

BALATISARA W.S.R. TO DIARRHOEA; A CLASSICAL REVIEWDevi Jyoti^{1*}, Verma Keerti² and Dixit Reena³¹MD Scholar (2nd year), Department of Kaumarbhritya, Rishikul Campus, UAU, Haridwar.²Prof. & HOD, Department of Kaumarbhritya, Rishikul Campus, UAU, Haridwar.³Prof. Department of Kaumarbhritya, Rishikul campus, UAU, Haridwar.***Corresponding Author: Dr. Devi Jyoti**MD Scholar (2nd year), Department of Kaumarbhritya, Rishikul Campus, UAU, Haridwar.

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ABSTRACT

Diarrhoea is the major Health problem in paediatrics population. The traditional text of Ayurveda described various treatment options for the management of *Atisara*. *Aama* and *Vata* are the major factors in aetiopathogenesis of *Atisara*. In *Balatisara* mainly *Annavaha Strotasa*, *Udakavha Strotasa* and *Purishvaha Strotasa Dushti* are involved. The major complication of *Balatisara* is Dehydration and Malnutrition. For the management of *balatisara* a number of compositions are found in various text books among which “*Lavanga Chatusam Churna*” an herbal compound has described by *Bhaishjya Ratnavali Balarog Rogadhikara* with the help of ayurveda we can effectively treat acute cases of *Balatisara*.

KEYWORDS -: *Balatisara* (Diarrhoea), *Vata Pradhan Tridosa* dominancy, *Nidana*, *Samprapti*, *Poorva Roopa*, *Vishishita Roopa* and *Chikitsa*.

INTRODUCTION

The term ***Balatisara*** is found at first in *Harit Samhita* in context of treatment. The term *Balatisara*, literary means *Atisara* occurring in children but it has not been mentioned as a separate entity in *Brihatrayi*. Though several scattered references of term *Balatisara* are found in context of treatment of *Atisara* in children in *Laghutrayi*. *Atisara* (Diarrhoea) has been dealt in much detail in *Ayurvedic* literature, but not in term of children specially. The detailed description of *Atisara* in children is not explained in *Ayurveda*. However, in *Kaumarabhritya* certain specific disorder in which diarrhoea is major symptom have been mentioned in *Ayurvedic* literature. *Atisara* is described as a symptom in many diseases like *Dantoddbhevjanatisara*, *Ksheeralasaka*, *Vyadhijfakka*, *Revati*, *Putna*, *Balaagraha* etc. Even though separate description of *Balatisara* as a disease is not found in scriptures, but specific treatment remedies are available there specially for *Balatisara* (Diarrhoea in children). The *Samprapti* of *Atisara* may be the same for both in adult and children but they differ in terms of some added etiological factors (like *Dantodbheda*, *Balagraha*, *Ksheeralasaka* etc.) and increased morbidity and mortality.^[1]

Acharya Kashyap has not separate described of *Balatisara* but he has mentioned *Purvroopa* of *Atisara* in *Vedana Adhhyay* of *Sutrasthan*.

According to Morden science Diarrheal diseases rank among the top three causes of death among the population of the developing world. Globally, approximately 4-5 million deaths occur as a result of diarrheal diseases every year. Of these 10 deaths, 8 are in the first 2 years of life, the most susceptible period for malnutrition. On an average, a child suffers from around 12 episodes of diarrhoea, 4 such episodes occurring during the infancy (first year) stage. Existence of malnutrition makes the child very much vulnerable to diarrheal disease. It is estimated that the incidence of diarrhoea in malnourished children is five to seven times higher than that in healthy children. Likewise, its severity too is three to four times greater ***Balatisara*** (Diarrhoea) is a disease of children mainly involves symptoms of disturbed bowel movements.^[2]

Diarrhoea is described in *Ayurvedic* classics with the name of “*Atisara*”. *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.^[3]

Diarrhoea means passage of three or more loose or watery motions per 24 hours, resulting in excessive loss of fluid and electrolytes in stool. In today’s busy schedule of people, most of parents provide packed foods to their children, which leads to GIT disturbances in children and disease like -Diarrhoea, Vomiting occurs.^[4]

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Acharya Sushruta⁵ & Acharya Madhava⁶ have mentioned 6 types of *Atisara*- *Vataja*, *Pittaja*, *Kaphaja*, *Sannipataja*, *Aamaja* & *Shokaja*.

Acharya Charaka⁷ and Acharya Vagbhatt⁸ have mentioned 6 types of *Atisara*, wherein 5 types same as Acharya Sushruta except *Bhayaja* replace with *Aamaja Atisara*.

Acharya Sushruta also said that *Aama* & *Pakva* cannot be treated without planning.

Acharya Charaka is also accepted *Aamavastha* & *Pakvavastha* of every *Atisara*.

Acharya Sharangdhara has mentioned 7 types of *Atisara*- *Vataja*, *Pittaja*, *Kaphaja*, *Sannipataja*, *Bhayaja*, *Shokaja* & *Aamaja*.⁹

Etiology (*Nidana*)

Aharaj nidana-Which food have quantity, quality, *Vipaka* virtuous in nature Such as;

Quantity- Consumption of *Guru*, *Raktashaliadi black Udad Daal* in nature.

Quality-Consumption of *Atisnigdha*, *Atiruksha*, *Atiushna*, *Atidrava*, *Atisthool* and *Atisheetal* Substances.

Intake of *Virudhaashana*, *Adhyashana*, *Ajeerna* and *Asatmya* food. Excess of *Sansodhana karma*.

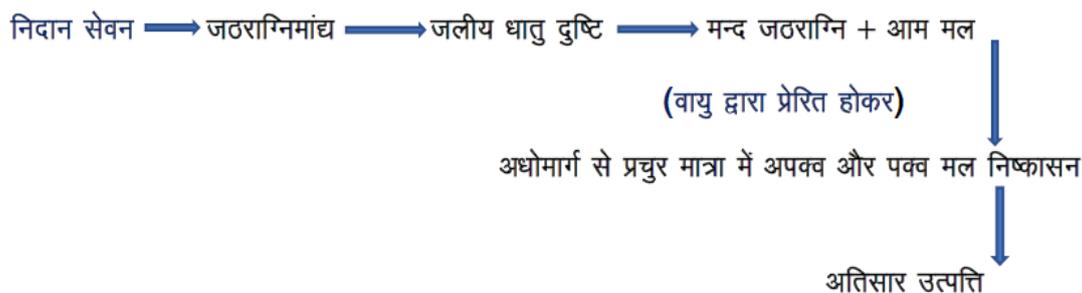
Viharajnidana- Excess of *Jalkrida*, *Bhaya*, *shoka* and holding of un holding forces.

Krimi dosha leads to *Atisara*.

Samprapti- Acharya Dalhana on his commentary on *Sushruta Samhita* stated that passing of watery stools in increased quantity is a characteristic feature of *Atisara*.

Most important factor in the pathogenesis of *Atisara* (diarrhoea) is *Mandagni*. *Mandagni* is root cause of *Amadosha* and it is the crucial factor for manifestation of most of the diseases including *Atisara*. The Etiological factors are basically classified as Dietetic (*Aharaja*), Behavioral (*Viharaja*).¹⁰

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Samprapti ghataka

Dosha- *Vata Pradhana Tridosha*

Dushya- *Rasa Jaliya Dhatu*

Agni- *Mandagni*

Srotasa- *Purishavha, Annavha and Udakavha Srotasa*

Adhishtana- *Pakvashya*

Srotodushti- *Atipravarti*

Rogamarga- *Maddhayama Rogamarga*

Premonitory symptoms (*Poorva roop*)- *Sarva Atisara Poorva Roop*, pricking pain in heart, umbilical, anal, abdominal region. Loose of body parts, constriction of *Apana Vayu*, stool blockage, flatulence and indigestion.¹¹

Vishishta roopa-Acharya Sushruta had classified *Atisara* in 6 types; on the basis of these types *Vishishta Roopa* are described.

1) **Vata atisara**- Patient irritate with abdominal pain (*Udarshoola*), retention of urine or frequency is decrease, *Antrakujana*, loose anus or rectal prolapse. His buttocks, femoral and thigh also become loose. Patient defecate hard, frothy, blackish stool & defecate with sound and little quantity.¹²

2) **Pitta atisara**- Patient defecate warm, foil smell stool, forcefully expulsion of stool, his stool yellow or blueish or reddish in color and patient suffered from thrust, unconsciousness, burning & mouth ulcers.¹³

3) **Kafaja atisara**- Due to *Kafa Dosha*, patient remains sleepy, heaviness, nausea and sluggish. Even after defecation, feeling of defecation regain. His stool color is whitish, semisolid and with mucus in nature and anorexia.¹⁴

4) **Sannipataja atisara**- Patient remains lethargic, unconscious & trusty and found all symptoms of *Tridosha*.¹⁵

5) **Shokaja atisara**- It found in younger children.

6) **Ama atisara**- Patient defecate *Ama Mala* with different in color & constipation.¹⁶

Chikitsa (Management)- the basic treatment of *Atisara* is same as that of adults. First assessment should be done whether the stool is *saam* or *nirama*. If stool is in *Saam* condition, *langhana* is advised. But too much *langhana* therapy is not advocated. If stool is *nirama*, *Sangrahana*

therapy (bowel-binding therapies) should be adopted. It must not be stopped by constipative medicine. If the diarrhea is associated with gripping pain (difficulty in voiding), then *Haritaki* is given as mild laxative. If the doshas are moderately aggravated, then *Pramathya* having *Deepan* and *Pachana* properties should be given. If the doshas are only slightly aggravated, then *langhana* is very useful. Exogenous Diarrhea that is *Bhayaja* and *Shokaja* should be treated by *vayu* alleviating drugs and therapies. The patient suffering from diarrhea caused by fear is exhilarated and the patient suffering from diarrhea caused by *shoka* is consoled. In hemorrhagic diarrhea, goat milk is very useful along with boiled rice of red variety of Shali.^[17]

As per *Acharya Sushruta*; *Ama Dosha* is usually at the beginning of all types of *Atisara* so in starting phase, must be *Langhana Karma* then *Pachaka Aushdhi* is required.

Aushadha Yoga- Haridradi Prayoga, Haritkyadi Choorna, Patoladi Choorna in *Ama Atisara, Madhukadi Kwatha* in *Pittaja Atisara*.

Ghrita- Baladi Ghritam, Darvyadi Ghritam and *Vyoshadi Ghritam*.

Panchayoga- Pancha Lavana+Pippali+Vidanga+Haritki

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17. *Charak Samhita, Chikitsasthan*, chapter, 19
18. *Sushruta Samhita, Uttartantra*, Chapter, 40: 283-284.