

**PHAKKA ROGA: AYURVEDA AND MODERN PERSPECTIVES W.S.R. TO
THERAPEUTIC APPROACHES**Dr. Sudheer Sharma*¹ and Dr. Amandeep Singh²¹Assistant Professor, Department of Kaumarabhritya, Govt. Ayurvedic Medical College, Akhnoor, Jammu.²Assistant Professor, Dept. of Shalakya Tantra, Govt. Ayurvedic Medical College, Akhnoor, Jammu.***Corresponding Author: Dr. Sudheer Sharma**

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ABSTRACT

Ayurveda mentioned various diseases related to the children and their therapeutic management. Ayurveda gives prime focus to the health of children therefore described health related issue of children in separate branch. Nutritional insufficiency, lack of immunity, diminishes digestive strength and weak physical strength, etc. mainly considered responsible for childhood disorders. There are many disorders related to the nutritional deficiency which described as Apatarpanajanya vyadhis in Ayurveda and Phakka roga is one of them. This condition on the basis of symptomatic similarities can be correlated to the rickets as per the modern science. The inability to walk or stand up on feet is main feature of Phakka roga. The bones become very weak or soft so that children can't stand up or walk using his/her feet. Diminish state of Dhatus especially Rasa and Asthidhatu mainly involves in disease pathogenesis. Ayurveda described several therapies for the management of Phakka roga including utilization of Deepana-Pachana and Rasayana drugs, etc.

KEYWORDS: Ayurveda, Phakka Roga, Apatarpanajanya vyadhis, Children, Bala Rog.**INTRODUCTION**

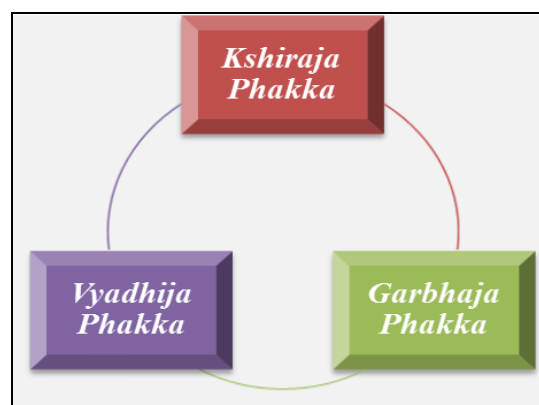
Ayurveda deals with the diseases of children in separate branch named *Kaumarabhritya*. Ayurveda elaborated many *Bala Rogas* along with their causes, symptoms and therapeutic approaches. *Phakka roga* is one of the diseases of children that arises due to the nutritional deficiency and characterizes as an inability of children to stand or walk up on feet. Slothful movement, poor physical development and malnourishment, etc. are major issues associated with *Phakka roga*.

The others *Laxanas* of *Phakka roga* are as follows

- ❖ Fever and dullness
- ❖ Excess growth of abdomen
- ❖ Weakness and irritability
- ❖ Excess of *Mutra* and *Pureesha*
- ❖ *Manda cheshta*
- ❖ *Asthi Vakrataa*
- ❖ Bowed legs & knock knees
- ❖ Spinal deformities and soft skull, etc.

The obstruction in *Rasa vaha strotasa*, nutritional deficiency and improper development, etc. are main events involves in *Phakka roga*. *Alpa Bhojana*, *Alpashana*, *Pramitashana*, *Ruksha Annapana* and *Langhana*, etc. may leads consequences of malnourishment including *Phakka roga*. Moreover improper balance of *Kashaya*, *Katu* and *Tikta Rasa* in

dietary materials may also leads disorders of malnutrition.^[1-5] *Phakka Roga* is considered *Kuposhanajanya Vyadhi* which also associates with *Grahani* and *Agni Dosha*. Vitiating of milk by *Kapha*, conception during lactating period, cessation of breast milk and improper care of mother and child, etc. are major causative factors of *Phakka Roga*. Ayurveda described three types of *Phakka roga* as depicted in **Figure 1**; depending upon developmental stage of *Phakka roga*.

**Figure 1: Types of Phakka roga.**

Kshiraja Phakka involves vitiating of *Kapha dosha* which further vitiates *Stanya* resulting formation of

Phakka-dugdha which obstruct *Rasa-Vaha-Strotasa* leading to the *Kshiraja Phakka roga*.

Garbhaja Phakka occurs when women conceives during lactation period, this causes lack or absent of milk secretion requiring for feeding baby. This insufficient breast feeding leads malnourishment which can turn to *Garbhaja Phakka*.

Vyadhija Phakka may occurs due to the presence of other diseases for prolong period of time. The presence of other disease may causes emaciation, disturbance of *Rasa & Asthidhatu* and lack of nutrient absorption. These all events together may causes *Vyadhija Phakka*.^[5-8]

Treatment of *Phakka roga*

- ❖ *Nidana Parivarjana* Avoidance of *Ruksha Annapana, Vatika Annapana, Alpa Bhojana* and *Ati Vyavaya*, etc.
- ❖ *Agnisthapana* by *Deepana-Pachana* drugs
These drugs improve *Agni* and maintain nutritional supply to the body.
- ❖ *Rasayana* therapy
Rasayana therapy involves uses of drugs like *Aswgandha, Vidarikanda, Shatavari* and *Bala*, etc. these drugs gives *Brimhaniya, Jeevaniya* and *Balya* effects thus nourishes whole body and provide strength to the tissue.
- ❖ *Samshodhana* therapy
Mridu Samshodhana can be implemented for children; *Taila Abhyanga* and *Brimhana Basti* are considered useful for malnourished child.

Treatment of *Kshiraja Phakka*

- ✓ *Mrudu shodhan* and *Bruhana* therapy
- ✓ *Deepana* and *Pachana* drugs
- ✓ *Snehana* with *Raja taila*
- ✓ *Abhyantar snehana* with *Kalyanaka* and *Bramhi ghrita*, etc.

Treatment of *Garbhaj Phakka*

- ✓ *Agnidipan chikitsa*
- ✓ Honey and *Ghee* for oral administration purpose
- ✓ *Siddha* with *Vidari*, etc.

Treatment of *Vyadhija Phakka*

- ✓ *Lehya dravya*
- ✓ *Abhyanga* with *Earanda Taila*
- ✓ *Shaliparnni, Bilva* and *Sudhasatak* are useful for nourishing purpose.

Common Herbs for *Phakka Roga*

- ❖ *Bala*
- ❖ *Guggulu*
- ❖ *Shigru*
- ❖ *Ashok*
- ❖ *Ashwagandha*
- ❖ *Shatavari*

Ayurvedic formulations used for *Phakka Roga*

- ✚ *Mukta Pishti*
- ✚ *Shukta Pishti*
- ✚ *Kamdudha Rasa*
- ✚ *Triphala Churna*
- ✚ *Ashwagandharishta*
- ✚ *Ashwagandha Churna*
- ✚ *Amalaki Rasayan*
- ✚ *Mahanarayan tailam*
- ✚ *Ashwagandha Avaleh*

Ahara & Vihara suggested for the treatment of *Phakka Roga*

- Exposure to the sunlight
- Consumption of whole grains and beans
- Dry fruits; almonds and walnuts, etc.
- Fresh fruits and vegetables
- Tea and coffee should be avoided

MODERN VIEW

Modern science described *Phakka roga* as rickets which arises due to the inadequate mineralization of bones and lack of nutritional supply. The softening of bones, bone deformities and poor growth leads inability to wear own weight on feet. The children belongs from six months to two years of age group are mainly get affected. The poor socioeconomic condition and children residing in dump area are more susceptible for such types of condition.

The deficiency of iron, vitamin D, calcium and iodine are commonly observed in children suffering with rickets but insufficient vitamin D and/or calcium intakes is main reason of disease. The pathological sequences of disease initiated with malnutrition which further leads insufficient availability of phosphorus and calcium for bone mineralization. These sequences along with Vitamin D deficiency causes softening of bone and skeletal deformity. Modern science suggested uses of Vitamin D, oral calcium supplement, exposure to sunlight and physiotherapy, etc. for the management of rickets.^[4,9]

CONCLUSION

Nutritional insufficiency or malnutrition causes *Apatarpanajanya vyadhis* and *Phakka Roga* is one of them. As per modern science this can be correlated to the rickets which is characterized as an inability of affected child to stand up or walk on own feet. The deficiency of vitamin D and calcium leads softening and deformity of bone, as per Ayurveda improper functioning of *Rasa* and *Asthidhatu* result weakened bony tissue. *Nidana Parivarjana*, administration of *Deepana-Pachana* drugs, uses of *Rasayana* therapy, Vitamin and Calcium supplements, etc. are major therapeutic approaches for treating *Phakka roga*.

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