ACUTE MEDICINAL CARE IN AYURVEDA IN CHILDREN

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ABSTRACT

Ayurveda considers health not merely as absence of disease but as a condition where there is a perfect equilibrium of various systems operating in harmony with nature. It is believed that Ayurveda has limited role to play in chronic ailments only. This belief in society and Ayurvedic physicians has arrested development of Ayurveda, and limiting its role as adjuvant therapy. The acute management was also described in Ayurveda, which needs only enlightenment. Ayurveda has been criticized for no availability of emergency management, which is mere a belief. The question may be aroused whether there was no emergency in ancient times and people were suffering only from chronic ailments? The answer to this question is „no” and people were managed in life threatening conditions too. There is documentation in the literature of daruna and ashukari (emergency) diseases, which implies that emergency was managed using Ayurvedic medicines. Ayurveda has a specialized branch of Pediatric medicine known as Kaumarbhritiya. There are a lot of acute diseases in children like asthmatic attacks, convulsions and sometimes high grade fever which make us disturbed that need the acute care accordingly which Ayurveda has also described. Only we need to apply it according to the severity of disease. In this paper an attempt has been made to understand Ayurvedic basics of emergency management focused on children. It includes understanding acute condition according to Ayurveda and management accordingly. It is important to note that mild to moderate emergency can very well managed according to Ayurveda.

KEYWORDS: Acute management, acute diseases in children, asthma, convulsions, fever.
INTRODUCTION

Ayurveda originated in India more than 5000 years ago. It is belief in common public that Ayurveda can treat only chronic diseases and not acute diseases. This belief is wrong, misleading and devaluing Ayurveda. From the ayurvedic text it is clear that even emergency diseases or acute diseases were well treated by Ayurvedic treatment.

In Bhavprakasha there is description of 33 types of sannipata jwara, which are described in other ayurvedic texts that are not available today. The description of sannipata jwara and treatment of acute febrile illness, which is described in Charaka as well.

Charaka said occurrence or suppression of diseases occurs as a result of variation in Nidana (Chronological factors) intensity of doshas and susceptibility of Dhatus.

Chrakapani said, When these 3 factors nidana, doshas and dushya associated and produced diseases ready rapidly or strong or week manifestations of diseases or with all the science symptoms of the diseases. This condition is called acute diseases or emergency.

Archaryas warned the treating the physicians to start prompt treatment by using the term „Twaraya Jayet.”

AIMS AND OBJECTIVES

1. To review and evaluate the importance of acute medicinal care in ayurveda in children.
2. To discuss the scientific mode of action of the ayurvedic drugs in specific ayurved diseases.

MATERIAL AND METHODS

Data and information collected from different personal Ayurvedic practioners references from different kinds of articles, journal, papers and a websites, Ayurveda Samhitas, and related text, news papers and others electronic media sources.

Review of Literature

Acute conditions correlated with Ayurveda

1. Atisara and Pravahika (cha.chi 18) - severe diarrhea
2. Raktaj atisara (cha.chi 18) – bleeding per rectum
3. Tamaka shwasa (cha.chi.17) – bronchial asthma
4. Pratamaka shwasa (cha.chi 17)- asthmatic attack
5. *Chhardi* (*cha.chi 20*) – severe vomiting
7. *Apasmar* (*cha.chi 10*) – convulsions / epilepsy
8. *Sannipata jwara* (*cha.chi 3*) – acute febrile illness

**Some important cases with preparations for acute diseases**

**Pralapaka jwara (sannipata jwara)**

Case of Typhoid with semi conscious and muttering delirium

Following *kwatha* is given repeatedly every 3 hours

1. Tagar
2. Pitta- Papada
3. Amaltas
4. Musta
5. Katuki
6. Ashwagandha
7. Brahmi
8. Draksha
9. Lamajjaka
10. Chandana
11. Dashamoola
12. Shankha Pushpi

(hariprasad pandya)

After giving this *kwatha*

- Patient had sound sleep
- His fever subsides
- Patient was totally normal within 3 days.

**Asthmatic attack (pratamaka shwasa)**

- *Ayurveda* treatment

हिंकारासार्दिः स्निधं आदो स्वेदेष्वपाचरेतः
आसं लवण्यै तेलनेन नाडी प्रस्तर संक्षरेः 

च.चि.१७/७२
Patient afflicted with hiccup and dyspnea first anointed with salted oils
Then subjected to unctuous sudation
By methods of – Steam kettle sudation, hot bed sudation, mixed sudation
- By these procedures, kapha which has become inspissated in the patients body, gets dissolved in the body passage, the body outlets become softened and as a result, movement of vata is restored to normal condition.
- We used this therapy in acute asthmatic attacks in children in our institute.
- Within half hour, patient gets relief from the acute attack.
- Various ayurved practitioners are also using this simple remedy for asthmatic attack.

**Convulsions/ epilepsy (Apasmar)**
- In acute condition of convulsions/ epilepsy (apasmar vegavastha), we used vacha pradhaman nasya.
- Pradhaman nasya- vacha churna is forcefully inserted into the patients nostril using the narrow wind pipe.
- Patient gets instant relief as vacha is described in sadnyasthapana gana in charak sutrashtan[^6^]

**SOME OTHER ACUTE CONDITIONS**

**Dehydration**
1. Karpoor rasa- 1 pill three times a day
2. Lemon juice + Honey + water – drink like ORS powder
3. Shankha bhasma- 250 mg – 3 times a day.

Within a day, frequency of stools was controlled, vomiting subsided.
Diarrhoea controlled in 4 days.

**Case of Lung cancer**
- Age -63 years, Male
- He was in last phase of CA.
- At the time of gasping stage, we used hemagarbha pottali rasa once, patient got relief for 6 hours.
- We used hemagarbha pottali 3 times, without O2 he survived for 3 days.
CONCLUSION

- Various acharyas described acute medicinal care in ayurveda but we don’t use it in our day to day life.
- But in some cases ayurveda really helps us to manage acute conditions.
- Here, with these explained cases, we may conclude that ayurvedic medicines are useful in the management of acute diseases.

REFERENCES

1. Article on “Role of Ayurveda in Emergency Treatment” by Nishant Shukla Swasthavrutta SGAM, GAU, Jamnagar, India.