



Review Article

VEDANADHYAYA - A CLINICAL APPROACH TO PEDIATRIC EXAMINATION IN KASHYAPA SAMHITA

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ABSTRACT

Kashyapa Samhita is a book of pediatrics having main focus on the health and well-being of children and their pathological manifestations. The most revered source book available on *Kaumarbhritya*, is presented in the form of compilations of the preaching of *Acharya Kashyapa* by his disciple *Vridhha Jivaka*. The *Kashyapa samhita* available today is actually one fourth or even less than what it would have been in its original form. Fortunately we have *Vedanadhyaya* where in 32 pediatric illnesses are described. The text is divided in various sections (*Sthanas*) of which *Vedanadhyaya* is twenty fifth chapters in *Sutra Sthana*. Acharya Kashyapa has provided us a strong diagnostic tool which is useful in day to day practice of pediatrics. He undoubtedly laid the foundation stone of clinical pediatrics. *Vedanadhyaya* concerns the symptomatology of various diseases in children and serves as a great guidance for pediatric examination and diagnosis as children themselves are unable to narrate their symptoms. So the present article reviews the original text of the chapter and critically analyses it in light of contemporary medical science.

KEYWORDS: *Kashyapa Samhita*. Pediatric Clinical Examination, *Vedanadhyaya*.

INTRODUCTION

Kashyapa Samhita is the only revered text of *Kaumarbhritya* which illustrated features of children and help in diagnosis of the disease. Neonatal and infancy period is a very crucial period as the baby is dependent on the mother for fulfilling all its external demands. Healthy neonate thrives well, feeds well, plays and sleep well. But, discomfort experienced by the baby could not be easily expressed as it faces paucity of symptoms. Newborn has got paucity of words as well as symptoms leading to difficulty and confusion in understanding the exact underlying clinical conditions. It has to express all its suffering, pain, discomfort and demand by using minimum symptoms. Pain perception is an important part of life and development and it has protective qualities as it serves as a 'signaling system' for tissue damage.

Contribution of *Kashyapa Samhita* as *Vedanadhyaya*^[4]

Table 1: The various diseases described in *Kashyapa Samhita* in *Vedanadhyaya* as follows

S.No	Disease	Symptom
1.	<i>Shirah Shool</i>	<ul style="list-style-type: none"> • <i>Bhrisham Shirah Spandayati</i> (The child rolls the head too much) • <i>Nimiliyati Chakshushi</i> (Closures of eyes) • <i>Avkujayti</i> (Increased groaning without any cause) • <i>Arati</i> (Discomfort) • <i>Asawapan</i> (Disturbed sleep)

2.	<i>Karna Vedana</i>	<ul style="list-style-type: none"> • <i>Karnosparshyati Hastabhayam</i> (Child continuously keep on touching the ear by hand) • <i>Shirah Bharmayati</i> (Tossing of head) • <i>Arati</i> (Discomfort) • <i>Arochak</i> (Loss of taste) • <i>Aswapan</i> (Insomnia)
3.	<i>Mukha Roga</i>	<ul style="list-style-type: none"> • <i>Lalashravan</i> (Excessive salivation) • <i>Satan Dwesh</i> (Refusal to feed) • <i>Peetam Udagiriti Ksheeram</i> (Regurgitation of feed) • <i>Nasashwashi</i> (Mouth breathing) • <i>Arati</i> (Dullness) • <i>Vyatha</i> (Pain)
4.	<i>Kantha Vedana</i>	<ul style="list-style-type: none"> • <i>Peetam Udagireeti Satanyam</i> (Ejects the ingested milk) • <i>Vistambhi</i> (Suffers from constipation due to take <i>Kaphakara ahara</i>) • <i>Ishat jwara</i> (Mild fever) • <i>Aruchi</i> (Anorexia) • <i>Glani</i> (Lethargy)
5.	<i>Adhijihvika Roga</i>	<ul style="list-style-type: none"> • <i>Aatyarthm Lalashravnam</i> (Excessive salivary secretion aversion from food and nausea) • <i>Kapole Shvythuedana</i> (Swelling and pain on cheeks deviation of mouth and face) • <i>Mukhshya Vivritam</i> (Child usually keeps his mouth open)
6.	<i>Kanthashotha</i>	<ul style="list-style-type: none"> • <i>Shoth</i> (Itching and inflammation in throat) • <i>Jwara</i> (Fever) • <i>Aruchi</i> (Anorexia) • <i>Shirahshool</i> (Headache)
7.	<i>Gala Graha</i>	<ul style="list-style-type: none"> • <i>Jwara</i> (Fever) • <i>Aruchi</i> (Loss of taste) • <i>Mukhshrava</i> (Salivation) • <i>Nishchesta</i> (Labored breathing)
8.	<i>Jwara</i>	<ul style="list-style-type: none"> • <i>Muhurnamayate Angaani</i> (Bending of body parts with abnormal postures) • <i>Jarabhate Kashte</i> (Excessive yawning often coughing) • <i>Dhatrimaleeyate Aksamat</i> (Suddenly embraces the mother) • <i>Satanyam Naatiabhinadanti</i> (Dislike towards sucking the breasts) • <i>Prasharvan</i> (Excessive secretion of saliva) • <i>Ushantavam</i> (Burning sensation in the body) • <i>Vevranaya</i> (Discoloration of the body) • <i>Lalatsaya Atitaptata</i> (Hot forehead region) • <i>Padyo Shetya</i> (Coldness of the feet) • <i>Aruchi</i> (Discomfort)
9.	<i>Atisara</i>	<ul style="list-style-type: none"> • <i>Vaivarnaya</i> (Discoloration of body) • <i>Arati</i> (Discomfort) • <i>Mukh Glani</i> (Dryness of mouth, dull look) • <i>Anidarata</i> (Loss of sleep) • <i>Vatakarma Nivarti</i> (Disturbances in the normal functioning of <i>Vata</i> in <i>Pakwashaya</i>)
10.	<i>Udara Shula</i>	<ul style="list-style-type: none"> • <i>Satanam Vyudsyte</i> (Child dislike the breast) • <i>Rotee</i> (Constant cries, throwing away of hands and legs against abdomen) • <i>Utanshch Avabhjyte</i> (Lying in supine position) • <i>Udarstabhdh</i> (Stiffness of abdomen) • <i>Mukhsweda</i> (Sweating over the face)
11.	<i>Trishna</i>	<ul style="list-style-type: none"> • <i>Satanyampibati Atyartham cha trishyati</i> (Child often sucks the breast but not interested in breast milk feeding) • <i>Ati Rodati</i> (Cries) • <i>Shushka Oshtha Talu</i> (Child has dry lips and palate depressed <i>Talu</i> (fontanelle))

		<ul style="list-style-type: none"> • <i>Toyeapsudurbala</i> (Desirous of water and is weak)
12.	<i>Pandu</i>	<ul style="list-style-type: none"> • <i>Nabhya Samantatshotha</i> (Swelling around umbilicus) • <i>Shwetaakshi</i> (Pale eye conjunctiva) • <i>Nakhvakarta</i> (Deformity of nails) • <i>Agnisaad</i> (Loss of appetite) • <i>Shvythu Akshikutyo</i> (Swelling in both eye-pits)
13.	<i>Kamala</i>	<ul style="list-style-type: none"> • <i>Peetchakshu Nakhmukh Vinamutra</i> (Yellowness of eyes, nails, face, stool and urine is found in the child) • <i>Pandu and Kamala</i> (In both the conditions) • <i>Nasta Agni Rudhirspruh</i> (The child becomes decreased digestive and metabolic power and desire to eat blood)
14.	<i>Arsha</i>	<ul style="list-style-type: none"> • <i>Badhpakwa Purishtavam Saraktam</i> (The emaciated child, suffering from piles has well formed solid stool or stool with blood) • <i>Gudanispidana</i> (Feeling of compression in anal region continuously rub the anal region to overcome) • <i>Kandu Toda</i> (Itching and pain)
15.	<i>Chakshu Rog</i>	<ul style="list-style-type: none"> • <i>Darstivyakulta</i> (Eyes disturbances of vision and inability to look any object) • <i>Todashothashulaashraktataa</i> (Pricking pain, inflammation, pain, excessive lacrimation, redness) • <i>Suptasya Uplipyante Chakshushi</i> (Child can't freely open eyes)
16.	<i>Pinasa</i>	<ul style="list-style-type: none"> • <i>Muhurmukhen Uchsviti pitva pitva satanam</i> (Mouth-breathing repeatedly during sucking of breast) • <i>Sharvate Nasike</i> (Running-nose) • <i>Lalata Abhitapyate</i> (Hot forehead) • <i>Shrotansi Abhikshanam Sagarshati</i> (Child frequently touches nasal orifices)
17.	<i>Mutrakricha</i>	<ul style="list-style-type: none"> • <i>Romharsha</i> (Horripilation) • <i>Aangharsha</i> (Shivering of body parts) • <i>Mutrakale Vedana</i> (Pain during micturation) • <i>Oshthdasaanam</i> (Lip biting) • <i>Bastisaprashti Paninam</i> (Touch around genital area)

Clinical Relevance of Symptomatology mentioned In *Vedanadhyaya Shirah Shool* (Headache)

Headache is a common problem in pediatrics. Headaches in children are completely different than adults. It may occasionally indicate a severe underlying disorder and thus careful examination of children with recurrent, severe or unconventional headache is mandatory. Modern science holds that infants and children respond to a headache in an unpredictable fashion. Most toddlers cannot communicate the characteristics of a headache rather they may become irritable and cranky, vomit, prefer a darkened room due to photophobia or repeatedly rub their eyes and head. The most important causes of headache in children include migraine, increased intracranial pressure and psychogenic factors or stress.^[5] *Acharya Kashyapa* has also described similar features where in '*Bhrisham Shirah Spandayati*' refers to excessive rolling or movement of head due to irritability. One another symptom like *Nimiliyati Chakshushi* refers to closing of eyes is due to photophobia associated with headache. *Acharya Kashyapa* has also denotes similar features like *Arati* which refers to children with migraine are more

likely to have below average school performance. Memory, speed of information processing, attention and psychomotor ability are the most frequent neuropsychological functions which are altered in children affected by headache.

***Karna Vedana* (Pain in ears)**

There are many conditions which lead to ear pain in the children like Otitis media and Otitis externa. Otitis media in neonate is a very common ear infection caused by viral or bacterial infections. Early childhood is more susceptible to ear infections include shorter, more horizontally placed and flexible Eustachian tubes which permit reflux of nasopharyngeal secretions into the middle ear.^[6] Clinical features given in *Vedanadhyaya* compare to that of Otitis media where there is ear pain, ear tugging or rubbing, poor appetite, excessive crying. The child has *Arati* or dullness due to systemic features like fever and *Aswapna* or unable to sleep due to constant pain and discomfort. *Acharya Kashyapa* has also mentioned the symptom like *Karnoparshyati hastabhayam* which denotes that the

baby touches the ear due to pain, itching or discomfort. One more specific feature described in *Vedanadhaya* is *Shirah bharmayati* which refers to Meniere's disease characterized by recurring attacks of disabling vertigo (a false sensation of moving or spinning).

Mukha Roga (Diseases of oral cavity)

The clinical features described here represent a range of diseases associated with oral cavity like Ulcers, lip abnormalities, palate pathologies, pharyngeal problems, gingivitis, dental caries, aphthous ulcers, tonsillitis and other congenital abnormalities. Mouth breathing may be seen in nasal obstructions due to deviated septum, nasal polyp and adenoids. Swelling of gums causes excessive salivation whereas oral ulcers and tonsillar inflammation causes difficulty in feeding and painful deglutition. So the baby is refuse to feed and expels the ingested milk.^[7] These all symptoms are similar to the *Kashyapa's Vedanadhyaya*.

Kantha Vedana (Pain in Throat)

Kantha vedana is refers to any disease in which pain in throat is a prominent feature like diphtheria, pharyngitis or tonsillitis. Diphtheria infection is characterized by local inflammation of the epithelial surface, formation of membrane and toxemia.^[8] It mainly affects the nose and throat. Dysphagia is common symptom found in diphtheria and tonsillitis which leads to ejection of ingested milk (*Peetam udagireeti satanyam*) as described in *Vedanadhyaya*. In case of tonsillitis the child has mild fever and malaise as described by *Jwara* and *Glani*.^[9] Mouth ulcers can cause pain and discomfort may alter the feeding pattern of child described as *Aruchi*. Tender cervical lymphadenopathy is also found in viral pharyngitis which can be denoted as *Kantha vedana*.

Adhijivika Roga (Diseases of epiglottitis)

Adhijivika can be bitterly correlated to acute epiglottitis on basis of symptoms. Epiglottitis is a potentially life threatening condition. It exhibits marked difficult and painful swallowing and high fever. As described in *Vedanadhyaya mukhhshya vivritam* which denotes the opening of mouth suggests compensatory mechanism to maintain airway and excessive salivary secretion. Deviation of mouth clearly indicates involvement of facial nerve.^[10]

Kanthashotha (Inflammation in throat)

Kanthashotha can be correlated as pharyngitis both has similar features of itching, sore throat and pharyngeal erythema. Fever is frequently associated in pharyngitis and itching of throat is considered a prodromal feature of *Kasa* (cough)

which is also the usual upper respiratory complaint in pharyngitis. The symptom headache may be due to associated cold, rhinorrhea and nasal obstruction.

Gala Graha (Diseases of throat)

Gala graha may include the severe form of various diseases related to throat which exhibit dyspnea or *Nishcheta* as a feature.^[11] This may include laryngotracheitis, supraglottitis, bacterial tracheitis and pharyngo-tonsillitis. Throat irritation, throat infection in a child is quite common due to bacterial and viral infections. Any infections in body cause of fever which indicated here *Jwara*.

Jwara (Fever)

Fever in children is one of the most common clinical symptoms. Fever is defined as an elevation of body temperature above the normal daily variation. Fever is not an illness it is a normal physiological response to illness. Fever in neonate usually indicates upper respiratory infection, flu, ear infections, tonsillitis, UTI, chicken pox or whooping cough. ^[12] Clinical symptoms described in *Vedanadhyaya* like *Lalatsaya atitaptata*, *Vevranaya*^[13] etc has signify irritability, hyperthermia, refusal to feed, malaise and associated respiratory infection.

Atisara (Diarrhoea)

Diarrhoea in children is a common clinical illness in practice. It is leading cause of morbidity and mortality among children. Diarrhoea is more dangerous in neonate and malnourished children. These clinical manifestations resemble signs of dehydration like dryness of mouth, irritability and paleness due to hypovolemia.^[14] Discoloration of body due to water loss, discomfort and irritable due to electrolyte imbalance, these symptomatology are as similar as of *Kashyapa's* symptomatology.

Udara Shula (Pain in abdomen)

Acute abdominal pain is a common complaint in children. There are many health problems that can cause stomach pain for children like gastrointestinal immaturity or allergy, intolerance of cow's milk, malabsorption and gastro esophageal reflux. It can be a challenge to recognize the symptoms of pain in children. Cry is not always a reliable pain indicator in babies. These symptoms are similar to that of infant colic. Infantile colic is a common condition occurring in the first months of life where in the baby has inconsolable cry, hard abdomen (*Udarstabhdta*), refusal to feed (*Satanam Vyudsyte*) and child like to lying in supine position (*Utanshch avabhjyte*).^[15]

Trishna (Thirst)

The *Trishna* or thirst described by *Kashyapa* signifies to moderate degree of dehydration, in which the child is thirsty and drinks eagerly, restless, irritable, dry tongue and lips, depressed fontanelle

(*Shushka oshtha talu*).^[16] These symptoms are usually encountered in dehydration associated with severe diarrhea.

Pandu (Anemia)

Anemia is a condition in which the amount of red blood cells in the body is decreased below normal for child's age. The clinical features described here resemble that of severe anemia which manifests as severe pallor of skin and nails. *Shvythu akshikutyo* means Periorbital swelling is also a feature of severe anemia while distension of abdomen may be due to hepatosplenomegaly of hemolytic anemia. Koilonychia is specific to iron deficiency anemia and similar symptom *Nakhvakarta* is also maintained in *Vedanadhyaya* of *Kashyapa Samhita*.^[17] Decreased appetite and fatigue are also general features of anemia. *Rudhirspraha* indicates about the desire of food material which contains iron enhancing properties which can bitterly understand with the theory of Ayurveda that is "*sarvda sarvabhavanaam, samanyam vridhi karnum*".^[18]

Kamala (Jaundice)

Peetchakshu nakhmukh vinamutra signifies the appropriate knowledge of *Acharya Kashyapa* regarding the sites for inspection of icterus in baby and clinical manifestation of jaundice. This symptomatology can be well understood with the heading of hyperbilirubinemia in modern science.^[19]

Arsha (Piles)

Acharya Kashyapa clearly mentioned the description for development of pile mass in children due to the tendency of hard stool (*Badhpakwa purishtavam*) and passing of hard stool finally causes difficulty in defecation, erosion of anal mucosa leading to blood in stool.^[20]

Chakshu Roga (Eye Diseases)

The symptoms described in *Kashyapa Samhita Vedanaadhyaya* regarding eye diseases is closer to that of conjunctivitis, blepharitis, hordeolum internum, ophthalmia neonatorum and other infective conditions of eyes. Various clinical symptoms described in *Vadenadhayaya* indicates about Ophthalmia Neonatorum which is inflammation of the conjunctiva with discharge manifesting within the first 28 days of life is acquired by the neonate during passage through the infected birth canal. This condition also known as neonatal conjunctivitis can result in visually disabling complications. It may be aseptic or septic. These are characterized by pricking pain, inflammation, disturbance of vision (*Darstivyakulta*), gluing of eyelids (*Suptasya uplipyante chakshushi*), excessive lacrimation, irritability, thick discharges and redness.

Pinasa (Coryza)

Pinasa is a clear picture of common cold in children with associated secondary bacterial infection of respiratory tract that primarily affects the nose, throat, sinuses and larynx. In children, nasal congestion is the most prominent symptom of cold and baby starts mouth-breathing repeatedly during sucking of breast (*Muhurmukhen uchvsi pitva pitva satanam*). Common cold is a group of symptoms these may include coughing, sore throat, runny nose (*Sharvate nasike*), sneezing, headache and fever (*Lalata abhitapyate*). In case of atrophic rhinitis, there is excessive dryness and itching in nostrils and child frequently touches nasal orifices. This symptom is also mentioned in *Vadenadhayaya* as *Shrotansi abhikshanam saparshati*. All these symptomatology are as similar as of *Kashyapa's* symptomatology mentioned in *Vadenadhayaya*.^[21]

Mutrakricha (Dysuria due to UTI)

Urinary tract infection is the most common problem in pediatric age group. UTI has a group of symptoms these may include high grade fever, body ache (*Aangharsha*), difficulty and pain during micturation (*Mutrakale Vedana*), pain in abdomen, repeated urge of micturation and itching and redness over genitals (*Bastisaprashti paninam*). Various clinical symptoms described in *Vadenadhayaya* are as similar as in modern medical science.

The chapter also includes description of several other diseases like *Chardi roga* (vomiting), *Ashmari* (vesical Calculus), *Prameha*, *Jantu dansha* (Insect-bite) etc.

CONCLUSION

It is concluded that the brief analysis of the chapter *Vedanadhyaya* clearly reveals the depth knowledge of clinical understanding of *Acharya Kashyapa* about pediatric examination. It is important to understand that accurate and timely diagnosis is the key to preventing significant morbidity and mortality in children. So it is quite clear that the features included in *Vedanadhayaya* about pediatric illnesses are closely matching with the symptomatology mentioned in modern medical science.

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