



Traditional Ayurvedic immuno-booster for infants – *Balguti*.

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Abstract-

A healthy immune system is vital for children as they are exposed to a plethora of germs. Immunity is the state of having sufficient biological defenses to avoid infection, disease, or other unwanted biological invasion. It is the capability of the body to resist harmful microbes from entering it. '*Balguti*' is a traditional household remedy which is proven to be safe & effective on infants work as an immunobooster. '*Bal*' means baby & '*guti*' means paste. It consists of 20 medicinal herbs. This article is review on traditional way of *balguti* preparation & its work as an immunobooster.

Keywords-*balguti*, immuno-booster ,infant, traditional preparation methods.

Introduction-

It is really a divine feeling to give birth to a new life/generation. But also a

great responsibility for a newly parent. Atleast in India, we have our parents/grandparents, who guide us through their experience based knowledge which we called '*Aapta*' in Ayurveda. But our coming generation is having more IT based societies (following western culture) who rely mainly on 'Google' to find all the remedies.

As a *Vaidya*, we prescribe '*Balguti*' to many of the newborn & that too in *Ayurvedic* ancient way of treatment (no ready to use syrups). Also a lot of leading pediatricians think that they will also be grateful to Ayurveda, if they don't have to prescribe 'antibiotics' for every seasonal variations. As we all know that 'first 1000 days' of life is the golden period. So, lets keep those important days healthy with natural remedies & seek for antibiotics only in emergency treatments.

Methodology-

A review based study; information pertaining to this study was primarily obtained from various textbooks, clinical observations, research work and scientific studies. It is important to discuss traditional method of medicine preparation & its effect; when taken in proper way.

Discussion

'Balguti' is a traditional household remedy which is proven to be safe & effective on infants. 'Bal' means baby & 'guti' means paste. It consists of 20 medicinal herbs. Readymade suspensions are also available in market. But these suspensions or ready to use churnas are not proper way of giving balguti. Each herb should be rubbed on rubbing stone (*sahan*) with mother's milk or pre-boiled water or purified honey in a circular motion to obtain the paste which leads to minute quantity of medicine, with increased lingual absorption & medicine remain 'saumya' for child as expected by our *aacharyas*. For first month of life, one rotation of each herb should be given. Like

this, one rotation should be increased every month till 1 year of age. If *balguti* is continued till 2 years then after 1 year 15-18 rotations of each herb should be given as per *vrudhavaidya parampara*.

Balguti contents should be dried properly after each use and stored in cool and dry place. If they are not dried properly, moisture content in it will lead to fungal growth, which will be hazardous. So, dry the herbs in sun properly to retain its efficiency.

However, on daily basis we don't need all the 20 contents in the *Balguti*. On daily basis, *vaidyas* prescribe only 9 essential contents for proper growth and immunity. They are dry dates (*kharik*), liquorice (*jeshthmadh*), *balhirda*, almond (*badam*), sweet flag (*vacha*), turmeric, *ashwagandha* (winter cherry), dry ginger and *ativisha*.

Hereby, listing the role of all the herbs in *balguti* according to *Bhavaprakasha* with a caution that in whatever condition your child is first ask a nearby *vaidya* that in what quantity (*i.e. how much circle & how many times in a day*) they are required.

S.N.	Ingredient	Mode of Action
1	<i>Sagar gota</i> / <i>latha karanj</i> / <i>Caesalpinia bonducella</i>	You have to remove hard grey coloured covering and inside there is White coloured kernel. That is useful in fever, flatulence and diarrhea and also useful to improve appetite. ¹
2	<i>Murud Sheng</i> / <i>Helicteres isora</i>	It is useful in colic pain, diarrhea and dysentery. ²
3	<i>kuda</i> / <i>kutaj</i> / <i>Holarrhena antidysentrica</i>	Useful in all kinds of diarrhea and chronic amoebic dysentery and also associated fever with it. ³
4	<i>Maiphal</i> / <i>Quercus infectoria</i>	Useful in excessive mucus forming conditions of cold, cough, vomiting and dysentery. ⁴
5	<i>Vekhand</i> / <i>vacha</i> / <i>Acorus calamus</i>	Improves speech. It avoids cough and infections in child. ⁵
6	<i>Dikemali</i> / <i>Nadihingu</i> / 	Helpful in teething problems, where child may suffer with

	Gardenia gummiifera	fever, diarrhoea, vomiting and gases. It reduces pain and swelling at gums and also strengthen them. ⁶
7	<i>Hirda</i> (Mature fruit) ⁷ / Terminalia chebula	Both are mild laxatives and helps in improving appetite. But on daily basis <i>Balhirda</i> is preferred in daily guti. ⁸
8	<i>Balhirda</i> (Immature fruit)/ Terminalia chebula	
9	<i>Ativisha</i> (<i>Baal bhaishajya</i>)/Aconitum heterophyllum	It is a drug of choice for all pediatric health problems. It is useful in fever, cough, indigestion and dysentery. ⁹
10	<i>Haladi</i> (Turmeric)/ Curcuma longa	Turmeric is antiseptic and anti inflammatory. It is useful in fever, cough (rhinitis, bronchitis) And all kinds of skin diseases. ¹⁰
11	<i>Jaiphal</i> / Myristica fragrans	It is a digestive tonic. It helps to control diarrhea and foul odour of the stool. External application can be done in headache, cough and cold. ¹¹
12	<i>Nagarmotha</i> / <i>Musta</i> / Cyperus rotundus	It is useful in diarrhea, dysentery & where <i>pachan</i> is expected without <i>ushnaguna</i> . ¹²
13	<i>Suntha</i> / Zingiber officinale	It increases appetite & helps in digestion; also relieves constipation & abdominal colic. ¹³
14	<i>Pimpali</i> / Piper longum	Useful in cough & fever, as it acts as expectorant. But should be used cautiously in children due to it's <i>ushna guna</i> . ¹⁴
15	<i>Beheda</i> / Terminalia bellerica	Useful in respiratory disorders. Also proves beneficial for hair, throat & eyes. ¹⁵
16	<i>Kakadshingi</i> /Galls on Terminalia chebula	Useful in pediatric related common cold & cough with throat infection. ¹⁶
17	<i>Yashti</i> / Glycyrrhiza glabra	Used for soothing effect in cough & hoarseness of voice. Also it acts as an expectorant. ¹⁷
18	<i>Ashwagandha</i> / Withania somnifera	It is useful to strengthen immune system & for nourishment of body. ¹⁸
19	<i>Kharik</i> / Phoenix dactylifera	It is useful as nutritional supplement & is rich with vitamins & iron content. ¹⁹
20	<i>Badam</i> / Prunus amygdalis	It is a good source of nutrients, vit.E & A.Helps in improving brain development & skin care. ²⁰

CONCLUSION

The article emphasized on management of various diseases during childhood period using various ancient approaches of *ayurveda* science such as; herbal remedies, *Balguti* is specially formulated from 20 different medicinal herb and very easy to use/administer for the baby. It gives freedom from the stress of choosing the various

antibiotics & nutritional supplement for little ailment. This *guti* helps in the child's growth, immunity boosting and overall health.

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