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Review Article

### ROLL OF PANCHKARMA IN DOWN SYNDROME [TRISOMY 21]

Deshmukh Dhananjay Dilip\*

MD Kaumarbhritya-Balrog, Ward krishnarao Salokhe nagar, Near Apate Nagar, Kolhapur, Maharashtra, India

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\*Corresponding Author: Dr. Dhananjay Dilip Deshmukh. Mobile- 9765745023/9673933518

[MD Kaumarbhritya-Balrog.] Plot No 37/2 A, Ward krishnarao Salokhe nagar, Near Apate Nagar, Kolhapur, 416012, State- Maharashtra.

#### ABSTRACT

Down Syndrome is most common chromosomal abnormality. Incidence 1:700-800 live births. According to Ayurveda Down Syndrome occurs due to Vata Dosh predominance and also due to Beej, Beejbhaga dosha and Bheejbhaga avayava abnormality. Down Syndrome is Found in newborn with clinical features like poor mororeflex and in children with Hypotonia, Mental Retardation. Treatments are useful in Down Syndrome cases in Shiropichu with Dhanwantar taila, Abhanga with Dhanwantar tail, Panda Sweda etc, and physiotherapy is also beneficial for Down Syndrome.

**Keywords:** Vata Dosh predominance, Beej, Beejbhaga, Beejbhaga-avayava Dosha, Hypotonia, Mental Retardation, Poor Mororeflex, Developmental Delay, Shiropichu, Abhanga, Physiotherapy.

#### INTRODUCTION

##### Article Down Syndrome [Trisomy 21]

Down syndrome is most common autosomal chromosomal abnormality. Incidence 1-700 live births ( 50% cases abort in early pregnancy) Incidence increases with increasing maternal age.

Age of Mother	Risk
20 Years	1:2000
30 Years	2:1000
40 Years	3:100

**Atiology:-** According to Ayurveda Down Syndrome is due to Beej, Beejbhaga and Beejbhaga-avayava Dosha i.e. non-meiotic dysfunction, Robert-sonian translocation and mosaicism.

##### Clinically:-

(A) New born

1. Poor moro reflex.
2. Hypotonia .
3. Joint Hyperflexibility
4. Excessive skin at back of neck.
5. Developmental Delay.
6. Small Stature.

(B) Children

1. Mental Relardation
2. Short Stature
3. Hypotonia

##### CVS:-

- ASD

- VSD
- PDA
- Fallot's of Tetralogy.

##### GIT:-

- Duodenal atresia.
- Oesophageal atresia.
- Distal small bowel atresia.
- Hirschprung's disease.

##### Thyroid:- Hypothyrodism.

##### Upper limb:- clinodactyly

- Single palmer crease ( Simian Cerase )

##### Skin:-

- Velevety
- Loose
- Mottle in newborn
- During adolescence skin is coarse and dry.

##### Social Aspect:- Happy Children, Friendly and enjoy music.

**RS:-** Respiratory infention due to difficulty in nasal sinus drainage.

##### Dermatoglyphics:-

- Distal axial triradius.
- Ulnar loops in 1<sup>st</sup> 3 fingers.
- Radial loops in 2 fingers.
- Large ATD angle.

##### Investigation:- Karyotype ( Chromosomal Analysis)

- Maternal serum markers like Triple test.
- USG:- Suggestion of Down Syndrome

1. Thick Nuchal Fold
2. Short Femur
3. CHD
4. Git Anomaly.
5. Clinodactyly.

**Management:-**

- Shiropichu with Dhanwantar Taila (30ml) for 1 month.
  - Abhyanga with Dhanwantar Taila (50ml) for 15 days.
  - Pinda Sweda.
  - Physiotherapy
  - Genetic Counseling.
  - Antenatal Cliagnosis for Subsequent Pregnancies.
  - Stimulation Programe.
  - Assesment of growth, Vision, Hearing and Behaviour.
  - Internal medicines-
- (1) Saraswatarishta (Gold) with water
  - (2) Brahmi Ghritha with hot water
  - (3) Kalyanak Avaleha Churna with Jambir Swaras for Jivha Pratisarnartha.

**DISCUSSION**

**Discussion on observation:**

**Age:** Age of children in this study was 3 year

**Sex:** Male

**Religion:** Hindu

**Occupation of parents:** Worker

**Habitat:** Rural Area

**Birth History:**

1. Antenatal History- Mother age at time of pregnancy 25 years. She had taken 2 doses of injection T.T
2. Natal History- LSCS, Delayed cry after birth, BW-2.2k.g
3. Post Natal History- H/O NICU admission for neonatal jaundice, hypoglycaemia.

**Immunization History:** Given as per schedule.

**Diet:** Veg+Non-Veg(Mixed Diet)

**Discussion on drug review & its mode of action:** Down Syndrome is caused by vata Dosh Predomance which leads to Excessive salivation, Dryness, Developmental Delay, Mental Retardation. Ayurvedic texts have describe different herbal combinations for successful treatement of Down Syndrome. Dhanwantar Taila and Saraswatharishata had been selected for present study because the drug having Spasticity Reducing Capacity and its Medhya property of Brahmi is very much helpful to break the pathogenesis with relief of sign and symptoms. Gradually preventing complication.

**CONCLUSION**

As per the observations and discussion following conclusion can be put forward-

- Vata Vyadhi in modern parlance has similarity with the Down Syndrome which is common Central nervous systems disorder.
- Shiropichu with Dhanwantar Taila is significantly effective in Down Syndrome and is resolved faster without any complication.
- Signs and symptoms of Down Syndrome ie- Hypotonia, Simian Crease, Spasticity in Child were also cured well.
- Involvements of Vataj lakshanas were more prevalent in the disease Down Syndrome.
- The results found with Dhanawantar taila and Saraswatharishta were encouraging and it was not associated with any side effect so it can be used routinely in everyday practice for faster and safe recovery.

**REFERENCES**

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