INTRODUCTION

Balopacharam is considered as treatment of child which is included under specific age limit. According to Ayurveda the age limit for ‘Balyavastha’ varies as per various Acharyas. According to Kashyapa Samhita, the child which comes under age limit of 1 to 16 years is considered under ‘Kaumar’ stage. According to Acharya Charaka ‘Balyavastha’ is divided into two phases first was ‘Aparipakwadhatu awastha’ between 1 to 16 years and second was ‘Vivardhmandhatu awastha’ between 17 to 30 years. According to Acharya Sushruta ‘Bala’ up to 1 year is considered as ‘Ksheerapapa’, from 1 to 2 years is called ‘Ksheerannada’, and from 2 to 16 years is called ‘Annada’.

The exact term for adolescent period is not found in Ayurvedic classics. According to description given by various Acharyas on ‘Balyavastha’, the period of adolescence can be considered as last stage of ‘Balyavastha’.

Adolescence is a period of transition from childhood to adulthood with many physical, physiological, and psychological changes. Adolescents constitute approximately 23% of Indian population. This journey to adulthood contains both opportunities and dangers.

Children becomes adults, leave home, and become independent. Because these changes happen so fast, this time is often difficult both for teenager and parent. The negligence in this period may give rise to the many problems. Regarding to health and fertility so the proper care is essential. Pitta Dosha, which has dominance in adolescent stage of life, is associated with transformation, heat and metabolism. Manas Bhavas of children plays important role in adolescent stage. During this phase Ayurvedic Rasayana Chikitsa has wonderful effects on adolescence health.

KEYWORDS: Adolescent, Development, Pitta Dosha, Manas Bhava, Rasayana Chikitsa.
Early adolescence is a period of rapid physical and sexual growth. Mid adolescence is stage of relative slowing of growth spurt but intense emotional changes to develop self-identity. Late adolescence is stage of completion of physical growth and psychosocial stabilization.

### Linear growth spurt in adolescence

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age of onset</td>
<td>11 year</td>
<td>9 year</td>
</tr>
<tr>
<td>Age of PHV</td>
<td>14 year</td>
<td>12 year</td>
</tr>
<tr>
<td>Age of completion</td>
<td>18 year</td>
<td>15 year</td>
</tr>
<tr>
<td>Total height gain</td>
<td>28 cm</td>
<td>26 cm</td>
</tr>
<tr>
<td>Maximum PHV (per year)</td>
<td>10.5 cm</td>
<td>9 cm</td>
</tr>
</tbody>
</table>

*PHV - peak height velocity.

### Common health problems in adolescence

1) **Developmental disorders**
   - Delayed/precocious puberty
   - Short/tall stature

2) **Physical disorders**
   - Physiological Obesity
   - Nutrition: Undernutrition, anemia, goiter.
   - Skin: Acne, Hirsutism.
   - Orthopedic: Sports injuries.
   - Systemic: Asthma, Hypertension, Diabetes.
   - Accidents

3) **Breast problems**
   - Physiological asymmetry
   - Delayed or premature thelarche
   - Gynecostasia
   - Breast masses or hypertrophy
   - Nipple discharge
   - Missed congenital anomalies

4) **Menstrual problems**
   - Physiological irregularities
   - Delayed/premature menarche
   - Amenorrhea/dysmenorrhea
   - Abnormal or dysfunctional uterine bleeding

5) **Urogenital problems**
   - Physiological variations
   - Leucorrhoea
   - Perineal or peri-genital infections
   - Sexually transmitted diseases
   - Urinary tract infections
   - Missed congenital anomalies

6) **Psychosocial or Emotional disorders**
   - Adaptive: Depression, suicide, delinquency
   - Somatic: Anorexia nervosa, bulimia, hysteria
   - Psychosexual: Masturbation
   - Social: Substance abuse, teen pregnancy.

### Ayurvedic Review in Adolescence Care

The period of adolescence can be considered as last stage of ‘balyavastha’ as per Ayurvedic classics. In early stage of balyavastha there is predominance of Kapha dosha and in last stage there is less Kapha and more Pitta predominance. Pitta dosha governs this stage of life and it is associated with transformation, heat and metabolism. Pitta dosha has transforming power. To utilize transforming power and balance pitta, teenagers should eat cooling and nutritious foods. As children are backbone of our society, they have to be healthy enough and mentally stable for bright future of society. Adolescence stage is first step of child from childhood to adulthood. This is time to start building the foundation for healthy tissues. If teens eat healthy nutritious food, it will quickly turn into healthy cells and tissues.

In Ayurveda classics, importance of Rasayana is given in the way that it helps in boosting memory, increases life time and helps a person to look younger, beautiful, and healthy. In some Ayurvedic texts there are some Rasayana Kalpas which helps in development of cells and tissues. In Ayurveda classics, importance of Rasayana is given in the way that it helps in boosting memory, increases life time and helps a person to look younger, beautiful, and healthy. Such as Chyavanprasha kalpa. Chyavanprasha rasayana is so useful in this stage of life. In text of importance of Chyavanprasha rasayana it is given that it helps in Angavardhana of Bala. Chyavanprasha is a strong rejuvenative, which supports the physiology of childhood and also boosters the immune system. Stir Chyavanprasha in a warm milk or warm water to drink. It can be taken 1 teaspoonful one to three times per day. This can be beneficial during Kapha season(winter and early spring), times of transition and whenever a child is experiencing an acute Kapha imbalance. In Rasayana Adhyaya of Charaka Samhita 4 Medhya Rasayanas were explained. They are as per below-

1) Mandukparni swarasa
2) Yashtimadhu churna
3) Guduchi swarasa
4) Shankhpushpi kalka

Uses of these 4 Rasayanas are such that, it increases Bala, increases Agni, increases swara, improves Varna, increases Ayu.

In Unmad Chikita Adhyaya of Charaka Samhita ‘Mahapaishachik Ghrita’ was explained. It helps in boosting memory, and helps in Angavardhan of Bala. In Ayurveda classics Aachar rasayana and Sadvritta palan was explained. They are so important as per mental and
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physical health of child. Ayurveda also recommends moderate exercise. In addition to boosting circulation and metabolism, exercise enhances immunity and endurance. Yoga asanas are ideal, because they not only tone the muscles but stimulate the functioning of internal organs. It also helps in mental development of child.

In adolescence age various hormonal changes takes place that influence both body and mind. After those sudden changes of temperament of child takes place. Proper care and counseling needed otherwise they may suffer from many psychological problems (manas roga) like depression, anxiety etc. According to Ayurvedic philosophy, Manas roga are born out of disturbance in Satva, one of the Trigunas. Satva if covered by Rajas or Tamas, losses its predominance and manifestations are evident from depression, anxiety neurosis, stress and schizophrenia etc. Meditation is ideal method for maintenance of Satva guna and also help in preventing it from get covered by Rajas and Tamas.

DISCUSSION
In adolescence stage so many physical and mental changes occur in children. Because of this changes a child can be become unstable. SO, stability in his life is so important. Ayurveda has most of the remedies for this in the form of various Rasayana kalpas, Yoga asanas, meditation, Sadvritta palan etc. By encouraging child to follow these things in day to day life, we can get a physically and mentally healthy future citizen of our society.

CONCLUSION
We can conclude that adolescent stage is a stage in various physical and mental changes occurs in a child. It’s a very huge task of parents as well as pediatrician to counsel the child in this phase and describe them that those changes which occurring in them are normal. Otherwise they may suffer from many psychological problems like depression, anxiety, loss of concentration, lack of confidence etc.

REFERENCES