

## SIGNIFICANCE OF KASHAYA YOGAS IN KSHEERALASAKA – A CONCEPTUAL STUDY

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### ABSTRACT

“*Ksheeralasaka*” the most common condition in *Ksheerapa* and *Ksheerannada avastha* of children. According to *Vagbhata acharya* this condition occurs due to *tridoshayukta ahara* and negligence by *Dhatri* which leads to *sthanya dushti*, after having *dushita sthanya pana* by *Baala* it effects on *Annavaha srotas* which causes several *rogika lakshanas*. In *Ashtanga Hrudaya Uttarasthana* treatment is explained for both *Dhatri* and *Baala*. i.e, *Shodhana* followed by *Shamana*, among *Shamana* treatment *Vagbhata acharya* mentioned several types of *Kashayas* for both *Dhatri* and *Baala* and mentioned as *Kashayas* plays an important role as they are best in palatability and absorption in children. This is an effort to clarify the importance of

*Kashaya yogas* in children suffering from *Ksheeralasaka roga*. Awareness and treatments are necessary for *Dhatri* to avoid further complications in children due to *Ksheeralasaka*.

**KEYWORDS:** *Ksheeralasaka, Sthanya Dushti, Kashaya Yogas.*

### Introduction to Disease

*Nirukti – “na lasati vyapriyati iti.”<sup>[1]</sup>*

*“Prayaati na urdwam naadhasyatadahaare na vipachate.*

*Amashaye alasibhastena so alaskaha smritaha.”<sup>[2]</sup>*

*Ksheeralasaka* which contains 2 words i.e, *ksheera* and *alasaka*. Here *alasaka* is a *vatakapha pradhana amapradoshaja vikara* according to *Charak*,<sup>[3]</sup> *Sushruta* explains *alasaka* is complications of *ajeerna*. *Alasaka* the word meaning says stagnation of *doshas* in the GIT which means it doesn't move in either direction stays firmly in intestine due to its sticky nature (*ama guna*). *Vagbhata* explains *ksheeralasaka* is caused by *ksheera dushti* of *Dhatri*, due to exposure to *tridosha yukta ahara* and he explained about different *Kashaya yogas* management of *Ksheeralasaka*, which help us to treat *Dhatri* and *Baala* firmly.

## MATERIALS AND METHODS

The classical *Ayurvedic* textbooks *Ashtanga Sangraha*, *Ashtanga Hridaya*, *Charaka Samhita*, *Susruta Samhita* and *Kashyapa Samhita* along with journals, articles and internet sources were referred for details on *Ksheeralasaka*.

### *Nidana* (causes of *ksheeralasaka*)

1. Causes of *Stanya dushti* (vitiation of breast milk)
2. Causes of *Sannipatha dosha kopa* (vitiation of all three Doshas)
3. Causes of *Ajeerna or Amapradosha* (indigestion).

**Table no.1 - Causes of *Ksheeralasaka*.**

The causes of vitiation of breast milk <sup>[19]</sup>	Causes of vitiation of all three <i>Doshas</i> <sup>[20]</sup>	Causes of indigestion <sup>[21]</sup>
<ul style="list-style-type: none"> <li>• Foods that cause indigestion (<i>Ajeernasana</i>)</li> <li>• Unaccustomed foods and drinks (<i>Asatmya bhojana</i>)</li> <li>• Irregular dietary habits (<i>Vishamasana</i>)</li> <li>• Incompatible foods (<i>Viruddhasana</i>)</li> <li>• Over eating (<i>Atimatra ahara</i>)</li> <li>• Excessive dieting</li> <li>• Stale and slimy food</li> <li>• Excessively oily food</li> <li>• Jaggery</li> <li>• <i>Kheer/Payasam</i></li> <li>• Thick gruels</li> <li>• Improperly formed yoghurt</li> <li>• Fat rich meat &amp; fish,</li> <li>• Spoiled alcohol</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Samkeerna</i>/complex diet</li> <li>• <i>Ajeerna</i>/indigestion</li> <li>• <i>Vishama-ahara</i>/ irregular dietary habits</li> <li>• <i>Virudha</i>/incompatible foods</li> <li>• <i>Adhyasana</i>/eating before the earlier food is digested</li> <li>• Intake of spoiled alcoholic beverages</li> <li>• Dried vegetables</li> <li>• Unripe <i>Moolika</i>/radish</li> <li>• Oil cakes</li> <li>• Mud eating</li> <li>• Barley</li> <li>• Sura</li> <li>• Rotten/ spoiled meat</li> <li>• Dried meat</li> <li>• Meat of lean animals (fatless)</li> <li>• <i>Anna parivartata</i>: -altered forms of foods</li> <li>• <i>Dhatu dushti</i>/vitiation of the</li> </ul>	<ul style="list-style-type: none"> <li>• Overeating leading to <i>Ama</i> or indigestion.</li> <li>• Foods which are disliked</li> <li>• Foods causing flatulence</li> <li>• Foods which are overcooked/uncooked</li> <li>• Foods which are heavy to digest</li> <li>• Foods which are dry</li> <li>• Very cold foods</li> <li>• Contaminated foods</li> <li>• Foods causing burning sensation during digestion</li> <li>• Excessively soaked or dried foods</li> </ul>

	body tissues <ul style="list-style-type: none"> <li>Northerly winds</li> <li><i>Graha-rogas</i>/ infectious diseases</li> <li><i>Gara-visha</i>/ artificial poisons</li> <li>Spoiled foods</li> </ul>	
<ul style="list-style-type: none"> <li>Physical exertion</li> <li>Lack of sleep</li> <li>Day-sleep especially after meals</li> <li>Suppression of urges</li> <li>Forceful elimination of urges</li> <li>Lack of exercise</li> <li>Trauma</li> </ul>	<ul style="list-style-type: none"> <li>Mountaineering</li> <li>Harmful planetary positions</li> <li>Difficult labor</li> <li>Improper care/ lack of proper care after delivery</li> </ul>	<ul style="list-style-type: none"> <li>Excess hunger</li> </ul>
<ul style="list-style-type: none"> <li>Anxiety</li> <li>Mental stress</li> <li>Anger</li> </ul>	<ul style="list-style-type: none"> <li><i>Asatmya indriya artha sannikarsha</i></li> </ul>	<ul style="list-style-type: none"> <li>Grief</li> <li>Anger</li> </ul>

### Samprapti<sup>[4]</sup>

Intake of *tridosha dushita ahara* by the *dhatri*, vitiated *tridosha* enters in to *vaksha pradasha* this leads to Vitiating of *rasavahini siras*, then *stanya* get vitiated. Due to negligence or ignorance of mother vitiated breast milk given to baby leads to very severe disease called *Ksheeralasaka*.

### Lakshanas of *ksheeralasaka*<sup>[5]</sup>

Stool will be *Durgandha Yukta, Amayukta*, watery with pain and strain and broken stool with non-compact, *Vicchinnam* with froth in several colors. Urine will be *Peeta Seeta Ghana* with *jwara, aruchi, chardi, trushna, shushka udgara, jrumba*, along with *Anga vikshepa, antra kujana, bhrama, Paka* in the nose, eyes and mouth. *Drushti* and *ayu alpata* with *Swara saada* (change in the quality of voice). Table no. 2 Clinical features of child.<sup>[22]</sup>

Stool pattern	Urine	GIT	General symptoms
Diarrhea ( <i>Atisara</i> ) characterized by- Foul smelling undigested watery stools Broken, thin/ clear/ multi colored stools <i>Salilopama</i> - watery & <i>Accha</i> - clear stools <i>Ama</i> - undigested stools <i>Durgandhi</i> - foul smelling stools <i>Nana varna</i> - multicolored stools <i>Phenila</i> - frothy stools	<i>Peeta sweta mutrata</i> - Yellowish white urine	<i>Vishtambha</i> - gaseous distension <i>Trishna</i> -thirst - Dehydration <i>Chardi</i> - vomiting <i>Sushkodgara</i> - dry eructation's <i>Aruchi</i> - loss of appetite	<i>Jwara</i> - Fever, <i>Vijrimbhika</i> - yawning <i>Bhrama</i> - giddiness <i>Angabhanga</i> - pain in the body- tonic posturing <i>Vikshepa/Angavikshepa</i> - throwing out the limbs- irritability <i>Koojana</i> -moaning/ frequent crying episodes <i>Drishti-upaplava</i> - perturbed gaze <i>Swara saada</i> - feeble voice <i>Nanavedana</i> - multiple pain types/ associated diseases <i>Ghrana akshi mukhapaka</i> - Ulceration of nose, eye and mouth

*Ksheeralasaka* is a type of indigestion and includes all the general symptoms of *Ajeerna* namely, diarrhea or constipation, exhaustion, deranged *Vata*, distended abdomen, feeling of heaviness and dizziness. As it is caused by all the three *Doshas* it has the symptoms of *Vata*, *Pitta* and *Kapha ajeerna* like *Shoola* (abdominal pain), *Bhrama* (vertigo), *Anaha* (abdominal distension), *Stambha* (constipation), *Jwara* (fever), *Atisara* (diarrhea), *Trishna* (dehydration), *Chardi* (vomiting), *Vaaksanga* (obstructed voice), *Shteeavana* (eructation's), etc. It also manifests *Sannipathika graha* (sepsis in neonates) symptoms similar to *Poothana* and *Revati graha rogas* when it becomes an *Atyaya* or emergency. The symptoms may range from mild changes in stools with varied colors to severe diarrheal disease with dehydration leading to emergency conditions.

### Treatment<sup>[6]</sup>

“*Taraashu dhatri baalam cha vamanennopapadayet.*”

According *Vagbhata acharya chikitsa* should be done to both *Dhatri* and *baala* i.e, *Shodhana* followed by *Shamana*. In *shodhana* as *vamana* and in *shamana* different *kashaya yogas* are mentioned.

According to *Ashtanga sangraha - Vachadi or Nishadi gana kashyas*.

According to *Ashtanga Hrudaya - Haridradi or Patoladi gana Kashayas*.

### *Kashaya yogas*

#### *Patoladi gana*<sup>[7]</sup>

“*patola katurohinichandanam madhustravaguduchipaatanvitam  
nihanti kaphapittakushtajvaran vishama vami arochakam kamalam*”

*Gana - Patola, katuki, chandana, murva, guduchi, paatha*

*Kapha pitta hara and Agnivardhaka*

*Benificial in jwara, kushta, vamana, aruchi, daha and trushna nashaka.*

#### *Haridradi gana and Vachadi gana*<sup>[8]</sup>

“*vachajaladadevahvanaagarativishaabhayaha*

*haridrawayashtyahvakalashikutajodbhavaha*

*vachaharidraganavama atisaranashanihi*

*medahakaphadhyapavanastanyadoshanibarhanauhi*”

*Vachadi gana – Vacha, Motha, Devadaru, Shunti, Ativisha, Eranda.*

*Haridradi gana – Haridra, Daruharidra, Manjishta, Prushnaparnni, Kutaja.*

*Amaatisara Nashaka, Stanyadosha Nashaka.*

*Medhya, Kapha hara*

Also indicated in *Adhyavata*.

### **Kashaya Dosage**

According to *Sharangadhara (Poorvakhanda 6/13-16)*<sup>[9]</sup> and *Yogaratanakara (Baalaroga Chikitsa)*<sup>[10]</sup>

*Kashaya* should be 4 times to dosage of *Gruta, Madhu, Avaleha* etc.

Example – for 2months child *Avaleha* dosage is 2 *ratti*(125mg×2=250mg) then *kashaya* will be 8 *ratti* or 1*masha* (1250mg i.e., 1.25ml) of *kashaya*.

### **Kashaya administration kaala**

If medicine taken before food, it pacifies the *Doshas* present in *Amashaya* and gets digested quickly.

If dosha moves in both upward and downward then medicine should be taken as *saamudga*.

For *Baala sabakta* is best option.<sup>[11]</sup>

Medicine should be applied over nipple and areola of the mother's breast; this is one of the best ways to administer the medicine.<sup>[12]</sup>

### **Method of kashaya administration**<sup>[13]</sup>

On putting it in to the oral cavity it does *karshana of kantha*, here *karshana* referred as scraping of *doshas* in all diseases i.e., *karshana of rogas*.

In *ksheerapa avastha* medicine should be given to both *Dhatri* and *Baala*.<sup>[14]</sup>

In *ksheerapa – Mrudu and Chedaneeya* medicine should be given with milk and ghee.<sup>[15]</sup>

In *Baala - kapha* get increased due to more intake of *ksheera* and *gruta*, hence *kaphaja vyadhi* more common in child though in all children *vamana* plays an important rule.<sup>[16]</sup>

### **Few other Therapeutic Formulations**

According to *Ashtanga Hrudaya – kashayas are*<sup>[17]</sup>

- ✓ *Ativisha, Patha, Katuki, Musta.*
- ✓ *Patha, Shunti, Amrita, Kirathatikta, Katuki, Devadaru, Sariva, Musta, Moorva and Indrayava.*

According to *Asthanga Sangraha – kashayas are*<sup>[18]</sup>

- ✓ *Rasna, Priangiu, Yavani, Patha, TejoBaala, Punarnava.*
- ✓ *Jamuna, Amra, Tinduka and Kapitta Patra.*

*Anubandhe cha yathavyadhi pratikurvitha*

(Symptomatic treatment)

- ✓ In *Ama Mala – Ativisha, Patha, Katuki, Musta* with *Dugdha Pashana*.
- ✓ In *Paka Atisara Gangadhara Choorna* should be given.
- ✓ Instead of breast milk goat's milk can be given.
- ✓ *Bilva Prayoga*
- ✓ *Kumarakalyana Rasa* is beneficial and *Ahiphena* in this condition is contraindicated.

## DISCUSSION

*Ksheeralasaka* is a very common and severe disease in early age of child, with several symptoms regarding to GIT, which disturbs mother and child psychologically and physiologically.

*Ksheeralasaka* is comparable with Cow's milk allergy which is the most common food allergy seen in breastfed infants and can coincide with many other food allergies which result from factors causing *Stanyadushti* and *Sannipata dosha prakopa*.

Cow's milk protein allergy (CMPA) is a hypersensitivity reaction to milk proteins mostly alpha S1- casein in cow's milk.<sup>[23]</sup> It causes gastrointestinal, skin and respiratory symptoms and may even involve anaphylaxis which is a life-threatening condition. It may be a manifestation of atopy.<sup>[24]</sup> It is lower in exclusively breastfed infants than in other infants and children. Mostly CMPA presents within the first 6 months of life.<sup>[25]</sup> Cow's milk ingested by mother and eliminated in her breast milk can also affect the child.

To treat the *Ksheeralasaka Shodhana* followed by *shamana* is very important for both child and mother, *Shodhana* as *Vamana* plays an important role in treating *dushta sthanya* and *kapha pradhana avastha* of children. As *Kashayas* does the *karshana* of *doshas* in *sthanya* as well in *ama pradoshaja vyadhi* like *Ksheeralasaka*. *Haridradi* and *Vachadi gana kashayas* which does the *kapha hara*, *sthanya dosha nashaka* and *ama astisara nashaka*, *Patoladi gana kashayas* which helps in pacifying *jwara*, *chardi*, *trushna nashaka* and *agni vardhaka*. *Kashayas* are the best way to treat the *Ksheeralasaka*.

## CONCLUSION

For *Ksheeralasaka* disease awareness should be given to parents for early detection of symptoms and to approach the hospital as early as possible. In *Ksheerapa avastha Vamana*

procedure can't be done as practically, though *Kashaya* plays important role in treating *Ksheeralaska* in children. For *sthanya Shodhana Vamana* procedure is best option and even *Kashayas* plays important role in treating *dooshita sthanya*. Proper guidance and counseling are needed to the mother.

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