

**ROLE OF PANCHAKARMA IN BALROG CHIKITSA: A
COMPREHENSIVE REVIEW STUDY****Vd. Sumit D. Pawar*¹, Vd. Sandip D. Sontakke²**

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ABSTRACT

Balrog Chikitsa, the Ayurvedic branch of pediatrics, emphasizes preventive and curative healthcare tailored to the delicate physiology of children. Panchakarma, the five-fold bio-purificatory therapy, is traditionally considered intensive; however, classical Ayurvedic literature advocates its modified and judicious use in pediatric populations. This review aims to critically analyze the role of Panchakarma in Balrog Chikitsa with respect to its indications, adaptations, therapeutic benefits, and safety considerations. A thorough review of classical texts and contemporary studies reveals that therapies such as mrudu Basti and Virachan are particularly beneficial in managing pediatric disorders including respiratory diseases, gastrointestinal disturbances, skin diseases and neurodevelopmental conditions. Properly administered Panchakarma enhances immunity, improves metabolic functions, and supports overall growth and development. However, strict adherence to age-appropriate modifications and clinical judgment is essential to ensure safety.

KEYWORDS: Panchakarma, Balrog Chikitsa, Ayurveda Pediatrics, Basti, Nasya, Virechana, Child Health, Immunity, Ayurvedic Therapy

INTRODUCTION

Childhood is considered a critical phase in Ayurveda due to ongoing growth and development of Dhatu (body tissues) and Aagni (digestive/metabolic capacity). Children are inherently

delicate, making them more susceptible to diseases, particularly those involving Kapha dosha.

“बालो हि नाम मृदुः सुकुमारोऽल्पसत्त्वो भवति”

(Charaka Samhita, Sutrasthana)

This highlights the need for gentle and carefully administered therapies.

Panchakarma, comprising Vaman, Virechan, Basti, Nasya and Raktamoshana is primarily aimed at detoxification and dosha balance. In pediatric care, its application is not only therapeutic but also preventive when adapted appropriately.

The dominance of Kapha Dosha in childhood makes certain Panchakarma procedures particularly relevant.

METHODS

This review study is based on:

Classical Ayurvedic texts:

Charaka Samhita

Sushruta Samhita

Kashyapa Samhita

Ashtanga Hridaya

Peer-reviewed journals on Ayurveda and integrative medicine

Published clinical studies and review articles on pediatric Panchakarma

A qualitative synthesis approach was used to analyze:

Indications of Panchakarma in children

Procedure modifications

Clinical outcomes

Safety considerations

RESULTS

1. Fundamental Principles of Pediatric Panchakarma

Due to the immature physiological state of children, Panchakarma must be administered in a Mrudu (mild), Laghu (light), and Shehapradhhana (unctuous) manner.

“न बालानां तीक्ष्णानि कर्माणि प्रयोजयेत्”

(Kashyapa Samhita)

Thus, strong evacuative therapies are contraindicated unless absolutely necessary.

2. Adapted Panchakarma Procedures in Balrog

a. Basti (Medicated Enema)

Basti is considered the most important and safest Panchakarma therapy in pediatrics.

“बस्तिः अर्धं चिकित्सा”

(Charaka Samhita)

Indications:

Chronic constipation

Neuromuscular disorders

Malnutrition

Developmental delays

Types used:

Anuvasana Basti (unctuous)

Matra Basti (low dose)

b. Nasya (Nasal Therapy)

Nasya is particularly useful in Urdhvajatrugata disorders (above clavicle diseases).

Indications:

Allergic rhinitis

Sinusitis

Recurrent upper respiratory infections

Enhancement of cognitive function

c. Virechana (Mild Purgation)

Administered using gentle herbs.

Indications:

Skin disorders

Liver disorders

Pitta imbalance

d. Vamana (Therapeutic Emesis)

Rarely used in children due to its intensity.

Indications (restricted):

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Severe Kapha disorders like bronchial asthma

e. Raktamokshana (Bloodletting)

Generally avoided in children except in very specific conditions and under expert supervision.

3. Panchakarma in Common Pediatric Disorders

a. Respiratory Disorders (Tamaka Shwasa, Kasa)

Nasya and mild Vamana reduce Kapha accumulation

Improves airway patency and reduces recurrence

b. Gastrointestinal Disorders

Deepana-Pachana followed by mild Virechana

Improves Agni and nutrient absorption

c. Skin Disorders

Virechana eliminates vitiated Pitta

Acts as systemic detoxification

d. Neurological Disorders

Basti nourishes nervous system

Supports dhatu development

e. Immunity Enhancement

Panchakarma improves immune strength

Prevents recurrent infections

4. Age-wise Considerations

Infants: External therapies (Abhyanga, mild Swedana)

Toddlers: Matra Basti, mild Nasya

Older children: Carefully monitored Virechana

5. Benefits of Panchakarma in Children

Detoxification without significant adverse effects

Improved digestion and metabolism

Enhanced immunity

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Better physical and mental development
Reduction in recurrence of chronic diseases

6. Safety and Ethical Considerations

Strict dose adjustment
Avoidance of strong drugs
Continuous monitoring
Proper pre-procedure and post-procedure

DISCUSSION

Panchakarma in Balrog Chikitsa represents a highly individualized therapeutic approach. Unlike adult Panchakarma, pediatric applications prioritize safety and gradual correction of doshic imbalance.

The predominance of Kapha in childhood aligns with the use of therapies like Nasya and Basti, which effectively manage respiratory and neurological disorders.

Modern research indicates potential benefits in improving immunity and reducing chronic disease burden. However, limitations include:

Lack of standardized protocols
Limited large-scale clinical trials
Variability in practice

Future research should focus on evidence-based validation and integration with modern pediatrics.

CONCLUSION

Panchakarma, when adapted appropriately, plays a vital role in Balrog Chikitsa. It offers a safe and effective approach for managing pediatric disorders while promoting holistic growth and immunity. Careful selection of procedures, dosage, and patient assessment is crucial. Further scientific validation is required to strengthen its global acceptance.

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