

A SINGLE CASE STUDY ON AYURVED MANEGMENT OF BALATISARA WITH KUTAJ PARPATI

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ABSTRACT

Balatisara i.e. Diarrhea in children is one of the common disease among developing countries and second common cause of death in children. According to WHO diarrhea was estimated to have caused 1.1 million deaths in people of age 5 yrs or more and 1.5 million deaths under the age of 5 years. Nowadays by the use of advanced medical techniques as fluid replacement therapy mortality rate might have been declined but incidence of Diarrhea remains unchanged at about 3.2 episodes per child per year. In *Balatisara* mainly *Annavaha Strotas* and *Purishvaha Strotas Dushti* is involved. The major complication of *Balatisara* is Dehydration and Malnutrition. With the help of ayurveda we can effectively treat acute as well as chronic cases of *Balatisara*.

KEYWORDS: *Balatisara*; *Kutaj Parpati*; Diarrhea.

INTRODUCTION

Diarrhea in children is the major and commonest health problem found in pediatric practice. The Enteric Pathogens Rotavirus and Diarrheogenic *Escherichia Colli* (DEC) are the most common causes of diarrhea globally.^[1] In Ayurveda *atisara* has been categorized into six main types i.e. *Vataja*, *Pittaja*, *Kafaja*, *Sannipataja*, *Bhayaja* and *Shokaja (Amaj)*.^[2,3] In infants *atisara* is mainly caused due to *Pittaja Stanyadushti*, *MrittikaBhakshan*, *Dantodbhedan* etc^[4], also poor socio economic status, poor hygienic conditions, and

consumption of impure water are the precipitating factors for diarrhea in children. In *Balatisara* children shows loss of appetite, fluid loss due to hyper secretory response of intestine, leading to formulation of *Aama* which again stimulates the hyper secretory action of intestines.^[4] Dehydration and malnutrition are the major complications seen in diarrhea in children therefore immediate management is required in this condition. Present study shows the result of an Ayurved formulation Kutaj Parpati on a complicated case of *Balatisara*.

Case

Basic information of the patient.

Age	1 year
Sex	Male
Weight	10 kg
Religion	Hindu
Socio-economic status	Middle class

Pradhan Vedana Vishesh (Chief Complaints)

Watery loose stool with foul smell since approx. 20 days about 12 to 14 episodes per day.

Vomiting - 1 to 2 episodes.

Vartaman Vyadhi Vritta (History of Present Illness)

Patient was healthy with normal growth and development as per the age. Before 20 days he started having watery stools and vomiting, patient took Allopathy medicines from 18 days for the same complaints but had no significant relief. Then approached Ayurveda for further treatment.

Purvavyadhi Vritta (History of past illness)

Patient had a history of viral fever with common cold at the age of 5 months treated with allopathic medicine.

Chikitsa Vrittanta (Treatment history)

Patient was being given allopathic treatment

- i. IVF- RL and iso-p
- ii. Inj. Taxim 250mg BD
- iii. Inj. Amikacin 75mg BD
- iv. Inj. Ondem 0.5ml TDS
- v. Sporolac Sachet 1 TDS
- vi. Diarrhea diet

Birth history

Patient was delivered vaginally with Full Term Normal Delivery and cried immediately after birth. With no postnatal complications.

History of immunization- Proper for the age.

Personal History

Aharaj – patient was dependent on mother’s milk, pasteurized cow’s milk, cerelac and liquid food.

Viharaj – patient was active enough as per age, Sleep – 14 to 16 hrs a day.

Examination

Vitals were normal. Cardiovascular System, Respiratory System and Central Nervous System had shown no deformity.

Per abdomen Examination - Gaseous distention present with No Tenderness.

Ashtavidh parikshan

<i>Nadi</i>	<i>Vatadhik tridoshaj</i>
<i>Mutra</i>	Color and frequency normal and along with stools
<i>Mala</i>	Watery Loose stools 12 to 14 times a day with foul smell and Whitish color
<i>Jiva</i>	<i>Saam</i>
<i>Shabda</i>	Ksheen -Monosyllabic – Proper for the age
<i>Sparsha</i>	Ruksha due to dehydration
<i>Druk</i>	Normal
<i>Akruti</i>	Lean

Pathological Findings

CBC, CRP, Sr.Urea, Sr. Creatinine, Sr. Sodium, Sr. Potassium are done and all the findings are within normal limits.

Stool culture showed no growth of pathogenic bacteria’s.

Microscopic examination of stool showed presence of Fat Globules.

Diagnosis

Ayurveda - *Balatisara* (Amaj)

Modern – Intractable Diarrhea

Hetu – *Dantodbhedan Kaal*, Complementary Feed.

Samprapti (course of disease)

Hetusevan (History of Fever, PICA, *Dantodbhedan Kaal*, complementary food)

Agnimandya (GIT disturbance)

Aama formation

Apdhatu vriddhi (Hypersecretions of intestines)

Atisara (diarrhea)

Chikitsa

1. *Kutaj Parpati* 60 mg orally twice a day mixed with honey was given to the patient for 3 days along with IVF iso-p 40 ml per hour. All the other medications were stopped during treatment.
2. After 3 days IVF iso-p was discontinued and only *Kutaj Parpati* was continued for 4 more days.

OBSERVATIONS AND RESULTS

During first 3 days of treatment following observations were seen.

Characteristics of stool

Characteristics of stool	Day 1	Day 2	Day 3
Frequency	12 to 14 times	8 to 10 times	4 to 6 times
Color	Abnormal	Normal	Normal
Consistency	Watery	Semisolid	Soft formed
Foul smell	Very offensive	Offensive	Normal
Blood	Not seen	Not seen	Not seen
Mucus	Frequent	Occasional	Absent

Signs and Symptoms

Signs and symptoms	Day 1	Day 2	Day 3
Appetite	Reduced	Reduced	Normal
Vomiting	Absent	Absent	Absent
Abdominal distention	Present	Absent	Absent
Abdominal tenderness	Absent	Absent	Absent

So, after 3 consecutive doses of *Kutaj Parpati* patient shown change in consistency of stool from watery to semisolid. So the same treatment is continued for 2 more days which shown significant decrease in frequency of motions along with significant changes in color, smell and consistency of stool. Patient had much relief in other signs and symptoms.

DISCUSSION

Kutaj Parpati is an Ayurved formulation containing *Kutaj (Holarrhena Antidysenterica)*, *Shuddha Parada* and *Shuddha Gandhaka*. Where *Kutaja* acts as *Pachak* as well as *Sthambhak*. *Shuddha Parada* and *Shuddha Gandhaka* has *Jantughna* i.e. antibacterial properties.^[5] According to Chikitsa Pradeep *Kutaj Parpati* has *Pachak* and *Sthambhak* properties and it works well on *Atisara*, *Grahani* and *Pravahika*.^[6] *Kutaj Parpati* due to its *Katu Kashay Rasa*, *Ruksha Guna*, *Kafapittahar*, *Amahar*, *Jantughna* and *Sangrahi* action does the *Aampachana* there by increases the appetite and normalizes the stool color, consistency, foul smell and reduces the mucus.

CONCLUSION

In developing countries like India incidence of diarrhea in children is really high. Nowadays by the use of advanced medical techniques as fluid replacement therapy mortality rate might have been declined but incidence of Diarrhea remains unchanged at about 3.2 episodes per child per year. Here, chronic case of *Balatisara* where all the modern medical treatments were failing to give the desired results, *Kutaj Parpati* acted as a boon for the early management of *Balatisara*.

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