

ROLE OF VACHA IN KHAPHAJ VIKAR (BALAROGA)

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ABSTRACT

Using Ayurveda in Ayurvedic texts, vacha is the most significant medicinal herb. This is applied to numerous disorders. It is one of the herbs that is most frequently utilised as medicine in Ayurvedic literature. In Ayurvedic literature, there is a summary of Ancient studies as well as references to Ayurvedic qualities. *Acorus calamus* Linn.) Study demonstrates that the plant has a variety of pharmacological effects. The traditional science of Indian medicine refers to childhood as Shishu, Bala, or Kumara Avastha. The primary characteristics of this age group include absence of sexual desire, sleeping propensity, and Kumara Shrirra. This is a period of mental and physical development. As paediatric disorders are covered in Kaumarabhritiyaka, Kaumarabhritya, Kumara Tantra, or Kaumarabhritya (Bala Roga), this article will review vacha and discuss its usage in kaphaj vikar.

KEYWORDS: Vacha, *Acorus calamus* Linn., Pharmacological action, Bala Avastha, Bala Roga.

INTRODUCTION

It is one of the most often used concepts in Ayurvedic literature. In the Vacha Vedic Literature References can be cited here and there The Atharvaveda has a detailed account of Vacha's medical applications. In this Veda, it is explicitly stated that Vacha appears to be Krimihar medicine; the reference to it in Murcha was made above, and throughout the Vedic era, it was utilised in Manovaha Strotasa. It seems to have a lot of applications in Puran Kala, particularly in Manovaha Strotasa, Pradya and Medhya Karma, etc. Sayana added that this substance enhances a person's voice and IQ. It is one of the plants that is described and recommended in great detail in Ayurvedic literature.^[1] Doshic balance is crucial for maintaining good health since the three doshas (Vata, Pitta, and Kapha) are primarily involved in the pathophysiology of disease. The ailments that are caused by kapha dosha disruption are predominant in Bala Avastha. Diseases like Balshosha, Phakka Roga, Karshya, etc. are brought on by the vitiation of the Kapha and Vata doshas. Ayurveda recommends a nutrition plan for kids in addition to recommended daily routines in order to preserve the body's proper physiological functioning and Doshic equilibrium. Physical strength is lower in Bala Avastha because the Dhatus have not yet developed, making people more susceptible to infectious infections. As a result, paediatric care requires distinct therapeutic approaches for the management of various diseases as opposed to diseases that affect

adults. Ayurveda suggested different modalities for the prevention, diagnosis and treatment of pediatric disease. This article emphasized preventive, diagnostic and therapeutic approaches of ayurveda for the management of Bal-Roga.^[2-7]

Vernacular Name^[8] Latin Name: Acorus Calamus Linn. English name: Sweet flage Arebi: Udalabuja, Akarana, Baj, Bija Common Name in Asia; Chagpu Farasi: SosanGujarati: Vaj, Ghodavaj Bengali: Vach Hindi: Vacha, Ghodabach, Ghoravach Japani: Chingapo Korian: Bacch. Midarian Chines: Shobu Malayalam: Vayampu, Hemavati, Bhutanashini, Jatila Marathi: vekhanda, Gorabacha, Vasabacha Nepali: Bojo Panjabi: Bari, boj. Sansakrit: Khmer Tamil:Vashambu Telagu: Vasa, Vas, Vacha Unani : Akarun In Dhanvantari Nighantu Vacha has two types i.e. Vacha and Shwtavacha. According to Dhanvantari Nighantu Vacha has Vamak, Katu, Tikta rasa, Usna virya, Vatakapha Vikar nashak property. It was used in Kanthya, Krumighana, Hrudyaroga, Vibandha, Adhaman and Shulnashak and Shweta vacha has Katu rasa, Ruksha guna and Ushna virya property. It is used in Malamutrashodhak, Agnidipak, Kaphavatahar, Medha, Vayu, Amapachak, and Shula nashak property.^[8] In Madanapal Nighantu Vacha is mentioned in Sthulyadi Gana.^[9] According to Raj Nighant Vacha has two types i.e. Vacha and Shwtavacha.; Vacha has Ushna virya, Tikshna guna, Katu rasa, Kaphadosha and Amadosha property and it is useful in Vatajajwara, Atisarnashak, Vamankark, Unmad and Bhutanashak. Shwetavacha is useful in Budhi, Medha (Dharanashkti), Ayu and Kaphanashak is also useful in Viryavardhak. Vatvikar, Bhutagraha, Krumiroga and Agnidipka.^[10] In Kaiyadeva Nighantu Vacha has Katutikta rasa, Katu vipaki and Sheeta virya. It is useful in Ampachak, Agnidipak., Jivaniya, Vamak, Medha, Swarwardhaka, it also used in Unmad, Rakshasa, Krumi, Kapha, Vayu, Shula, Vibaandha, Adhaman and Malamutrashnshodhaka.^[11] In Bhavprakash Nighantu Vacha has classified into four types i.e. Vacha, Parsikvaha, Mahbhari Vacha and Kulinjan.

MATERIALS & METHODS

DISCUSSION

Pharmacological Action

Anti-Inflammatory and Immunomodulatory Effect The methanolic A. calamus rhizome extract (12.5 µg/mL) prevented the VCAP-1 and intercellular expression on the surface of mouse myeloid leukemia cells and murine endothelial cells, respectively^[12] In an in vitro anti-inflammatory study (Red blood cell membrane stabilization method), the A. calamus aqueous rhizome extract at the highest concentration of 10 mg/mL showed insignificant activity against hemolysis inhibition and the RBC membrane stabilization percentage.^[13]

Anticonvulsant Effect

The methanol extract shows anticonvulsant effects feasibly through potentiating the action of gamma-aminobutyric acid (GABA) pathway in the central nervous system.^[14] When it comes to the purification of A. calamus rhizome in cow urine, it is advocated in the Ayurvedic pharmacopoeia of India (API) before its therapeutic use. The purified rhizome was investigated in a maximal electroshock (MES) seizure model, and phenytoin was used as the standard drug.

Anti-tubercular Activity

Volatile oil from roots inhibited the growth of M. tuberculosis in concentration of 10 mcg/ml. It also inhibited in the growth of gram-negative organism in concentration of 0.4-0.6 mg/ml. LD50 for gunieapigs was found to be 0.6275ml/100g body weight.^[15]

Antispasmodic Action

Pharmacological studies on calamus oil showed that the oil and its fractions possess carminative properties. In moderate doses, the oil produces antispasmodic action on involuntary muscle tissue, inhibiting the excessive peristaltic movement of intestine. The smooth muscle activity of greater than that of essential oil.^[16]

Stimulant Action It has stimulant action on the central nervous system and mild colonic convulsion is observed in guineapigs. Toxicity studies show the LD of oil to be 0.0275 ml. 100g body weight for guineapigs for six weeks, the oil did not produce any toxic symptoms.^[17]

Sedative and Analgesic Activity

The essential oil free alcoholic extract of rhizomes was found to possess sedative and analgesic properties and caused a moderate depression of blood pressure and respiration.^[18] The extract showed no significant antiepileptic activity. In this case of albino rats slightly higher dose was required to produce marked sedative effects. These potent sedative and analgesic effect appear to justify its historical use in Ayurvedic system of medicine for various mental disease as of excitable nature.^[19]

CONCLUSION

There are different vyadhi found in kaumarbhritya mainly khapha doshpradhana, vacha has properties like kaphahara and other Pharmacological action also, so vacha can be used in different conditions and vikara in balaroga.

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