

A COMPERHENSIVE REVIEW STUDY ON *NABHI ROGAS* IN NEWBORNS AND INFANTS

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ABSTRACT

Ayurved is recognized as the most ancient science of life. The initial cut wound that a newborn experience occurs at birth during *Nabhinala Paricharya* (the examination of the umbilical cord), as detailed in Ayurvedic literature. In the field of *Kaumarabhritya*, two categories of *Nabhi Rogas* (umbilical disorders) are described. The first category includes disorders arising from improper cutting of the umbilical cord, while the second consists of independent umbilical disorders. Due to inadequate *Nabhinala Paricharya*, infants are at a higher risk of developing complications such as *Ayaam*, *Vyayaam*, *Uttundita*, *Pindalika*, *Vinamika*, *Vijrambhika*, along with other issues like *Nabhi-paka*, *Anunnata Nabhi*, *Unnata Nabhi*, and *Nabhi-tundi*, among others. Furthermore, neglecting proper care of the umbilical stump can lead to infections and other complications, including Umbilical sepsis, Umbilical Granuloma, Umbilical hernia, Umbilical polyp, and occasionally hemorrhage from the umbilicus. For centuries, infections of the umbilical cord have resulted in neonatal fatalities. Ayurvedic texts provide insights from acharyas on various local applications and procedures for managing these complications. The care of the stump during its detachment from the body and the subsequent treatment of the ulcer formed are surgical procedures critical to the infant's health and potentially their survival. If the wound is not managed properly, leading to infection, the child faces serious risks.

KEYWORDS: *Ayurveda*, *Nabhi Roga*, Umbilicus.

INTRODUCTION

The *Nabhi* serves as a vital connection between the fetus and the mother during intra-uterine life. In Ayurvedic philosophy, the concept of *nabhi* is multifaceted. It can be viewed as *koshthanga* (the large cavities of the body that house the organs), *marma* (the vital points of the

body), *sira* (veins), and *dhamani prabhava sthana* (the origin of arteries). Ayurved is a scientific discipline that encompasses all aspects of contemporary anatomy. Each individual originates from the connection between their navel and the mother's heart (circulation) while in the womb. The circulation of blood and nutrients to the

developing child in the mother’s womb occurs through the umbilicus or navel. After birth, the connection between the child and mother is severed by cutting the umbilical cord that links them. Therefore, the navel or umbilicus is a crucial part of our body, symbolizing our origin and existence. *Nabhi rogas* refer to the ailments associated with the *nabhi*, which can arise if the umbilical cord of a newborn is not cut properly, potentially disrupting the *vata dosha* (the physiological entity responsible for all movements in the mind and body) and leading to various umbilical diseases that should be addressed promptly. Given that no literary

review has been conducted on *nabhi roga*, my study aims to gather all references regarding *nabhi rogas* as described in various *samhitas*.

Classifications

Complication of Improper cutting of umbilical cord

- *Aayaam*
- *Vyayaam*
- *Uttundita*
- *Pindalika*
- *Vinamika*
- *Vijrambhika*

As per different classical texts

<i>Arogyaraksha kalpadruma</i>	<i>Nabhipaka</i> <i>Nabhitundi</i> <i>Nabhyama</i> <i>Pralambika</i>
<i>Ashtang samgraha</i>	<i>Vinamika</i> <i>Vijrambhika</i> <i>Anunnta Nabhi</i> <i>Unmata Nabhi</i> <i>Nabhi Tundi</i>
<i>Charak samhita</i>	<i>Aayaam</i> <i>Vyayaam</i> <i>Uttundita</i> <i>Pindalika</i> <i>Vijrambhika</i>

✚ Improper Cutting of Umbilical Cord

Improper cutting of the umbilical cord can result in numerous complications. These issues may arise from cutting too early, cutting too late, delaying the cut,

pulling during the cut, incorrect holding techniques, milking, or using faulty methods to tie the band, among others. Charaka outlines the following complications:

A. Immediate complications of improper cutting of umbilical cord.

B. Late complications of improper cutting of umbilical cord.

A. Immediate Complication:		
Name	Details	Chikitsa
<i>Aayaam</i>	Improper cutting of the umbilical cord can lead to elongation of the umbilicus.	The internal administration of medications such as <i>bala-goudhumadi kashayam</i> (a decoction that includes <i>Sida cordifolia</i> , <i>Triticum aestivum</i> , and others) and <i>balaa-dhatrayaadi kashayam</i> (a decoction comprising <i>Sida cordifolia</i> , <i>Embilica officinalis</i> , etc.) is recommended. If complications continue despite the use of these drugs, <i>dahakarma</i> (cauterization) should be performed around the umbilical area. Subsequently, post-operative care involving <i>agnikarma</i> (therapeutic heat burn) should be implemented.
<i>Vyayaam</i>	Large umbilicus.	It can be regarded as one of the phases of umbilical hernia. Therefore, it can be treated according to the Hernia protocol.
<i>Uttundita</i>	It shows features of both <i>Aayaam</i> and <i>Vyayaam</i> i.e elongation and enlargement.	
B. Late Complication:		
Name	Details	
<i>Pindalika</i>	In this state, the herniation is circular (<i>parimandal yukta</i>), meaning it appears as a rounded swelling - such as an umbilical granuloma or polyp.	
<i>Vinamika</i>	The umbilicus is inflamed and has a central depression, with raised edges and a concave center – indicating an umbilical cyst or swelling.	
<i>Vijrambhika</i>	A pulsating swelling is observed in the umbilical area. It frequently raises and lowers – indicating an umbilical hernia.	

✚ Nabhi Paka

The condition is described in *Aarogya Kalpadruma* as a result of improper cutting of the umbilical cord. The

pathogenesis of this disease is characterized by the oozing of a foul-smelling, purulent discharge from the umbilicus. In rare cases, the disease may present with

pain and swelling in the umbilical area. If the lesion does not exhibit swelling or pain, a mixture of the herbs *kushtha* (*Saussurea lappa*) and *amalaka* (*Embilica*

officinalis) should be heated together in a mud vessel, ground into a powder, and applied to the affected area to alleviate the condition.

Treatments

Different Classics	Treatment
As per Arogya kalpadruma-	The coconut oil, infused with a decoction of the herbs <i>musta</i> (<i>Cyperus rotundus</i>), <i>kushtha</i> , <i>nisa</i> (<i>Curcuma Longa</i>), <i>yashti</i> (<i>Glycyrrhiza Glabra</i>), and <i>dhatiri</i> , along with the paste (<i>kalka</i>) of the herbs <i>bala</i> and <i>madhuka</i> (<i>Glycyrrhiza glabra</i>), can be applied externally. This can be done by either pouring it directly onto the affected area or by placing a cloth soaked in the medicated oil over the site of the disease, which helps in curing the ailment. In cases where the lesion is accompanied by pain and swelling, although the aforementioned treatment is generally sufficient, it is recommended to grind the herbs <i>durva</i> (<i>Cynodon dactylon</i>) and <i>yashti</i> in a decoction made with <i>bala</i> or coconut milk. This mixture should be applied initially to alleviate pain and swelling. Once the pain and swelling have subsided, the previously mentioned treatment methods will suffice. If the disease is likely to spread to the <i>mamsa dhatu</i> (muscle tissue), administering coconut oil medicated with <i>durva</i> juice and the <i>kalka</i> of <i>madhusnuhi</i> (<i>Smilax china</i>) internally can effectively treat the condition. However, when suppuration occurs in the <i>mamsa dhatu</i> , it becomes challenging to heal the affliction. The wound may heal, but the nature of the umbilicus may change as a result of the healing process.
As per Acharya Charaka-	In cases of umbilical cord suppuration, an oil infused with a paste made from <i>lodhra</i> (<i>Symplocos racemosa</i>), <i>madhuka</i> (<i>Glycyrrhiza glabra</i>), <i>priyangu</i> (<i>Callicarpa macrophylla</i>), <i>suradaru</i> (<i>Cedrus deodara</i>), and <i>haridra</i> (<i>Curcuma longa</i>) should be utilized. The same herbs recommended for the oil preparation should be ground into a powder and dusted over the affected umbilical area.
As per Rasa Ratna Samucchaya	In the <i>nabhi paka</i> of children, an ointment made from <i>haridra</i> , <i>yashtimadhu</i> , <i>lodhra</i> , and <i>priyangu kalka</i> mixed with <i>siktataila</i> should be applied. The same ingredients are utilized for sprinkling.
As per Ashtanga Sangraha-	A mixture of <i>madhuka</i> , <i>lodhra</i> , <i>nisha</i> , and <i>shyama</i> is prepared, and <i>tailapaka</i> is performed. This oil is utilized for <i>abhyanga</i> (massage) and is also employed for <i>avachhoornana</i> (sprinkling) with <i>kalka</i> herbs.
As per Yoga-Ratnakara-	A decoction of <i>Nisha</i> , <i>lodhra</i> , <i>priyangu</i> , and <i>madhuka</i> is prepared. Following this, oil is made. Goat feces are combined with milk. Alternatively, <i>panchvalkala choorna</i> , which is a powder made from the barks of five herbs including <i>ficus racemosa</i> , <i>ficus religiosa</i> , <i>ficus benghalensis</i> , <i>ficus lacor</i> , and <i>thespesia populnea</i> , or <i>chandana choorna</i> , which is a powder of <i>santalum alba</i> , is utilized for <i>avachhoornana</i> .

✚ Nabhi Tundi

The condition characterized by an increase in vitiated vata and vitiated pitta, leading to swelling of the umbilicus accompanied by pain, is referred to as *nabhi tundi roga*.

Treatment

According to *arogya kalpadruma*, a combination of drugs including *satahwa* (*Antheum sowa*), *sarja niryasa* (extract of *Vateria indica*), *saireyaka* (*Barleria prionitis*), and *bala* is thoroughly mixed and powdered. This mixture is then combined with *tila taila* (sesame oil), applied to a piece of cloth, and wrapped around the umbilical area to treat the condition. Additionally, *satahwa* is ground with the juice of *bhunimbadi* (*Andrographis paniculata*), heated in sunlight, and applied to the affected area, which is also effective in alleviating the ailment.

Balahapushadi kwatha - The decoction made from the herbs *bala*, *hapusha* (*Juniperus communis*), *devahwa*, and *lasuna* (*Allium sativum*), when mixed with ghee, is taken internally to treat the disease.

The decoction of *indravalli* (*Citrulus colocynthis*), *abhaya* (*Terminalia chebula*), *hapusha*, and *misi* (*Antheum sowa*), combined with ghee, is also administered internally to cure the disease.

According to Sushruta, *nabhi tundi vatahara chikitsa* should be practiced, particularly through *snehana* (oleation), *swedana* (fomentation), and *upanaha* (bandage fomentation).

✚ Nabhyayama

An incorrectly cut umbilical cord can disrupt the balance of *vata*, but it does not always result in discomfort, which may be influenced by time or the presence of divine spirits. However, if these influences become

adverse, they can lead to spasms in the umbilical area, resulting in a leftward or rightward stretching of the umbilicus, referred to as *nabhyayama*.

Treatment

Balatrayadi kashaya - This decoction, made from a combination of three types of *Sida cordifolia*, *saliparni* (*Desmodium gengeticum*), *prusniparni* (*Ureria picta*), and *rasna* (*Inula racemosa*), along with ghee, is taken internally to treat the condition known as *nabhyayama*.

Balagoudhumadi kashaya - This decoction consists of ingredients such as *bala*, *goudhuma*, *devahwa*, and *jivanti* (*Leptadenia reticulata*), combined with *guda* (jaggery) and *saindhava* (rock salt), which is also administered internally to alleviate the disease *nabhyayama*.

✚ Pralambika

The disturbed vata causes swelling in the umbilical area, resembling the size and shape of a bowl, and is identified as *pralambika nabhiroga*. Clinically, *pralambika* presents in two forms: a. With inflammation (*sarujam*) b. Without inflammation (*nirujam*). The *nirujam* type is self-limiting and does not necessitate specific treatment. In contrast, the *sarujam* type requires immediate intervention, which is essential. Despite treatment, if it progresses to *pakwawastha* (ripened form), the prognosis is unfavorable.

Treatment

The treatment outlined for the disease *tundi* is equally relevant in this case as well.

✚ Nabhivrana and Anunnata nabhi

Once the cord detaches, it can lead to the development of an ulcer in the stump area, which tends to heal slowly. The formation of normal tissue is delayed, and the affected area remains flat. This condition is referred to as *anunnata nabhi*.

Treatment

To promote healing, the wound should be treated with a mixture of *ashwagandha* (*Withania somnifera*), *ajavid* (*goat excreta*), and *Yashtimadhu choorna* combined with *ghrita*.

DISCUSSION

Following a literary review of *Nabhi rogas*, it has been observed that various *Nabhi rogas* have been described by different *acharyas*. As this is a literary review, some disorders detailed in Ayurved can be correlated with those found in modern texts, such as *Pindalika* being associated with Umbilical granuloma/polyp, *Vinamika* with Umbilical cyst/swelling, and *Vijrambhika* with Umbilical hernia, as their signs and symptoms are similar. Additionally, other disorders like *Nabhi shotha* have been discussed in *Yog Ratnakara*, while *Nabhi kundala* is mentioned in *Rasa Ratna Samucchaya*.

CONCLUSION

Nabhi Rogas primarily occurs in newborns and infants, necessitating prompt intervention. Umbilical infections pose a significant threat to newborns, representing a genuine medical emergency that can swiftly escalate to neonatal sepsis and potentially result in death, with a mortality rate estimated between 7% and 15%. Numerous studies have been conducted on herbal formulations for various *Nabhi Rogas*; however, no literature review has been identified regarding *Nabhi Rogas*.

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