

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 parents¹. 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 month². According to a more recent definition, colicky infants cry constantly during the even-

ing at about the same time each day on at least one week, but they are otherwise healthy³.

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 month⁴.

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^{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 symptoms⁷.

Diagnosis is made by a process of exclusion, ruling out underlying organic causes and acute onset conditions such as infections⁸.

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 placebo⁹. A symptomatic anticholinergic 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 effects¹⁰. 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 symptoms¹¹.

AYURVEDIC POINT OF VIEW

According to *Ayurveda*, main cause of infantile colic is *Stanya Dushti*¹².

Normal breast milk provides proper nourishment and healthy condition to the child responsible for proper growth and good strength¹³. Healthy and diseased both conditions are depending upon mother or *Dhatri*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 body¹⁵.

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 emaciation¹⁶.

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 mother¹⁷.

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, relieves indigestion and abdominal colic¹⁸.

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 child¹⁹.

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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