

A Prakaradi Yoga: Immunomodulatory Measure in Children

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Abstract

The *Vyadhikshmatwa* is *bala* which does the *virodhatwa* of *vyadhi bala* & *pratibandha* of *vyadhi* which interns built the immunity against the pathogens. In classics the *vaya* is classified into 3 types mainly *bala yavvana* and *vridhdha*. Again in *bala* 3 sub classification viz. *kshirap*, *ksheerannada* & *annada* upto the age of *shodasha varsha*. In them *apakwadhatu* will be there by which proper immunity is not developed, which further lands into the invading of infections easily. To avoid recurrent infections in *bala Prakaradi yoga* has been explained, in *Arogya Raksha Kalpadrumah*, which consists of different combination of drugs with different *anupana*, dose, *kala*, *yoga* & benefits. Those consists of *medhya*, *rasayana*, *rakshoghana* & *balya* type of drugs upto to 12years of age. Here an attempt has been made to explore *Ayurvedic* immunization modalities to built the immunity which has been explained in *Arogya Raksha Kalpadrumah*.

Keywords: Immunity; *Vyadhikshamtwa*; *Prakaradi Yoga*.

Introduction

Up to 16years of age is called as *Bala* among them sub constituted as *Ksheerapa*, *Ksheerannada* & *Annada* [1] till the age of *Bala* the child will be having the *Apakwadhatu*, *Sukumara*, *Kleshaasaha* because his immunity is not completely developed [2]. There is evidence of children who use to get recurrent episodes of URTI, diarrhea, fever, cold & cough etc. it means the immune response to the particular pathogens not developed. To develop immunity in ancient science certain measures are explained those are called as the *Prakaradi Yogas* which are available in

Arogya Raksha Kalpadrumah [3]. By keeping *vyadhikshamatwa* of *bala* in the mind *acharya* explained *Prakaradi Yoga* which can be taken as the vaccination in *Ayurveda* and the drugs which are explained in *Prakaradi Yoga* consists of *deepaniya*, *balya* and most of them are *Rakshoghna* [4] drugs such as, *Vacha* (*Acorus calamus*), *Bilwa* (*Aegle marmelos*) etc.

It can be taken in practice to adopt the immunity or to boost the immunity in children by *Ayurvedic* line of measures. These *yogas* are explained to follow soon after birth till the age of 12yrs with permutation and combination of different drugs with different formulations in specific dose and *anupana*.

Prakaradi Yoga

| Day | Drug | Mode | Dose | Effect |
|----------|---|-----------------------|---------|--------------------------|
| 1-7 days | <i>VachaSwarasa</i> | Sinchana on murdhni | 3 drops | Dosha samyata&agnivridhi |
| 15 days | <i>BilwaPanchanga</i> & <i>Dhatri</i> | Internally for 7 days | - | To prevent the dosha |
| 1 month | <i>Musta</i> , <i>Hingu</i> , <i>Vidanga</i> with <i>Ghee</i> | Internally for 7 days | - | To prevent the disease |
| 3 month | <i>Sariva</i> , <i>Yosha</i> with <i>Navaneeta</i> | Internally for 7 days | - | To prevent the disease |
| 6 month | <i>Musli</i> , <i>Trikatu</i> with <i>Honey</i> | Internally for 7 days | - | To prevent the disease |

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One Year Old Child

| Age | Drug | Anupana | Duration | Effect |
|-------------------|---|----------------|----------|----------|
| 1year and 1 month | <i>Dhatri, Musta, Yusha</i> | Honey | 7 days | Swasthya |
| 1year&2month | <i>Dhatri, Musta, Yusha</i> | Butter | 7 days | Swasthya |
| 1year & 3 month | <i>Dhatri, Musta, Yusha</i> | Lukewarm water | 7 days | Swasthya |
| 1year & 4 month | <i>Dhatri, Musta, Yusha</i> | Honey | 7days | Swasthya |
| 1year& 5 month | <i>Dhatri, Musta, Yusha, Panchakola</i> | Ghee | 7 days | Swasthya |
| 1year& 6month | <i>Jiraka, Pippali</i> | Honey | 7days | Swasthya |
| 1year& 7month | <i>Dadima, Yusha</i> | Dadhimastu | 7days | Swasthya |
| 1year&8month | <i>Granthika, Kalinga</i> | Ghee | 7 days | Swasthya |
| 1year& 9 month | <i>Vella, Krishna</i> | Honey | 7 days | Swasthya |
| 1year& 10 month | <i>Jiraka Yusha</i> | Sharkara | 7 days | Swasthya |
| 1year& 11month | <i>Jiraka Yusha</i> | Milk | 7 days | Swasthya |
| 2year | <i>Sharkara, Jiraka</i> | Milk | 7 days | Swasthya |

3 Year Old

| Age | Dravya | Anupana | Duration | Effects |
|------------------|--|-----------------|----------|----------------------|
| 3year&1 month | <i>Guduchi, Pippali, Vacha</i> | Ghee& Sharkara | 1 month | Swasthyarakshanartha |
| 3year &2 month | <i>Vyosha, Yasti, Vacha, Abhaya Saindhav</i> | Ghee & Sharkara | 7 days | Swasthyarakshanartha |
| 3year & 3 month | <i>Vella, Musta, Vacha, Nagara, Pippali, Ela</i> | Ghee & Sharkara | 7 days | Swasthyarakshanartha |
| 3year & 4 month | <i>Sariva, Vyosha, Vacha, Jiraka, Kaisiki</i> | Ghee & Sharkara | 7 days | Swasthyarakshanartha |
| 3year &5 month | <i>Dadima, Vacha, Dhanyaka, Pippali</i> | Ghee & Sharkara | 7 days | Swasthyarakshanartha |
| 3year & 6month | <i>Bhunimba, Vacha, Khirataru Twaka</i> | Ghee & Sharkara | 7 days | Swasthyarakshanartha |
| 3year & 7 month | <i>Salaparni, Aabda, Veera, Rudhi, Vacha, Vridhi</i> | Ghee & Sharkara | 7 days | Swasthyarakshanartha |
| 3year& 8 month | <i>Dronapuspi, Vacha, Dwija Taru Twaka</i> | Ghee & Sharkara | 7days | Swasthyarakshanartha |
| 3year&9 month | <i>Trayamana, Vacha, Kutaja, Magadhi</i> | Ghee & Sharkara | 7 days | Swasthyarakshanartha |
| 3year &10 month | <i>Malati, Vacha, Jiraka, Kaisiki</i> | Ghee & Sharkara | 7 days | Swasthyarakshanartha |
| 3year & 11 month | <i>Shamipatra, Chitraka, Vacha, Jiraka, Pippali</i> | Ghee & Sharkara | 7 days | Swasthyarakshanartha |
| 3year & 12 month | <i>Vella, Talishapatra, Agni, Abhaya, Vacha</i> | Ghee & Sharkara | 7 days | Swasthyarakshanartha |

5 Year Old Child

- The same drugs were to be given in 5th year also, which are told in 3rd year.
- The replacement is done by *Puskarmoola* to the *Vacha*.

6 year Old Child

The child of 6 yrs old is given with the medicaments said for *Traibda*, added with the roots of *Shankhpushpi* instead of *Vacha* and medium for mixing the compound is ghee and honey instead of ghee & sharkara.

10 Year Old Child

| Age | Ghrta prepared from | Anupana | Duration | Effects |
|-------------------|---|------------------------|----------|---------------------|
| 10 year & 1month | <i>Abhaya, Vyosha, Saindhava, Vacha, Talishapatra</i> | - | 7 days | To prevent diseases |
| 10 year & 2 month | <i>Vidanga, Amalaki, Vyosha, Patha, Dadima, Chitraka</i> | Juice of Krishna munda | 7 days | To prevent diseases |
| 10 year& 3 month | <i>Jeeraka, Vyosha, Saindhava, Vacha, Jalada, Pushkara</i> | Juice of vetasamla | 7 days | To prevent diseases |
| 10 year& 4 month | <i>Jeevaniya Gana, Ambhoda, Jayantimoola, Chitraka & Granthi</i> | Aja dugdha | 7 days | To prevent diseases |
| 10 year& 5 month | <i>Draksha, Vruschiva, Patha, Aabda, Hapusha Moola, Kataphala, Dadima</i> | Aja dugdha | 7 days | To prevent diseases |
| 10 year& 6 month | <i>Sariva, Jalada, Usira, Trikatu, Surahwaya & Jeeraka</i> | Aja dugdha | 7 days | To prevent diseases |
| 10 year& 7 month | <i>Nagara, Amalaki, Anantha, Vidanga, Indrayava, Ambuda, Bilwa</i> | Aja dugdha | 7 days | To prevent diseases |
| 10 year& 8 month | <i>Pippali, Indrayava, Draksha, Brihati, Amsumatidwaya, Guduchi, Ambu, Nalada, Chitraka, Dadima, Patha, Ambhoda, Ugra, Shigru, Hingu, Punarnava, Bilwamoola, Malati, Utpala, Vidanga, Amalaki</i> | Mastu, sugar & jeeraka | 7 days | To prevent diseases |
| 10 year& 9 month | <i>Bilva, Ajamoda, Nirgundi, Chapalamoola, Dadima ---- Kwatha Kalka with - Vyosha, Ela, Chitraka, Vidanga</i> | Go ksheera | 7 days | To prevent diseases |

| | | | | |
|--------------------|--|-----------|--------|---------------------|
| 10 year & 10 month | Trayamana, Kalinga, Aabda, Chapalamoola----- Kwatha Kalka with---Ativisha, Musta, Bhunimba, Kutaja, | Go ksheer | 7 days | To prevent diseases |
| 10 year& 11 month | Dadima, Triphala, Vella, Magadhimoola, Chitraka, Jivanti | Mastu | 7 days | To prevent diseases |
| 10 year& 12 month | Patha, Bhoonimba, Kutaja, Punarnava, Dhanyaka----- Kwatha Kalka with – Vella, Palasha Twaka, Nishadwayama, Punarnava, Vyosha, Chitraka, Ananta & Madhuka | Madhu | 7 days | To prevent diseases |

12 year Old Child

1st month: *Vacha*, *ananta*, *madhu* and *sharkara* for 7 days

2nd month: *Brahmi*, *ananta*, *shamivalka*, *munda*, *magadhi*, *amalki*, *vishala*, *vajravalli*, *bhunimba*, *indurekha* and *gopika* are to be given from second month onwards till twelfth month for 7 days in consecutive orders.

Discussion

It has been said that the *Prakaradi Yoga* prevents the child from disease as like *shatru* in terms by developing immunity [5]. Due to vitiation of *doshas* variety of disease are occurring to children due to various reasons. For the prevention the occurrence of disease, the medicaments formulated in *Prakaradi Yoga* with age wise [6].

The drugs which are used in *Prakaradi Yoga* are almost going to act on central nervous system such as, *Vacha* which is considered as the *Rakshoghna*, behavior modifying, anticonvulsant & memory enhancer and it is commonly used in the pediatric practice. Upto 7 days (*Jaatamatrasya*) the *Vacha* with *Tripadika* 3 drops instillation over the anterior fontanelle leads to stimulation of nervous system by acting on Brain with the help of absorption as it is *Ugragandhi*. It is having the high penetration capacity by its *Gandha* [7,8].

Even some other modulation such as – Before finishing the *Chudakarma* the root of *Vacha* is tied over the body of the child, and the child is advised to apply either with *hasma*, *bhuti*, *bhashita* etc on body to prevent the disease, these applications may help to prevent from microbes by acting as the antimicrobial activity [9]. *Prakaradi yogas* are explained upto the *balaavastha* because in that age the child has *alpabala*

and *alpavyadhikshmatwa*. To boost *vyadhikshmatwa* these *yogas* are explained. Continuously *yogas* are not been given, in between them a gap for few days is kept to check whether immunity is built or not, such as after 3yrs and after 6yrs.

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