

**STUDY THE EFFECT OF BRAHMADYA SHARKARA ON
MENTALLY RETARDED (MR) CHILDREN*****Dr. Madhavi Deodas**

Professor and Head, Department of Kaumarbhritya, College of Ayurved & Research Centre,
Pune.

Article Received on
07 March 2015,

Revised on 30 March 2015,
Accepted on 20 April 2015

***Correspondence for
Author**

Dr. Madhavi Deodas

Professor and Head,
Department of
Kaumarbhritya, College of
Ayurved & Research
Centre, Pune.

ABSTRACT

It is difficult to treat mental retardation (MR) in Allopathy. As such there are no medicines for direct application, except nutritional support or tonics. Ayurveda do offer some medicines like Acorus calamus(Vacha), Convolvulus Pluricaulis (Shankhapushpi), Bacopa monnieri(Brahmi) etc. Ayurveda offers a definite advantage of uniform success rate, graded progressive response with time frame, their accuracy & positivity is highest. Mostly the improvement starts within 1 to 2 months and can achieve the highest recoverable mental potential within 1 to 2 year of treatment. Medicines are easy to take and have no side effects.

KEY WORDS – Mental retardation.

INTRODUCTION

The medical cure of mentally retarded children is challenge to be dealt with. In the nucleate family of this age, a family consists of one or two kids. If any one child happens to be mentally retarded, this affects the harmony of the relations and it would test of Patience and emotions. Ayurveda deals with growth and development of child since its conception. For the healthy and intelligent child Ayurveda suggests Garbhini Paricharya,^[1] which includes proper diet behavioral schedule and medicine support. Ayurveda describes many drugs for the enhancement of the intelligence. Very few children born as MR. Though their percentage is negligible in the society they need to pay attention to make their life fruitful.

CAUSES OF MENTAL RETARDATION

Mental Retardation is due to interplay of several biomedical, sociocultural and psychological factors. Some of them are listed below^[2,3]

1. Genetical - Mongolism.
2. Chromosomal disorders – Down's syndrome
3. Developmental defects – microcephaly, craniostenosis.
4. Nutritional - Iodine deficiency / poor gestational nutrition.
5. Obstetrical birth injuries of head - poor APGAR score at birth.
6. Some infections of brain - tubercular meningitis, viral (rubella), protozoal (toxoplasma) etc.
7. Severe dehydration - High grade fever in childhood can cause irreversible injuries.
8. Head injuries.
9. Poor social environment

AIM OF STUDY

To observe effect, safety and economy of Brahmadya Sharkara in mentally retarded children.

SELECTION OF PATIENTS

Mentally retarded Patients were selected for the age group of 6 – 14 years, irrespective of sex and religion.

The Brahmadata Vidyalaya, Nigdi, Pune, a school for mentally retarded children had extended their co operation by making, 17 students (12 boys and 5 girls) available for the said research work. All the parents of these students were made aware and well informed about this research work and project started with proper consent of the parents.

All the students were observed for the period of one week before the commencement of the treatment for the following symptoms

- Power of attention and concentration
- Memory
- Social behavior and personal hygiene
- Pre-exam stress
- Enuresis
- Anxiety
- Speech defect

The Patients suffering from major illness or abnormalities in liver, kidney, heart etc, or anticipated surgery that compromising this study, are excluded.

All the 17 children were observed very meticulously for the change in regard with above said symptoms. They were examined by Trividha, Ashtavidh and Dashvidha Pariksha. The observations were made periodically – per week, and all the observation were noted in each of the individual case separately.

MATERIAL AND METHOD

Drugs ^[4]	Family	Rasa	Vipak	Virya	Prabhav
Brahmi (Bacopa Monniera)	Sorophulariaceae	Tikta Kashaya Madhura	Madhura	Sheeta	Unmad and Apasmar nashak
Shankhapushpi (Convolvulus Pluricaulis)	Convolvulaceae	Kashaya	Madhura	Ushna	Medhya
Vidanga (Embelia Robusta)	Myrsinaceae	Katu	Katu	Ushna	Ballya for CNS Rasayan
Balharitaki (Terminalia Chebula Retz)	Combretaceae	Tikta Kashaya Madhura	Madhura	Ushna	Medhya
Guduchi(Menispermaceae)	Menispermaceae	Tikta Katu Kashaya	Madhura	Ushna	Rasayan
Shunthi (Zingibar Officinale)	Zingiberaceae	Katu	Madhura	Ushna	Bal vardhak
Vacha (Acorus Calamus)	Araceae	Tikta Katu	Katu	Ushna	Medhya
Koshtha (Sassurea Lappa)	Compositae	Tikta Katu Madhura	Katu	Ushna	Vatahara
Pippli (Piper Longum)	Piperaceae	Katu	Madhura	Anushna	Medhya
Shatavari (Asparagus mosus)	Liliaceae	Madura Tikta	Madhura	Sheeta	Medhya
Anantmoola (Hemidesmus indicus)	Asolepiadsceoe	Madura Tikta	Madhura	Sheeta	Ojovardhak
Shigrusala (Moringa Oleifera)	Fabaceae(caesalpi niateae)	Madura Tikta Katu	Katu	Ushna	Medhya

Preparation of Brahmadya Sharkara^[6]: All these drugs are Medhya, Rasayan, Vatahara and Balya for Central Nervous System (CNS - Vatahara Sanstha). It has been decided to prepare Sharkara^[5] yog from these drugs that is defined as Brahmadya Sharkara; which would be easily available, prepare and economic too.

Brahmadya Sharkara is prepared in the form of decoction (Kwath) of all the drugs in equal proportion (Sam-praman) and sugar was added in 1:4 Proportions. The decoction stirred continuously till sugar get dissolve completely.

DOSE & DURATION

After going through the observations and the age, the dose of Brahmadya Sharkara medicine 10 ml, orally, twice a day for the period of three months was defined.

CLINICAL TRIAL

The clinical study was done by Single blind controlled clinical method. All patients were treated with Brahmadya Sharkara medicine. Those who were under other medication were instructed to discontinue.

CLINICAL ASSESSMENT

Clinical assessment was done according to relief in symptoms and results drawn. After completion of described period of three months for the medicinal treatments, each child was examined thoroughly for the noticeable changes.

CRITERIONS FOR OBSERVATIONS

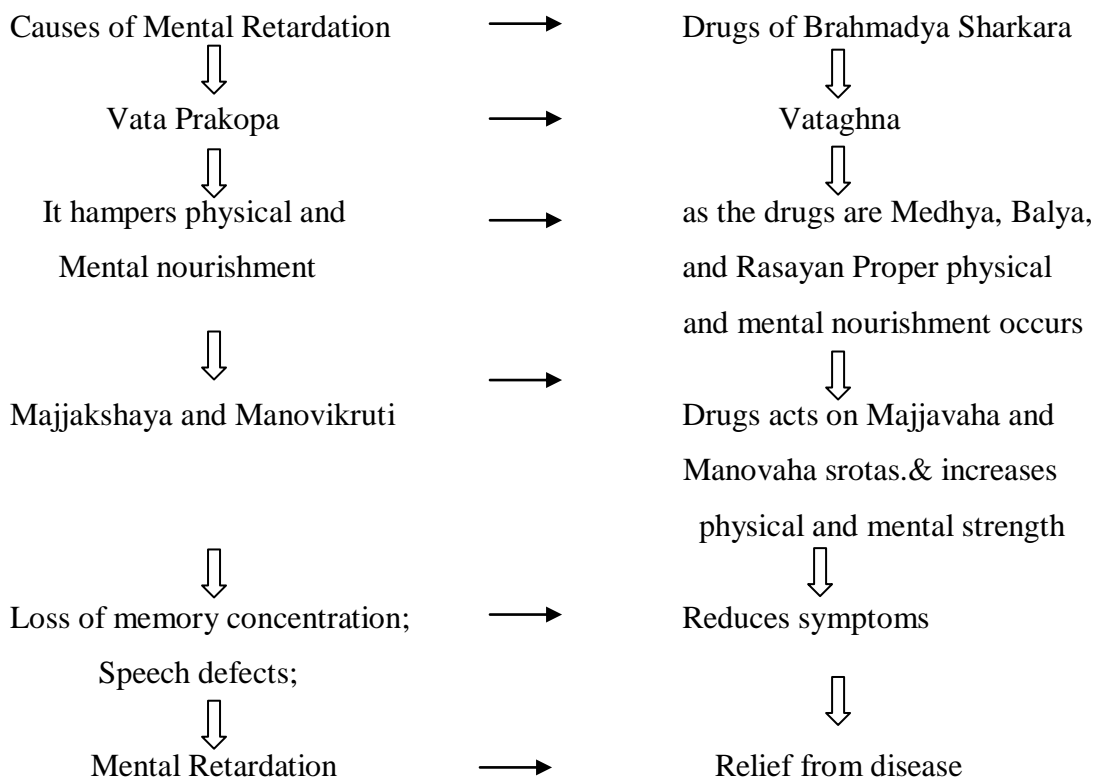
Sr. No.	Symptoms	score			
		0 - (Normal)	1 – (Mild)	2 - (Moderate)	3 – (Severe)
1	Power of attention and concentration	Normal	Remember up to 15 min	Remember up to 10 min	Remember up to 5 min
2	Memory	Recall things 10 / 10	Recall things 6 – 8 / 10	Recall things 4 – 6 / 10	Recall things 2 – 4 / 10
3	Social behavior and personal hygiene	None	2 / 6	4 / 6	6 / 6
4	Pre-exam stress	Normal	Mild	Moderate	Severe
5	Enuresis	none	Of f / on	Once in night	frequently
6	Anxiety	Normal	Mild	Moderate	Severe
7	Speech defect	Normal	Can't speak difficult words	Can't speak simple words	Can speak few words

The observations were summarized as follows

Serial no.	Criteria of assessment	Level of improvement
1	Power of attention and concentration	moderate improvement
2	Memory(mainly in recall/smriti)	mild improvement
3	Social behavior and personal hygiene	Moderate improvement
4	Pre-exam stress	No improvement
5	Enuresis	In case of 3 out of 17, it has been observed that, there is increase in symptom after one month of treatment
6	Anxiety	A drastic reduction – for 15 out of 17, in this regard was noticed
7	Speech defect	No improvement
8	appetite (agni)	Moderately increased in all
9	sleep (nidra)	Moderately improved in all

DISCUSSION

According to Ayurveda Mental Retardation is the disease of Majjavaha and Manovaha srotas.



CONCLUSION

In light of the observations noticed before and after the administration of medicine for the period of three months, the conclusions are.

1. Efficacy of the drug

- The said medicine was found effective in reduction of anxiety considerably.
- This treatment is found useful in the reduction of social behavior and personal hygiene moderately.
- However, the use of Brahmadya sharkara resulted in increase in appetite and sound sleep.

Therefore, it can be stated that, the treatment of medicine alone does not support in the development or progress for the mentally retarded children, but it may be useful along with other medicine and panchakarma treatment such as shirodhara, shirobasti, and nasya etc.

2. Safety: In general it has been observed that, this medicine is safe and does not create any harmful side effects.

3. Economy: For therapeutic use the Brahmadya sharkara will not increase the financial burden to a normal middle class family.

REFERENCES

1. Yadav Sharma, Charak samhita with chakrapani tika, part 1, shareersthana, publication- Munshiram Mohanlal publishers pvt ltd, Edition, Year 1984, 4/15, page 319; 8/21.
2. Behrman, Kliegman, Jenson, Nelson text book of pediatrics, Elsevier publication, 17th ed, year 2004; 138-139.
3. O.P. Ghai Essential Pediatrics CBS publishers & Distributors, 6th ed, year 2004; 543.
4. Shri. Brhmashankar Mishra & Ruplalji Vaidya, Bhavprakash khand 1, Chaukhamba publication, 8th ed, year 1997; 461, 454, 52, 7, 270, 13, 43, 91, 16, 392, 427.
5. Krishna Gopal, Rasatantrasara & Siddhayoga Sangraha, Krishna Gopal Ayurved Bhavan (dharmaarth Trust) publication, 14th.
6. Brahmadya Sharkara is selected from Bharat Bhaishajya Ratnakar – Ghruta Prakaran, Brahmi Grita.