AYURVEDIC CONCEPT OF PAIN

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ABSTRACT

As per Ayurved, the internal functions of the body are controlled by three doshas. When these doshas are imbalanced, they lead to various disorders. Pain is the result of imbalanced Vata dosha. WHO defines pain as an unpleasant sensory or emotional experience associated with actual or potential tissue damage or described in terms of such damage child may experience acute to chronic pain. Due to developing systems, infants and children may be at greater risk than adults for protracted pain sensitivity. Ayurvedic science refers Shoola as any type of pain. There are many medicines in modern science for relieving the pain in children but they may have adverse effects on the body also. In Ayurveda, there are many therapeutic procedures and herbal formulations, which relieve the pain in children and have no adverse effect at all. After going through various Ayurvedic literatures, Journals and Articles, here we are proposing many herbs, Ayurvedic formulations and various procedures like Yoga, Meditation, Panchkarma therapy, Snehana, Svedana, which alleviates the pain in children.

Keywords: Pain, Shoola, Dosha, Yoga, Panchkarma

INTRODUCTION:

According to the basic principle of Ayurved the five elements in the body merge in pairs to form doshas, named vata doshas, pitta dosha, and kapha dosha. The internal functions of body are controlled by these doshas. When these doshas are imbalanced they lead to ill health. Pain is the result of these imbalanced doshas.

As per IASP (International Association for the Study of Pain) pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage³. WHO defines pain as an unpleasant sensory or emotional experience associated with actual or potential tissue damage or described in terms of such damage ². Pain is a protective body mechanism which alerts the person about the harmful condition that occurs in body. Pain can be somatogenic or psychological. The somatogenic pain occurs due to physiological causes or external injuries and psychological pain does not have any physical causes but it occurs due to the some disturbance in the mind.

No matter however mild the pain is anywhere in the body it lands you in a state of discomfort and affects your day to day activities. Perception of pain in pediatrics is complex, and entails physiological, psychological, behavioral, and developmental factors. Child may experience acute to chronic pain. Due to developing systems, infants and children may be at greater risk than adults for protracted pain sensitivity.

Ayurvedic science refers shoola as any type of pain. Shoola can appear as roop or upadrava of a disease. Shoola is classified as Swantantra Shoola (vyadhi itself) or Partantra Shoola (updrava of a disease). Shoola and Roga both have same meaning.
that is pain giving. There are many medicines in modern science for relieving the pain in children but they have many adverse effects on the body. In Ayurveda there are many therapeutic procedures and herbal formulations which relieve the pain in children and have no adverse effect at all. Acute pain measurements and management in children are difficult to achieve in modern science. In my opinion infant and smaller child cannot speak or we cannot understand their language when they are in pain. We cannot understand their site of originating pain. But Acharya Kashyapa describes features of different type of pain. In modern science there is no specific treatment to pacify pain in children, but in Ayurved there are many ways to treat pain in children. These methods are very effective in children without any harmful effect on children.

REVIEW OF LITERATURE: Acharya Sushruta has explained Shoola as abdominal pain in his uttaratantra; he has also explained shoola as the upadrava of gulma in the same chapter. Madhavkar has explained about shoola in his Madhava Nidanam. We get reference of shoola in Kashyapa Samhita khil sthana.4

MATERIAL & METHODS: Acute pain measurement and management in children are difficult to achieve in modern science. After going through various Ayurvedic literatures, journals, articles we are proposing here many herbs, Ayurvedic formulations, and various procedures in Ayurved like yoga, meditation, Panchkarma therapy, Snehana, Svedana, which alleviate the pain in children. The literature search is also conducted with a variety of data bases, including Psycho Info, Pub Med etc. In children who are below 5 year it is difficult to measure the pain as most of children cannot speak their problem. In Kashyapa Samhita which is the most authentic book of Ayurved, Acharya Kashyapa described many symptoms of diseases. On the basis of these symptoms we can diagnose diseases of children. With the help of these symptoms we can diagnose nature and cause of pain also.

Etiopathogenesis of Shoola: Due to agitation ,fright, over study (constant sitting in special posture) abnormality caused by overdrinking of water during time of hunger ,supression of natural urges ,excess movement on vehicles ,presence of ama ,unmetabolised rasa and undigested food ,falling down and eating of dry cereals, the aggravated vayu producing cutting ,stretching, pricking (type of pain ), tremors and flatulence entering the abdomen getting associated with and excited Pitta and Kapha produces colic.5

Accurate pain measurements in children are difficult to achieve. Three main methods are currently used to measure pain intensity: self report, behavioral, and physiological measures. Self-report measures are optimal and the most valid. Both verbal and nonverbal reports require a certain level of cognitive and language development for the child to understand and give reliable responses. Children's capability to describe pain increases with age and experience, and changes throughout their developmental stages. Although, observed reports of pain and distress provide helpful information, particularly for younger children, they are reliant on the individuals completing the report. Behavioral measures consist of assessment of crying, facial expressions, body postures, and movements.
more frequently used with neonates, infants, and younger children where communication is difficult. Physiological measures include assessment of heart rate, blood pressure, respiration, oxygen saturation, palmar sweating and sometimes neuro-endocrine responses. In Ayurved very scientific characteristic of different Shoola described by Acharyas. Some of the characteristics are described below:

**Shoola due to Vata:** Increases very severely of the one who is hungry and during severe episode causes arrest of respiration. Such type of pain is found in peptic ulcer etc.

**Shoola due to Pitta:** Appears after digestion of food is associated with trouble of perspiration, burning sensation and thirst.

**Shoola due to Kapha:**Appears immediately after eating, causes less trouble, is fixed, localized and due to upward movement of kapha produces rigidity and nausea. It is found in acute pancreatitis, after eating, inflammatory bowel disease, peptic ulcer disease.

**Shoola due to combination of all doshas:** Features of all the three doshas are present which is unbearable and uncurable.

As a child cannot narrate his trouble, thus it is to be diagnosed on the basis of specific features. Kashyapa described specific features of various diseases. On the basis of that features we can diagnose the diseases of children. Some features of those diseases are described below.

**Features of Shoola of Head:** In event of headache the child rolls the head too much, closes the eyes, and becomes dull and insomniac. Headaches in children are caused by an infection, high levels of stress or anxiety, or minor head trauma, migraine. Pain may be occur in whole or half of the head. Pain in one half of the head may also appear as a symptom in various conditions viz. anyatovata (netraroga), vata-parwayam (netraroga) and ardditavata (vataroga). Nasya karma and Ghritapaan is beneficial in migraine. Nasya may be anu tail, Ksheerabala tail or other medicated oil.

**Features of Earache:** One should know about earache when the child touches ears with both hands, rolls head too much, has dullness, anorexia and insomnia. Earache can be caused by otitis media, sinusitis, dental problem, toothache, mastoiditis, fluid behind the ear drum, ear infections, especially after upper respiratory infections etc.

**Features in diseases of Mouth:** In diseases of mouth excessive salivation, aversion to breast, dullness and pain. Diseases of mouth include oral thrush, mouth ulcer, cold sores etc.

**Features of Pain in Throat & Ardita:** Child suffering from throat pain and ardita (facial palsy) ejects the ingested milk, suffers from constipation on taking slesma, has mild fever, anorexia and languor. Pain in throat caused by tonsillitis, infective mononucleosis etc.

**Features of Kanthsoth (Inflammation of Throat):** In kanthsoth, there is itching and inflammation, fever, anorexia and headache. Inflammation of throat found in sore throat (pharyngitis) etc.

**Prodromal features of Fever:** Before onset of fever the child flexes the body parts repeatedly, yawns, cough frequently and suddenly clings to wet nurse, does not like to hold breast, has salivation, heat, discolouration, excessive warmth. Common causes of fever are such as follows- respiratory infections due to a virus, such as colds or flu,
gastroenteritis due to virus. Certain bacterial infections, particularly ear infections (otitis media), sinus infections, pneumonia, and infections, anorexia and coldness of feet.

**Features of Diarrhea:** Discolouration of body, uneasiness in mouth, languor, insomnia, absence of functions of *vayu* (flatus) etc. features develop before manifestation of diarrhea. Diarrhea may be caused by any infections, celiac disease, malabsorption syndrome etc.

**Features of Colic:** In colic child rejects the breast, cries, sleeps in supine position, has stiffness in abdomen, (feeling) of cold and perspiration of face.

**Features of Dysuria:** In case of dysuria there is horripilation, shivering of body parts and pain during urination (the child) bites the lips and touches the urinary bladder (region) with hand. Dysuria may be due to infectious causes, urethritis, cystitis, balanitis and balanoposthitis, Vaginitis and cervicitis, pyelonephritis, pelvic inflammatory disease, nonspecific (chemical) urethritis, local trauma, urinary stones.

**Features of Piles:** The emaciated child suffering from piles has well formed solid stool or stool with blood, feeling of compression of anal region, itching and pricking pain in anal region.

**Features of Vesical Calculus:** There is voiding of excessive urine with gravel and dysuria, constantly weeps and is weak, these are said to be the features of vesicle calculus.

**Prodromal features of Erysipelas:** Appearance of red patches, thirst, burning sensation, fever, discomfort and palliation from sweet and cold articles.

**Features of Visucika (gastroenteritis):** Children have burning sensation in body parts, sensation like being pricked with needles and being broken, difficult respiration and increases pain in cardiac region.

**Features of Alasaka (meteorism):** Child unable to hold the head, has twisting of the body, repeated yawning, does not suck the breast for long, also vomit knotty material, gloom, tympanitis and anorexia are also the features of *alasaka* in a child.

**Features of diseases of Eyes:** Difficulty in looking, pricking pain, inflammation, pain, excessive lacrimation, redness and the eyes get smeared during sleep.

**Features of Itching:** The child suffering from dry itching during sleep, weeps and likes rubbing but the rubbing causes swelling and then discharge occur, this wet itching has increased pain and burning sensation.

**Features of Ama:** Looking in to these symptoms the physician should know about future affliction of disorder of *ama.* These are stiffness, anorexia, excessive sleep, pallidness of body, dullness continuous aversion from play, food & sleep.

**Features of Anemia:** There is swelling around the umbilicus, whiteness of eyes, deformity of nails, loss of appetite and swelling in both eye pits. Yellowness of eyes, nails, face, feces and urine is found in children suffering from jaundice. In both conditions child become apathy and loses digestive capacity and desires for blood.

**Features of Insect Bite:** When healthy child does not sleep well in the night and has appearance of red spot over the body,
it should be considered as having insect bite.\textsuperscript{31}

**Principle of Treatment of Pediatric Ailment:** Dosas, dusyas and malas and also disorders which are in adults are entirely the same in children with the only difference that their quantity is less. Emesis etc are avoided in children looking to their delicacy, dependence on others and incapability in respect of speech and movements. The learned physician should administer drugs to children in smaller dose according to disease and mostly sweet, astringent, with latex and soft ones cautiously. Excessively unctuous, rough hot, sour, pungent in vipaka and heavy drugs, food and drugs are contraindicated for children.\textsuperscript{32}

Management of shoola should be based on all these character like frequency, location, age, duration, intensity and also the associated symptom.

**Management of Shoola according to Dosha is as follows:**

**Management of Shoola due to Vata:**

\textbf{Panchkarma:} First cleansing with desired emesis should be done with hot water mixed with rock salt. After emesis then lengthy fasting should be given after this digestive hot decoction of pippalyadi group of drugs with hingu and good quantity of ksara for drinking then cereals be given in regular order.\textsuperscript{35}

\textbf{Aushadha:} General herbal medicines that are used for Oleation (snehan -for internal use) with oleaginous substances. Some example of oleation are Sadha sneha yoga, meat soup which is made from ghee, peya fried with oleaginous substance, curd malai mixed with jiggery.

**General Management of Shoola:**

\textbf{Role of Yoga and Meditation-} Yoga and meditation may also helpful in eradication of shoola, atopa, tympanitis and gulma etc diseases.\textsuperscript{36}

**Role of Sneh (oleaginous) substance in Shoola:** Sneh also pacifies pain. There are four main sneh in Ayurved. These are ghrita, tail, vasa, and majja. Marrow and
fat especially suppress vayu. Being wholesome to strong person provide progeny, strength and longevity.\textsuperscript{37} Charak says muscle fat is beneficial for fracture, injuries, gynecological disorders, disease of head and ears and increases virility should be given after exercise.\textsuperscript{38} Ghrita improve complexion, strength, longevity strength, intellect and indriya, suffering from poison injured from weapons. Small dose of sneh should be given in children.

**Role of Sudation:** Sudation is also beneficial for pain in children. The physician should use eight type of sudation to children from birth onwards considering the period (season), (state of) diseases and (strength) of body. Sudation indicated in child after gradual disappearance of delicacy and appearance of toughness, the sudation of these children should be increased. Avasthika sudation (domestic sudation that is sudation inside the house) is beneficial to the emaciated and medium built children. During sudation eyes and cardiac region should be protected with Kumuda, Utpala, Padam and soft cloth. Cardiac region protected by Mukta, Chandrakanta (moon stone) has dipped in cold water or pot filled with cold water.\textsuperscript{39}

**Role of Enema:** Enema also pacify pain. For the children and adults the enema is just like nectar, to the physician for money and fame, to the child for the longevity and to the father for the progeny however improperly used medicine destroys these three together.

**Importance of Enema:** There is no other treatment capable of bringing pleasure to the parts of body than application of enema what so ever disease are situated in extremities, internal organ, whole or half body, no other etiological factor is present for their development except vata. To win the increased vata there is nothing else than enema. Amongst all the treatments of vata it is the half treatment. Enema of phala tail should be used as unctuous enema in those having stiffness of chest, pain in sacral region, backache, pain in anal and groin region, Splenomegal, Udavarta and Gulma.\textsuperscript{40}

**Role of Medhya Rasayana in management of psychological disorder:** In psychological pain child may complain headache, stomachaches or may be pain in any part of body. Some psychological disorders in which child complain pain are ADHD (Attention Deficit Hyperactivity Disorder), depression etc. Herbal formulations that nourish our brain should be used. Some herbal formulation are:

- **Astang Ghrit:** One pala each of vacha, bakuchi, mandukparni, shankhpushpi, shatavari, brahmi, vidhara, giloye, brahmi are boiled in one prasth ghee and milk that is 4 times of herbs. This ghee improves speech & intelligence.
- **Saraswat Ghrit** Harad, trikatu, patha, vacha, shobhanjna and saindhav boiled in goat milk. Which improve speech, intelligency, retaining power, and also improve appetite.
- **Samanga, triphala, brahmi,** both the balas and citraka be used with honey and ghrta for increasing intellect, longevity and strength.
- **Ghrta** cooked with kustha, leaf buds of vata, gauri (yellow mustard) pippali, triphala, vaca and rock salt is good for generating intellect.

**CONCLUSION:** There are many drugs in modern science to pacify the pain in children but they have much bad effect on bowel
movements, nausea, vomiting, itching etc. Children may feel drowsiness. Morphine can have more serious side effects on the child health. In Ayurved there are many herbal drugs and procedures which pacify pain as well as have no bad effect on the child health. Herbs remove the pain from the root. Children have heena satva (the children who cannot tolerate even small intensity of pain), so in the management of children should be very careful. In management of shoola disordered dosas, dusyas and malas should be recognized and clinical features described by Kashyapa in Vedanaadhyaaya helps in diagnosis of diseases. After that dose should be considered according to age and physical activity and then treatment mentioned above should be given.

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