

LITERATURE REVIEW ON BALATISARA

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ABSTRACT:

Balatisar is most common disease in children and sometimes life threatening. It occurs due to disturbed bowel movements. Atisara is a most common disease which may be due to irregular and unhealthy dietary habits and lifestyle. Atisara explained in Ayurveda can be correlated to diarrhoea, where Ati means excess & Saranam means flow; condition where watery stools passed in excess with high speed. According to Ayurveda there are seven types of atisar. These are Vataja, Pittaja, Kaphaja, Bhayaja, Tridoshaja, Shokaja and Raktataraja. Common symptoms of Balatisara include increased frequency of bowel movements, thirst, weakness, gases and cramping in the abdomen. Due to nidanasevana vitiating Vata leads to the Mandagni and causes Koshthashoonata and increasing Dravata in Pureesha in the form of aam in Pakwashaya. By understanding nidanpanchaka along with understanding of samprapti helps in planning specific preventive measures and management of balatisara. Atisara is characterized by loose watery stools and most of the time will be controlled by simple fasting (Langhana). In Balatisara mainly AnnavahaStrotasa, UdakavahaStrotasa and PurishvahaStrotasaDushti are involved. The major complication of Balatisara is Dehydration and Malnutrition. The traditional text of Ayurveda described various treatment options for the management of Atisara. This article described Ayurveda perspective of Balatisara including causes, symptoms and management.

KEYWORDS: Diarrhoea, Balatisara, Atisara, Nidanpanchaka, Samprapti, Ayurveda, Agnimandya.

INTRODUCTION:

Balya awastha is divided into three stages by *Acharya Sushrut* in *Sushrut Samhita Sutrasthan*. These are *kshirap*, *kshirannad* and *annadawastha*. (1) In *kshirannad* and *annadawastha* child is introduced to

different food items. Due to westernised lifestyle, irregular meals and sleep, stale food, frozen foods, *Viruddha Anna* like milk shake, craze for eating fast food & that to at odd times, which is not good for health. Hurry, worry and curry affects Agni, which causes diseases of Gastro-intestinal tract. There are also some other factors, which continues to affect the health, they are such as growing population to the urban slums, absence of civic facilities like water supply, drainage, adulteration and poor quality of food, unhygienic living condition. The presence of above mentioned conditions leads the child suffer from many disease and one of them is *Balatisarvyadhi*. *Madhavnidan* stated the definition of *Atisar* which is गुदेन्बहु वसरणं अतिसारम्॥ मा. ति. ४ (मधुकोषटीका) that means excessive passing of liquid material from anus. According to *Madhavnidan*, *Atisar* is a result of *mandagni*.⁽¹⁾ Generally child has more interest in *Madhura ahara* and in early age of child is also *kapha* predominant. This situation leads to *agnimandya* which is basic cause of GIT disturbance. Here an attempt has been done to review the literature of *balatisara* from different classical text.

NIDAN PANCHAK:

NIDANA:

The concept of *nidanapanchaka* assumes significant part in knowing the *vyadhi*.

Acharyas have portrayed different etiological factors for *Atisara*. The *Nidana* can be classified into two categories.

1. **Samanya Nidana:**
2. **Vishishta Nidan**

1. **Samanyajanidana**—*samanyanidan* are of 4 types – *Aharajanidana*, *viharajanidana*, *Mansikanidana* and *Agantujanidana*.

Samanya Nidana of *Atisara* available in *Sushruta Samhita* 15, *Ashtanga Hridaya* 16, *Bhavaprakasha* 17 and *Madhava Nidana* 18 has been reviewed and presented below.

गुरुअतिनिग्रश्रौणश्चम्यूलतितिलिंकेः | तवरुशक्तिनिरसात्मेचातिभोधिंकेः ||
 िंहारदरित्युके श्रतमथ्यायुके तवपाद्भवाणि | िकाददुष्टान्मुद्द्रवातिंिंमिस्त्रियुनिर्वयसति |
 िलतिरिमैःवेगतवघाकिृ तमदोषिः | िणांभवतिअतिसारोलक्षणंिम्यवक्षिये॥ सु.उ.४०(2)

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|----------|---|
| Aharaja | Atiguru, atisnigdha, ruksha, atiusna, atidrava, Atisthoola, atisheetala, sneha, viruddhahara, adhyashana, ajeerna, vishamashana, mithyaahara. |
| Viharaja | Dustambupana, Atimadyapaana, jalatiramane, Vega dharana, krimi dosha. |
| Manasika | Bhaya, Shoka |
| Agantuja | Arsha |

2. Vishishta Nidana

- **VatajAtisara**⁽³⁾: Excessive exposure to vata (wind) vyayama (exercise), atap (Sunlight), ruksha (dry) Alpa (small quantity) Madya (Alcohol) Vegavarodh, Atimaithun.
- **PittajAtisara**⁽⁴⁾: Excessive consumption of Lavan (Salt) Sour (Amla) Katu (Spicy) Alkali, Ushna tikshna food, exposure to suryasantapa, Ushnamarut, Krodha santap (च.च. 19/6)
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- **KaphajAtisara**⁽⁵⁾:Guru (Heavy), Madhur (Sweet), Sheet (Cold (excessive eating, Sleeping during day (Divaswap) and Laziness (च.च.19/7)
- **SannipatajAtisara**⁽⁶⁾: Cold, dry, oily, hot, heavy rough hard, incompatible, contaminated food, Alcohol, excess oleation, excessive exposure to vayu (wing) Agni (heat) surya (Sun light) Jala (water) improper sleep, daytime sleep and suppressing urges (च.च.19/8)
- **RaktajAtisara**⁽⁷⁾: Intake of pittkaraahar during pittajatisara (च.19/69-70)
- **Jwaraatisara**⁽⁸⁾: Due to nidana of both jwara and atisara, it is upadrava of atisara. According to Kasyapa Samhita nidanasthana due to revati nakshatra and the one who eat first in thirst develops jwaraatisar (का.सं.तन. 4/20)
- **Amaj Atisara**⁽⁹⁾ Important cause of Amaj Atsara is aamajirna. (सु.उ. 40/16)
- **Shokatisara and Bhayatisara**: Any cause of sadness like loss of property, Bandhunasha, Alpabhojana may lead to Shokatisara.

PURVA ROOPA⁽¹⁰⁾

हृत्प्रतिभयुदरकु तक्षिदगात्रावसादातिलसतत्रोथेत्तवडुडुसगआध्माग्मिथतविकोभतवष्यसिस्त्रैःसरातण ||सु. 3.40/29,30

- Pricking type of pain in Hridaya, Nabhi, Payu, Kukshi and Udara.
- Indigestion
- Obstruction in Vata movement
- Body ache (especially Pindikodveshtan)
- Distention of abdomen
- Body ache
- Constipation
- Body ache (especially Pindikodveshtan)
- Toda in Hridaya, Guda and Koshta
- Indigestion
- Distention of abdomen
- Obstruction of movement of Vata
- Kukshi, Udara, Vaksha, Nabhi and Payu Satata Vedana

ROOPA:

Actual sign and symptoms of a disease is known as Rupa. Charak describes main sign and symptoms of atisar according to their dosha predominance.

VISHISHTA LAKSHAN⁽¹¹⁾

1. Vataj atisar:Passing of blackish, frothy, ama and small amount of stool,abdominal pain during passing of stool.

2. Pattajaatisar: Passing of yellowish, greenish, blackish foul smell stool with burning sensation frequently thirst, sweating, fainting.

3. Kaphaja atisar: Passing of unctuous, white, slimy, thready and heavy foul smell stool with mucus, horripilation, nausea and tenesmus.

4. Sannipataj atisar: Passing of stool (yellow, green, bluish and reddish in color, fatty in texture) passing of stool with or without pain. Symptoms of all three types of atisara present in this type and it is difficult to cure.

5. Shokaj atisar: According to Charaka and Vagbhata its signs and symptoms are similar to Vatajatisara.

6. Amaj atisar: Passing of stool frequency of various color, abdominal pain are the main features of amajatisara

SAMPRAPTI⁽¹²⁾

सिन्ध्याः धातुरतिप्रकृद्भैः कु तन्मश्रावावायुः अथैः प्रणुः ।

सरस्य च तिसारं मिहूर्वा नतधोरं षडतवधिं वदति । सु. ३. ४०/४

Nidana Sevana > Vitiating of Vata > APA dhatu vikriti [By the impairment in aharaparinamakara bhavas in Amashaya] > Mandagni [Leads to] > Dravata of Pureesha in Pakwashya > Bahu Drava Mala Pravriti > Atisara

SAMPRAPTI GHATAK:

Dosha : Vatapradana Tridosha

Roga Marga : Abhyantara

Dushya : Udaka

Sanchara Sthana : Pitta & Pureeshadhara kala

Adhithana : Pakvashaya

Srotas : Pureeshavaha Srotas

Srotodushti : Vimarga Gamana & Atipravriti

Ama : Jatarangni Mandya Ama

Agni : Jatarangni Mandya

Udbhavasthana : Amapakvashay

VISHESHA SAMPRAPTI:

Vatajatisara⁽¹³⁾- Nidana Sevana > Increase of Vata > Mandagni > This in turn brings water content of mutra and sweda into Malashaya > Vatajatisara

Pittajatisara⁽¹⁴⁾- Nidana Sevana > Increase of Drava Guna of Pitta > Pakvashaya Dushti > Pittaja Atisara

Kaphajatisara⁽¹⁵⁾- Nidana Sevana > Guru, Madhura, Sheeta, Snigdha Guna of Kapha increases > Gathered in Amashaya and diminishes the jataragni and comes to pakvashaya > Drava mala formation > Kaphaja Atisara

Sannipataja Atisara⁽¹⁶⁾⁽¹⁷⁾- Because of Nidana Sevana, Tridosha expands lead to Mandagni and Pakvashaya Dushti bringing about Atisara

Shokatisara⁽¹⁸⁾- Both Bhayaja and Shokatisara are caused because of Manasika Dosha and will have a similar clinical component of Vatajatisara

Raktatisara⁽¹⁹⁾⁽²⁰⁾ If an individual with Pittatisara, doesn't take treatment and follows Pitta vitiating Ahara Vihara, there will be the further disturbance of Pitta and will vitiate the Rakta and causes Raktatisara .

TREATMENT OF ATISAR: - Basic treatment of Atisara is same as that of adults. First assessment should be done whether the stool is saam or nirama. If stool is in Saam condition, langhana is advised. If stool is nirama, Sangrahana should be advised. If the diarrhea is associated with gripping pain (difficulty in voiding), then Haritaki is given as mild laxative. If the doshas are moderately aggravated, then Pramathya having Deepan and Pachana properties should be given. If the doshas are only slightly aggravated, then langhana is very useful. Exogenous Diarrhea that is Bhayaja and Shokaja should be treated by vayu

alleviating drugs and therapies. The patient suffering from diarrhea caused by fear is exhilarated and the patient suffering from diarrhea caused by shoka is consoled. In hemorrhagicdiarrhea, goat milk is very useful along with boiled rice of red variety of Shali. As per Acharya Sushruta; Ama Dosha is usually at the beginning of all types of Atisara so in starting phase, must be Langhana Karma then PachakaAushdhi is required. Aushadha Yoga- HaridradiPrayoga, HaritkyadiChoorna, PatoladiChoorna in Ama Atisara, MadhukadiKwatha in PittajaAtisara. Ghrita- Baladi Ghritam, DarvyadiGhritam and VyoshadiGhritam. Panchayoga- Pancha Lavana+Pippali+Vidanga+Haritki⁽²¹⁾

Pathyapathya(Do's and Don'ts):

Pathya : Fruits, cereals, hot water are considered as pathya. According to Yogaratnakara, sleep, langhana, goat milk, cow milk, ghee, butter extracted from goat or cow milk, curd, buttermilk are considered as pathya. Diet should be restricted to light food like soup of Mudga siddha with Shunthi, kanji, yavagu, tarpana, etc.

Apathya : In Kashyapa Samhita, intake of garlic, meat soup and sudation are considered as apthya. According to Yogaratnakara, waking during night, heavy foods and drink are considered as apathya.

DISCUSSION: Factors which are responsible for pathogenesis of atisara emerged out from above discussion are: mandagni (tryodashvidhaagni)and vatavikriti. Thus we need a combination of ingredients which acts on all the pathological factors of atisara in children. Treatment of amatar is amapachan first, while in pakwatarstambhan is the first line of treatment. In case of children applicability of classical amapachan treatment i.e. langhan, use of drugs having katu, ushna, tikshna, properties is not feasible because children are delicate in nature. While explaining the common treatment principle in children acharyacharak told that we should not use drug that have properties like katu, tikshna, ushna in children. In present scenario there is a need of an formulation that can be beneficial in both stages of diarrhoea either amavastha or pakkvavastha. In ayurvedic classics like sharangdhar, yogratnakar, vangsens and chakradatta there are references of such formulations, which are specially mentioned for the childhood diarrhoea (balatisara).

CONCLUSION: After analysing many literature we come to the conclusion that in kaumarabhritya literatures Atisara is described as a symptoms in many diseases like dantoddbhedjanyatisara, ksheeralasaka, vyadhijfakka, revati, putnaetc.balaagraha. Even though separate description of balatisara as a disease is not found in scriptures ,but specific treatment remedies are available there specially for Balatisara (diarrhea in children). Majority cases of childhood diarrhea are of non-bacterial origin. The traditional text of Ayurveda described various treatment options for the management of Atisara. Aama and Vata are the major factors in aetiopathogenesis of Atisara. In BalatisaraAnnavahaStrotasa, UdakavhaStrotasa and PurishvahaStrotasaDushti are involved. The major complication of Balatisara is Dehydration and Malnutrition. The traditional text of Ayurveda described various treatment options for the management of Atisara. By all above analysis we can easily understand that combination of ingredients that are having deepan, pachan, grahi and stambhan properties would be beneficial in childhood diarrhoea.

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