Passing of yellowish, greenish, blackish foul smell stool with burning sensation frequently thirst, sweating, fainting.^[7]

3. Kaphaja atisar- Passing of unctuous, white, slimy thready and heavy foul smell stool with mucus horripilation nausea and tenesmus (Krute api Akrut).^[8]

4. Sannipataj atisar- Passing of stool (yellow, green, bluish and reddish in color and fatty in texture) mixed Symptoms of all three types of atisara present in this type and it is difficult to cure.^[9]

5. Raktaj atisar- It is similar to that of pittaj atisar. There is sarakta malapravrutti, excessive pain while defecation.^[10]

6. Shokaj atisar- According to acharya Charak and Vagbhata its signs and symptoms are similar to vataj atisar.^[11]

7. Amaj atisar- Passing of stool frequency of various color, abdominal pain, excessive foul smell are the main features of amaj atisar.^[12]

Samprapti:**Samanya Samprapti-**

Due to Nidan sevana Vata gets vitiated because of the abnormal function of Aharaparinamakara bhavas leading to mandata of Jatharangi Causing the increase dravatra in pureesha in Pakwashaya resulting in Atisara.^[13]

Samprapti Ghatak:

Dosha: Vata pradhan Tridosha.

Dushya: Udakya Dhatu.

Rogmarga: Abhaynatar.

Sancharstan: Pittadhara kala, Purishadhara kala

Udabhavastan: Amapakvashaya.

Adishtan: Pakvashay.

Srotas: Annavaha, Udakavaha, Purishavaha srotas.

Srotodusti Laxana: Vimargaman & Atipraviriti.

Agni: Jatharagni Mandya.

Ama: Jatharagni Mandya janya ama.

Vishesha Samprapti:

1.Vataj atisar-Due to the Nidana sevana, Vata gets increased, diminishes the gastric fire, the water content of Mutra and sweda which is present in Pakwashaya will not be absorbed, which leads to liquification of mala and results in Vataja Atisar. (cha.chi.19/5)^[14]

2.Pitaj atisar- Due to the Nidana sevana, the Drava and Ushna guna of Pitta increases and causes the Pakvashaya Dushti where Purisha bhedana takes place resulting in Pittatisar.(Ch.chi.19/5)^[15]

3.Sleshma atisar-Due to the Nidana sevana, guru, madhura, sheeta, snigdha, guna of Kapaha increases and gets collected in the Amashaya where it decreases the Jatharagni comes to the Pakvashaya forms drava mala resulting in Sleshmaja Atisara.(Cha.Chi.19/5)^[16]

4.Sannipatika atisar – Due to nidansnivan(causes), the power of digestion (Agni)gets vitiated as a result of which all the three doses get aggravated. These aggravated doshas,in their turn further afflict the agni and having entered into pakwashaya (colon),causes atisar (diarrhea) in which signs and symptoms of all these types of atisar are manifested.^[17]

5. Rakataj atrisar- The patient of pittajatisar who avoding the treatment of atisar, and indulge in the intake of pitta vitiated food and drinks, his pitta gets aggravated severally as a result rakta gets vitiated quickly and manifests raktatisar.^[18]

6.Agantuj atisar- due to excessive bhaya and shoka there is vitiation of vat dosh and it leads to atisar.^[19]

7.Amaja atisar- In person whose food was not digested properly.^[20]

Treatment of Atisar

Before treating the child with atisar we have to identify whether it is sam or niram condition of the disease. If its sam condition then do langhan. Do not try to stop the episodes of atisar because it further leads to more dangerous diseases. If it is pakwavastha then stambhan is main treatment.

Treatment according to the dosha condition.

1)Vataj atisar:

Vataj Diarrhea should be treated with a digestive and digestive drink made from Kavatha, Bilva, Changeri, Takra and Dadim seeds or with Panchamul Siddha peya is given.^[21]

Yo. R. Atisar Chikitsa

2) Pittaj atisar:-

First of all Langhan is done in aamaj pittatisar. After Dosh Pachan Yavagu, Mand, Tarpan should be given. Then a drink prepared from raktchandan, parpat, musta, vala, sunth should be given with amla rasatmak food as a digestive aid.^[22]

- Yo.R. Atisar Chikitsa

3) kaphaj atisar :-

In Kaphaj atisar, first Langhan and pachana done. Then should be treated with Amatisaraghna and Deepniya Gana medicines.^[23]

4) Sannipatik (tridoshaja) atisar:-

In this diarrhea there is an outbreak of three doshas and it causes a serious condition. And this type is considered difficult. Therefore, in this type, we do stambhan chikitsa since beginning.

1) The dominant Dosha should be treated first.

2) If all the three doshas are to the same extent, then Vata should be treated first, then Pitta and finally Kapha.^[24]

Pathya:

Langhan, Vamanopakram, Nidra, old rice, Vilepi, Lajamand, Masor, Tur, and all other Deepan but Laghu gunatmak food is recommended in Diarrhea.^[25]

Apathya:-

Swdan, raktamokshan, maithun, jagaran, smoking, nasya, ruksha aahar, viruddha aahar consumption.^[26]

Atisar mukta Lakshana:

patient who passes urine without stool and gases, whose digestion is proper (Pradipta Agni), no heaviness in abdomen (laghutva in koshtha). (Su.U.40)^[27]

CONCLUSION:

The GIT illness diarrhea contains both aaharaj and viharaj nidan. There are several descriptions of nidanpanchak in Ayurvedic literature. The first step in managing diarrhea is to prevent the causative factor since a thorough understanding of nidanpanchak is necessary for the diagnosis of the condition. Treatment methods for samprapti require raising agni since they involve variations in vatadosha and apa dhatu in addition to agnimandya and mala dravat. The Ayurvedic formulations used for this purpose often contain deepen, pachan, and grahi characteristics. These formulations increase appetite, lessen the frequency of deficiencies, ease soreness and pain in the abdomen, and decrease the formation of ama. distinct kinds of diarrhea have distinct doshaj samprapti, according to Charkacharya.

The most significant contributing factor to diarrhea is mandagni. Therefore, medications utilized for therapy have to act directly or indirectly on Agni. Agni becomes further impaired if atisara is not effectively treated, and it leads to the grahanirogas. The management should avoid apanvaigunyakar hetus and agnivaigunyakar hetu in order to target nidanpanchak in atisara due to the sickness.

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