

MANAGEMENT OF BALATISARA WITH SPECIAL REFERENCE TO CHILDHOOD DIARRHOEA WITH DHATAKYADI CHURNA – A REVIEW

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ABSTRACT

Diarrhea is a common but potentially serious illness in early childhood.

A child suffers on an average 10 to 15 episodes of diarrhea in the first five year of life. Dietary habits, stomach infections and unhygienic conditions are major cause of childhood Diarrhea. *Ayurveda* described Diarrhea as *Atisara* which means *Ati* (excess) & *Sarnam* (flow); condition where watery stools passed in excess with high speed. It can be acute or chronic. It affects millions of children world widely. As its *Samprapti* involves *Agnimandya*, *Ama* and *Mala-Dravta*, the formulations which are mainly improve the *Agni* by *Deepana*, *Pachana* & they're by decreases production of *Ama* & frequency of

stools are useful in the line of treatment of *Balatisara*. *Dhatakyadi Churna* is one such formulation from *Bhaisajyaratnavali* which contains *Dhataki*, *Bilwa*, *Dhanyaka*, *Lodhra*, *Indrayava* & *Balaka*. The contents of *Dhatakyadi Churna* possess *Deepana*, *Pachana* and *Grahi* properties, which improve appetite by reducing *Agnimandya*, decreases *Ama* production and helps in reducing the frequency of stool. Hence *Dhatakyadi Churna* with *Madhu Anupana* can be useful remedy for *Balatisara*.

KEYWORDS: *Balatisara*, *Ama*, Diarrhea, *Dhatakyadi Churna*, *Agnimandya*.

INTRODUCTION

Balatisara meaning *Atisara* in *Bala* or childhood Diarrhoea. It is one of the commonest & serious disease during childhood. In the tropical belt 15 to 40% of all deaths among children below 5 years are due to diarrhoea.^[1] The *Balatisara* affects large number of population world widely and prevalence of diarrhoea now a day's deteriorating school performance of

many children. Diarrhoea has its main impact on infants and young children in the poor section of the developing countries. *Balatisara* (Diarrhoea) is a disease of children mainly involves symptoms of disturbed bowel movements.

As per Ayurveda *Atisara* can be classified into seven category; *Vataja*, *Pittaja*, *Kaphaja*, *Bhayaja*, *Tridoshaja*, *Shokaja* and *Raktatisara*.^[2] A child suffer from an average 10 to 15 episodes of diarrhoea in the first five year of life, Lack of immunity, susceptibility towards the causative pathogen, low hygienic condition, malnutrition and consumption of contaminated food items can cause *Balatisara*.^[3] *Nidana Sevana* vitiates *Vata* leading to the *Mandagni* and *Koshta shoonata* increases *Dravata* in *Pureesha* in *Pakwashaya* which finally resulted in *Atisara*.^[4]

Increases frequency of defecation, disturbed electrolyte balance, thirst, weakness, gas formation and abdomen cramps are the common symptoms of *Balatisara*.^[5] As its *Samprapti* involves *Agnimandya*, *Ama* and *Mala-Dravta*, the formulations which are mainly improve the *Agni* by *Deepana*, *Pachana* & they're by decreases production of *Ama* & frequency of stools are useful in the line of treatment of *Balatisara*.^[6] *Dhatakyadi Churna* is one such formulation from *Bhaisajyaratnavali* indicated in the management of *Balatisara*. It contains *Dhataki*, *Bilwa*, *Dhanyaka*, *Lodhra*, *Indrayava* & *Netrabala*.^[7] The contents of *Dhatakyadi Churna* are having the properties of *Deepana*, *Pachana* and *Grahi* which promotes *Agnideepana*, improves appetite and relieve defecation frequency. Hence *Dhatakyadi Churna* can be useful in the management of *Balatisara*.

AIMS AND OBJECTIVES

1. Conceptual study of *Balatisara*
2. To correlate the *Balatisara* w.s.r. Diarrhoea
3. To assess the probable mode of action of *Dhatakyadi churna* on *Balatisara*.

MATERIALS AND METHODS

Balatisara

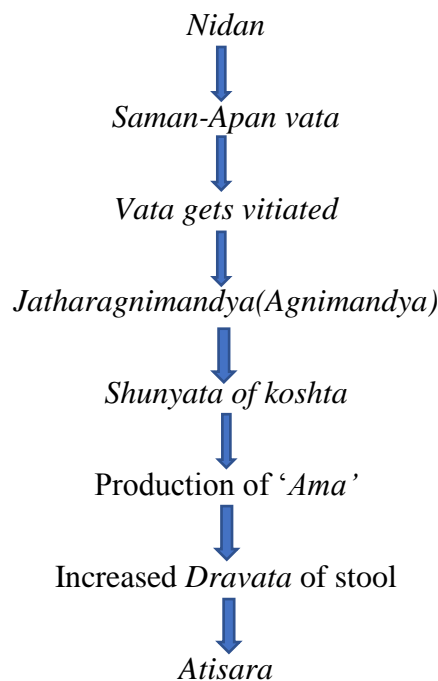
Balatisara (Diarrhoea) is a very common problem in children throughout the world which involve runny stools sometimes may with or without mucus, pale yellow to green colour along with foul smell and cramp in stomach. The most common causes of diarrhoea are food poisoning, bacterial infections, adverse effect of antibiotics. The diarrhoea needs immediate

attentions towards its treatment since prolong condition may cause severe dehydration & even death.^[8]

Hetu (Causes of Diarrhoea)^[9]

1. Parasites and worms can also cause diarrhoea.
2. Lactose intolerance due to the absence of lactase enzyme which is essential for metabolizing the lactose, the absence of lactase in infant may cause diarrhoea.
3. Intestinal diseases and bowel Disorders
4. Allergy to certain food items.
5. Adverse effects of antibiotics and other

Pathogenesis^[6]



Types of Atisara^[2]

As per *Ayurveda* Atisara can be classified into seven categories;

Vataja, Pittaja, Kaphaja, Bhayaja, Tridoshaja, Shokaja and Raktatisara.

Symptoms of Diarrhoea^[9]

1. Defecation of loose and watery stools.
2. Abdominal cramping & nausea.
3. Fever sometimes with coldness
4. Fatigue & weakness.

5. Dehydration.
6. Dryness.
7. Indigestion.
8. High Fever.
9. Loss of appetite.

Dhatakyadi churna

Table no. 1: Contents of *dhatkyadi churna* are as follows.^[10]

Sr.no.	Dravya	Latin name	Family	Doshagnata
1	Dhataki	Woodfordia fruticosa	Lytheraceae	KP
2	Bilwa	Aegle marmelos	Rutaceae	KV
3	Dhaniya	Coriandrum Sativum	Umbellifereae	VPK
4	Lodhra	Symplocos racemosa	Symplocaceoe	KP
5	Indrayava	Holarrhena antidysentrica	Apocynaceoe	KPV
6	Netrabala	Pavonia odorata	Malvaceae	P

Table no.2: Characteristics of ingredients of *Dhatakyadi churna*.^[10]

Sr. no.	Dravya	Rasa-Vipaka	Guna	Virya	Karma
1	Dhataki	Kashaya-katu	Ruksha, laghu	Sheeta	Sthambha, sandhana, Jantughna, Daahashamaka,
2	Bilwa	Katu, tikta -katu	Laghu,	Ushna	Deepana, Pachana, Grahi, Krumighna
3	Dhanyaka	Kashaya - Madhura	Laghu	Ushna	Deepana, Pachana, Grahi, Sthambana.
4	Lodhra	Kashaya-katu	Laghu, Ruksha	Sheeta	Sthambana, Raktsthambaka, Shothahara, Shamana, shodhana.
5	Indrayava	Tikta, katu-kashaya	Laghu. Ruksha	Sheeta	Agnideepana, Pachana, Sthambana,
6	Netrabala	Tikta-	Laghu, Ruksha	Sheeta	Sthambana, Deepana, Pachana

Pharmacological action of *Dhatakyadi churna*^[10,11,12,13,14]

Dhataki: Main function of *Dhataki* is *Sthamban*. According to *Ayurveda* Literature, *Dhataki* is *Kashaya* (astringent) in taste (*Rasa*), light (*Laghu*), dry (*Ruksha*) in properties (*Guna*), pungent (*Katu*) in metabolism (*Vipaka*); cold (*Sheeta*) in potency (*Virya*); *Kapha- Pitta hara*, *Madakari* in action (*Karma*). Due to these properties, it pacifies *Kapha* and *Pitta dosha* while aggravate *Vata dosha*. This plant is reported to be used for the treatment of Dysentery, Diarrhoea, *Sangrahani*, *Raktpradara*, leucorrhoea, piles, liver disease, wound. Extract of dried flower of *Dhataki* have been reported for their significant antibacterial activity and also effective against gram positive and negative bacteria.

Bilwa: *Bilwa* has *Kasaya, Madhur* and *Tikta Rasa* and *Ushna Virya*. So, it is said to be that the *Bilwa* fruit is very useful in Diarrheal conditions. The unripe fruit of *Bilwa* is most effective remedy for Diarrhoea and Dysentery and used by humans as a traditional medicine. Several study of *Bilwa* showed the antidiarrheal property. The ethanolic extract showed good activity against *Shigella boydii*, *S. sonnei* and *S. flexneri*, moderate against *S. Dysenteriae*.

Dhanyaka: It has *Kashaya Tikta Madhura Rasa, Ushna virya, Madhura vipaka* and *Deepena, Pachana* and *Grahi karma*. *Dhanyak* is good appetizer & digestant. The anti-bacterial activity of *Dhanyaka* (*coriander sativum*) was found against *Staphalococcus aureus* and gram-negative bacteria like *Salmonella, Escheria coli, Klebsiella pneumonia, Pseudomonas aeruginosa*.

Lodhra: It has *Kashaya Katu Rasa, Laghu Guna* and *Shita virya*, due to this it performs *Sthambana, Deepana, Pachana* and *Shodhana karma*.

Indrayava: The seeds of *Kutaja* are said to be *Indrayava*. It has *Tikta Rasa, Laghu Guna* and *Shita Virya*. *Indrayava* is said to be *Tridoshnashak* and *Samgrahi*. It is used in the diseases like *Jwara, Atisara, Visarpa* and *Kushta*.

Netrabala: It has *Tikta Rasa, Laghu, Ruksha Guna* and *Deepana, Pachana* and *Sthamaban Karma*.

Table no.3: Details of Drug Posology.^[7]

Drug	Dhatakyadi Churna
Forms of drug	Churna
Dose	2gm T.d.s.
Anupana	Madhu (Honey)
Sevankala	Nirannakala (Empty Stomach) 8.am., 3.pm., 10.pm
Duration	6 days
Follow up	Whenever needed
Diet	As per <i>pathyakara Ahara</i> mentioned in <i>Ayurveda</i>

DISCUSSION

Atisara disease of intestinal disturbance and *samprapti* involve *Aaharaj, Agnimandya, Aam nirmiti, Dosha* vitiation, *Abdhatu dushti* and *dravikaran* of *mala*. The treatment approaches involve *Agni* boosting, use of drugs which possess *Deepana, Pachana* and *Grahi* properties.

Probable mode of action of Dhatakyadi Churna

Dhatakyadi churna works at various level of *samprati* of *Balatisara* and correct *Dosha Dusthi* and improves functioning of *Agni*.

By virtue of *Tikta katu-Rasa*, *Katu-Vipaka*, *Laghu-Guna* and *kapha shamak karma*, *Dhatakyadi churna* causes *Shoshana of Apa Dhatus* which is *Drava*, *Sara*, *Adra*, *Kledak*, *Sheeta* and *Guru* and there by reduces the *Atipravrti Lakshana* in *Atisara*.

Dhatakyadi churna reduces *Angimandya* by its *Tkta-katu Rasa* and *Deepana Guna*. It acts as *Ama Pachaka* by *Katu Rasa*, *Katu-vipaka*, and *Pachana karma*. It causes *Vatanuloman* and there by correct *Vimarga gaman* and *Ati Drava pravriti lakshanas* in *Atisara*.

In this way *Dhatakyadi churna* corrects *Dosha dushti*, improves *Agni*, functioning of *Pakwashaya* and treat *Balatisara*.

CONCLUSION

From the above discussion, it can be concluded that *Dhatki*, *Bilwa*, *Dhaniya*, *Lodhra*, *Indrayava*, *Netrabala* present in *Dhatakyadi Churna* possess *Sthmbana*, *Deepana*, *Pachana*, *Grahi*, *Krumighna* property. Due to presence of these properties it helps in reducing the symptoms *Balatisara*. Thus, *Dhatakyadi churna* can be considered as as efficacious formulation in the management of *Balatisara*.

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