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

Dr. Pranali Sunil Bagwe¹*, Dr. Jayprakash Khairnar², Dr. Vijay Suryavanshi³

¹PG Scholar, Dept. *Kaumarbhritya*, S.M.B.T Ayurved College and Hospital, Igatpuri, Nashik, India.
³Professor and HOD, Dept. Of *Kaumarbhritya* S.M.B.T Ayurved College and Hospital, Igatpuri, Nashik, India.

**ABSTRACT**

*Balatisara* (Diarrhea) is a disease of children mainly involves symptoms of disturbed bowel movements. As per ayurveda *Atisar* can be classified into seven categories; *Vataja, Pittaja, Kaphaja, Bhayaja, Tridoshaja, Shokaja* and *Raktatisara*. The *Balatisara* affects large number of population worldwide 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 *Madhaya* and *Koshta shoonata* increases *Dravata* in *Pakwashaya* which finally resulted *Atisa*. The therapeutic measure must requires consideration of *Doshas* condition; *Alpa, Madhya* or *Bhahumatra of Doshas*. Langana can be done if *Doshas* are *Alpa*. *Langana* leads *Ag赎回eepana* 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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*Address for Correspondence:*

Dr. Pranali Sunil Bagwe, PG Scholar, Dept. *Kaumarbhritya*, S.M.B.T Ayurved College and Hospital, Igatpuri, Nashik, India.

**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 *Nirvana 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

| Nidan | Saman- Apan vata | Vata gets vitiated | Jathrgni mandya (Agnimandya) | Shunyata of Koshta | Production of ‘Ama’ | Increased Dravata of stool | Atisara |

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 Balatisra 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, Raktatisra 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 Anuvasaana Basti are choice of treatment in childhood diarrhea. When Pukvastha, 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 Anuvasaana Basti of Madhura Amla Dravyas or Bilwa, Shati and Vacha etc.

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. Yamana & 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 Dravyas also recommended in case of Kaphatisara.

- **Specific Management of Sannipataja Atisara:**
  
  As per Charaka in such case Vata Dosh should treat first there after Pitta and Kapha Dosh, while Sushruta mentioned that Pitta Dosh 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 Bhyaa Atisara:**
  
  Vataharakriya, Asvhasana and Harshana should be used as treatment protocol for such condition.

Ayurveda formulation for Balatisara:

- **Ashtakshari gutika**
- **Karpura vaṭ**
- **Jatiphaladya churna**
- **Kutajavaleha**
- **Balchaturbhadra churna**
- **Brihat Gangadhara churna**

Herbs for diarrhea Balatisara

- **Nagakesara**
  
  The Stambhana property of Nagakesara helped to cease Raktayukt Parusha.

- **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 Doshas’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 Dashas can provide early relief in case of Aamaatisara.
✓ 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.

References