

## **Ayurvedic Review Article on Fakka**

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**Abstract:** *Ayurveda mentioned various diseases related to the children and their therapeutic management. Ayurveda gives prime focus to the health of children therefore described health related issue of children in separate branch. Nutritional insufficiency, lack of immunity, diminishes digestive strength and weak physical strength, etc. mainly considered responsible for childhood disorders. There are many disorders related to the nutritional deficiency which described as Apatarpanajanya vyadhis in Ayurveda and Phakka roga is one of them. This condition on the basis of symptomatic similarities can be correlated o the rickets as per the modern science. The inability to walk or stand up on feet is main feature of Phakka roga. The bones become very weak or soft so that children can't stand up or walk using his/her feet. Diminish state of Dhatus especially Rasa and Asthidhatu mainly involves in disease pathogenesis. Ayurveda described several therapies for the management of Phakka roga including utilization of Deepana-Pachana and Rasayana drugs, etc.*

**Keywords:** Ayurveda, Phakka Roga, Apatarpanajanya vyadhis, Children, Bala Rog

