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A Review Article on *Phakka Roga*

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ABSTRACT

Kashyap Samhita is one of the most ancient compilation of Acharya Kashyapa related to care of the children. Phakka roga is a special contribution of Kashyapa Samhita. The development has been mentioned in this context. The prenatal, natal, postnatal, socioeconomic and environmental factors affecting growth and development of child. Etiology of the disease, itself is self-explanatory and describing its type i.e., ksheeraja, garbhaja and vyadhija phakka. Qualitative and quantitative deficiency of required micro and macro nutrients affects the overall growth and development. Not even in neonatal period but also in-utero embryonic environment and fetal nourishment status determines the outcome after birth. The milk fed by mother is primary source of nourishment. Mother's milk if deficient in quantity and quality is responsible for impaired and delayed growth of child's physical and mental faculties. Neonatal insult exposure like chronic diseases i.e., recurrent gastrointestinal and respiratory infection, worm infestation, bleeding disorder, endocrine and metabolic disease decelerates the process of growth and overall wellbeing of a child. Socioeconomic and environmental factors contribute and play a vital role. Socially and economically sound family can bring up a child in a proper way whereas stressful social environment and poverty negatively affects the growth and developmental processes

KEYWORDS

Kashyap Samhita, Phakka Roga, Growth and Development



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INTRODUCTION

Kashyap samhita, which is also known as Vriddha Jeevakeeya tantra is one of the important ancient documents of kaumarbhritya. Kashyap samhita is one of the oldest classical book of Ayurveda, specially on kaumarbhritya branch. Practically area of Kaumarbhritya branch includes from the birth of child to maturity. During this time period physical and mental developments takes place. Phakka roga is very important disease which happens in this childhood period and only described in Kashyap Samhita. In kashyap samhita Acharya Kashyap described very detailed description of phakka roga. He is the pioneer to describe this disease. Basically Phakka roga is not a disease but it's a symptom which is present in many diseases.

AIMS AND OBJECTIVES

The main aim of this present article is to study the detail knowledge regarding

1. Phakka Roga
2. Classification
3. Treatment of various types

LITERARY REVIEW

Phakka has been defined as inability of a child to walk even after the age of one year.

The word Phakka denotes sluggish movement due to poor physical development associated with psychomotor changes.

bal a: svTsra% padaWyam: yo n:
g77it s fKk [i%||-Kashypa.Sa.Chi
17/3

CLASSIFICATION

Phakka roga is mainly classified into three groups on the basis of their causes.

- 1) Kshiraja Phakka
- 2) Garbhaja Phakka
- 3) Vyadhija Phakka

1) **Kshiraja Phakka:**

2a5l XI E*mk dG2a tu fKk dG2ètsi) ta
/
tT9l rpo bhWyal2: kaXRat\
fKk Tvmapnyat\|| - Kashyapa.Sa. chi 17/4

Stanya vitiated with kaphadosha is called Phakka-dugdha. This Phakka-dugdha causes obstruction in rasa vahastrotasa and cause nutritional deficiency in a child resulting in to Kshiraja Phakkaroga.

Garbhaja Phakka:

GaiwR matk: i9p/ StNySy ivinvtrRat\
। क्षियते म्रियते वाऽपि स फक्को
gWBlidT: // - Kashyapa.Sa. chi 17/4



When a nourishing Dhatri/mother becomes pregnant during breast feeding period, milk secretion becomes deficient. So child becomes lean and weak due to malnourishment. Gradually after that child gets diseased. This condition is called a Garbhaja Phakka.

1) Vyadhija Phakka:

*inj EagNtiw*CE-Jvaraidiw: |*

[Ty&E karnE iv2at \yai2j a.

fKk ta. ixxo: || -Kashyapa.Sa.chi 17/4

In some diseases if proper care and treatment is not provided it leads to emaciation with improper formation of metabolites/dhatu (Rasa, mamsa, meda and asthidhatu). This leads to severe malnourishment associated with weak limbs as well as mobilization of subcutaneous fat from gluteal region, chest and extremities with increase in frequency of stool and urine, irritability, untrimmed nails and uncleanness of skin. This condition of child known as vyadhija Phakka.

TREATMENT

Balyavastha is the more prone period for Kapha dosha. Due to this reason children are more prone to kaphaj vikara. There are references for the treatment of Phakkaroga

available in Phakka chikitsaadhyaya in Kashyap Samhita.

MaNdaGnITvat

There is vitiation of rasa dhatu and weakness of Agni in patients of Fakka roga. Due to that treatment should be Deepan And Pachak.

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chi 17/4

Patient should start with Snehan treatment with specific drugs followed by Shodhan treatment after 7 days with Trivrut Kshir. Then Balya treatment should be done, food should be given with laghu and balya properties.

Acharya Kashyap also described the role of Gaumutra (urine of cow) in condition of increased Kapha level.

1.KshirajaPhakka:

The whole treatment can be broadly classified in to two parts.

1. For Dhatri,
2. For Balaka

For Dhatri :



In conditions of Dhatri stanya vitiation with kaphadosha, Acharya kashyapa explains the severity of vitiation of stanya and stated that samprapti due to sannipatajadushti, resulting in Balaka with the symptoms jadatva, mukatva, and pangutva.

In the etiopathogenesis of phakka, agnimandya due to dustastanya, stanyabhava as well as vyadhi leads to improper dhatu-nirman especially rasa, mamsa, meda and asthidhatu, so treatment should be aimed at prakruta rasa nirmana with the augmentation of agni by mrudushodhan followed by deepana, pachana, balya and bruhan therapy.

This etiopathogenesis can be controlled by two upakrama. In Kshiraja Phakka, shodhanupakrama is done to the dhatri having kaphajstanya. According to vagbhatacharyatikshnashodhanvamanadravya we use vacha, sarshapa, pippalidravya. After vamanasansarjana karma should be followed, and for shaman internally dipana and pachanadravya like vacha, ativisha, panchmulaghanakwatha should be given. Then nasya, dhum, gandush, pradeha, parisheka, and kaphashamakaahara are indicated.

For Balaka:

According to acharyakashyapa Balakasnehana can be accomplished with

Raja taila and Abhyantarsnehana with amrutaghrita, kalyanakaghrita, shatpalaghrita, bramhighrita for seven days given internally after followed by virechana carried out with trivrutksheeram basti. Basti is best during this period with the predominance of vatadosha and mamsa as well as vataharakadravyas.

In Shaman chikitsa internally we should give dipanadravya like raasna, madhuka siddha ghrita then pachana for strotoshodhana (udavartanam) milk mixed with gomutra for pana then bruhanadravya includes mamsa-rasa and kshira siddha with raasnamadhu, shatpushpa, ekparni indicated.

2.GarbhajPhakka:

In this type it closely resembles with balshosha, Parigarbhik described by Vagbhata. This relationship should be explained on the basis of stages. In initial stages shosha leads to kshirajPhakka, parigarbhik then garbhajPhakka. For graham Phakka we should treat parigarbhik in which agnidipanchikitsa is ideal. In which we use dipan and pachandravya includes. Nutritious food siddha with vidari, yava, godhum, pippali with sufficient ghrita should be given in such cases then anupana rich in milk mixed with honey and sugar, this all



nutritious food covers vitamin deficiency disorders.

3.VyadhijaPhakka:

In vyadhijPhakka a main cause is dosh dushyasamprapti due to the nijaroga and agantujroga. Due to mandagni and dushtagrahani the nutrition of food cannot nourish the tissue .Due to this, disordered grahani, sarasanhanan of body get deteriorated. These all symptoms seen in accordance with related disease. For vyadhiajaPhakka the treatment should be classified on hetu's in treatment swalp-aahara proper quantity of nutritious food including kshirapeya indicated. For the strength of agni various lehyadravya and kalpas described by acharyakashyapa of highly nutritious value of both animal and vegetable origin should be given to the balaka.

Bahyachikitsa:

Oil for massage (abhyanga) like raj-taila made of earanda, shaliparnni, bilva may be given internally too. Oil siddha with mamsa, yusa are also useful. As per the experience of vaidyas, Sudhavargausadhivavyas like Sudhasatak is very much helpful for nourishment of Asthidhatu. SamvardhanGhrita described in Lehadhyaya is successfully practised in developmental disorders is of high therapeutic value.

Physiotherapy: for disabled child, Phakkaratha has been advocated which is specifically made by skilled and technical person should be manufactured in order to support disable balaka keeps resemblance with modern physiotherapy.

DISCUSSION

We can say that Phakka roga is growth and developmental deficiency. It can be correlated with protein energy malnutrition, marasmus, rickets, or chronic malabsorption conditions. Most of the characters are correlating with marasmic child. Kshiraja and Garbhaja Phakka can be classified as acute malnutrition, while Vyadhija Phakka is a state chronic malnutrition with general debility and reversible motor disability owing to malnourish state.



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