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, grahani dosha, agni dosha & bahubhojana.[1-5] The Samprapti 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, atimrutara and improper utilization of ahara rasa finally child becomes malnourished and phakka roga occurs. The Laxanas of phakka roga are; Ivara, loss of; dhivyut, saphik, bahu and uru, 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.[2-7]
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 amruta ghrita, kalyanaka ghrita, shatpala ghrita & brambhi ghrita followed by virechana with trivraksheeram basti 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, shaliparni & bilya 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 stanya 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, parigarbhhik then garbhaj Phakka, this condition require use of agnidipan chikitsa which help to control parigarbhhik. 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 sampraapti mainly involve in vyadhij Phakka associated with nija roga and agantuj roga. The nourishment of tissue decreases due to the mandagni and dushta graham which further leads sara sanhanan deterioration. The treatment approaches involve consideration of hetu & its management. Consumption of nutritious food, kshirapeya, lehya 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
- Manka Pishiti
- Kamududha Rasa
- Amalaki Rasayan
- Triphala Churna
- Shaswagandharishi
- Shaswagandha Churna
- Shaswagandha Avaleh
- Mahanarayan tailam
- Shaswagandha Ghrity

**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, strength internal circulation, enhance agni and thus weight. It pacifies Vata and Pitta dosha.

Ashwagandha Ghrita is prepared from Ashwagandha roots and Go-Ghrit, the Brumhana effect of formulation improved symptoms such as; Shuska Spik, Udar Greeva, Dhamani Jala, Darshana & Sihula parva. Ashwagandha possess all beneficial effects of steroids while Ghrita offer Yogavahi and Sangsamakaranavarti 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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