

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 *Kaumarbhritya*. 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, misguiding and devaluating *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
6. *Raktaj chhardi* (*cha.chi 20*)- hemetamesis
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

हिक्काप्रासादितं स्निग्धै आदौ स्वेदैरुपाचरेत्।

आक्तं लवणं तैलेन नाडी प्रस्तर संकरैः ॥

च.चि.१७/७१

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* practioners are also using this simple remedy for athmatic 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 sutrasthan*^[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.

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