



A REVIEW THE TREATMENT MODALITY OF SHEETALA (MEASLES) IN AYURVEDIC TEXT BALTANTRAM

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ABSTRACT Measles is a highly contagious viral infection that infects over 6 million people every year and kills 300 children each day. This disease is associated with many complications like pneumonia, encephalitis, diarrhea and otitis media. In modern science there is no treatment of this disorder only vaccination is the choice. In ayurveda there is no any description found in ayurvedic literature about the masurika only Madhavakar has described the detailed description of Masurika with special reference to its etiology, pathogenesis, symptomatology, types and prognosis in chapter 54 Masurika Nidana, after Madhavkar². Acharya Kalyan was the first author to categorize the Sheetala as an independent disease status along with a detailed management of this disease in chapter Sheetala Chikitsa in thirteenth part of his book Baltantram³. He described the treatment of Sheetala without advocate its symptoms. Its treatment is exact according to its symptoms that are found in modern science. He described its treatment with mantras, fumigation and many other herbal drugs that kill the virus in the atmosphere and also relieve the symptoms as early as possible. This article aims to explore the treatment modalities of Measles because in modern science there is no treatment only prevention by vaccination is the choice and also this article lights on the work of Acharya Kalyan in the field of Kaumarbhritya.

KEYWORDS : Sheetala, measles, Baltantram, Kalyan.

INTRODUCTION

In India measles is the third most common cause of death among less than five years old children, thus constituting a major killer disease. Measles is highly contagious viral infection and especially dangerous for young children. Measles infects over 6 million people every year and kills 300 children each day. The disease burden is high due to its higher infectivity (R0 value 12-18) and associated complications like pneumonia, encephalitis, diarrhoea, and otitis media. It involves the children mainly 9 months to 15 years¹. So measles is an important global health problem. In modern there is no treatment of this disorder only vaccination is the choice. In ayurveda Masurika has been correlated with various contemporary diseases such as small pox or variola, chicken pox and eruptive xanthoma.

In ayurveda there is no any description found in ayurvedic literature about the masurika only Madhavakar has described the detailed description of Masurika with special reference to its etiology, pathogenesis, symptomatology, types and prognosis in chapter 54 Masurika Nidana, after Madhavkar², Acharya Kalyan has described the treatment modality of Measles as Sheetala in his text book Baltantram in thirteenth part³. He described its treatment with fumigation by easily available herbal drugs that kill the virus in the atmosphere as well as relieve the symptoms early.

This article aims to explore the treatment modalities of Measles because in modern science there is no treatment only prevention by vaccination is the choice.

The present review is focused on exploring the contents of Sheetala Chikitsa in thirteenth part of Baltantram. The present review may provide new insights and may become a torchbearer for future works on Sheetala. The present exploratory review of Sheetala Chikitsa may open the doorways for a better understanding the management of epidemic and pandemic viral infections with skin eruption in ayurveda.

MATERIALS AND METHODS

For the present study the primary source of data is the classical text books of ayurveda, various peer reviewed journals, previous studies conducted on similar subject at different universities and other research centers. Information available on internet is also incorporated in the study.

Aims and Objectives

- To explore the treatment modalities of Sheetala (measles).
- To discuss the effect of mantras and fumigation in the treatment of Sheetala (measles).

Disease Review-

Etiopathogenesis of Sheetala (Measles)-

Measles is a worldwide disease. Both epidemic and endemic forms occur. Highest incidence is in winter and spring. The poorer the community, the higher the occurrence of the infection at lower age. Acharya Madhavkar had described the etiopathogenesis of Measles. He said excessive or regular consumption of food items such as spicy (Katu), sour (amla), salty (lavana), alkaline or caustic (kshara), incompatible diet (viruddha), high meal frequency/day (adhyashana), spoiled or contaminated food (dushta), excessive consumption of common beans or legumes (nishpava), and green leafy vegetables (shaaka), contaminated or polluted air and water and particular cities or states or countries (desh) afflicted by malevolent spirits (Krura Grahekshana) causes vitiation of bodily humors (doshas) and blood (dushta rakta) that ultimately leads to the manifestation of skin eruptions (pidika) similar to that of lentils (masura) in size, shape, and color (akriti and samsthan)^{4,5}.

Effects of diet on immunity of a child-Pattern of food intake might impact on the functioning of the immune system. Katu, lavana and kshara predominant diet denotes a low fat and low calorie content that is deficient in essential amino acids, fatty acids and micronutrients. Fat soluble vitamins (A, D, E and K) are absorbed together with dietary fats as katu, amla, lavana and kshara predominant diet is not fat diet, it may hamper the functioning of the immune system and may increase the susceptibility to infections (Masurika)⁶.

Treatment as Per Ayurvedic Text-

The disease is the focus of strange beliefs. As for instance, it is generally regarded as Curse of the Goddess. Either no medicines or the ones which are supposed to cause greater eruption are preferred by the folklore.

Acharya Kalyan has described its treatment with easily available medicines which are given below-

Dravya Bhoot Chikitsa of Sheetala (Measles)⁷-

Acharya Kalyan mentioned many herbal drugs in the treatment of Sheetala that relieves the symptoms of Sheetala. Formulations of drugs are given below-

- Decoction of bark of kachnaar mix and swarna makshik gets relief from small pox.
- Drink the milk of ass or kalka of tulsi leaves.
- To check the infection from maculopapular rash apply the paste of vanopal bhasma or fumigate it with dried leaf of tulsi.
- Pain of small pox should be relieved by drinking moti pishti or mukta shukti and Kachap prishtha mix with water.
- If a person who is infected with small pox can drink water that contains turmeric and seed of tamarind.

Adravaya Bhoot Chikitsa of Sheetala (Measles)⁸-

Acharya Kalyan mentioned Sheetala Strota in the treatment of Sheetala that should be chant for 108 times in front of patients.

➤ Tie the neem leaves on the gate.

So Acharya treat the Sheetala (measles) very scientifically.

DISCUSSION-

Effects of Fumigation (Dhoopan) on Sheetala-

In fumigation dhoopan dravyas generally consist of drugs that show a synergetic effect and help in propagating the activity of the main antimicrobial drugs. In dhoopan karma, dhoopan dravyas have predominantly the quality of agni and vayu mahabhuta. These mahabhootas help in rapid spreadibility and quicker combustion in Dhoopan Karma. In nature these drugs are laghu, sheeta, ruksha and vishada. Most of the dravyas are volatile in nature. Their volatility becomes advantage in lowering microbial contamination. Researchers have shown that volatile oils, which often contain the principle aromatic and flavoring components of herbs and spices, if added to food stuffs, would cause no loss of organoleptic properties, would retard microbial contamination and therefore reduce the onset of spoilage. Furthermore, evidence suggests that these oils possess strong antioxidant activity.⁷

It dilates blood vessels and help in oxidation of blood. It leads to adequate tissue perfusion and oxygenation. Thus, reduces inflammation, itching and eliminates infection.¹⁰

So fumigation with tulsi leaves help to kill causative agent of masurika and elliviate its symptoms.

Scientific Relevance of Khar Milk-

As chemical composition of Khar milk is (Ass milk) similar to human milk so it is an alternative for infants with severe IgE mediated cow's milk protein allergy¹¹. Donkey milk is rich in lysozyme, a natural antimicrobial agent which catalyzes the hydrolysis of glycosidic bonds of mucopolysaccharides in bacterial cell wall. Thus from an immunological point of view, donkey's milk is said to induce release of inflammatory and anti-inflammatory cytokines from human peripheral blood. Lactoferrin present in milk acts as an anti inflammatory protein at local sites of inflammation including the respiratory and gastrointestinal tracts¹². As per ayurveda khar milk has the properties like ushna guna, vatahara and helps in controlling the irritability present in the children. Along with ushanaguna, lavana, amla rasa and laghu guna helps in agni deepana, which is required for amapachana if present and helps in curing the cough, fever and loose motions in children. Thus it can be considered that kharadugdha increases immunity and prevents other disorders.

Scientific Effects of Mantras-

Study proves that meditation is beneficial in various health benefits like anxiety, pain, depression, stress, and insomnia.

Many scientific studies have found evidence to suggest that mantras chanting should be a non pharmacological strategy to foster positive mental and physical health among the general population¹³.

Lehrer, et al. showed that participants practicing CSM meditation, compared with those practicing progressive relaxation or with controls, displayed greater cardiac deceleration, more frontal EEG alpha, and fewer symptoms of cognitive anxiety than those in the other groups.

A study indicate that performing mantras even for a single-20 min session can have a positive influence on the ant-body fluid, s-IgA, and can improve the immune states of the meditators.

Gyatri mantra chanting has significant effects on attention, memory, improve learning power and improve quality of life. So we can say mantras chanting have great impact on our generalized mental and physical health. So Sheetala mantra chanting also has great positive impact on child,s health suffering from measles.

CONCLUSION

Acharya Kalyan was the first author to categorized the Sheetala as an independent disease status along with a detailed management of this disease in chapter Sheetala Chikitsa in thirteenth patal of his book Baltantram. In his book acharya described treatment of many common diseases of children with easily available herbal drugs. One of them he also mentioned the treatment of Sheetala that commonly occur in

children and results many complications and even death of a child also occur. Acharya Kalyan described the treatment of Sheetala without advocate its symptoms and its treatment is exact according to its symptoms that are found in modern science. So treatment of Sheetala is very scientific of Masurika in thirteenth patal of Baltantram. The present review may provide new insights and may become a torchbearer for future works on Sheetala. The present exploratory review of Sheetala Chikitsa may open the doorways for a better understanding the management of epidemic and pandemic viral infections with skin eruption in Ayurveda.

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