
AYURVEDIC MANAGEMENT OF COMMON CHILDHOOD DISORDERS

By

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■ WELCOME U ALL



DONT SLEEP O K

WHAT U HAVE TO KEEP IN MIND?

- Potency of the medicine
 - Availability of the medicine
 - Is it really added?
 - Rarely available medicine
 - Asava , kashayas ,cannot possible
 - Choornas can be identified
 - Should have confidence in prescription
 - U know or do not know drug know where to act
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What u have to keep in mind?

- Always prefer the classical medicines rather than patent medicines
 - If u prepare small scale by ur own it is well and good Kwnoledge of the contemporary science is important
 - Do not forget life span of the person declines then what about the plants ?
 - Two types o f the approach is available
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Treatment of cough

Dry cough

■ Anti septic of oral cavity
smell

■ Which increase the secretion

■ Cough center inhibition

■ Mast cell inhibition

■ Expectorant

■ Mucolytic

■ Removes the dryness-

■ Recurrent

— Drugs with aromatic
menthol, shati ,ela

- Yastimadu choorna

- Badari , kolasthi maja

L. S vati shirishasava

Yastimadu , vacha

- Vasa, vacha(muscle
relaxant) , maricha

— Abhraka, rasasindura ,
sameerapannga

Treatment of productive cough

- Sputum has to be expelled out
- Sputum has to be broken down
- Srotus has to be cleaned

- Combination of Yastimadu choorna pippali vacha and LSM Powder with tulasi rasa
- Pippalyasava (recurrent)or kankusthasava orpuskaramritha or vasakaristhawhen sputum is thick) as per the situation

Treatment of the swasa

- Broncho dilators - Kanakasava,
- Steroids - Yastimadhu preparations
- Mast cell stabilizers - Shirishasava
- Anti biotic - Kaphaketu rasa, Laxmivilasa rasa
- Inhalational - Dhoomapana
- Kanakasava - Mode of action
- Shirisasava - Vishagna action
- Adrenaline like - Somasava

Treatment of cough & assoc. symptoms

- With peensa -Kaphaketu Rasa(kasa peenasayo)
- With pharringitis - Add sphatica
- With loss of voice – Add vacha+ yasti
- With fever - Amrita satwa sudhashana gana vati
- Recurrent fever cough–Add rasayana like Abhraka rasa sindura etc
- Mucolytic –Vasa, kantakari
- Anti biotic like – laxmi vilasa rsa , naradeeya laxmi vilasa rasa

G. I. T disturbances

- **Ensure mild virechana , vataulomana and ama pachana**
- **Avipathikara choorna- Mild virechana**
- **Lanvagadi vati - Shoolahara**
- **shanka choorna - Maintain the pH of the gut**
- **sat sakara choorna - Amapachana**
- **Parpti preparation - Nervous control,**
- **trivrit - Peristalsis**
- **parasika yanvni - Colic**
- **Omasatwa - Colic**

Treatment of the Anemia

- Dhatri loha-n Mode of action
 - Loha rasayana
 - sapthmritha loha
 - punrnava mandoora
 - First know the limitation
 - iron deficiency anemia- Thalassemia
 - Bone marrow depression - Bhallathaka
-

Wound healing wound ulcer

- Jythyadi taila or gritha
 - Marmani gutica
 - Dashanga lepa
 - doshagna lepa
 - Bone and vasular related- Manjisthadi lepa
 - Nagabala swarasa
-

Treatment of the enuresis

- Major problem
 - What we have to correct
 - Psychological aspects

 - Combination of the Medhya vati and Agnitundi vati

 - Bimbimoola swarasa, Ahiphena
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Recurrent fever

- As per the cause
- Respiratory cause – Maha laxmi vilasa
rasa
- Git cause – Laxmi narayana
rasa, sanjivini vati
- Urrinary cause – Chandra prabha vati,
Gokusradi guggulu
- Vadhamana pippali rasayana

How to treat lower motor neuron lesion?

- Nerve regeneration
- Nerve stimulator
- Medhya drugs
- Increasing muscle tone
- Increasing the range of movement
- Associated with pain
- Associated with tingling sensation
- Associated with atrophy

Upper motor neuron disease

- Medhya drugs
 - Maintain the equilibrium
 - Improving the limbic activities
-

Pain in the body and tailas

- Pain – Nirgundi taila, Vishagarbha Taila
 - Pain with tingling sensation – Prasarini taila
 - Pain with Atrophy –Mahamashadi taila
 - Pain due to dry skin – Yastimadu taila
 - Pain in joints (amvata) Vishagarbha taila

 - Decreased range of movement –Sahacharadi taila & Pinda Taila
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Cracked foot

- Check the foot wear
 - Hygiene
 - Mineral or zinc deficiency
 - Vata vridhi laxana
 - Pancha valkala kwatha avagaha
+ karpura + Sphatica
 - Gandakamalahara
 - Karpuramalahara
-

Dry-Skin conditions

- Increase the sindghadtwa of the body
 - Advised go for gritha preparations
 - Ensuring the antiseptic condition of the skin
 - Tissue regeneration
 - Vatahara treatment
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WET CONDITIONS OF THE SKIN

- Give shoshaka drugs
 - Kaphahara durgs
-

Skin rashes due to systemic causes

■ Blood purifie

■ L. S vati

■ A. V Rasa

■ Mild Virechana

Abdominal pain

- Obstruction
 - Presence of air
 - Indigestion
 - Constipation
 - Altered pH
 - Prepare choorna and give irrespective of any condition
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Role of Agnitundi vati

- Good appetizer
 - Good nerve stimulant
 - Good to maintain the tone of the muscles
 - Abdominal pains
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Grand mal epilepsy

- Over activity of the focus should be prevented
- Smrithi sagara rasa
- Medhya vati
- Aswagandaristha saraswatharistha
- Tantu pashana
- Samgjna prabodhana nasya

Medicines for Apaspmara

- Panchagavya gritha ,mahapanchagavya, Bramhi Gritha, Shankapuspi Choorna , Jatamamsi Choorna
 - Shatavari, Brahmi, Shankhapushpi along with Kushmanda Svarasa
 - Kushmanda Ghrita.
-

TRAETMENT OF HYPERACTIVITY SYNDROMES & UNMADA)

- Vacha choorna + Kustha choorna + Parasika yavani choorna along with Brahmi gritha
- Sarpagandha gritha+ Suthashekara rasa
- Unmada Gajaksari(dattura,vacha rasana)

Treatment of allergy

- Sarshapataila massage
- Guggulu can be given & Bhavaprakasha) Ardhaka kanda
- Maha thithaka kwatha
- Haridra choorna+kamadugha= vanga bhasma +makshika basma+karaveera chorna
- A. V rasa

Recurrent tonsillitis

- Prevent the requirement reparatory infections
 - Increase the immunity
 - Maintain an antiseptic environment inside the mouth
 - If redness is there Add sphatica
 - Combination of MNJ and LSM Mixture and Erimedhadi taila for gargling
-

Headache

■ Shirashula vajra rasa

■ Sutha shekara

■ Nasya

FEVER WITH ATHISARA

- Bala Chaturbadra Rasa
 - Anandabhairava rasa
 - Kutaja Preparations
 - Mustak-kutajarista
-

VATAJA ATIASARA(DIARRHOEA WITH PAIN OR FLATUS)

■ Kanaka sundara rasa

■ Laghu gangadhara choorna

■ Vriddha gangadhara choorna

Pithajaatisara(diarrhoea wit fever burning senation)

■ Kamadudha rasa

■ Suthashekararasa

■ Pravala panchamritha rasa

■ Bilwadhi choorna

■ KutaTagasthaka kwatha

Kaphaatisara(painless mucous)

- Lokanatha rasa
- Hingwadi vati
- Vatapithatisara
- Ananda bhairavi rasa
- Jathipaladi choorna
- Ramabana rasa
- Rakthathisara
- Kutaga preparations

vomiting

- Shank bhasma
 - Suthashekara rasa
 - Mayurapiccha basam
 - Brihat vata chimtamani (sannipathaja)
Madiphala rasayana
 - Ealadi vati or chooraLaja manda
Chandrakalarasa – Iod stained vomiting
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Arochaka

- Lavana adraka
- Madi phala rasayana
- Mavangadi choorna
- Laghu dadimasthaka chioorna thalisadi choorna

Agni Mandhya

Amaja

- Chitrakadi vati
- Agni mukha choorna
- Baskara lavana
- Vidhgda ajeerna
- Shankavati
- Astahga lavana
- Visthabdha
- Lashunadi vati
- Hinguasthaka choorna

Rasashathra preparations

- Gandhaka Rasayana– Antibiotic (sulpha)
- Lasuna – Contains gandhaka
- Abhraka satwa - Contain Fe
- Sukla & suda varga - Calcium
- Trivangas - Good sources – zinc
- Kasissa - Healing, Fe
- Gairika - Healing, Fe
- Amber - Dhanurvata
- Kampillaka - Rechaka, Krimi

■ Sphatica - Bleeding , cleansing

■ Puspangana ,Rasanhjan - zinc oxide

■ Tankana - Antidote for visha

Amlapitha

- Avipathikara choorna 2tsp
- Suthashekara ras 1 tab tid
- Danthyaristha and maha shanka vati
- Sukumara gritha with warm water and syta shaekara rasa
- Abhyarristha harithaai chorna maha shanka vati
- Kamadudgha ras + leela vilasa rasapravala panchamritha rasa

Athisara

■ Karpurasava

■ Ahiphenasava sanjeevani vati

Minor skin problems

- Tuvaraka taila – all skin problems
 - Gandhaka drava – pama
 - Dathura beeja taila –vipadhika
 - Laghu or bhrihat maricchadi taila-Swithra
pama sigma
 - Kanaka ksheeri taila – mandala and krimi
-

worms

- **Parasika yavani**
 - **palasha beeja swarasa**
 - **Naga keshara – tape worm**
 - **Kapillaka- intestinal**
 - **Aupana – gudaLashunadi vati**
 - **Krimimedgara rasa**
 - **Chinch ballathaka vati**
 - **With dathura -nagavalli**
 - **Karaveeryadi taila – taneia infections**
 - **Dardura patradi taila- dandruff**
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Learning disabilities

- Find out the cause
 - Detect the psychological influences
 - Make sure that problem is there or not
 - Only particular aspects
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- Medhya drugs
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Proxy syndrome

- Problem with parents
 - Complain of not eating, not reading etc
 - Best to move the unmoved products
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Habit disorders

- Head knobbing
 - Mud eating
 - Ticks
 - Lying staling encephopresis etc
-

Psycosomatic disorders

others

- Cinchona – kadambha sapthaparna
 - Vastahnabha – sedative ,
parasympathomimetic
 - Sadapuspi- vincristin
 - Dadima – anti emetic
 - Sarpagandha – central ganglion blocker
 - Kapikacchu – dopamine
 - Vasa , kantakari –bromohexane
-

-
- Kapikacchu- Dopamine
 - Digitalis – suchi , hrithpatri

others

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Intestinal colic(vataja gulma)

- Anulomana, pachana
 - Bhallathaka, lashuna , eranda taila ,
tamrabhasma
 - Lashunadi vati
 - Vata vidwamsa rasa, chakrataila
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Mootra related

- Goksura
 - Shilajithu
 - Parasika yavani
 - Pashana bedha
 - Swetha parpati (when pH related)
 - Trina pancha moola kashyaya (anti infective)
-

Napkin rash

- Rasanjana
 - Srithanjana
 - Yashada bhasnma
 - Zinc containing preparations
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Allergic related(sheeta pitha , udardha ,kota)

- Gandhka , Gairika , Karanja
- L. S vati
- haridra kanda
- A. V rasa Kamadugha rasa - Mouth allergy
and ulcers – erimedhadi taila

Heart related

- Harina shringa
 - Suvarna bhasam
 - Arjuna
 - Ardhaka
 - Amalarasa drugs
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Managing the Hypertension

- **Treat as per the cause**
- **if stress is the cause – suthashaekara , sarpagandha , medhyavati**
- **if atherosclerosis- guggullu preparations , medhoharadrugs**
- **CVS related- arjuna preparations,prabhakaravati**
- **increased peripheral vascular sresistence is the cause –punarnava , etc diretics**
- **Cocept of yoga dhyana**
- **Pittaharachikistha**

others

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Treatment of the Jaundice

- Remove the obstruction
- Hepatoprotective
- Teekshna virechaka
- Agni vardhana
- Hemolytic- Remove extra bilirubin from the blood – Mahamanjisthadi kwatha & pandu chikitsa
- Hepatocellular-
- Hepatoprotective,
- bhumyamalaki

- Obstructive –
- Phalatrikadi
- Kumariasava
- Triphala

O.K WE WILL MEET
AGAIN

