



ROLE OF RASAYAN AND PANCHKARMA IN BALROG

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Abstract

Bal Rog, or childhood diseases, are described in Ayurveda under Kaumarbhritya. These disorders differ significantly from adult diseases in etiology, symptomatology, and treatment approach. Ayurveda emphasizes prevention and management through herbal remedies, disciplined lifestyle, Rasayana (rejuvenative therapy), and Panchakarma (purification therapy). Rasayana strengthens immunity, improves cognition, and enhances longevity, while Panchakarma eliminates vitiated Doshas and toxins, restoring physiological balance. This review highlights the role, applications, and precautions of Rasayana and Panchakarma in pediatric practice, focusing on conditions such as cerebral palsy and respiratory disorders. The therapies, when used judiciously and under expert supervision, can play a significant role in improving pediatric health outcomes.

Keywords: Ayurveda, Bal Rog, Rasayana, Panchakarma, Kaumarbhritya.

1. Introduction

Ayurveda identifies Bal Rog as a distinct category of diseases occurring during childhood, primarily under the branch Kaumarbhritya.

Children's physiology, Dosha balance, and immune system are in a developing phase; hence disease presentation and management differ from adults.

• Management strategies include:

• Herbal medications

• Rasayana therapy

• Panchakarma

• Balanced diet and lifestyle

• This paper reviews the significance of Rasayana and Panchakarma in pediatric health care.

2. Rasayana Therapy in Bal Rog

2.1 Concept and Purpose

Rasayana rejuvenates body tissues (Dhatus), improves digestion (Agni), strengthens immunity (Ojas), and promotes mental clarity.

• It acts both as a preventive and therapeutic measure.

2.2 Common Rasayana Herbs

- Guduchi (*Tinospora cordifolia*) – immunity booster
- Shankhpushpi (*Convolvulus pluricaulis*) – cognitive enhancer
- Jyotishmati (*Celastrus paniculatus*) – improves intellect
- Mandukaparni (*Centella asiatica*) – memory stimulant

2.3 Herbo-Mineral Formulations

- Combine metals/minerals with herbs for improved potency.
- Require precise dosing to avoid adverse effects.

3. Notable Pediatric Rasayana Preparations

1. Swarna Prashana

- Contains gold (Swarna), Vacha, Brahmi, honey, and ghee.
- Enhances immunity, cognitive abilities, and digestion.
- Possesses antioxidant and immunomodulatory effects.
- Administered in newborns with caution under supervision.

2. Lauha Formulations

- Example: Trikatrayadi Lauha for Pandu Roga (iron deficiency anemia).
- Contains Mandura Bhasma, Lauha Bhasma, Triphala, Trikatu, Trimada.
- Improves iron absorption and hemoglobin levels.
- Also beneficial in weakness, anorexia, and fatigue.

4. Panchakarma in Bal Rog

4.1 Purpose

- Eliminates vitiated Doshas and toxins (Ama) from the body.
- Restores physiological balance and prevents chronic disease progression.

4.2 Major Panchakarma Therapies

1. Vamana (Emesis) – Removes Kapha Dosha, clears respiratory channels.
2. Virechana (Purgation) – Expels Pitta Dosha, useful in respiratory and digestive disorders.
3. Nasya (Nasal therapy) – Beneficial for Vata-Kapha disorders of head/neck.
4. Basti (Medicated enema) – Nourishes tissues, balances Vata Dosha.

4.3 Age Consideration

- Recommended after 7 years; mild/gentle forms may be applied earlier under expert guidance.

5. Clinical Applications

5.1 Cerebral Palsy

- Considered a Vata Vyadhi.
- Panchakarma + Yoga may reduce spasticity, improve muscle tone, and enhance mental calmness.

5.2 Pranavaha Srotas Vyadhi (Respiratory Disorders)

- Includes asthma (Tamaka Shwasa), cough (Kasa), hiccups (Hikka).
- Panchakarma removes excess Kapha and clears respiratory obstructions.

6. Safety and Precautions

- Pediatric Rasayana and Panchakarma require:
- Accurate dosage adjustment based on age and weight.
- Skilled Ayurvedic physician supervision.
- Regular monitoring to detect any adverse reactions early.

7. Conclusion

- Rasayana: Enhances immunity, cognitive performance, and longevity in children.
- Panchakarma: Detoxifies the body, corrects Dosha imbalance, and aids chronic pediatric conditions.
- Early-life administration should be cautious, targeted, and supervised.
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Balanced diet, healthy lifestyle, and preventive measures complement these therapies for optimal pediatric health.

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Conflict of Interest

We declare that we have no conflict of interest.

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