ROLE OF AGNI CHIKITSA IN BALA SHOSHA – A CASE STUDY.

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ABSTRACT

Ayurveda describes that human body is made up of three constituents, Dosh, Dhatu and Mala. Equilibrium of these keeps body healthy and free from diseases. Out of these three, Dhatu, seven in number do the Dharan of Sharir. Therefore, for the betterment of Sharir, the Dhatu should get nourished properly. Ancient Granthakara described many diseases occurred due to improper nourishment or malnutrition of these seven Dhatu. One of them is Shosha, in which all the seven Dhatu gets ‘Asara’. This condition can be found in any age group, child to old age. There are various causative factors responsible for the development of Shosha in children. It is a ‘Kashtasadhya Vyadhi’. Therefore, kin observation and proper selection of medicine gives significant result. In the present study the child is in Kshirannada Avastha, presented with Dhatukshaya, Chardi etc. clinical features. Another hospital refused the patient previously saying that, she will not improve. After the thorough examination, understanding the samprapti of the disease, a treatment plan was decided. This treatment plan was consisting of Pachana - Deepana - Vayu Anulomana - Dhatu Varadhana –Rasayana. Patient showed significant results within 15 days of treatment. The patient, who was declined for treatment by another doctor, got new life because of Ayurveda. It reveals that Ayurveda Chikitsa worked as a miracle only after proper assessment of Samprapti.

Keywords: Shosha, Kashtasadhya Vyadhi, Asara, Dhatu, Balshosha.

1. INTRODUCTION

Kaumarbhritya tantra is one of the eight branches of Ayurveda.¹ This deals with health of the child.² There are three stages of Balavastha. Viz. Kshirad, Kshirannad, Annad.³ Ancient Acharya describes various kinds of diseases of these Kaala. One among them is Shosha. This disease is also named as a Balashosa, as it occurs in children. Ancient Acharya explained this disease as a distinct one.⁴ This disease occurs due to malnourished seven Dhatu.⁵

Agni or Jatharagni does the Poshan of all the seven Dhatu.⁶ Improper function of Jatharagni leads to improper development of Dhatu.⁷ This Agnimandya also develops other clinical features like Chardi, Asamhata Varchasa, and Udavarta.⁸ It does emaciation of body. Because of Agnimandya, body not able to digest the food properly,⁹,¹⁰ this also leads to decaying of all the seven Dhatu which further end up into Shosha.⁵ It is of Kashtasadhyaavyadhi. Therefore, understanding the disease properly along with its Dosha-Dushya Sammurchana, Samprapti is very much important as it will help to treat disease properly.

Balshosha is a common condition affecting most of the children. This condition occurs mostly in tribal areas as well as in poor, rural areas where sufficient treatment is not available. This also possible because of the higher coast of the treatment, the needy patient does not get the desirable treatment. Therefore, it is necessary to find out a best solution to

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overcome such problem using minimum aids, without much effort and very much effective. Shosha is the condition which may occurs in any age group. As per the allopathic pathology, this condition mostly occurs because of tubercular infections. But as per the Ayurveda, it is not necessary to get person affected by any source of infections. Therefore, Ayurveda principle states that Agni and Tridosha are responsible for any kind of disease in the body.

2. METHOD AND MATERIAL

2.1 Case Report

A 7 months old child brought by her parent, came up with following clinical features.

- Chardi – often occurs after the consumption of Milk or any other food.
- Prabhahani
- Twaka Parushya
- Asamhata Varchasa- Along with Adhmana
- Daurbalya
- Glani
- Kshudhamandya

Patient was examined thoroughly. After the kin observation it was found that she developed Agnimandya which further lead to Udavarta and Dhatu kshaya. Her Dhatu are malnourished. Her weight was 3.5 kg. The child possesses these symptoms since a one and half month. She was previously treated at various places, and finally sent back home by them as child is not showing any progress in her health condition.

2.2 Birth History

In case of pediatric patients, it is always necessary to review the birth history. In this case the birth history was not much significant. She was healthy at the time of birth, weighing about 2.6 kg, FTND.

2.3 Shosha

Shosha or Balashosha is also called as Kshaya, Rajyakshma. Many Ancient Acharya describes Bala Shosha as a separate disease. This disease possesses Purvaroop associated with various types of diseases. Acharya Sushruta described this disease as Mahabali. Acharya Sushruta also stated that this condition is difficult to understand and also not that much easy for the treatment. Acharya Sushruta defined this disease as it is the condition in which RasaRakta Dhatu gets emaciated. Acharya further stated that in this disease both the internal and external actions/ movements of the body get decreased therefore this condition is called as a Kshaya. It is said that King Chandra once suffered from this disease, therefore this disease is named as a Rajyakshma.

Acharya Charaka explained four kinds of causative factors of Yakshma, viz. 1. Vishamaashana 2.Sahasaja 3. Vegvidharan and 4. Dhatukshaya. In this case Vishamaashana was considered as a main causative factor of the disease. Granthakara explained the Samprapti like excessive sleep, excessive consumption of Shita Ahara and because of consumption of Kapha dushta Stany. These all three factors lead to vitiation of Kapha and Agnimandya. This vitiated Kapha obstructs the path of Rasavaha Srotasa. This obstruction results into blocking of nourishment channels of other Dhatu. Therefore, rest of the Dhatu didn’t receive proper nourishment. They get emaciated which leads to formation of disease ‘Shosha’.

2.4 Lakshana of Shosha

Arochaka, Pratishyaya, Jwara, Kasa, face becomes more Snigdha and pale, child gets emaciated gradually.

2.5 Samprapti

In this case because of irregular Stapan, child develops Agnimandyatva and Kapha Prakopa which leads to formation of Udavarta and Chardi, all these conditions led to improper production of Ahara Rasa. This improperly manufactured Ahara Rasa unable to provide proper nourishment to all the Dhatu. This resulted in to Asarvatva of Rasa Dhatu. This further leads to emaciation of all the Dhatu. This leads to Kshudhamandya, Twaka Parushya, Shosha, Glani and Balhani. Mamsadhatu is responsible for maintaining Bala of Sharir. In this case Mamsa also get
emaciated. This indigestion leads to Asamyak and Asamatata Mala utpatti. Samprapti is shown in Figure 1.

2.6 Treatment Protocol

Treatment was decided on the basis of Upasthit laxana and Doshavikriti. In this case Agni and Kapha-Vata were in vitiated stage. Therefore, to regulate Agni and Kapha – Vata, accordingly treatment was decided. Pachana aausadhadi along with Deepaniya aausadhadi were used at initial stages. In case of pediatric patients, form of medicine is much important. It is necessary that administration of drug should be easy and comfortable. Accordingly, format of drug was selected. Administering the liquids using dropper helps in administration of drug also it provides exact dose required. Lehan is the best form of drug for the administration as per the Acharya Kashyap. Abhyanga does the Balavardhana, Agnivardhana and it is Varnya, improves the health of skin. Very first symptom was Chardi, hence it was necessary to use antiemetic along with Pachaniya and Deepaniya dravya. Therefore, treatment given was as follows –

- Bonnisan Pediatric Drops (Hiamalaya Drug co.) – 10 drops – 4 times / day, Anupana-Ushnodaka
- Syr. Vimliv (Solumiks Pharma) – 10 drops / 4 times/ day, Anupana-Ushnodaka
- Balguti – Jayphal, Mayphal, Murudshenga, Yashiti, Khandasharkara, Vatam, Vacha, Sunvarna, lehan in milk at morning.
- Abhyanga with Chandana Bala Lakshadi Taila.

This treatment was advised initially for 7 days. Also, patient asked to give follow up daily. Along with this treatment, a proper diet was advised to improve Agni and Sharir Bala. This included Lajamanda, Odanam and Krushara with proper amount of Goghruta. On very next day child develops symptoms like Nasasrava, Kasa and Ghurghurayana. After understanding the Kapha prakopya, few medicines were added for three next three days viz. Sitopadli churna + Vasa churna + vachachurna with Madhu - 500 mg of each for three times a day.

After two days patient shows following Laxanas - Chardi was significantly subsided, along with that there was significant change in Nasasrava, Kasa and Ghurghurayana. Other symptoms were as it is. After completion of seven days, as patient was showing gradual improvement, very few changes advised viz. Ativisha was added into Balguti. This treatment was advised for further 15 days.

On very next follow up after 21 days patient was examined thoroughly. Patient came up with very significant changes in clinical features. Chardi was subsided totally, luster of the skin was good, patient was oriented well and Kshudhavriddh was observed. Along with other symptoms, Mala was sanya. Patient gained the weight. Therefore, treatment was changed accordingly.

2.6.1. New Treatment protocol

- Balguti – Previously advised medicines along with Amalaki, Tulasi, and Sariva for Lehan.
- Liq. Balchaturbhadra - 5ml twice a day.
- Abhyanga with ChandanBalaLakshadi taila.

Balchaturbhadra is the best remedy in many pediatric conditions. This treatment was advised for further 15 days. On next follow up patient came up very significant results. Patient never experienced any single episode of Chardi during last 15 days. On examination: Mala- Samhata, Kshudha- Vruddhi, Twak-Prabhayukta, Snigdha, Bala- vridhi. Patient gained the weight about 4.75 kg. After thorough examination following medication were advised as a Rasayana for next few months. Abhyanga was advised for life long period.

- Lehan – as prescribed earlier.
- Shatavri Kalpa ¼ spoon in 50 ml of milk.

3. RESULTS AND DISCUSSION

The Results are shown in Table No. 1. Balshosha is a disease of Agnimandya and Kapha-Vata dushti. Therefore, the medicine
which possesses the quality of Agni deepana and Vatanulomanam should be used. As mentioned in Table No. 2, 3 and 4 drugs were selected accordingly the Samprapti. Most of the drugs act on Agni and Aampachana. In this patient following symptoms occurs before the treatment, Chardi, Prabhahani, Daurbalya, Glani, Kshudhahani, Mala Asamhat. Therefore, assessment of the patient done on above mentioned symptoms, as before treatment, after treatment- 15th day and 30th day of treatment. The selected medicine does the Vatanulomanam as well it regulated Agni, Vitiated Kapha. This leads to gradual decrease in symptoms. Skin gets properly nourished. Patient feels hunger, therefore proper intake of food leads to gain the Bala. Patient gradually gains weight up to 2 kg during treatment. This actually shows how Balavriddi happens because of use of Balya and Rasayana Medicine. Use of Chandan bala Lakshadi taila for Abhyanga, helps to improve digestion and Luster of Skin, it nourishes the body.23

3.1 Action of Medicine28

Content of the medicines and actions of these drugs are discussed in Table No. 2 to 4. Medicines used are of following qualities. Ushna, Laghu, Sara, Mridu, Tikshna, Rasayana, Rechaka, Rasa-Tikta, Amla, Madhur, Katu. All these medicines mostly act on Agni. Ushna Guna along with Tikshna Guna does Agneedipan also the Ushan Guna along with Sara Guna does the Vatanulomanam. These Guna helps to digest undigested food or Aampachanam. Along with Aampachan, because of Vatanulomanam, Udavarta gets subsided; this further leads to decrease in the episodes of the Chardi. Because of Tikta and Madhur Rasa, Yakrit and Pitta functions well. Ushna Guna along with Tikta, Katu Rasa does the Kaphaharana. Hence all these changes lead to normalize the vitiated Dosha along with Agni. Tikta rasa helps Rasa dhatu to become potent. Madhura Rasa along with Tikta Rasa does the Rasayana Karama in the body, increases the Dhatu, Bala. Amla Rasa helps Agni for proper digestion also provides taste. All these action does the Samprapti Bhanga and gives desired results.

3.2 Samprapti Bhanga

Shosha is a disease where all the seven Dhatu get affected.5 Agnimandya leads to emaciation of all the seven Dhatu along with Chardi, Daubalya and Asamyaka Mala.21 As discussed previously medicines were selected depending upon the Samprapti. These medicines help to improve the quality of life, improve the Agni, also regulates Kapha and Vata24. The Samprapti Bhanga occurred in following way.

Agni is the most important entity described in Ayurveda. If Agni is in proper condition then body functions well, if not many diseases will develop in the body.21 It is said by ancient Acharya ‘all diseases occurs due to Mandagni.22 In this case Agnidushti leads to Udavarta, which develops Chardi and Kshudhamandya. This condition further ends with emaciation of all the seven Dhatu, which further lead to disease called as Shosha.5 Therefore, in each condition it is necessary to Agni at initial phase. Whenever Agni will be good then only food will be digested properly and it will nourish the body properly. Dhatu will be Saravaan and Bala will be good. To treat such conditions, it is necessary to look for understanding the Samprapti and accordingly drug should be used. (Figure 2)

3.3. Limitations and Scope of study

This study is of a case study, only one patient is studied therefore it is necessary to draw conclusion only after conducting clinical trial on large number of patients. In this study, use of investigation unless necessary is not required. Therefore, this study is purely based on clinical findings only. One has to observe the patient thoroughly using proper clinical knowledge. Here role of investigator is more important, also the availability of medicines. Still this study will be helpful to treat many malnourished children. Death rate due to Malnourishment is very much high in India. This treatment procedure will give easy solution to
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4. CONCLUSION
♦ This case study reveals that proper Rogdhyanaya of patient should be the first priority of a physician. Then the selection of medicine is important. The success of the treatment depends upon only these two points.
♦ Agni Chikitsa is plays significant role in every kind of treatment.
♦ It proves the quote of Acharaya Atreya that every physician should treat patient up to patients’ last breath.

5. ACKNOWLEDGEMENT
We would like to acknowledge Parents of the patient, also other staff members of the hospital for their valuable help.

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TABLE / FIGURES

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Clinical Features</th>
<th>Before Treatment</th>
<th>After 15 Days</th>
<th>After a Month</th>
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<tbody>
<tr>
<td>1</td>
<td>Chardi</td>
<td>Present</td>
<td>Occasionally</td>
<td>No Episode</td>
</tr>
<tr>
<td>2</td>
<td>Prabhahani</td>
<td>Severe</td>
<td>Gradual Change</td>
<td>Prabha is significantly improved</td>
</tr>
<tr>
<td>3</td>
<td>Daurbalya</td>
<td>Severe</td>
<td>Alpa Bala Vruddhi</td>
<td>Bala Vruddhi</td>
</tr>
<tr>
<td>4</td>
<td>Glani</td>
<td>Present</td>
<td>Gradually reduced</td>
<td>Well oriented</td>
</tr>
<tr>
<td>5</td>
<td>Kshudha</td>
<td>Manadyatva</td>
<td>Alpavruddhi</td>
<td>Uttam</td>
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<tr>
<td>6</td>
<td>Mala Swaroopa</td>
<td>Asamahata</td>
<td>Alpasamhata</td>
<td>Samhata</td>
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<tr>
<td>7</td>
<td>Bhara</td>
<td>3.5 kg</td>
<td>4.00kg</td>
<td>4.75 kg</td>
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Table No. 1 Results of the treatment

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<th>Sr. No.</th>
<th>Drug</th>
<th>Botanical Name</th>
<th>Action</th>
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<td>1</td>
<td>Shatpushpa</td>
<td>Anethum graveolens</td>
<td>Deepana</td>
</tr>
<tr>
<td>2</td>
<td>Jhavuka</td>
<td>Tamarix gallica var. indica</td>
<td>Yakrutottejak, Deepana</td>
</tr>
<tr>
<td>3</td>
<td>Guduchi</td>
<td>Tinospora cordifolia</td>
<td>Rasayani,</td>
</tr>
<tr>
<td>4</td>
<td>Himsra</td>
<td>Capparis spinosa</td>
<td>Vatahara</td>
</tr>
<tr>
<td>5</td>
<td>Pippali</td>
<td>Piper longum</td>
<td>Vata-Kaphaghna, Deepana, Ampachana</td>
</tr>
<tr>
<td>6</td>
<td>Amla</td>
<td>Emblica officinalis</td>
<td>Rasayana, Tridosaghna</td>
</tr>
<tr>
<td>7</td>
<td>Gokshura</td>
<td>Tribur terrestris</td>
<td>Kaphaghna, Basti shodhaka</td>
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<td>8</td>
<td>Punarnava</td>
<td>Boerhavia diffusa</td>
<td>Raktadosha hara, Rasayani</td>
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<td>9</td>
<td>Kasani</td>
<td>Cichorium intybus</td>
<td>Yakrutottejaka</td>
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<td>10</td>
<td>Kasamanda</td>
<td>Cassia occidentalis</td>
<td>Kasaghna,</td>
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<td>11</td>
<td>Haritaki</td>
<td>Terminalia chebula</td>
<td>Vatanulomaka, Rasayani, Kaphahari</td>
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<td>12</td>
<td>Ela</td>
<td>Elettaria cardamomum</td>
<td>Deepani, Ruchikar, Aampachak</td>
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<td>13</td>
<td>Biranjasipha</td>
<td>Achilled Millefolium</td>
<td>Pittashamaka, Raktadushtiara</td>
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Table No. 2. Medicines - Liq. Bonnisan – Himalaya Drug.co26
Table No.3 Medicine\textsuperscript{27} - Syr. Vimliv – Solumiks Pharma

<table>
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<th>Botanical Name</th>
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<td>1</td>
<td>Jayphala</td>
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<td>Quercus infectoria</td>
<td>Agneevardhaka</td>
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<td>3</td>
<td>Murudshenga</td>
<td>Helicteres isora</td>
<td>Deepaniya</td>
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<td>4</td>
<td>Yashthi</td>
<td>Glycyrrhiza glabra</td>
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<td>5</td>
<td>Sariva</td>
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<tr>
<td>6</td>
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<tr>
<td>7</td>
<td>Tulsi</td>
<td>Ocimum tenuiflorum</td>
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Table No. 4. Balguti – Anubhut Yog.

<table>
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<th>Aushadhi</th>
<th>Botanical Name</th>
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<td>8</td>
<td>Vacha</td>
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<td>Ativisha</td>
<td>Aconitum heterophyllum</td>
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<td>10</td>
<td>Vatam</td>
<td>Pranus amygdalus</td>
<td>Balya</td>
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<td>Khandasharkara</td>
<td>Dodecacarbon monodecahydrate</td>
<td>Balya, Ruchikara</td>
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<td>12</td>
<td>Suvarna</td>
<td>Iron Sulphide</td>
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Table No. 5. Balchaturbhadra - BhaishajyaRatnavali

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<td>Pistacia integerrima</td>
<td>Agneedipan, Mala sangrahak</td>
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Figure No. 1. Samprapti
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