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REVIEW ARTICLE

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### KUMARA TANTRAM OF RAVANA – A BOOK REVIEW

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#### ABSTRACT

*Kumara tantram* is one of the most neglected books authored by Ravana. Uttama Vaidya Pammi Satyanarayana Sastri has made a decent attempt to translate the text into English to enable its global reach. The book has covered many frequently observed disorders in the pediatric age group. The formulations mentioned uses minimal ingredients and are chosen considering the palatability in children. Various formulations mentioned finds its utility even in the present era. Hence an attempt is made to critically review and highlight the key points of the book.

**Key Words:** *Kumara Tantram, Ayurvedic Pediatrics, Bala Roga, Ravana*

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## INTRODUCTION

Treating pediatric age group is the most challenging task in medical science. Keen observation to signs and symptoms is vital in treatment. The treatment design and drugs must be selected considering adoptability in their age group. The present work is one such treatise dedicated to pediatric age group. It is astonishing to note that this work is believed to be written by the Demon King Ravana himself. Among many famous works of Ravana, *Kumara tantram* is the least explored work.

### About the author

Kumara Tantra is believed to be written by *Lankadipathi Ravana*. Since his only son Meghanada was dear to him, *Kumara Tantram* and *Nadi Prakasha*, pertaining to pediatrics and diagnosis were written by him, to mitigate the ailments of his son in his childhood. *Arka praksha* is the most renowned work of Ravana in *Ayurveda*.

### About the book

English translation and glossaries by Uttama Vaidya Pammi Satyanarayana Sastri

Publisher: Chowkhamba Krisnadas Academy, Varanasi.

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### Contents of the book

The book consists 148 chapters. First 12 chapters deals with *Graha Roga*. The book ends with *Rasanjana Prayoga* in *Shiro Roga*. Almost all major disorders which was prevalent during that era in pediatric age group have been discussed in this book.

### *Graha Roga*

Initial 12 chapters of the book discusses about *Graha Roga*, *Samanya Lakshana* (general signs and symptoms), *Vishesha Lakshana* (specific signs of the particular disease) and treatment provided. *Nandana*, *Sunanda*, *Putana*, *Mukhamundika*, *Katpathana*, *Shakunika*, *Shushkarevathi*, *Aaryaka*, *Bhusutika*, *Nirrutha*, *Pilipichika* and *Kamuka* are the 12 *Graha Roga* discussed. In general, the children with *Grahabada* presents with *Jwara* or fever as first symptom, other symptoms include refusing to drinking breast milk/ food, constant cry, tightening fist, gazing the roof etc. The treatment mentioned include religious rites and specific *Dhoopana Yoga* (formulations for fumigation) for particular *Graha Roga*.

### *Shishu Rogotpathi*

Breast milk is the prime source of nourishment in children. The breast milk gets vitiated due to faulty food habits of mother or wet nurse. Consumption of such vitiated milk is root cause for causation of disease in children. The reference regarding the same is available in

chapter number 13. When the child consumes breast milk vitiated by *Vata Dosha* baby becomes emaciated and suffers from *Vataja* disorders. On consumption of breast milk vitiated by *Pitta Dosha* baby might suffer from excess thirst, warmth of the body, jaundice and other *Pittaja* disorders. On intake of *Kapaha Dushta Sthanya* baby presents with symptoms such as excess salivation, sleepiness, vomiting and other *Kaphaja* disorders.

#### **Parigarbhika**

It is caused due to consumption of breast milk of pregnant mother or wet nurse. The symptoms include *Kasa*(caugh), *Agnisada*(diminished digestion), *Vamathu* (vomiting), *Tandra* (fatigue), *Karshya*(emaciation), *Aruci*(anorexia,,), *Bhrama*(illusion) *Koshta Vridhdhi*(enlargement of abdomen).

#### **Dantodbhava Vikara**

Chapter 15 enumerates about group of disorders encountered by the child during eruption 1<sup>st</sup> teeth. The child usually suffers from fever, diarrhoea, emaciation, vomiting, headache, conjunctivitis, edema etc., during this period.

#### **Aushadha matra in shishu**

The *Aushadha Matra* in new born is *Vidanga Phala Matra*. Dosage of medicine in first month of the baby is 1 *Ratti*. The dosage must be increased by 1 *Ratti* per month up to 12

months. Later the dosage is increased by 1 *Masha* per year up to 16 years. The dosage of medicine remains constant from 17 years to 70 years.

#### **Kukunaka**

Chapter 18 explains about symptoms of *Kukunaka Roga* and its treatment. It is caused due to intake of vitiated breast milk. Symptoms include edematous eyelid, itching and discharge from eye. The child keeps rubbing forehead, eye and nose continually. The child also experiences photophobia and difficulty in opening eyelid. Treatment include application of lukewarm paste of triphala etc drugs.

#### **Talukantaka**

It is caused due to vitiation of flesh of palate by *Kapha Dosha*. Child refuses to consume milk and on consumption leads to loose stools. Treatment includes administration of paste of *Haritaki* (*Terminalia chebula*), *Vaca* (*Acorus calamus*) and *Kusta* (*Saussurea lappa*) along with honey and breast milk.

#### **Visarpa**

It is one of the grave disorders said to be affecting *Basti* and *Shiras*. The eruptions are of reddish colour similar to the colour of lotus flower. The lesions either spread from *Shankha*(temple region) to *Hridaya* (heart) or from *Hridaya* (heart) to *Gudam* (anus). Treatment include intake of medicament prepared out of *Mruta Suta*

(Bhasma of mercury), *Abhra* (Bhasma of black mica), *Vanga* (Bhasma of Tin), *Roupya* (Bhasma of silver), *Tamra* (Bhasma of copper) and *Tikshna* (calx of iron) added with *Trikatu Vibhitaka* and *Kasisa* (bhasma of ferrous sulphate). The above ingredients are ground with *Nagavalli Swarasa* and rolled into pills of *Valla Matra*(360mg).

### **Ashtamangala Grutham**

Ingredients and preparation of *Ashtamangala Gritha* with its specific indication have been quoted in this context. It acts mainly on *Buddhi* (intelligence) and *Smruthi* (memory).

### **Jwara Chikitsa**

Chapter 23-44 is exclusively dedicated to different type of *Jwara* and medicament specifically indicated to each. *Leha* prepared with *Yashtimadhu*, *Tugakshiri*, *Laja*, *Anjana*, *Sita* and *Bhadramustadi Kwatha* are indicated in all types of *jwara*. In *Vataja* variety of *Jwara* *Sthiradi*, *Panchamuli* and *Chinnaruhadi Kashaya Yoga* are mentioned. In *Pittaja* variety *Sarivadi Kashayam*, *Nimbadi Kashayam*, *Vasadi Kashayam* and *Mustadi Sheeta Kashayam* are indicated. In *Tritiyaka Jwara Guduchyadi Kashayam* mixed with *Madhu* and *Sharkara* is advised. Additionally *Dhoopana karma* with *Guggulu (Commiphora mukul)*, *Vacha (Acorus calamus)*, *Kushtam (Saussuria lappa)*, *Gaja Charma (Skin of elephant)*, *Vicharma (Skin of goat)*, *Honey*, *Gritha* are specially indicated. In *Vatapittaja*

*Jwara Mustadi Kashayam*, *Ushiradi Sheeta Kashayam* are told. In *Pitta Kaphaja Jwara-Triphaladi Kwatha*, *Amrutashtaka Kashayam* and *Dhanyakadi Sheeta Kashaya* has been advised. In *Vatakaphaja* variety of *Jwara Chaturbhadrakam* is specially indicated. The diet advised is *Mudga* and *Tandula Peya*. In *Sannipathaja Jwara Dashamooli Kashayam* is mentioned. When *Jwara* is associated with *Ama*, vomiting, stomach pain, burning sensation, *Kamala* and *Rakta Pitta Tiktadi Kashayam* is indicated. *Udwarathana* with *Murvadi choorna* mixed with *Chaga paya (Goat's milk)* is also indicated in *Jwara*.

### **Atisara Chikitsa**

The references of different types of *Atisara* and medicament advised is available in chapter 47-55 and 61-67. *Atisara* in children is managed by administering *Amrabhija* (mango fruit kernel) and *Lodram* (*Symplocos racemose*) ground and mixed with *Dhatriphala rasa* (expressed juice of gooseberry) with *Mahisha takram* (buttermilk made from buffalo milk). *Kakolyadi Kashaya* is also indicated in *Atisara* in children. In *Chardyatissara* (Vomiting and Diarrhoea) *Lajadi Choorna* and *Shyamadi Choorna* mixed with honey is indicated. In *Jwaratisara* (diarrhoea in fever) *Dhatakyadi leha* mixed with honey is indicated. In *Amatisara Vidangadi Choorna* mixed hot water is indicated.

### **Grahani**

In *Grahani Roga Yavanyadi Choorna*, *Pippalyadi Choorna* and *Krishnadi Choorna* mixed with honey are indicated in children. *Nagaradi Choornam*, *Mustadi Choornam* are indicated in *Kaphaja* and *Sannipataja Grahani* respectively.

#### **Arshoroga**

Intake of *Yavanyadi Choorna* mixed with jaggery and butter milk is advised in children suffering from hemorrhoids. *Ajajyadi Choorna* mixed with jaggery and rolled into pills is said to cure all types of hemorrhoids in children. The references of *Pathya Yoga* such as butter with sesame seed, buttermilk etc., are also available in the context of *Rakthaja Arsha* (bleeding hemorrhoids).

#### **Ama Shoola, Ajeerna and Visuchika**

In *Ama Shoola Kashaya* of *Dhanya* (seeds of coriander) and ginger (*zingiber officinale*) alone or mixed with powders of *Trikatu*, *Chitraka* (*plumbago zeylanica*) and *Jiraka* (*Cuminum cyminum*) is indicated in children. In indigestion *Pippalyadi Choorna* is administered along with *mastu* (supernatant water of curd).

#### **Kasa Swasa Chikitsa**

Intake of *Duralabadya Leha* for a period of 3 to 5 days is advised in breathlessness and cough. *lehya* prepared from *Krishnadi choorna* is also indicated in *Shwasa*. Reference of utility of *Srunji* (*Pistacia intergerrima*), *Musta* (*Cyperus rotundus*), *Ativisha* (*Aconitum heterophyllum*)

processed into *lehya* form and administered in *Kasa* with *Jwara* are available.

#### **Vamanahara yoga**

Reference of Various formulations for vomiting in children is available in chapter 86-90. *Yavanyadi Choorna*, *Harithaki Choornam*, *Shaladi Choornam* mixed with honey are some of the formulations mentioned in this context.

#### **Pushtikara yoga**

These medicines are indicated in children who gets emaciated for no visible reason. Chapter 98-100 provides recipes of various *Pushtikara Yoga* (medicaments that impart strength). Some of the recipes mentioned are *Vidarikanda* (*Puraria tuberosa*), *Godhuma* (*Triticum aestivum*), *Yava* (*hordeyum vulgare*) administered in powdered for mixed with ghee followed by intake of milk. Gold in *bhasma* form along with powdered *Kushta* (*Saussrea lappa*) and *Vaca* (*Acorus calamus*) are mentioned as *Pushtikaraka* when administered along with honey and ghee. Recipe and method of preparation of *Ashwagandha Gritam* and *Lakshadi Tailam* is also available in this context.

#### **Nabhi Shotha Nabhipakahara Yoga**

In chapter 101 various treatment modality for management of naval swelling and omphalitis in children have been mentioned. There are mentioning of 6 different recipes for management of the same. Application of ground paste of *Musta* (*Cyperus rotundus*),

*Kushmanda beeja (Benincasa hispida), Bhadradaru (Cedrus deodara), Kalingaka (Hollarrhena antidysentrica)* over the naval region is mentioned for mitigation of swelling. *Svedana* or fomentation with heated *Mruthpinda* (lump of mud) dipped in milk is also mentioned for mitigation of swelling in naval region. Dusting powder made of *Nisha (Curcuma longa), Lodhra (Symplocos racemose), Priyangu (Callicarpa macrophylla), Madhuka (Gycirrhiza glabra)* are indicated in omphalitis.

#### **Gudapaka Chikitsa**

It is common disorder observed in pediatric age group. Treatment for *Gudapaka* is available in chapter number 102. *Pitta* alleviating line of treatment has to adopted. *Rasanjana* is the drug of choice for internal and external application powder of *Shankha* (Powder of conch shell), *Yashti (Gycirrhiza glabra)* and *Anjana* are indicated in management of suppurative lesions in anal region.

#### **Mukhapaka**

In stomatitis *Gandoosha* with *Jatipatradi Kashaya*, cooled and added with honey is indicated. Oral wash with *Sarivadi Kashaya* is indicated to alleviate ptyalism. Application of fine powder of *Ashwatha (Ficus religiosa)* bark and leaves, mixed with honey is indicated for stomatitis in children.

#### **Mutrakruchra**

Chapter 110- 113 deals with urinary disorders in children and their treatment. *Medhadhi Kashaya* along with honey is indicated in *Mutrakruchra* (dysuria) caused by *Vata Dosha*. *Svadukantaka (Tribulus Terrestris) Kashaya* along with *Yavakshara* is indicated in *Kaphaja* variety of dysuria. *Karpooravarti* inserted into urethral orifice relieves obstruction in urinary tract.

#### **Apasmara**

Chapter 121 provides reference of utility of *Kushmanda Yoga* in *Apasmara* (epilepsy). Powder of *Glycirrhiza glabra* is mixed with juice of *Kushmanda (Benincasa hispida)* and is administered for 7 consecutive days in children suffering from epilepsy.

#### **Udavartha**

In children suffering from *Udavartha, Hingvadi varthi* dipped in *gritha* is inserted into the anal canal.

#### **Krimiroga**

*Musta (Cyperus rotundus), Vidanga (Embelia ribes), Magadha (Piper longum), Akhuparni (Merremia gangetica), Kampillaka (Mallotus philippensis), Dadima (Punica granatum) and Bilva (Aegle marmeloas)* administered in the form of *leha* is indicated in *krimiroga* (worm infestation).

#### **Panduroga**

Powdered *Yava (Hordeum vulgare), Vidanga (Embelia ribes)* and *Magadha (Piper longum)*

mixed with honey is indicated in *Pandu (anemia)*.

### **Shiroroge Rasanjana Prayaoga**

The last chapter provides the treatment of *Shirorogam* (disorders of head) in children. *Rasanjana* ground on wet stone along with breast milk and honey is beneficial in all types of ailments of head and also mitigates pus discharge from ear.

### **Unique features of the book**

The book can be considered as a hand book of ayurvedic pediatrics. It has covered almost all the disorders commonly seen in pediatric age group. The formulations mentioned are simple and with minimal ingredients. The formulations are designed considering the palatability of these in children. Most of the

formulation are in *Leha* form or uses honey as *Anupana*.

### **Relevance in present era**

We are facing global pandemic of covid -19. Various Dhoopana Yoga mentioned in the context of Graha Rogas may find its utility in preventing or curing various air borne disease microbial infection. Avachoorana or dusting powder mentioned in the context of omphalitis could also be promising in managing suppurative wound or ulcers.

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