

# Tridosha Chintana in Koumara Chikitsa

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**Abstract:** *Tridosha siddhanta is said to be one of the unique theory of Ayurveda. Tridoshas togetherly acts and control each other and maintains the equilibrium of the body. The actions of tridoshas are quiet natural because all are identical in origin and they originate together in the body. Vatha, pitha and kapha are said to be the tridoshas. The materials which performs all bodily actions / dynamic actions in the body is called as vatha. The heat related , heat potential generated / the heat potential regulated substances are called as the pitha and the liquid, liquid generated and liquid mediated parts are called as the kapha. Acharya Kashyapa in the treatment of balachikitsa narrates that, while treating the childern, we should not consider much about the tridoshas and it is to be managed immediately. These shows the importance of treating childhood ailments with due attention.*

**Keywords:** balachikitsa, tridosha, kashyapa, aharapaka, panchabhoutik dravyas

## 1. Introduction

*Kashyapa samhita*, also named vriddha jeevaka tantra is considered as the authentic text book of pediatrics in Ayurveda. Even though the brihatrayees have told the subject and treatment of children in their respective text books, the explanations are found to be very diminutive. For that we are really obliged to acharya kashyapa and his great book kashyapa samhitha which is exclusively dedicated to the subject of kaumara bhrutya/ pediatrics. This article is a short communication helping the authors to treat the childhood ailments easily and specifically by giving due considerations to the concept of acharya kashyapa.

## 2. Materials and Methods

*Dosha* are having *guna* and *karma*, thus they are considered as *dravya*. *Doshas* acts as the *samavayi karana* for *roga* and *arogya*. Here it is considered duly, the statement of *Acharya Kashyapa* about the considerations of *tridoshas* in *bala chikitsa*.

## 3. Discussion

The development, transformation & wellness and deterioration of the human body is carried out by the combined actions of the *vatha*, *pitha*, and *kapha*, not leaving a single cell of the body. *Doshas* are *panchabhotika dravyas* (physical objects), gets originated along with the body, acts as body components, gets nourished during the process of *aharapaka* and stays with the body till the end of the life. *Dhatrichikitsa adhyaya* is one of the unique chapter explained in *Kashyapa samhitha* where *acharya vridha jeevaka* has given prime importance for the safeguarding the health of dhatri, by telling it in the first verse itself [1]. Again in the same *adhyaya* *acharya* explains that, the key for good health, and longevity for child is nothing other than maintaining the *samagni* and *vishamagni* will lead to all kinds of diseases/ ill health[2] Even the *dhatu*s which are in *apakwa avastha* in the children are very delicate during that time. All the childhood ailments are considered to be very much grave and may be because of this reason *acharya kashyapa* opined like this in *balachikitsa*.

## 4. Conclusion

*Acharya Kashyapa* gives importance in the treatment of any disease based on the *agni*. Or it also holds good that all the treatments which are done for a *bala / kumara* should aim at the correction and regulation of *agni* only[3]. The physician should take no time for the assessment of dosha in a the patients of *koumarabruthya* and the ailments of the childhood are to be treated immediately with much consideration.

## References

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