

## A REVIEW OF CLASSICAL FORMULATION OF DRUG AND DOSES IN BALROGA THROUGH AYURVEDA

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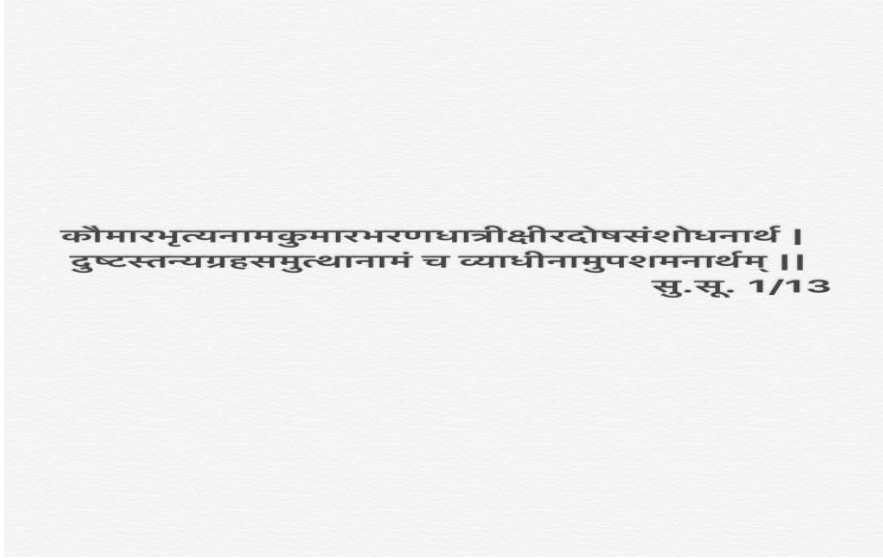
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### ABSTRACT:

Kaumarbhritya is considered as eight main branches of *Ashtang* Ayurveda. It deals with diseases related to children. The main *samhita* of kaumarbhritya is *Kashyap Samhita*. This *samhita* explains very detailed & scientific principles of drug therapy in pediatric age group. He also explains proper criteria for selection of drug doses. Drug dose administration is an important skill in children's as compared to adult. Any disease can be successfully treated on the basis of proper diagnosis, drug of choice, and dose of drug according to age of children. Acharya *Vagbhata* have greatly describe drug dosage for children with the comparison to the fruit like *vidanga*. Ayurveda also give important to mother's breasts milk which is essential for growth and repairment for children's health. Drug can be administered in various form like *Kalka*, *Avaleha*, *Arista*, *Sneha*, *Asava*, *Dhoopana*, *Anjana* etc. Also various *Upa-Kalpna* like *yavagu*, *ksheera*, can be administered along with *Ghruta* or Honey for internal administration. Doses of drug also selected on the basis of children's Age, *Prakruti*, *Bala*, *Satva*, *Kal*, *Koshta* etc. The aim of this article is to describe various drug and dosages for children mentioned by Ancient *Acharya's* in Ayurveda.

**Keywords:** Age of Children, Dose of Drug.

**Introduction :** *Aacharya Sushruta* defines *Kaumarbhrtiya* as<sup>1</sup>:-



The branch of Ayurveda deals with following categories as termed as

- 1) Kumar bharan.
- 2) *Ksheera dosha shodhan kriya* of *Dhatri*
- 3) Treatment of *dushta stanya* Disorder.

According to Charak, the dosha, dushya, mala & vyadhi which are found in adult & adolescence are also found in children but in less manner<sup>2</sup>. He said that disease treatment in both adult and kaumarbhrtiya patients are same but quantity of drug is less used in children. <sup>2</sup> the dose of drug can be selected on the basis of patient's age, koshta, agni, bala, vyadhi, By keeping this standard view change in the doses of drug either by increasing or decreasing *matra* according to age of children can be helpful for better management of disease.<sup>3</sup>

*Chakarpani* and *Sushruta* described that dosage of drug should be administrated after considering the strength of disease (*Vyadhibala*), digestive power (*Agnibala*), and the strength of patient's body (*Aturbala*) that's why we can't treat the child like adult due to less amount of *dosha*, *dhatu* etc. specific drug's *matra* should be administrated in balroga along with various *anupana* which is mentioned in ayurveda *samhita* by different *aacharya*'s.

\* Classical Method for Calculating the *Aushadi matra* according to Sushruta<sup>4</sup>:-

1) In *kshirda Aavastha*:-

Baby more than 1 month old should be given the *aushadi matra* in one pinch.

2) *Kshirannada Aavastha*:-

The *aushadi matra* should be administrated equal to size of stone of *kolasthi*.(Plum Fruit)

3) *Annada avastha*:-

The *aushadi matra* should be given in the quantity of equal size to *kolasthi*. (Plum fruit)

The doses of drug should be adjusted according to age Of child <sup>5</sup>.

According to *kashyap sutrasthana* <sup>6-7</sup>

*Matra of Ghruta*

The dose of ghruta in *navajat* balak is equal to stone of small plum(*kolasthi*), after words up to 5 to 10 days it becomes is gradually increased.

(Source:- *kashyap Samhita sutrasthana* )

According to *kashyap-khilasthana*- (in this he mentioned *Aushadi matra* as follows)

Table:-1

Age of Child	<i>Matra of Aushadi</i>
1)Immediately after birth	<i>Badariphala beejtulya.</i>
2) 5-10 Days	Slightly increased
3) 11-20 Days	Equal to half of <i>badriphala.</i>
4) 1 Month	Equal to 1 <i>badriphala.</i>

5) 2 month	More than 1 <i>badriphala</i> .
6) 3 Month	2 <i>badriphala</i> .
7) 4 Month	Equal to dry <i>badriphala</i> .
8) 5-6 Month	Equal to wet <i>Amalaki</i> fruit.
9) 7-8 Month	More than wet <i>Amalaki</i>

(Source:- *kashyap-Samhita khilasthana*)

Up to the 8 month, the herbal medicine should be given to equal to one quarter of the dose of ghruta, After this age group the drug should be prescribed after dissolving in water.<sup>8</sup> The Agni of *Kshirnnada avastha* child is predominance with *vayu*. Due to this *matra* of *ausyadi* selected on the basis of their Agni, while in *Annanda* child's digestive power is Greater than *Kshirnnada*. Due to this *ausyadi* should be given equal to *amalaki* fruit.<sup>9</sup>

***Aushadi matra* According to *Sharangadhra*<sup>10</sup>:-**

**Table:-2**

Age	<i>Aushadi Matra</i>
1 Month	1 Ratti (125mg).
2 <sup>nd</sup> month-1 Year	Increased by one ratti every month (1.5gm).
1 year-16 year	Increased by 1 masha every year (1 masha=1.5gm).

16year-70year	16masha up to 70 year.
After 70 year	Decreased slowly as that of child dose.

(Source:- *Sharangadhra -Samhita* )

This is for *Kalka* and *churna*. Increased dose 4 times for *kwatha*.

**Aushadi matra According to Sushruta** <sup>11</sup> :-

*Mrudu*, *sanshamak Aushadhi*, can be given to both mother and child along with milk or *ghruta*. In *Kshirannada* child *aushadhi* can be given with *anupana* while in *annada* child drug should be given with food.

**Table:-3** <sup>12</sup>

Age	<i>Aushadi Matra</i>
<i>Kshirap awastha</i>	Amount held on terminal phalanx of index finger.
<i>Kshirannada awastha</i>	Equal to stone of plum fruit.
<i>Annada awastha</i>	Equal to plum fruit.

(Source:- *Sushruta -Samhita* )

**Doses of *churna*** <sup>12</sup>

The *matra* of *dipaniya churna* can be held on terminal phalanx of index finger. It will be double for *jivaniya* and *samshaniya churna*. And it will be half of *dipaniya churna* for *vamniya* and *virechaniya* process.

(Source:- *kashyap-Samhita khilasthana*)

**Matra of Kalka** <sup>13</sup>-

**Table:-4**

<b>Recipes</b>	<b>Aushadi Matra</b>
<i>Dipaniya Kalka</i>	<i>1karsha</i>
<i>Jivaniya and samsamniya</i>	<i>2karsha</i>
<i>Vaman virechan</i>	<i>½ karsha</i>

(Source:- *kashyap-Samhita khilasthan*)

**Matra of kasaya** <sup>14</sup>

**Table:-5**

<b>Recipes</b>	<b>Aushadi Matra</b>
<i>Dosh nashak kasaya</i>	<i>(Churna along with sugar and honey) 2 Prsuta</i>
<i>Vaman and virechana</i>	<i>1 Prsuta</i>
<i>Jivaniya and samsaniya</i>	<i>2 Prsuta</i>

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(Source:- *kashyap-Samhita khilasthana*)

*Kashyap* said that any drug or *aushadi* *matra* cannot be discontinued after completely treated of diseases. The drug should be decreased in step down manner and maintain dose of drug should be continued for more days even the disease has been successfully treated. <sup>15</sup> In text Of *saptovidhi*

*kashya kalpana aacharya kasyapa* is the first person who said that *aantrikshambu* used in the preparation of *kasaya kalpna*. It is used in less power *doshas* for children and minor diseases. <sup>16</sup>

*Aacharya kasyapa* mentioned that health and unhealth of child depends upon *lehana*. *Lehana* is a combination of different of *aushadhi dravya* and gold which was administrated to child through honey. *Kashyapa* said that use of gold in *suwarna prashana samskar* increases the immunity, strength of body, *agni* and *bala vrudhikar* in neonates<sup>17</sup>. The dose of *ghrita* to be administrated in children from birth. The internal *Aushadi* like *lehan*, *ksheerpaka* and *avaleha* have been designed that it can be easily soluble and increases the nutritional values. Mostly the internal drug formulation can be administrated in the form of livable along with *madhu* or *ghrita*. it cannot be used in mix form because it acts as poison in the body<sup>18</sup>. when it can be administrated separately it's adoptable for body and it is called as *Satmya*.<sup>19</sup> Milk should be given to child along with *Madura dravya* .It should be well diluted before given to the child. In children *aati-snigdha*, *ati-ruksha*, *ati-ushna*, *ati-guru* and *katu vipaka aushadhi drvyas* should be avoided <sup>20</sup>.

## CONCLUSION:-

From above article we can say that selection of proper dose for pediatric age group is an important skill to treat the diseases .selection of drug dose is on the basis of children's *dosha avastha*, *agni*, *bala* of child, sex, *koshta*, age of child .If we can't consider above criteria for treating a ill child .It should be much more harm to health of child. Various *aacharya's* has also described the proper *matra* of drug to the child .This is very useful information for normal health, growth and development of child and also for treating a certain pediatric diseases.

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- 21) Source of Support : INTERNATIONAL AYURVEDIC MEDICAL JOURNAL 2018 ( ISSN :2320 5091) by Dr. Anju