

ROLE OF AYURVEDA IN PEDIATRIC CARE- ON REVIEW**Poonia Jaipal^{*1}, Kadwal Sonia², Deepshikha³ and Garg G. P.⁴**¹PG Scholar, ²PG Scholar, ³Assitant Professor, ⁴Professor and H.O.D.Department of Kaumarbhritya, Uttarakhand Ayurveda University, Gurukul Campus,
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Ayurveda is one of the oldest health sciences, with the goal to promote a longer life span through good health. Pediatric Ayurveda sets up the prerequisites for a happy life. It emphasises a child's psychological, mental, and physical development. If child care and treatment are done out according to with Ayurvedic principles, the child definitely will develop into a happy and healthy adult. Childhood is a predictor of adulthood. Ayurvedic medicine's purity and safety are ensured by the use of plants and herbs in its formulation. For children's basic development, Ayurvedic baby oil massages and Ayurveda products like Chavanprash are good solutions. The health indicators include everything from preconception care to pregnancy care to delivery care

to baby care and so on. One of the most exquisite alternatives to allopathic contemporary treatment is Ayurveda. Ayurveda is a special approach to preventing illnesses and aids in the development of a stronger immune system in children thanks to thousands of years of research and development.

KEYWORDS: Balyavastha, Childhood, Gestational Care, Infant Care.**INTRODUCTION**

Since 1500 B.C., Ayurveda, an ancient holistic medical system from India, has been used to treat illnesses and maintain good health. It focuses on the body, mind, and spirit. These days, a variety of new medical conditions are developing as a result of various microbial mutations, and as a result, there is almost no available cure. In order to combat such diseases, children should build up their immune systems, and special attention should also be given to disease prevention. Ayurveda and child care are closely related in this situation. It is an extensive

approach that takes into account aspects of a child's physical, emotional, and psychological characteristics that might occasionally have a minor or major influence on the child's health. Ayurveda plays a significant role in promoting safe and effective techniques to not only treat disease but also to maintain health by increasing the body's immunity.^[1] As a result, despite fast improving generation and unhealthy lifestyles, Ayurveda's long-standing goal of maintaining health and healing ailments in children will not be repressed.

BAL-ROGA: PREVENTIVE APPROACHES^[2]

- Shishu's immune system develops from birth through stanya feeding; stanya feeding is recommended by Ayurveda for new born babies with Bala Vardhana, Deha Pushti, and Dhatus Vardhana.
- Heavy diet should be avoided as it can cause constipation, light liquid diet may be given after 6-8 months
- Ayurveda also recommended Phalaprasana and Annaprashana Samsakara for Bala Avastha for appropriate physical and mental growth.
- According to Ayurveda, vitiate Kapha predominates in Bala Avastha, hence Kapha dosha stuffed foods should be avoided.
- The liquid and solid meals in Bala Avastha must be arranged in accordance with Dohsa, Kala, and Prakriti in order to avoid VirudhaAhara, which may result in disease conditions.
- To prevent any chances of Prakriti Virudha, Very cold or very hot food must be avoided in Bala Avastha as per medical science.
- Hygiene conditions avoid attack & prognosis of diseases, was strongly described by the traditional science of Indian medical system.
- Bala Avastha's natural health is preserved through Dinacharya and Ritucharya restrictions.
- Ayurveda advocated that carbohydrates, protein, fat, minerals and vitamins enriched Ahara must be given to the child. Food stuff must encompass all essential component of balance diet, as they boost immunity of growing children.
- In Bala awastha, the potency of drug should be regulated with great care, since Dosha, Dushya, and Malla are less prominent at this age, therefore detoxification is not as prominent, and an excess amount of drug may cause injury due to buildup.

1. Pre-conception care

The parents of the children determine the child's physical characteristics, behavior, and other qualities. It follows that all of a child's characteristics are predetermined at the time of conception. According to contemporary research, genetics significantly influences how children acquire their parents' qualities. Similar to behaviors, diseases can also be passed down through genes. Chromosome abnormalities can result in gene mutation. These anomalies can arise from parents' poor lifestyle choices, such as eating a lot of junk food often, sleeping late, using tobacco or alcohol, etc., which causes the child to acquire the same features. According to Ayurveda, shukra and shonit are in charge of forming garbha.^[3] Therefore, for improved offspring, sperm and eggs of the highest quality are essential. Prior to family planning, parents must have proper counseling. They should include a healthy lifestyle into their everyday routine, including the drinking of milk, homemade food, and green leafy vegetables. Today's generation has to make a significant adjustment, which is getting enough sleep. Preconception care may be a useful strategy to enhance the success of pregnancies since research has indicated that women who get preconception counseling are more likely to adopt healthy lifestyle choices. To boost the immunity of teenage girls and women of reproductive age, all healthcare professionals should be aware of the significance of the continuum of care even before pregnancy.^[4]

2. Navjaat Shishu Paricharya^[5]

Pranpratyagaman

Pranpratyagaman is at first and foremost important thing when baby come out of the mother's vaginal canal, which literally means forecoming of life again, the vitals of the baby are restored. Basically, the acoustic stimulation leading finally to CNS stimulation is nothing but this Pranpratyagaman step. It has an analogous relationship to tactile stimulus. Additionally, Acharya Charak has described blowing air over the body of the baby with a fan built from the herbal trees Nal, Munj, and Vansh to clean away oral secretions if the infant does not regain consciousness. Additionally, Acharyas next door highlighted the usage of Nasya of Shunthi, Vacha, and Swaskuthar in the event that the infant does not regain consciousness.

Nabhinaalkartan

There is some variances of viewpoint regarding how long the chord should be severed. According to Acharya Vagbhata, a cord should be tied at two locations that are four Anguli's apart using Kshomasutras (silk threads), and then it should be cut with the use of a sharp

surgical tool. The remaining cord should then be hung in the newborn's neck while being careful to prevent any bleeding. Furthermore, to reduce bleeding through the site, Acharyas have recommended using herbs like Lodhra, Madhuka, Gavhala, Devdaru, Kushtha, and Chandan. Kushtha Talia is applied to the areas as well as the powders. Acharyas have advised certain special precautions during this surgery. 1. Caution should be exercised when cutting the cord. 2. The tools used here should be organized, spotless, and fully cleaned before use. Acharyas said that in order to disinfect objects, they should first be roasted to a high temperature till they turn as red as possible. As a result, tools are cleaned and made suitable for usage with Kartan (to cut) and Dahan (to burn). b. Silk threads should be cooked over steam for using Kshomasutras. The band should be ligated tightly, not too loosely, to help hold the blood from leaking out. According to Acharya Charak, the ligation should have two bands and be 8 anguli long. Sushruta Acharya, however, recommended it at a distance of 8 anguli.

Mukhvishodhan

Use of Saidhav and Sarpi has been favoured for clearing out the secretions from mouth. Mukhavishodhan could be incorporated in Pranpratyagaman, for this purpose. This step is similar to suctioning in neonatal resuscitation.

Snehana

After emerging through the vaginal outlet, the baby has a full over-coverage of vernixcaseosa, also known as Ulva, which is the sticky accumulation all over the body. It only remains on the surface of the skin after cleansing. Oiling the body with Bala Talia and Til Talia will therefore absolutely benefit Ulva removal. Additionally, it will help to make skin texture better. Additionally, Snehana assists in balancing the vitiated Vata Dosha.

Snana

After oiling, the infant is bathed with Luke's warm water. Combinations of extracts from Kshiri vriksha or other nice-smelling herbal plants are combined in water and allowed to boil to retain 1/4th of the extract, which is then used for bathing. The gold or silver plates are then heated to high temperatures before being immersed in the previously prepared solution. The infant is then allowed to bathe using the aforesaid procedure. Furthermore, Acharyas proposed several medications for washing the newborn, including Musta, Chandan, Usheer, Karpur, and Shati, among others, if the amniotic fluid, liquor (Garbhodak), is foul smelling.

Jatakarma

Jatakarma Sanskar is the Vedic deeds generally followed after birth of the newborn as like Yadnya and Yaga. The deeds on the whole are accounted as “PRAAJAPATYAVIDHI”

Suwarnaprashana

Honey, ghee and Anantmool churna along with Suwarnabhasma are applied over the tongue of baby using our little finger. Suwarnaprashan avails to increase the life's vitality, giving glow to skin, and keeping the baby away from the evil things. Additionally, Suwarnaprashan shows customized benefits as like growing the brain power, appetite and strength. After using it for a month, the child gains intelligence, and after using it for six months, a child's recollection of what they have heard is improved.

Rakshakarma- Rakshakarma the word itself denotes to preserve the baby from inevitable circumstances. 1. The baby should be wrapped in silk linen, after bathing the baby. And to blow air Pillu, Boar, Nimb and Phalasaplant s branches are used. 2. Over anterior fontanelle the cotton swab poured in oil is kept. 3. Umbilical cord is dressed well to avoid wetting and inoculation of microorganisms, In this time period. 4. The place where the PNC mothers are kept is called “Sutikagaar” all the walls of that room are disinfected using Dhupana.

Manidharan - The meaning of manidharan is to tie horn of rhinoceros with any other auspicious thing into the neck of the baby. Branches of the trees like Aindri, Brahmi, and Jivaketc are also tied. It signifies to gain strength, built, immunity, health and life of the newborn.^[6]

3. BREAST FEEDING

The Convention on the Rights of the Child states that every infant and child has the right to good nutrition. Under-nutrition is linked to 45% of child deaths, with 149 million stunted, 45 million wasted, and 38.9 million obese children in 2020. Infant and young child feeding is crucial for survival, healthy growth, and overall development. The newborn and mother both benefit greatly from six months of exclusive nursing. Infants and newborns rely heavily on the nutrition and energy found in breast milk. It can meet 50% or more of a child's energy requirements. Breast milk is said to be enlivening, nourishing, rich in nutrients, friendly to the human body, etc. by Charak Samhita.^[6] However, if the mother is careless, breast milk might become contaminated by eating betel nuts, all varieties of kashaya rasatamak Dravya, rookshana treatments, etc., which can impact the child's health. It is referred to as stanya

dushti. This can lead to various types of disorders like excessive faeces and urination, retention of urine and faeces, burning sensation, excessive crying, etc. in children.^[7] To prevent these issues, mothers should take proper care, resulting in high-quality breast milk. Breastfeeding may also stimulate the immune system, potentially providing long-term positive effects.

4. Diet

The same basic idea underlies both adult and pediatric nutrition. The same nutrients, such as carbohydrates, proteins, fats, vitamins, and minerals, are required by everyone. However, children's nutritional requirements differ depending on their age. In order for a child to accomplish their developmental milestone at the appropriate age, nutrition is equally crucial. Otherwise, it may have a variety of impacts on their bodies that cause illnesses like PEM, among others. In order to avoid diseases, it is increasingly imperative to have a balanced diet. Avoid junk food, as poor dietary behaviors can pass harmful immune modifications to offspring during their developmental window, requiring improvement in diet to build better immunity.^[8]

5. Rasayana

Ajasvika Rasayana, such as Nitya Ksheera Ghrita, Abhyasa Navanita, and others, provide correct food that promotes a child's growth and boosts their immunity, preventing numerous diseases. Naimittika Rasayana: According to the severity of the disease, Medhya Rasayana—such as Mandukparni, Yashtimadhu, Guduchi, and others—improves memory and intelligence, which in turn improves academic performance and mental health since mental health has an impact on physical health. For the age range of school-age children, Acharya Sharangadara specifically specified Vacha, Swarna, and other things.^[9]

6. Panchkarma

Procedures for children In Ayurveda, Panchkarma procedures play a major role in purifying the body not only in adults, but also in children. Amongst those procedures, Abhyanga is one of them.^[10] Abhyanga, one of newborn care protocols are very scientific; of present era prove the scientific background protocols and very effective to gain weight, reduces pain, enhances immunity and accelerates the healthy growth and development of baby. Abhyanga has been told as a part of Dinacharya (daily regimen) as well.

7. Yoga or Exercises Nowadays

Numerous occurrences of cancer, diabetes, stroke, and even heart disease are documented. The primary cause of many serious disorders is inactivity. Additionally, studies suggest that performing regular physical activity can improve our attitude, sleep, and sense of self, making us less vulnerable to illnesses. But due our contemporary lifestyles and growing reliance on technology, both adults and children today are less active. According to studies, sedentary kids are more likely to become inactive adults, putting younger individuals at risk for serious illnesses. Yoga counteracts the autonomic alterations and cellular immune deterioration brought on by test stress. This is why it's critical to promote fitness-related activities like yoga and exercise from a young age.^[11]

DISCUSSION

Children are more susceptible to several diseases because of their weakened immune systems. Good health is related to decreased dropout rates, excellent school performance, and productivity. infections include malnutrition, infectious infections, intestinal parasites, diseases of the skin, eyes, and ears, and dental cavities are more common in children. Ayurveda describes Dinacharya, Rutucharya, Matravat Ahara, Kala Bhojana, Sadvritta, etc., and N-number of the preparation for the prevention and management of these disorders which assists in the development of children for tomorrow. A child's constitution is weak in every way after birth because of its underdeveloped immune system and bodily parts. In terms of knowledge, wisdom, and physical prowess, they are immature. They act in the same way and view everything around them as being the same, making them susceptible to harm, infection, sickness, etc. In light of the fact that parents, other family members, and the government all take particular care of youngsters, especially by taking extra measures to instill immunity and conducting routine observations to track their overall development. The primary Ayurvedic classics, Charaka Samhita, Susruta Samhita, and Ashtanga Hridaya/Sangraha, expounded on the specific chapters on infant care. One of the finest alternatives to allopathic contemporary treatment is Ayurveda. Ayurvedic medication is made from plants and herbs, which assure its safety and purity. Ayurveda is a special approach to preventing diseases and aids in the development of a stronger immune system in children thanks to thousands of years of research and development.

CONCLUSION

After discussing the issues mentioned above, it can be concluded that using methods of treatment like Rakshakarma, suvarnprashan, only breast-feeding, diet, Rasayana, Panchkarma, yoga, dincharya, and ritucharya, etc. can significantly affect the child by boosting its immunity mentally and physically, preventing and curing the majority of diseases, and accelerated recovery. Different methods for the prevention, diagnosis, and treatment of pediatric disorders are shown in Ayurveda. Implementing preventive measures may therefore help preserve a disciplined way of life and a healthy existence today.

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