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Review Article

Ayurveda Perspective on *Balatisara*; Common Causes, Symptoms and Ayurveda Management

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ABSTRACT

Balatisara (Diarrhea) is a disease of children mainly involves symptoms of disturbed bowel movements. As per ayurveda *Atisara* can be classified into seven category; *Vataja*, *Pittaja*, *Kaphaja*, *Bhayaja*, *Tridoshaja*, *Shokaja* and *Raktatisara*. The *Balatisara* affects large number of population world widely and prevalence of diarrhea now a day's deteriorating school performance of many children. Lack of immunity, susceptibility towards the causative pathogen, low hygienic condition, malnutrition and consumption of contaminated food items can cause *Balatisara*. Increases frequency of defecation, disturbed electrolyte balance, thirst, weakness, gas formation and abdomen cramps are the common symptoms of *Balatisara*. *Nidana Sevana* vitiates *Vata* leading to the *Mandagni* and *Koshta shoonata* increases *Dravata* in *Puresha* in *Pakwashaya* which finally resulted *Atisara*. The therapeutic measure must requires consideration of *Doshas* condition; *Alpa*, *Madhya* or *Bahumatra* of *Doshas*. *Langana* can be done if *Doshas* are *Alpa*, *Langana* leads *Agnideepana* which resulted *Amapachana* action. Present article described ayurveda perspective of *Balatisara* including causes, symptoms and management.

Keywords: *Ayurveda*, *Balatisara*, *Diarrhea*, *Herbs*.

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Introduction

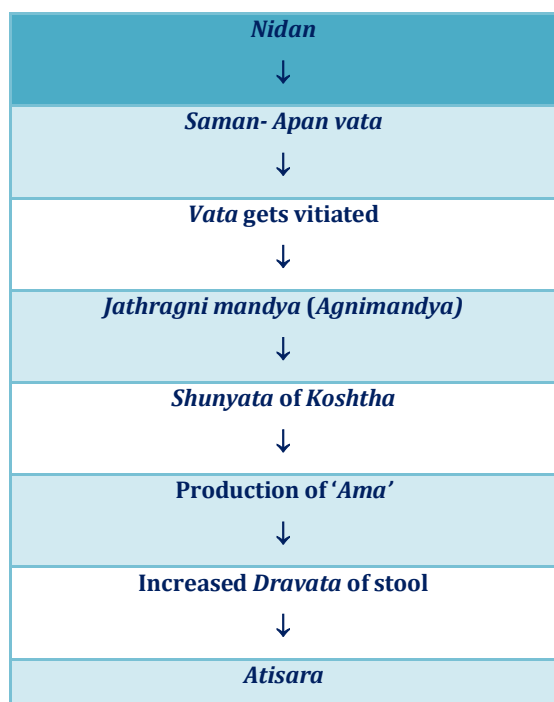
It is believed that consumption of *Madhura Aahara* or contaminated foods when *Kapha* predominant then *Agnimandhya* can occur which further leads disturbance of GIT system. *Amatisara* is one of the types of diarrhea in which *Picchila* occurs with foul smelling while *Pakvatisara* is another types of diarrhea which involve feeling of lightness in body. Ayurveda suggested that use of *Deepana* and *Pachana* drugs along with *Shoshanna* therapy can help to relief diarrhea. These drugs possess anti-diarrheal, antibacterial, ulcer healing, antispasmodic and carminative properties thus offer beneficial effects in the management of childhood diarrhea. The *Deepana* and *Pachana* drugs converts *Sama mala* into *Nirama mala* due to their *Amapachana* effect and also correct loosening of motions

due to their *Grahi karma*. It is also recommended to use *Rasayana* drugs for early recovery from diarrhea and to combat against malnutrition.

Causes

- ❖ Consumption of contaminated foods or water
- ❖ Low immune response and poor hygienic conditions
- ❖ Consumption of spicy or heavy food; difficult to digest
- ❖ Adverse effect of antibiotics
- ❖ Lactose intolerance
- ❖ Diarrhea can occurs with other diseases like; ulcerative colitis, celiac disease and irritable bowel syndrome.

Pathogenesis



Symptoms

- Increased defecation frequency
- Watery motions
- Abdomen cramps
- Reduced urine quantity
- Mucous with stools
- Dehydration, thirst and bad smelling from mouth.

Treatment Considerations

Panchkarma for Balatisara:

Following approaches of *Panchkarma* can be used for the management of *Balatisara* under the supervision of expert physician:

➤ **Vamana:**

Amatisara with *Shoola* and *Adhamana* can be control by *Vamana Karma* using *Pippali Saindhava Jala*. However *Vamana* is not recommended in common condition of diarrhea.

➤ **Virechana:**

When *Atisara* possesses conditions of *Vibhanda*, *Shoola*, *Raktatisara* and *Bahudosha* then *Virechana* can be done using *Abhaya*, *Vidanga*, *Triphala* and *Pippali* etc.

➤ **Basti:**

When *Vata* get aggravated then *Basti* can be used to restore *Bala*, specifically *Niruha* and *Anuvasana Basti* are choice of treatment in childhood diarrhea. When *Pakvastha*, *Vibanda* and *Bahudosha* then *Niruha Basti* prepared from *Ksheera*, *Madhu* and *Ghrita*, etc. should be used. When *Atisara* occurs with *Shoola*, *Pravahana* and *Mutraghata* then *Anuvasana Basti* of *Madhura Amla Dravyas* or *Bilwa*, *Shati* and *Vacha* etc. drugs.

Ayurveda described specific approaches for the management of particular types of *Atisara* which are as follows:

Specific Management of *Vatatisara*:

Langhana is best approach at initial stage of *Vatatisara* to reduce effect of *Ama*. *Vamana* & *Virechana* are also advised when *Praseka* and *Vibandha* condition respectively.

Specific Management of *Pittatisara*:

Langhana along with use of *Pachana* drugs advised in case of *Pittatisara*. *Ajaksheera*, *Masarasa* and *Picchabasti* can also employ to treat *Pittatisara*.

Specific Management of *Kaphatisara*:

Langhana, *Pachana* and use of *Kaphagna Dravya* also recommended in case of *Kaphatisara*.

Specific Management of *Sannipataja Atisara*:

As per *Charaka* in such case *Vata Dosha* should treat first there after *Pitta* and *Kapha Dosha*, while *Sushruta* mentioned that *Pitta Dosha* need to correct first in *Sannipataja Atisara*.

Specific Management of *Raktatisara*:

Picchabasti, *Shatavari*, *Mamsarasa* and *Chandana* can offer benefits in *Raktatisara*.

Specific Management of *Shoka* and *Bhaya Atisara*:

Vataharakriya, *Avshwasana* and *Harshana* should be used as treatment protocol for such condition.

Ayurveda formulation for *Balatisara*:

- ✓ *Ashtakshari gutika*
- ✓ *Karpura vaṭi*
- ✓ *Jatiphaladya churna*
- ✓ *Kutajavaleha*
- ✓ *Balchaturbhadra churna*
- ✓ *Brihat Gangadhara churna*

Herbs for diarrhea *Balatisara*

Nagakesara

The *Stambhana* property of *Nagakesara* helped to cease *Raktayukta Purisha*.

Madhuyashti

Madhuyashti helped to relieving *Shirashoola*, *Ushnabitaapa* and *Rakta yukta Purusha*

Amalaki

This drug pacifies *Dosha*, offers antimicrobial and astringent effect thus help in the management of diarrhea.

Eranda Taila

Eranda Taila can be used when *Amaatisara* associated with *Dosha's* aggravation.

Haritaki

It improves digestion and *Bala* thus enhance immunity against causative pathogens.

Pippali

It pacifies *Doshas*, relieve gases and detoxify effect of *Ama*, therefore relief symptoms of diarrhea.

Diet & Lifestyle for *Balatisara*

1. Adequate amount of water and liquid diet always advised in case of diarrhea.
2. Light & easy to digest food articles like; liquid rice, soups of lentils, fruits like oranges, apple and melons can be used.
3. Heavy, oily, spicy and fried food is not suggested.
4. Goat milk & cow's milk in little amount can be used.
5. Uncooked food and food which is not fresh should not be consumed.
6. Consumption of junk foods prohibited in diarrhea.
7. Stress, restlessness and late night awakening should be avoided.
8. Timing of meal should not vary and specifically one should consume dinner two-three hours before to bed time.

Conclusions

- ✓ The improvement in *Agni*, use of electrolyte, administration of antibiotics and diet management are some approaches which offers beneficial effects in the management of childhood diarrhea.
- ✓ The correction in *Hetu*, *Upashaya* and *Doshas* can provide early relief in case of *Amaatisara*.
- ✓ Drug possesses *Madhura*, *Mridu*, *Laghu*, *Surabhi sampurna*, *Sheetal* & *Sanshamaka* properties can be used for the management of chronic diarrhea.
- ✓ The drugs possessing astringent and *Samgrahi* properties can also be used in case of *Balatisara*.

- ✓ *Stambhana Chikitsa* along with nutritional supply and intake of water help to relief from early symptoms of diarrhea.
- ✓ Drugs having *Katu-Kashaya rasa*, *Amahara* and *Ruksha* action posses *Amapachana* effect thus improves appetite and reduces mucus therefore can be used in common cases of *Balatisara*.

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