

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*, *atimutrata* and improper utilization of *ahara rasa* finally child becomes malnourished and *phakka roga* occurs. The *Laxanas* of *phakka roga* are; *Jvara*, loss of; *dhyuti*, *sphik*, *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]

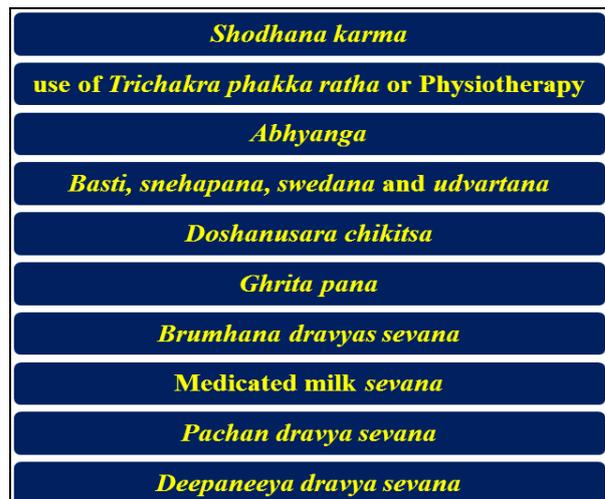


Figure 1: General treatment approaches of *Phakka*.

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 *dhatri* level to treat *kaphaj stanya*. *Tikshna shodhan vamaana 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 aahara* 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* & *bramhi ghrita* followed by *virechana* with *trivrutksheeram 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*, *shaliparnni* & *bilva* offer beneficial effects in disease, oil *siddha* with *mamsa* & *yusa* also useful in *phakka*. *Sudhavarga ausadhi dravyas* like *Sudhasatak* 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 *krusha* 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 dushya samprapti mainly involve in *vyadhij Phakka* associated with *nija roga* and *agantuj roga*. The nourishment of tissue decreases due to the *mandagni* and *dushta grahani* 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 Pishti*
- *Mukta Pishti*
- *Kamdudha 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-Ghrita*, the *Brumhana* effect of formulation improved symptoms such as; *Shuska Sphik*, *Udar Greeva*, *Dhamani Jala*, *Darshana* & *Sthula parva*. *Ashwagnadha* possess all beneficial effects of steroids while *Ghrita* offer *Yogavahi* and *Samsakaranuvarti* 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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