PHAKKA ROGA; NIDANA, LAXANAS AND CHIKITSA: AN AYURVEDA LITERARY REVIEW

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ABSTRACT
Kashyap samhita described kaumarbhritya as one of the important branches of ayurveda. Kaumarbhritya deals with the children diseases. Kaumarbhritya elaborated various principles related to the physical and mental well being of children. Phakka roga is one of the common diseases occurs in childhood period. Phakka defined as inability of a child to walk even after growing age. The Phakka resembles slothful movement associated with poor physical development & impaired psychomotor changes. Phakka roga are three types; Kshiraja Phakka, Garbhaja Phakka and Vyadhija Phakka. The obstruction in rasa vaha strotasa & nutritional deficiency resulted Phakka roga. Ayurveda described various lines of treatments for the management of Phakka. This article presented various ayurveda perspective of Phakka.

KEYWORDS: Ayurveda, Kaumarbhritya, Phakka, Nutritional Deficiency, Malnourished.

INTRODUCTION
Phakka is a disease characteristically involves walking inability in growing children. Malnourishment leads improper formation of Rasa, mamsa, meda and asthidhatu which may results Phakka. Phakka is a disease classified under Kuposhanajanya Vyadhi. The Nidana factors are; malnutrition, lack of care, ghrahan dosha, agni dosha & bahubhohana. The Sampapti of disease involve agni dosha caused by etiological factors & malnutrition which affect process of digestion, metabolism & absorption thus body tissue becomes nutrients deficient which results ati drava mala pravrutti, atimutrata and improper utilization of ahara rasa finally child becomes malnourished and phakka roga occurs. The Laxanas of phakka roga are; Ivara, loss of; dhuyuti, spikh, bahu and utu, excess growth of abdomen, Peetakshi, angaharsha , weakness, excess of mutra and pureesha, manda cheshta, irritability, dullness and excessive nasal discharges. The principle treatment approach involves normalization of kapha and vata dosa along with nutritional supply.

Shodhana karma
use of Trichakra phakka ratha or Physiotherapy
Abhyaanga
Basti, snehapana, swedana and udvartana
Doshanisara chikisa
Ghrita pana
Brumhana dravyas sevana
Medicated milk sevana
Pachan dravya sevana
Deepaneeya dravya sevana

Figure 1: General treatment approaches of Phakka.

Management of Phakka
The disease involve dhatu-nirman; rasa, mamsa, meda and asthi dhatu therefore treatment approaches must aimed at prakruta rasa nirmana with the improvement in agni by mrudu shodhan followed by deepana, pachana, balya and bruhana therapy. The etiopathogenesis can be controled by shodhan upakrama at dhatu level to treat kaphaj stanya. Tikshna shodhan vamana dravya such as;
vacha, sarshapa & pippali may be used for this purpose. Dipana and pachana dravya like; vacha, ativisha & panchmula ghana kwatha should also be used to relief pathological progression. Ayurveda also suggested nasya, dhum, gandush, pradeha, parisheka, and kapha shamak adhara at dhatri level for the prevention of phakka.

Ayurveda also described disease management at Balaka level (diseased child) & suggested use of Raja taila & Abhyantar snehana. Oral use of anrutra ghrita, kalyanaka ghrita, shatpala ghrita & brambi ghrita followed by virechana with trivrauksheeram basri which pacify vata dosha and mamsa. The dipana & pachana dravya like; raasna, madhuka siddha ghrita, milk with gomutra for pana, bruhana dravya also indicated. Approaches used to stroto shodhana (udavartanam) play significant relief in disease management.

Abhyanga with raj-taila consisted of earanda, shaliparnmi & bilva offer beneficial effects in disease, oil siddha with mamsa & yusa also useful in phakka. Sudhavarga ausadhi dravyas like Sudhasatat is helpful for nourishment of Asthidhatu. Physiotherapy by expert physician or use of Phakka ratha also offers relief in disease symptoms.[3-9]

Management of Ksheeraja Phakka
The condition may occur due to kaphaja stanyata sevana which leads krasha and finally phakka. The milk medicated with deepaneeya dravya help in disease management. Rasna, madhuka, punarnava, ekaparni, eranda and shatapushpa also offer relief in disease symptoms.

Management of Garbhaj Phakka
The condition involve balshosha in which shosha leads kshiraj Phakka, parigarbhik then garbhaj Phakka, this condition require use of agnidipan chikitsa which help to control parigarbhik. Dipan and pachan dravya siddha with vidari, yava, godhum & pippali in ghrita may be recommended. Anupana rich in milk with honey and sugar help to manage Phakka associated with vitamin deficiency.

Management of Vyadhija Phakka
Dosh dashya sampripti mainly involve in vyadhij Phakka associated with nija roga and agantuj roga. The nourishment of tissue decreases due to the mandagani and dushta graham which further leads sara sanhanan deterioration. The treatment approaches involve consideration of hetu & its management. Consumption of nutritious food, kshira, bhaya dravya and kalpas should be recommended. Samvardhan Ghrita also possesses relief in disease symptoms.[7-12]

Herbs used for Phakka Roga
- Bala
- Guggulu
- Triphala

- Shigru
- Ashok
- Laksha
- Ashwagandha
- Shatavari

Ayurvedic formulations used for Phakka Roga
- Shukta Pishiti
- Makta Pishiti
- Kamududha Rasa
- Amalaki Rasayan
- Triphala Churna
- Ashwagandharishta
- Ashwagandha Churna
- Ashwagandha Avaleh
- Mahanarayan tailam
- Ashwagandha Ghrit

Ayurveda formulation Ashwagandha ghrita in phakka
Ashwagandha Ghrita is an Ayurvedic formulation & literature review suggests efficacy of Ashwagandha ghrita in phakka. Ashwagandha ghrita along with other nutritional supplement offers improvement in process of growth development. Ashwagandha Ghrita helps to improve physical and mental status of underweight children. It possesses Rasayana properties thus acts as a nourishing supplement, strengthen internal circulation, enhance agni and thus weight. It pacifies Vata and Pitta dosha.

Ashwagandha Ghrita is prepared from Ashwagandha roots and Go-Ghrta, the Brumhana effect of formulation improved symptoms such as; Shuska Spik, Udar Greaea, Dhamani Jala, Darshana & Shilula parva. Ashwagadadha possess all beneficial effects of steroids while Ghrita offer Yogavahi and Sansakaranavarti properties. The fatty acids of Ghrita promote protein synthesis and thus increase physical strength. The Brumhana effects of Ashwagandha boost muscle strength.

Guideline for the management of Phakka
- Exposure to the sunlight in morning hours.
- Consumption of whole grains and beans in the diet.
- One should eat almonds, walnuts, cashews & raisins.
- Consumption of fresh fruits like oranges, figs, bananas etc.
- Pulses should be exposed to sunlight before cooking this increases vitamin D absorption.
- Tea & coffee should be avoided.
- Consumption of fast food should be avoided.

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