A SCIENTIFIC REVIEW ON THE PHAKKA ROGA W.S.R. TO RICKETS IN CHILDREN

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ABSTRACT

Childhood is a period of growth and development and therefore any deviation in the normal growth of child gives rise to multiple diseases of growth and development. Malnutrition is one of such condition and rickets is one among them in which there is deficiency of either calcium and vitamin D hampered the bone mineralization and gives rise to multiple symptoms due to brittle bones in child especially below two years of life. Ayurveda consider this disease entity as PhakkaRoga and explained in detailed about the pathogenesis, symptomology and treatment of the PhakkaRoga. Ayurveda treatment is emphasized on the correction of digestion and metabolism in order to maintain the growth and development of child and aid to accelerate the mineralization of bone to reduce the signs and symptoms of the PhakkaRoga. In addition Ayurveda also added the role of physiotherapy in the form of use of Trichakra or PhakkaRatha to help the alignment and posture of the limbs of the affected child. Therefore mainstreaming the Ayurveda management of PhakkaRoga with the conventional supplemental management of modern system to enhance the success rate is the requirement of time.

KEYWORDS: Ayurveda, Phakka Roga, Phakka Ratha, Rickets.

INTRODUCTION

Ayurveda the indigenous system of Indian medicine describes the diagnosis and treatment of the childhood diseases and the branch of Ayurveda which dealing with childhood diseases is
called as Kaumarbhritya. Kashyapa Samhita is one of the oldest classical books of Ayurveda, especially on Kaumarbhritya branch. Practically area of Kaumarbhritya branch includes from the birth of child to maturity. During this time period physical and mental developments takes place. Ayurveda described about the multiple diseases occur due to derangement in the multiple developing system of child under the heading of Kuposhanajanya Vyadhi. PhakkaRoga is one of the Kuposhanajanya Vyadhi in which the child even by the age of one year is not able to catch the growth and not able to achieve the standing and walking milestone by this appropriate time of one year. Acharya Kashyapa described the Phakka Roga as very first time and in detailed. Many a times Phakka is not a disease but it’s a symptom which is present in many diseases. Classical management of the PhakkaRoga has been thoroughly explained in Kashyapa Samhita as Virechana, Basti, Abhyanga and with the usage off Trichakra Ratha. One of the conventional approach of Kashyapa towards the Phakka Roiga is the management with Panchakarma and management of mother or wet nurse with the drugs, which differs completely from today’s modern approach. In allopath system of medicine the disease rickets resembles with that of Phakka Roga explained in Ayurveda. Management of rickets includes the use of supplements off vitamin D and calcium in recommended dose and time duration. This review article highlights the classical and diversity approach of Ayurveda towards the PhakkaRoga and to mainstreaming these treatment protocols with modern classical management of Rickets to accretes the results.

AIMS AND OBJECTIVE
The main aim of this present article is to study the detail knowledge regarding
1. Phakka Roga
2. Classification of PhakkaRoga
3. Treatment of various types regarding the PhakkaRoga

MATERIALS AND METHODS
This review was done by compiling the classical Ayurveda literature, Ayurveda Pediatric books, modern pediatric books, magazines, research journals, thesis and dissertations Pub med, different databases, WHO guidelines, AIIMS guidelines, CCRAS database, CCIM norms for diseases etc.
LITERARY REVIEW

Phakka has been defined as inability of a child to walk even after the age of one year.[1] The word Phakka denotes sluggish movement due to poor physical development associated with psychomotor changes.

Bala: samvatsara (panna:) padaabhyam: yonaGacchati |

CLASSIFICATION

Phakkaroga is mainly classified into three groups on the basis of their causes.

1) Kshiraja Phakka
2) Garbhaja Phakka
3) Vyadhija Phakka

KshirajaPhakka[2]

DhatrishlaishmikdugdhatuPakkadugdhetisadnyeta |
tatkhirpobahuvyadhi: karshyatPakkatvamapnuyat || - Kashyapa.Sa. chi 17/4

Stanya vitiated with kaphadosha is called Phakka-dugdha. This Phakka-dugdha causes obstruction in rasa vahastrotasa and cause nutritional deficiency in a child resulting in to Kshiraja Phakkaroga.

Garbhaja Phakka[3]

Garbhinimatrualk: kshriprastanyakavinivartananat |
Kshiyatemriyateva-apisaPakkogarbhapidit: || - Kashyapa.Sa. chi17/4

When a nourishing Dhatri/mother becomes pregnant during breast feeding period, milk secretion becomes deficient. So, child becomes lean and weak due to malnourishment gradually after that child gets diseased. This condition is called a GarbhajaPhakka.

VyadhijaPhakka[4]

Nijragantubhischev..........Jwaradhibhi: |
Itetaiya: karanaervidyatVyadhijaPakkatashisho: || - Kashyapa.Sa. chi\7/4

In some diseases if proper care and treatment is not provided it leads to emaciation with improper formation of Dhatus (Rasa, mamsa, medaandasthidhatu). Which leads to severe malnourishment and associated with weak limbs as well as wasting of subcutaneous fat from gluteal region, chest and extremities with increase in frequency of stool and urine, irritability,
untrimmed nails and uncleanness of skin. This condition of child is known as vyadhija Phakka.

**TREATMENT**[5]

Balyavastha is the more prone period for the occurrence of Vyadhi due to Kaphadosha. Due to this reason children are more prone to kaphajvikara. There are references for the treatment of Phakkaroga available in Phakkachikitsaadhyaaaya in Kashyap Samhita.

Klyanakpibet Pakka: Khatpal Wayathaamrtam | 
saptratrat par chaina Trivvrutkshirensodhayet || 
shudrakoshtata: Pakka: | - Kashyapa. Sa. chi 17/4

Treatment categorized as Shodhana and Shamana Chikitsa among which Shodhana should be carried out in systematic manner and therefore use of particular medicines has been explained in Kashyapa Samhita for the treatment of child with the Phakka Roga.

For shodhana or body purification child should start with Snehan treatment with specific medicated ghee followed by Shodhana treatment after 7 days with TrivrutKshir (milk prepared with the decoction of Trivrit). Then after Balya treatment should be administered, and diet should be given with laghu and balya properties for easy digestion and improves the strength.

AcharyaKashyap also described the role of Gaumutra(urine of cow) in condition of increased Kapha level.

The whole treatment can be broadly classified in to two parts.

1. For Dhatri,
2. For Balaka

**For Dhatri**

In the condition of Dhatristanya vitiation with kaphadosha, Acharya kashyapa explains the severity of vitiation of stanya and stated that samprapti due to sannipatjadushti, results in Balaka with the symptoms jadatva, mukatva and pangutva.

For Balaka: According to Acharya Kashyapa, Balakasnehana can be accomplished with Raja taila and Abhyantarsnehana with Amrutaghrita, Kalyanakaghrita, Shatpalaghrita, Bramhighrita for seven days given internally after followed by virechana carried out with
Trivrutsheerambasti. 

Basti best during this period with the predominance of vatadosha and mamsaas well as vataharakadravyas.

In Shamanachikitsa internally we should give dipanadravya like Raasna, Madhuka Siddhaghritha then pachana for strotoshodhana (udavartanam) milk mixed with gomutra for pana then bruhanadravya includes mamsa-rama and kshirasiddha with Rasna, Madhu, Shatpushpa, Ekparni indicated.

In this type it closely resembles with Balshosa, Parigarbhika described by Vagbhata. This relationship should be explained on the basis of stages. In initial stages shosha leads to Kshira Phakka, Parigarbhika then Garbha Phakka. For Garbha Phakka we should treat Parigarbhika in which Agni Dipanachikitsa is ideal. In which we use dipana and pachanadravya includes. Nutritious food siddha with Vidari, Yava, Godhum, Pippali with sufficient ghrita should be given in such cases then anupana rich in milk mixed with honey and sugar, this all nutritious food covers vitamin deficiency disorders.

DISCUSSION

We can say that Phakka roga is growth and developmental deficiency. It can be co-relatewith Protein energy malnutrition, Marasmus, Rickets, or Chronic malabsorption conditions. Most of the characters are correlating with marasmic child. Kshiraja and Garbha Phakka can be classified as acute malnutrition, while Vyadhi Phakka is a state chronic malnutrition with general debility and reversible motor disability owning to malnourish state. In the Etiopathogenesis of Phakka, Agnimandya due to DushtaStanya, Stanyabhava as well as Vyadhi leads to improper dhatu-Nirmana especially Rasa, Mamsa, meda and asthidhatu, so treatment should be aimed at Prakrita rasa nirmana with the augmentation of agni by mrudushodhan followed by deepana, pachana, balya and bruhana therapy.

This etiopathogenesis can be controlled by two upakrama. Also there is vitiation of rasadhatu and weakness of digestion or Agni in patients of Phakkaroga. So the way of treatment should be Deepan and Pachana to improve the digestion and metabolism to strengthen the Rasa Dhatu and other Dhatu.

In Kshiraja Phakka, Shodhana Upakrama administered to the dhatri having kaphajstanya. According to VagbhatacharyatikshnaShodhanvamanadravya we use Vacha, Sarshapa, Pippalidravya. After vananasansarjanakarma should be followed and for shaman internally
dipana and pachanadravya like Vacha, Ativisha, Panchmulaghanakwathashould be given. Then nasya, dhum, gandush, pradeha, pariseha, and kaphashamakaahara indicated. In vyadhijPhakka a main cause is doshdushyasamprapti due to the nijaroga and agantujroga. Due to mandagni and dushtagrahani the nutrition of food cannot nourish the tissue. Due to this disordered Grahani, sarasanhanan of body get deteriorated. These all symptoms seen in accordance with related disease. For vyadhiajaPhakka the treatment should be classified on hetu’s in treatment swalp-aahara proper quantity of nutritious food including kshirapeya indicated. For the strength of agni various lehyadravya and kalpas described by acharyakashyapa of highly nutritious value of both animal and vegetable origin should be internally given to the balaka.

**Bahyachikitsa:** oil for massage (abhyanga) raj-taila made of Earanda ,Shaliparnni , Bilva this may be given internally too. Oil siddha with mamsa, yusa are also useful.

**Physiotherapy:** For disabled child, Phakkaratha has been advocated which is specifically made by skilled and technical person should be manufactured in order to support disable balaka keeps resemblance with modern physiotherapy.

In modern system of medicine the cases of rickets are handled with supplements of vitamin D and calcium which ultimately corrects the metabolism at tissue level with the help of vitamin as an enzyme for bone mineralization.

Ayurveda system of medicine has also emphasized on the metabolic correction of the child to improve the DhatuPoshana and strength to improve in the clinical signs and symptoms of the diseases.

As per the experience of vaidyas, Sudhavargaausadhidravyas like Sudhasatak is very much helpful for nourishment of Asthidhatu, Samvardhan Ghrita described in Lehadhyaya is successfully practised in developmental disorders is of high therapeutic value.

From above discussion it is very clear that Ayurveda management of Phakka Roga is effective and should be added with the conventional supplementation of vitamin D and calcium oral solution.
CONCLUSION

Ayurveda consider malnutrition as the Kuposhanajanya Vyadhi and PhakkaRoga is one among them. PhakkaRoga resembles with the Rickets as modern vitamin D and calcium deficiency disease. Ayurveda management of PhakkaRoga includes Shodhana, Shamana and Trichakra Ratha which helps to improves bone metabolism and aids the physiotherapy to disabled child to attain the developmental milestone. Therefore mainstreaming Ayurveda with modern rickets management is fruitful to the child suffering from PhakkaRoga.

REFERENCES