

DIARRHOEA IN CHILDREN AND ITS AYURVEDIC PROSPECTS

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Corresponding Author*Dr. Aprajita Katiyar**MD Scholar, PG Department
of Kaumarabhritya,
Lucknow, UP.**ABSTRACT**

Diarrhea is a one of the common disease among the developing countries and second common cause of death in children. According to WHO diarrhea was estimated to have caused 1.1 million deaths in people of age 5 year or more and 1.5 million deaths under the age of 5 years. There is by use of advance medical techniques as fluid replacement therapy mortality rate might have been declined but incidence of diarrhea remains unchanged at about 3.2 episodes per child per year. Diarrhea is defined as a change in consistency and frequency of stool i.e. liquid or watery stools that occur more than 3 times a day.

Term balatisara first described by **Acharya harita**. Balatisara has not been mentioned in Bhihatrayi but term balatisara are found in treatment of atisara in children in laghutrayi. Agnimandya (decreased digestive power) is basic cause for the derangement of GIT system and leads to common illness of paediatrics as Balatisara. Samangadi kwatha syrup is a combination of four herbal drugs which have the property of deepan (digestive) pachan (digestive) along with the Shoshanna (absorption) property. The present study has been undertaken with objective of a clinical study on the management of Balatisara with an Ayurvedic formulation (Samangadi kwatha) in compare to (Balachaturbhadrachurna).

KEYWORDS: Ayurveda, Atisara, Agnimandya, Diarrhea.**INTRODUCTION**

Atisara term is made up of two terms 'ati' (Excessive) and 'sara' (Passing of liquid matter through anus) – It means excessive flow of watery stool through anus.

According to acharya charak

स वायुः कुपितोऽग्रावुपहते मूत्रस्वेदौ पुरीषाशयमुपहत्य, ताभ्यां पुरीषं ब्रवीकृत्य अतिसाराय प्रकल्पते'
I [Ch.Chi. 19/5]

Vitiated Vayu and Diminished agni affect the function of mutra purish sweda ashaya thus cause Atisara.

According to acharya sushruta - Increased body fluid diminishing the internal fire mixes with faeces and propelled by vayu passes out excessively through anus that is why this severe disease is known as atisara.

According to acharya vagbhata - Atisara develops from the destruction of agni (Digestive activity) first and accumulation of ama (Undigested materials).

Dalhan – On his commentary on Sushruta Samhita stated that passing of watery stools in increased quantity is a characteristic feature of atisara.

Acharya sushruta: Mentioned krimi as samanyaja nidana of atisara.

Types of atisara- According to ayurveda atisara is six types -

- 1 Vataja 2 Pittaja 3 Kaphaja
- 4 Sannipataja 5 Shokaja 6 Bhayaja

Nidana

Generally nidana classified in to two groups viz –

1. Samanyaja nidana
2. Vishesha nidana
3. **Samanyaja nidana** are of 4 types –
 - a. **Aharaj (Food habits):** guru (heavy), snigdha (unctuous), ruksha (dry), ushna (hot), drava (liquid), sthoola (Hard), sheetapadārtha sevanana (too cold), sanyoga viruddha, samskara viruddh bhojan.
 - b. **Viharaja (Lifestyle):** Excess or improper administration of therapies like Snehana (oleation), Swedana (fomentation) etc Changes in accustomed habits (Satmya Viparyaya) and seasonal features (Ritu Viparyaya), Ati Jala Krida (indulging too much in water sports), Vega Vighata (suppression of natural urges). Krimi Dosha (infestation of worms).
 - c. **Manasika (Psychological):** Mind also plays equally important role in causing Atisara (diarrhea). Bhaya (fear) And shoka (grief) impairs digestive process causes indigestion (ajirna) ultimately causes diarrhea.
 - d. **(Agantuja):** People with low living in developing countries with respect to lack of

hygiene causing different helminthes, worms, protozoa etc. causes diarrhea.

Purvaroop

Madhava nidana defines purvarupa as avyakta lakshana During the stage of sthan samshraya, vitiated doshas produces some certain unclear symptoms which indicate the forth coming disease this is known as Purvarupa.

Although Acharya charak has not mentioned purvarupa of Atisar.

But **acharya Kashayap** describe some

- 'देहवैवर्ण्यमरतिर्मखलानिरनिद्रताः । वातकर्मनिवृत्तिश्चेत्यतीसाराग्रवेदनाः' । Kashayap

Lakshna

-Actual sign and symptoms of a disease is known as Rupa. **Charak** describes main sign and symptoms of atisara according to their dosha predominance.

- **Vataja atisara:** The stool floats on water;
- The stool, when placed over the earth, gets soaked;
- The stool is rough (i.e., not oily) and liquid,
- Evacuation of stool is accompanied with colic pain;
- The stool smells like undigested food;
- Evacuation of stool is associated with little or no sound;
- Evacuation of the stool is not accompanied with flatus and urine;
- The aggravated vata (flatus) moves in the koshttha (gastrointestinal tract) obliquely along with colic pain.

Pittaja atisara

Haridra, Harita and Krishna or Asita Varna (Yellow, Green and Blackish in colour)

- Lohita Varna (Slightly red in colour)
- Associated with Rakta (Blood) and Pitta
- Durgandhit (Bad smell)

Kaphaj atisara

- Snigdha (unctuous), Pichhila (slimy) and Tantuvata (thready)
- Ama (Undigested) and Guru (Heavy) in nature
- Mixed with Sleshma (Mucous)

- Associated with Shula (Pain) and Pravahika
- Sandra or Ghana (Thick)

Sannipatika atisara

color of stool is like dark blood (Melena), piece of liver, appearance like washing of fat or flesh, curd, ghee, marrow, fat, milk and vesavara (Minced meat); or dark blue, dark red, dark black, or clear like water.

- The stool is exceedingly greasy; or green, blue, saffron color.

Shokaj and Bhayaja Atisara

Exogenous type of atisara (diarrhea) is of mental origin and is of two types. One of these is caused by fear and the other is caused by grief. Their signs and symptoms are similar to those of the vatika type of atisara. Thus atisara or diarrhea is of two types, viz., nija or endogenous (like vataja, pittaja, kaphaja and Sannipataja atisara and agantuja/manasa or exogenous.

Amaja atisara

- In persons whose food is not properly digested, the Doshas get increased by combining with undigested food, travel in wrong channels, vitiate the Dhatus and Malas and gives rise to Amaja Atisara.

Samprapti

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Vitiated vayu and diminished agni affect the function of mutra purish sweda ashaya thus cause Atisara.

Because of the aforementioned factors Vata Dosha gets aggravated and the power of digestion (Agni) gets afflicted. The aggravated Vata, forcefully brings down the urine and sweat (Moistness in the body) to the colon (Purishashaya), and with the help of these (Urine and sweat) liquefies the stool, causing diarrhea. Their signs and symptoms are similar to those of Vataja.

Samprapti ghatak

Dosh - Vata Pradhan Tridosh

Dushya - Udakvaha, purishvaha

Shrotas - Purishavaha, annavaha, udakvaha shrotasa

Shrotodushti lakshna - Atipravritti

Adhisthan - Pawashaya

Swabhav - Ashukari

Sadhyashadhyata

Vataja, pittaja, kahaja atisara is suksadhyata. Sannipataja, shokaj, bhayaj atisara are krichhsadhyata atisara.

Pakva jamun, yakrit khand, and Mayurpichh sadrish are asadhyata atisara.

Management

The main protocol of the treatment for each disease is:

1. **Samshodhana – Elimination therapy.**
2. **Sanshamana – Alleviation therapy.**
3. **Nidana Parivarjana – Avoidance of causative factors.**

(A) Shodhan chikitsa

1. **Vaman**
2. **Virechan**
3. **Basti**
4. **Niruh Basti Panchkarma for Balatisara**

Following approaches of Panchkarma can be used for the management of Balatisara under the supervision of expert

Vamana

Atisara with Shoola and Adhamana can be control by Vamana Karma using Pippali Saindhava Jala. However Vamana is not recommended in common condition of diarrhea.

Virechana

When Atisara possesses conditions of Vibhanda, Shoola, Raktatisra and Bahudosha then Virechana can be done using Abhaya, Vidanga, Triphala and Pippali etc.

Basti

When Vata get aggravated then basti can be used to restore of Bala specially niruha and anuvasan basti are choice of treatment treatment in childhood diarrhea. When Pakvastha, Vibanda and Bahudosha then Niruha Basti prepared from Ksheera, Madhu and Ghrita, etc. should be used. When Atisara occurs with Shoola, Pravahana and Mutraghata then

Anuvasana Basti of Madhura Amla Dravyas or Bilwa, Shati.

(B) Shaman chikitsa

1. According to Dosh predominance Nidana parivarjana is basic line of treatment Ayurveda described specific approaches management of particular types of Atisara which are as follows:

Specific management of vatatisara

Langhana is best approach at initial stage of Vatatisara to reduce effect of Ama. Vamana & Virechana are also advised when Praseka and Vibandha condition respectively.

Specific management of pittatisara

Langhana along with use of Pachana drugs advised in case of Pittatisara. Ajaksheera, Masarasaand Picchabasti can also employ to treat Pittatisara.

Specific management of kaphatisara

Langhana, Pachana and use of Kaphagna Dravya also recommended in case of Kaphatisara.

Pathyapathya

Pathya

Sleeping, Vomiting, Langhana, old Shali rice, old Shashti rice, liquid obtained from the cooked rice, pulse soup of Masura.

Apathya

Mudga pulses, curd of cow's milk containing no butter, butter obtained from goat's milk or curd, Ghrita of goat's milk, cow's milk, curd, honey, both types of pomegranate, pulp of fresh Bilva fruits, bark of Kutaja, cumin seeds, buttermilk, leaves of Jambu, all types of sour liquids.

Blood letting, roaming during night, drinking excessive water, bathing, Svedana therapy, heavy work, incompatible.

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