INFANTILE COLIC - A REVIEW ARTICLE

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ABSTRACT

Infantile colic is a common condition occurring in the first months of life. The effectiveness of dietary and pharmacological therapy is options for the management of infantile colic. Ayurvedic literature describes the diseases developing in the child during infant age is due to Stanya Dushti. Prakrut Stanya is responsible for healthy condition of the child. Ayurvedic management of mother through Stanya Shodhana and Pathyapahtya is necessary to prevent colic to the infant. Ayurvedic medicine to the child should be treated with Deepana Pachana for improvement in digestion. This study has partially clarified the pathogenesis of this disturbance according to Ayurveda and treatment related with child.

Key words: Infantile colic, Stanya Dushti, Vatika Stanya Dushti, Balachaturbhadra Churna.

INTRODUCTION

Infantile colic is a common condition in pediatrics, about one in three infants younger than three months develops colic. Although infantile colic is considered to be a self limiting and benign affection, it is often a stressful problem for parents\(^1\). Infantile colic is defined as episodes of inconsolable crying in an otherwise healthy infant younger than three months of age that last at least three hours a day and occur at least three days per week over the course of at least three weeks in a month\(^2\). According to a more recent definition, colicky infants cry constantly during the evening at about the same time each day on at least one week, but they are otherwise healthy\(^3\).

Other signs frequently associated to inconsolable crying are flushing, abdominal distension and leg contracture. In addition, changes to the crying sounds (higher pitch), burping, needing to eat, difficulty with passing stools, tight fists, kicking, arching the back and other manifestation of pain are reported in literature. Fortunately, infantile colic is not meant to last long, it usually begins at about two weeks of age and improves by the fourth month\(^4\).
ETIOPATHOGENESIS
With respect to the etiology of colic, from the point of view of gastroenterology, gastrointestinal immaturity or allergy, intolerance of cow’s milk, mal-absorption and gastroesophageal reflux\textsuperscript{5,6}. The hypothesis that colic could be the result of intolerance of cow’s milk, treatments employing Soya milk or hypoallergenic formulae have produced reductions in symptoms\textsuperscript{7}. Diagnosis is made by a process of exclusion, ruling out underlying organic causes and acute onset conditions such as infections\textsuperscript{8}. Management of infantile colic, from the point of view of modern science, Pharmacological treatments are simethicone, which reduces gas production, may be helpful for some infants, although several randomized controlled trials noted no difference in reducing colic episodes compared with placebo\textsuperscript{9}. A symptomatic anti-cholinergic agent, cimetropium bromide is useful in reducing crying during colic episodes in breast-fed infants. Current literature does not recommend the use of any other drugs because of reported side effects\textsuperscript{10}. The use of probiotics in infantile colic is based upon the hypothesis that aberrant intestinal microflora could cause gut dysfunction and gas production, contributing to symptoms\textsuperscript{11}.

AYURVEDIC POINT OF VIEW
According to Ayurveda, main cause of infantile colic is Stanya Dushti\textsuperscript{12}. Normal breast milk provides proper nourishment and healthy condition to the child responsible for proper growth and good strength\textsuperscript{13}. Healthy and diseased both conditions are depending upon mother or Dhatri\textsuperscript{14}.

NIDANA AND SAMPRAPTI
Due to Indigestion, consumption of unfavorable food, over eating, use of excessive salty, sour, Ushna, Tikshana and humified articles, awaking in the night, over worry, suppression of urges, consumption of heavy food articles, sleeping during day after eating repeatedly, absence of exercises, trauma, anger and emaciation are the causes of the vitiation of Dosha in the body. These vitiated Doshas moving through Kshiravaha Sira (milk channels) and vitiate the Stanya responsible for the production of different diseases in child’s body\textsuperscript{15}. When the mother’s milk is vitiated with Vata Dosha, due to Vata Vardhaka Nidana Sevana by mother develops flatulence and produces abdominal pain or colic in child. Associated features are the child does not satisfy with mother’s milk, constipation and emaciation\textsuperscript{16}.

MANAGEMENT
Management of infantile colic depends upon two subjects. First one is management of maternal diet according to Pathyapathya and administration of medications to the child for relief of pain. The mother should treat with Stanya Shodhana Dravya e.g. Patha, Musta etc with maintain Pathya Palana regimen. Pathya Palana includes the mother should intake Masura, Mudga, Shali (rice), Ghrita, cow or goat milk. Restriction of articles those contain Guru Guna property, as they are difficult to digest and generate indigestion. Sleep during day time should avoid by mother\textsuperscript{17}. The child should be treated with Deepana Pachana Dravya. Balachaturbhadra Churna contains Musta, Pippali, Karkatashringi and Ativisha. All these Dravyas contain Deepana Pachana properties. They improve digestion.
power of the child, relives indigestion and abdominal colic\(^1\)\(^8\).

In the absence of mother’s milk, Goat and cow’s milk should be given to the child after making it similar to the mother’s milk, after medicating it either with decoction of *Laghu Panchamula* or both *Sthira* and then mixed with sugar. Plain cow’s milk without medication may produce indigestion to the child\(^1\)\(^9\).

**CONCLUSION**

Infantile colic is common problem in pediatrics. Etiology considers by Ayurveda is *Stanya Dushti* of mother. General advice and counseling should be offered to all families first. Correction of *Stanya Dushti* with *Shodhana Dravyas* and maintaining *Pathyapalana* to mother prevents colic to the child. The medicine given to the child should contain *Deepana Pachana* properties for *Samprapti Vighatana* of the disease.

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