

Kumarkalyan Rasa



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Indeed a Kalyankar (welfare causing) Kalpa for frail, skinny and ill children.

Textual reference:

सिन्दूरं मौक्तिकं हेम व्योमायो हेममाक्षिकम्।
कन्यारसेन सम्मर्द्य कुर्यान्मुद्गमिता वटी॥
वटिकां वटिकाधर्दं वा वयोऽवस्थां विविच्य च।
क्षीरेण सितया साधर्दं बालेषु विनियोजयेत्॥
भै. र. (बालरोगाधिकार)

Rasasindoor :

Mouktik Bhasma

Suvarna Bhasma

Abhraka Bhasma

Loha Bhasma

Suvarnamakshik Bhasma

Bhavana – Kumari Swarasa

Dose – 1/2 to 1 Ratti (general dose)

Anupan – Dugdha and Sharkara, Ghruta and Sharkara, Stanya

Benefits -

कुमाराणां ज्वरं श्वासं वमनं पारिगर्भिकम्।
ग्रहदोषांश्च निखिलान् स्तन्यस्याग्रहणं तथा॥

कामलामतिसारश्च कृशतां वह्निवैकृतम।

रसः कुमारकल्याणो नाशयेन्नात्र संशयः॥

भै. र. (बालरोग)

It is very useful in children in conditions like Jwar, Shwas, Vaman, Parigarbhik, Grahadosha, inability to suck breast milk, Kamala, Atisar, Krushata and Agnimandya. It is better to discuss how Kumarkalyan Rasa proves to be Kalyankar for children with respect to different stages/ Avastha.

- 1) Fetal stage during pregnancy
- 2) Ksheeradavastha
- 3) Ksheerannad Avastha
- 4) Annad Avastha

1) Garbhini Avastha

Pregnancy with condition like low foetal weight, polyhydramnios, Glani and nausea can be very well handled by administering Kumarkalyan Rasa at Vyan Kala i.e. post lunch along with honey. It acts by improving the Rasa-dhatwagni and thus the Garbha-poshakansha. Rasasindoor, Loha Bhasma and Suvarna Bhasma present in Kumarkalyan Rasa relieve the Srotorodh and are capable of nourishing the Teja in the body. An efficient Sookshma Pachan ensures uninterrupted nourishment to the foetus.

व्यानेन रसधातुर्हि विक्षेपोचित कर्मणा।

According to rule, medicine administered in Vyan Kala quickly and efficiently acts on Rasa Dhatu. (व्यानेऽन्ते प्रातराशस्य - अ.ह.सू. 13) means post lunch

2) Ksheeradavastha :

मातुरेव पिबेत स्तन्यं तत्परं देहवृद्धये।

Ksheeradavastha is that stage when the nourishment of child entirely depends upon breast milk. However, at this stage, many references advising Lehan with Vacha and Suvarna levigated on a flat stone are found. If mother is suffering from a Kapha predominant illness, her breast milk vitiated with Kapha inadvertently causes infirmity in her child. The child progressively grows weak and gets afflicted by some or the other Pranvaha Srotas Vyadhi like Kas or Shwas. In such situation, the mother must be first subjected to Shodhan Karma like Vaman etc and then started Vasant Kalpa (according to Agni). Alongside, Kumarkalyan Rasa must be given to the child. Thus, while taking care of Dosha Dushti on one hand, on the other, to regain the lost strength, excellent Balya and Sheeta Mouktik Bhasma, Pranavaha Srotas strengthening Abhraka Bhasma, Raktagami Loha Bhasma and Rasa-Rakta Pushtikar Suvarnamakshik Bhasma play a very important role.

3) Ksheerannad Avastha :

It is a well known fact that Acharya Kashyap has composed the finest and most elaborate treatise on Balrog. In other words, Kashyapacharya is known as the official paediatrician among the Ashtang Ayurved. Kashyap has advised, after completing 6 months, along with breast milk, an infant should be given fruit juices and slowly move towards solid food.

At this stage, if food contains any contamination, it might develop some adverse effects on the child like jaundice or diarrhoea or other symptoms like skin eruptions, urticaria or loss of appetite.

Looking at the causes, it seems that Kumarkalyan Rasa containing Bhavana of Kumari Swarasa which is Vishaghna, Hrudya, Rasayan and Sheeta in property, would indeed be beneficial. It brings about Srotorodhnashan, Raktashuddhi and Amapachan. In such conditions, along with general treatment it is necessary to negate the toxic effects too. Suvarna Bhasma is an excellent Vishaghna as claimed by Acharya Vagbhat in Ashtang Hrudaya -

हेमः गरेषु (श्रेष्ठम्) अ. ह. उ. ४०

In addition to Suvarna Bhasma and Kumari, Mouktik Bhasma also exhibits properties which neutralise toxic effects.

Parigarbhik -

This is a paediatric speciality disorder. In this, due to consumption of breast milk of a pregnant women the child develops symptoms like Agnimandya, Jwar, Kas, Shwas, abdominal distension etc.

The child progressively becomes weak. As nourishment of Dhatus is affected there is emaciation and Varna and Kanti are hampered. Kumarkalyan Rasa works just like an elixir in this paediatric problem. Suvarna, Abhraka, Loha, Mouktik are Srotas strengthening Dravyas along with which there is Teekshna Kupipakwa Rasayan Rasasindoor which brings about Sroto-Shodhan while Kumari Swarasa eliminates the Rasagat Dushti.

This Kalpa is Balya for Rasavaha, Annavaha,

Raktavaha and Purishvaha Srotas.

4) Annad Avastha :

The is the stage where a child stops having breast milk and is completely on solid food. Consumption of heavy to digest foodstuffs, excessively oily/Snigdha, excess food, Adhyashan which means eating even after meals in this stage causes Rasavaha Srotodushti, Ama and Agnimandya.

This condition requires Amapachak, Srotoshuddhikar and Srotobaladayi treatment. This Kalpa is capable of improving the Pachakagni as well as Rasa and Rakta Dhatwagni and thus improve the nourishment process. Furthermore, it increases Sarvadaihk Shukra and resultantly improves immunity of the body.

Use of Kalpa according to Hetu

One special Hetu found in cities like Mumbai is that pregnant women consume about 250 ml to 1.5 litres of fresh coconut water daily. Children born to these females and who suffer from diseases like Shwas, Kas etc of the Pranavaha Srotas (which is a Matruja Srotas) respond very

well to Kumarkalyan Rasa. By this example, we experienced the use of Kalpa according to the Hetu.

Conclusion -

Dosha – Tridoshashamak specially Kapha-Vatashamak

Dooshya – Rasa, Rakta, Majja, Shukra

Avayava-Gamitva – Amashay, Grahani, Annavaha Srotas, Useful in Amashay Samudhbhava diseases.

Guna – Laghu, Srotogami, Snigdha, Vrushya, Saptadhatuposhak, Raktaprasadak, Ojovardhak, Rasayan

This is an excellent Khalvi Rasayan Kalpa which has action predominantly on the Annavaha, Rasavaha, Purishvaha Srotodushti Lakshana, Amashay-Samudhbhava Vyadhi and in Dourbalya.

It is indeed Kalyankar to use this Kalpa in all Avastha of Kumar.

Balyavastha is that of Kapha dominance. Hence the possibility of children being affected by Kaphapradhan Vikar is high. Children being more attracted to sweet tasting food articles, the Kapha Vrudhhikar Bhava definitely increase. When there is uncontrolled increase of Kapha Dosha, according to the verse **कफस्य सुतरां उरः।** there is accumulation (Sanchay) of Kapha in Urahsthana i.e. Pranavaha Srotas leading to diseases such as Kas, Shwas etc. Initially there are Lakshan of Pratishyay which may escalate to Kas, Shwas etc. Continuity of Hetu Sevan or due to lack of proper treatment, it may get transformed into Tamak Shwas, in which condition the children have to face more agony. Rasasindoor which is present in Kumarkalyan Rasa is extremely effective in disease of Pranavaha Srotas. Also Suvarna Bhasma, Abhrak Bhasma and Kumari Swaras present in this Kalpa, help to remove the deformity present in Pranavaha Srotas, thus relieving the child from recurrent symptoms of Kas, Shwas. Being an excellent Rasayan Kalpa, it proves extremely beneficial for the purpose of Apoonarbhav Chikitsa.