

REVIEW ON BALATANTRA - A GREAT TREATISE

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ABSTRACT

Kaumarbhritya is one branch of *Astangayurveda* that deals with children's diseases and their treatment up to 16 years old. There are not many textbooks belongs to *Kaumarbhritya* in the *Ayurveda*. Only a few texts i.e., *Kashyap Samhita*, *Balatantra*, *Kumartantra* has been available nowadays. *Kashyap Samhita* is a well-known textbook for pediatrics diseases and treatments in ayurveda, but *Balatantra* has not been commonly used and studied. *Balatantra* has also a detailed description of the care and diseases of *Kumar* i.e., Up to 16 years children. Therefore, this article is trying to draw attention to *Balatantra*'*Shreyansa*' hindi commentary so that some invaluable knowledge is added to commonly usable *Ayurveda* pediatric science.

Keywords - *Astangayurveda*, *Kashyap Samhita*, *Balatantra*, *Kumartantra*

INTRODUCTION

Kaumarbhitya or *Ayurveda* pediatrics deals with the care of children and diseases which harass the child during childhood till 16th years. This branch also gives information about protection along with the treatment of many diseases. A series of books on ayurveda pediatrics are *Kashyap Samhita*, *Balatan-*

tra, *Kumartantra*, etc. *Balatantra* is one of the important treatises composed by Shree Kalyana Vaidhya. In this treatise *Astangayurveda*'s three parts i.e., *Kaumarabhritya*, *Bhutavidya*, and *Vajikarana* have been described. There are more than 800 quotations has been mentioned in this treatise. *Balatantra*

has been divided into a total of 14 *Patala*(chapters). *Balatantra* has been written by shree kalyana vaidhya ji who was the grandson of Shree Ramdas Vaidhya and son of Shree Mahidhara Vaidhya. This treatise had been formed in samvat 1644 vikrami shravanshukla purnima on Sunday at a place called shivalaya. Probably this place has been now at near agara(up) known as 'sevala' town. *Balatantra* 'Shreyansa' hindi commentary has been written by hindi commentator Shree Abhay Katyayan. This manuscript was published by Choukhamba surbharati prakshan, Varanasi in 2019.

Aim and Objectives: To provide a brief introduction of *Balatantra* 'Shreyansa' hindi commentary.

Material and Method: -

References have been collected from the ancient textbook of *Kaumarabhritya* (Ayurveda pediatrics) i.e., 'Shreyansa' hindi commentary of *balatantra* which has been written on Shree Kalyana Vaidhyakruta *Balatantra*.

Division of Balatantra: -

Entire *Balatantra* is composed of *Patalas* i.e., Chapters which is 14th in numbers.

14 *Patala* are as Follows: -

1. *Shodash Bandhyapratikara Kathana*
2. *Sadharana Bandhaushadha Kathana*
3. *Purushvirya Vriddhi Kathana*
4. *Garbhadhankala Me Rudrasnana Kathana*
5. *Garbhini Garbha Raksha Kathana*
6. *Sukhprasava Upaya Kathana*
7. *Dingrahiagrahita Balaraksha Kathana*
8. *Masagrahiagrahita Balaraksha Kathana*
9. *Varshagrahiagrahita Balaraksha Kathana*
10. *Divas-Masa- Varshagrahiagrahita Balaraksha Kathana*
11. *Samanya Balagraharaksha Kathana*
12. *Jwaraharna Upaya Kathana*
13. *Sadharana Dosha-Chikitsa Kathana*
14. *Nanaprayoga Kathana*

Patala Discussion

Shodash Bandhyapratikara Kathana¹

In this chapter after invocation *Acharya* has mentioned about eight types of sterility defect of women i.e., *Raktadosha Janya reproductive defects, Pit-*

tadoshaja defect, Vatadoshaja, Kaphadoshaja reproductive defects, Tridoshaja defects, Grahadoshaja, Devaprakopa Janya, and Abhichar or Shapajanya reproductive defects. *Acharya* has also mentioned the 9th reproductive defect of men i.e., *Retoheena* (lack of semen).

Types of sterility in women have been described as *Kakbandhya, Mrutavatsa, Gharbhasravi*, etc. Other than these types of symptoms and treatments of *Devprakopajanya Bandhya, Krutyakrutabandhya*, and *Bandhyashtaka* are described. In *Bandhyashtaka* i.e., *Tripakshi Bandhya, Shubhrati Bandhya, Sajja, Trimukhi, Vyagrini, Baki, Kamalini* and *Vyaktini Bandhya*, 8 types of sterility's symptoms and treatment are mentioned. Types of vitiated menstruation period (*Dushita Aartava*) and their symptoms, treatment like *Aushadha*(medicine), *Pooja*(worship), *Dana*(charity), *Vrata* (fast), etc are mentioned.

Sadharana Bandhaushadha Kathana²

Acharya has mentioned about conception remedies or yoga for sterile women these are *Sankhapushpi Tantram, Shwetakulitthadi Yoga, Ashwagandhatantram, Garbhadharaka Yoga, Bijapoor Prayoga, Gharbhadharana Yoga, Pippalyadi Yonigata, Triphaladi Yoni Vartika, Shunthyadibyonivarti, Yonilepa, Bandhya Nashak Yoga, Erandadi Yoga, Ashwagandha Kashaya, Lakshmanatantram, Lalashtantram, Karanjadi Yoga, Vasamooltantram, Putranjivakantram, Swe-takantakaritantram, Siddhakalyanak Ghrita.* *Acharya* has also described about four remedies or *Yoga* for contraception.

Purushvirya Vriddhi Kathana³

Acharya has mentioned about *Vajikarana Yoga* for a sexually weak or inactive person. The therapy which provides strength, potency, virility, sexual excitement, erection of sexual organ, and pleasure in the intercourse is known as *Vajikarana*(aphrodisiac). Aphrodisiacs therapy for men has been described as *Vajikarana Yoga, Kapikachchhu Prayoga, Vajikarana Prayoga, Dhatakyadi Yoga, Kapikachchhu Kadibiyoga, Suratagni Pradipak Yoga, Mashadi Yoga, Dhatri Churnam, Shatavari Tailam, Bastand Yoga, Vidarichurna Yoga, Aamalaki Churna Yoga,*

Swayamguptadi Yoga, Uchchatachurna Yoga, Madhuyashti Churna Prayoga, Mushalyadi Yoga, Gokshuradi Churnam, Varahikandafi Modak, Mushali Churnam, Vriddha Shalmali Swaras, Triphaladhyavaleha, Shatavaryadi Churnam, Vishada Churnam, Khasphalashunthi Kwath, Jatiphaladi Vatika, Kanchanadi Lepa, Ahiphena Yoga, Stridraavan Lepa, Stridraavan Lepa, Kasisadi Shishnalepa, etc and for women aphrodisiacs therapy Yonisankochaka Vartika and Yonisankochaka Prakshalan is described.

Garbhadhankala me rudrasnana kathana⁴

In this chapter Acharya has mentioned about woman and men treated with Aushadh(medicines), Aahar(diet) and Vihar should be tried for conception in auspicious Nakshatra and time. Acharya has also described intaking sugar candy milk and Vajikarana Aushadh (aphrodisiac medicines) before conception. There is also a description of Lakshmana medicine intake, Rudrasnan and its procedure. A man or woman who has performed rudrasnan gets prosperity with a lot of offspring.

Garbhini Garbha Raksha Kathana⁵

In this chapter, Acharya has mentioned mother and fetus protection procedures (Garbhini and Garbharaksha Vidhi) from conception to twelve months of gestation age. Various types of formulations have been described for protecting the fetus from abortion and some formulations have been mentioned to help treat troubles like pain etc which are

faced by a pregnant woman during pregnancy period 1st month to 12th month of pregnancy.

Sukhprasava Upaya Kathana⁶

The 6th Patala Acharya has been described as Uninterrupted delivery, Raksha Mantra (chanting and remedies for protection) for the mother after delivery. Karanjadi Taila Pichu, Kantakaribtantram, Apamargamoola Prayoga, Kaliharimoola Prayoga, Sinduwarpatra Prayoga, Shaliparnimoola Prayoga, these all formulations for Yonilepa. Some formulations have been described to apply on navel like Vrishamoolparpatpatra Prayoga, Langali Kakamachi Prayoga, Rubukadi Prayoga, Mayuradi Nabhipralepa. Acharya has been instructed to tie up Dhaturmooltantram on the head. Gunjamooltantram and Swetasharpunkhamooltantram were both instructed to tie up on the loin region (waist). Sarpakanchukadi for vaginal fumigation & Matulungachutnam and Ashwathmool Prayoga both for internal use, Netra Baladi Taila has been described for massage of pregnant women.

Dingrahihrita Balaraksha Kathana⁷

In this chapter, Acharya has mentioned protection (Raksha) for a child from birth's 1st day to 10th day. Different symptoms of various Balagraha (evil spirits and microorganisms) and their treatment have been mentioned. Pralepa(poultice), Dhupana(fumigation), Bali(immolate), Snan(bathing), Dan(charity), etc have been described in the management of all Grahas individually.

Table 1:

S.no.	Day	Balagraha which affects children
1	First day of life	Nandini Matrika
2	The second day of life	Sunandana Balagraha
3	The third day of life	Ghantali Balagraha
4	The fourth day of life	Katakoli Balagraha
5	The fifth day of life	Ahankari Balagraha
6	The sixth day of life	Khatwangi Balagraha
7	Seventh day of life	Hinsika Balagraha
8	The eighth day of life	Bheeshni Balagraha
9	The ninth day of life	Mesha Balagraha
10	The tenth day of life	Rodana Balagraha

Masagrahigrahita Balaraksha Kathana⁸

In 8th *Patala Acharya* has described various *Balagrahi* which affect the infant per month and also has mentioned about their preventive procedurs like *Bali* etc. These preventive procedurs which are beneficial for children are the following: -

Table 2:

S.no.	Month (After 10 days of life)	Yogini or balagraha	Management
1	The first month of life	Kumara Yogini	Bali Vidhan, Mantra
2	The second month of life	Mukuta Yogini	Bali, Dhupana
3	The third month of life	Gomukhi Yogini	Bali, Dhupana
4	Forth month of life	Pingala Yogini	Asadhya
5	The fifth month of life	Badawa Yogini	Bali
6	The sixth month of life	Padma Yogini	Bali
7	The seventh month of life	Putana Yogini	Bali, Mantra
8	The eighth month of life	Arjika Devi	Bali, Mantra
9	The ninth month of life	Kubhakarnika	Bali
10	The tenth month of life	Tapasi	Bali
11	The eleventh month of life	Sugrahi	Aushadh, Bali, Mantra, Dhupana procedures have not worked at all. If there is hope, then do bali vi-dhana which has mentioned in 1 st month of life.
12	The twelfth month of life	Balika	Bali, Mantra, Sanan with Kshirivriksha Kashaya

Varshagrahigrahita Balaraksha Kathana⁹

In the 9th *Patala Acharya* has mentioned protective procedures (*Raksha Vidhi*) for children from 1st years of age to 16th years of age and also described *Balagraha* symptoms according to year.

Table 3:

S.no	Year	Balagraha	Management
1	The first year of life	Nandini Devi	Bali, Mantra, Dhūpana, Bathing with Pan-chagavya
2	The second year of life	Rodini	Bali, Mantra, Dhūpana
3	The third year of life	Dhanada	Bali, Mantra, Dhūpana
4	The fourth year of life	Chanchala	Bali, Mantra, Dhūpana
5	The fifth year of life	Nartaki	Bali, Mantra, Dhūpana
6	The sixth year of life	Yamuna	Bali, Mantra, Dhūpana, bathing with Pan-chdala
7	The seventh year of life	Ananta	Bali, Mantra, Dhūpana, bathing with Pan-chagavya
8	The eighth year of life	Kumarika	Bali, Mantra, Dhūpana
9	The ninth year of life	Kalahansa	Bali, Mantra, Dhūpana, bathing with Neem leaves decoction
10	Tenth year of life	Devadooti	Bali, Mantra, bathing with Panchpallavadi, 108 holocausts of tila and Ghrita with chanting
11	Eleventh year of life	Kalika	Bali, Mantra, Dhupana

12	Twelfth year of life	Vayasi	Bali, Mantra, Dhūpana, bathing with Panchagavya
13	Thirteen years of life	Yakshini	Bali, Mantra, bathing with Panchagavya
14	Fourteen years of life	Swachchhanda	No treatment
15	Fifteen years of life	Kapi	Bali, Mantra, Dhūpana, bathing with Panchagavya
16	Sixteen years of life	Durjaya	Bali, Dhupana, 1 st day bathing with Panchagavya and 2 nd day bathing with Tila Toya (medicated water with sesamum indicum)

Divas-Masa- Varshagrahigrahita Balaraksha Kathana¹⁰

The 10th *Patala Acharya* has mentioned about symptoms of 16 types of *Putanas* which affect from 1st day, month, year to 16th day, month, year respectively. These *Putanas* are *Nandini, Sunandini, Putana/Ahiputana, Mukhamandika, Vidalika, Shatkarika, Kalika, Kamini, Madana, Revati, Sudarshana, Adbhuta, Bhadrakali, Tara, Hunkarika* and *Kumarika*. *Acharya* has also described their preventive aspect like *Murti Nirman* (idol-making), *Bali, Pooja, Snan, Dhupan*, etc.

Samanya Balagraharaksha Kathana¹¹

In the 11th *Patala Acharya* has mentioned *Sadharana Balagraha* and diseases. *Balagraha* which affect any time or day or month instead of a specific day, month, and year, they called *Sadharana Balagraha*. These are *Putana, Maha Putana, Urdhva Putana, Bala Kanta, Revati Graha, Maravedi Graha, Pushpa Revati, Shushka Revati, Shakuni Graha, Shishumundika Graha*. *Acharya* has described general symptoms of all *balagraha* and their treatment like *Aushadh, Dhupan, Lapan Mantra, Abhisheka Mantra, Dhupan Mantra, Balaraksha Mantra, Sarvagrahar Mantra* and *Sarvagraha Nivaraka Mantra*.

Jwaraharna Upaya Kathana¹²

In the 12th *Patala Acharya* has mentioned *Stanyavardhaka* or *Stanyajanana* (galactagogue) *Yoga, Dhatri Lakshana, Stanyashodhana Aushadh Yoga, Balak Roga Parikshana, Dhatri Langhana, Nabhipaka* (omphalitis) *Chikitsa, Sadhyojata Shishu Aruchi Nivarana Aushadh, Gudapaka Chikitsa, Mukhapaka* (stomatitis) *Chikitsa*, massaging of children, *Drush*

tidosha Nivarana. Aushadh Yoga and *Jwaranashaka Mantra* are mentioned in reference to *Jwarachikitsa*.

Sadharana Dosh-Chikitsa Kathana¹³

In the 13th *Patala Acharya* has mentioned various types of diseases which affect the child. These are *Balatisara* (infantile diarrhoea), *Aamatisar, Jwaratisar, Grahani, Arsha Roga* (piles), *Ajirna* (indigestion), *Visuchika, Bhasmaka* (bulimia), *Chhardi* (vomiting), *Trishna, Hikka* (hiccough), 5 types of *kasa*(cough), *Krimiroga* (worms), *Panduroga*(anemia), *Kshayaroga, Swarabheda* (hoarseness of voice), *Arochaka*(anorexia), *Murchchha* (syncope), *Daha* (burning), *Unmada* (insanity), *Apasmara* (apilepsy), *Vaatvyadhi*(nerveous diseases), *Raktapitta*(haemoptysis), *Udavarta, Hrudaroga*(cardiac diseases), *Mutrakrichcha*(dysuria), *Mutraghata, Antravridhi, Gandamala*(scrofula), *Sheetala Masurika*(smallpox & chickenpox).

Nanaprayoga Kathana¹⁴

In the 14th *Patala Acharya* has described *Netraroga Chikitsa*(ophthalmology), *Karnarogachikitsa* (audiology and audio surgery), *Nasarogachikitsa* (treatment of nasal diseases), *Shiroroga & Mukhroga Chikitsa, Dantashula, Aushthaprakopa, Muk, Sarpadivisha Chikitsa, Vrishchikachikitsa, Shwanvisha Chikitsa. Rasayana Bhashaja*(medicines) has been also mentioned by *Acharya*.

Limitations of the Text

In this, treatment of some diseases occurring in children has been given, but the diagnosis; symptoms, etc. of those diseases are not fully described.

There are much such yoga or sacrificial deeds or incense in this book, which is not possible to do in today's context.

CONCLUSION

Acharya has mentioned all treatment from before conception, during the pregnancy period, and after delivery. In balatantra some formulations have been described to get virtuous offspring. *Acharya* has also talked about reproductive defects or sterility & their treatment for conception.

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