

**CONTRIBUTION OF YOGARATNAKAR IN KAUMARBHRITYA****Seema Indulkar<sup>1\*</sup> and Masaudaalam Mujawar<sup>2</sup>**

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Article Received on  
23 Feb. 2022,

Revised on 16 March 2022,  
Accepted on 06 April 2022

DOI: 10.20959/wjpr20225-23760

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**ABSTRACT**

Kaumarbhritya is one of the branch of Ashtang Ayurveda which deals with care of infant, children; their disease and management. Though Kashyap Samhita is considered main text of Kaumarbhritya but it is not available completely. So the Students, Scholars and Physician have to go to through other texts to gain the knowledge and get rid of their queries. Yogaratnakar is one of the classical works on Ayurvedic medicine, which is written at the end of the 17<sup>th</sup> century. Yogaratnakar has proposed his own new concepts in his text. This article aims at reviewing the knowledge about Kaumarbhritya available in Yogaratnakar. Yogaratnakar has mentioned about duties to the field of Kaumarbhritya in his Uttaradham. Yogaratnakar explained in Uttaradham part Balarogadhikar adhyay- diseases in paediatric,

examination of patients, treatment of diseases in paediatric etc. The list of contribution of Yogaratnakar is never ending and attempt will be made to high light to contributions and knowledge of Kaumarbhritya available in Yogaratnakar.

**KEYWORDS:** Kaumarbhritya, Kaumarbhritya in Yogaratnakar.

**INTRODUCTION**

Kaumarbhritya is one of the branch in Ashtang Ayurveda which is deals with care of infant, children; their disease and management. Though Kashyap Samhita is considered main text of Kaumarbhritya but it is not available completely. So, the students, scholars and physicians have to go to through other texts to gain the knowledge and get rid of their queries. Acharya

Yogaratanakar had written his own text named as Yogaratnakar. The Yogaratnakar text is divided into Purvardha and Uttardha parts.

A complete view of the Samhita reveals the concept and important contributions of the Samhita in field of Kaumarbhritya. The following is a short review of chikitsa in Kaumarbhritya in Yogaratnakar.

According to Yogaratnakar

### **Diagnosis of children's diseases**

By doing guru yojana of the mother, by eating anomalous food and by eating substances that irritating the doshas or by eating other doshas, the bad doshas get enraged in the body and become pitta and contaminate the milk. Those who eat false(improper) diet or the three doshas in the mother's body become contaminated and contaminate the milk, causing diseases to the infant who consumes milk. A child who consumes milk contaminated with matter, suffers from gout, his voice becomes weak, becomes distorted and his stool, urine and honey are blocked two by two. Because a child who drinks milk contaminated with bile remains sweaty( he sweats continuously), he is visibly visceral, full of eructation and bile disease, he is thirsty , his whole body remains hot. A child who drinks milk contaminated with phlegm becomes lalastravi (he has constant salivation), he is phlegmatic, he sleeps, he becomes sick, there is atrophy in his mouth and eyes and he vomits.

### **Child's disease examination**

The child's acute pain or slow pain should be gone by his crying. In acute pain, weeps more, in mild pain weeps less.

### **Disease**

Kukunak:- Kukunak disease occurs in the eyelids of the eyes of children by drinking contaminated milk, due to which there is tubercle in the eye and bar 5 floats from it and child spreads the head, eyes, throat and nostrils. He does not have the powder to see the light, nor is he able to open his eyes.

Symptoms of Parigarbhik disease :- At the moment of transitory disease, dataka, while drinking milk of a pregnant woman, not being kidnapped, becomes full of breath, heartburn, vomiting, fatigue, constipation, anorexia and delusions and leprosy (enlargement of the

abdomen). It is called Parigarbhik disease. Agnideepan treatment should be done in this disease.

Symptoms of Talukantaka disease:- The phlegm, which is irritating in the child's body, gives rise to disease called Talukantaka, due to which the palatine region becomes affected if the palate becomes clogged. In this taluka pata, stanadvash means not drinking the breast, drinking milk from where having fluid from the mind, trishna, netra-kantha and pain in the mouth, not being able to lift grihva and having vomit all these moments happen.

Symptoms of Mahapadma Roga:- Visarpa produced in the body and head of the child is life threatening, his complexion is of lotus color, his name is Maharoga and he arises from the wrath of three doshas, starting from the conch shell and goes from the heart to the anus.

Kshudrarog:- Ajagalli and Ahiputana this two disease in kshudraroga.

Jwaradi roga:- Jwaradi disease are also have been known to elders in the past, also occur in the body of children and accordingly that we have treat them.

Tooth disease:- Tooth extraction has been said to be the cause of all diseases in children. Especially in this, fever, vidbhed, cough, vomiting, pain in the head, Abhishyand, Pothki and Visarpa disease occur.

Symptoms of afflicted children's diseases- Because of not living with purity, children often suffer, therefore the child should be protected from their troubles.

Name of the Balagraha:- Skandagraha, Skandaapsmar, Shakuni, Revati, Putana, Gandhaputana, Sheetaputana, Mukhamandika and Naigmeya are called nine balagraha. According to different acharyas there are different types and numbers of Balagraha.

Common symptoms of Balagraha Dushta:- The child become vikal in a moment, becomes frightened in a moment, starts crying in a moment, looks up itself or mother and bite himself with his teeth and nails, eat teeth i.e. he should chew his teeth, he should drive lips and teeth and bite his lips, he should vomit twice a day, limbs get swollen, he has dissatisfaction and his voice comes out with a torn vowel, consider him to be a lump of flesh and blood and do not eat like before, becomes weak etc.

**Symptoms of Grahadushta children**

<b>Graha</b>	<b>Symptoms</b>
Skandagraha	One side eye discharge, Gatra discharge, uprolling of eye's , Raktagandhi
Skandapasmar	Vomits froth in unconscious state and smells of blood.
Shakuni	Body smells like the smell of zoological carnivorous bird (vihangagandhi)
Revati	Body secretes foul smelling blood like the smell of mud (Pankagandhi), constipation, fever, ringworm.
Putana	Atisar, fever, trishna, obvious looks, cries, his sleep is destroyed, constantly disturbed.
Gandhaputana	Body smell like a fat, vomiting, cough, fever, cries a lot, does not accept breast milk, has bitter taste.
Shitaputana	Foul odor comes from body, body trembles, feels sluggish, body becomes weak, vomit, diarrhea.
Mukhamandika	Body smells like a bunch of urine, complexion is happy, veins get prominent, eats lots of food.
Naigameya	Vomiting, redness or sweating, throat, mouth remains dry, body smells bad

Uncurable symptoms:- staring at one sight, refuse to breast feeding, intermittent unconsciousness.

Chikitsa:- Yogaratnakar explained Agnidaha, Ksharakarma, Vamankarma, Virechan karma, sheeravyadha in Balarog chikitsa. Yogaratnakar explained that Virechan, Bastikarma, Vaman you can do when baby having lots of problem otherwise there is no need to do that karma. You can cure the disease with the help of oral medicine. And you can take laghu matra for babies.

Aushadhi Matra:- Churna, Kalka, Avaleha

<b>No.</b>	<b>Age</b>	<b>Matra</b>
1.	1 <sup>st</sup> month	(Kashthaaushaadhi) 1 ratti
2.	2 <sup>nd</sup> month	2 Ratti
3.	3 <sup>rd</sup> month	3 Ratti
Increase 1 ratti on every month up to 12 months		
5.	12 <sup>th</sup> month (1 year)	12 Ratti (1 Masa)
6.	2 year	2 Masa
7.	3 year	3 Masa
Increase 1 Masa on every year up to 16 year		
8.	16 year	16 Masa
9.	16-70 year	16 Masa

Matra of Kwath will be 4 times more than the churna quantity.

Jwar chikitsa:- Yogaratnakar advise Langhan Chikitsa in children. We can't do Langhan chikitsa in Exclusive breast feeding babies. But which babies are on Complementary feeding in that children we can do langhan chikitsa by reduced their food intake. In Exclusive breast

feeding children we have to treat both mother and children. In Complementary feeding children we have to treat both mother and children. For young children have to treat only that child. No need to treat to mother.

Yogaradnakar also explained the Chikitsa (yog) according to diseases

1. Bhadramustadi Kwath – Jwar
2. Eladi Churna – Jwar, Kasa, Atisar
3. Palankashadi Dhoop – Jwar
4. Murvadi Udvardana- Jwar
5. Ghanadi Churna- Jwar, Atisar, Jwaratisar, Kasa, Shwas, Vaman
6. Lodhradi Churna – Atisar, Jwaraatisar
7. Shrirasadi Churna – Atisar
8. Bilwadi Yog – Atisar
9. Samangadi Kwath – Atisar
10. Vidangadi Churna – Aamaatisar
11. Mocharasadi Yawagu- Raktaatisar
12. Nagaradi Kwath – Atisar
13. Lajadi Churna – Shighra Pravahika
14. Rajanyadi Churna :- Grahani, Vata roga, Kamala , Jwar, Atisar, Pandu.
15. Paushkaradi Churna:- 5 types of Kasa
16. Mustakadi Rasa :- Kasa
17. Vyaghrikusumadi Avalehika :- Chronic kasa
18. Dhanyadi Panak :- Kasa, Shwasa
19. Drakshadi Churna :- Shwasa, Kasa, Tamak shwas
20. Duralabhadi Leha :- Kasa, Shwas
21. Tugaavaleha :- Kasa, Shwas
22. Kutaki Churna + Honey – Hikka, Vata rog, Chronic vaman
23. Aamrasthyadi Churna :- Vaman shaman
24. Ghanadi Churna :- Vaman shaman , Jwar
25. Panchakola Churna :- Dudha vaman chikitsa
26. Hribra Churna + Sharkara+ Honey- Trushna chikitsa
27. Ghrita + Saindhav + Hinga + Bharangi + shuntha – Vatik Anaha, Pain
28. Rechak Yog :- Mala Nisaran – Mrutika Virechan Yog
29. Mutraghat Chikitsa:- Pipal + Marich + Sharkara + Honey + Elayachi + Saindhav

30. Vidarikandadi Churna :- Karshya
31. Suwrna Yog :- helpful for child health, brain, Growth and development.
32. Lakshadi taila :- Dushta Grah, Jwar
33. Ashwagandha Ghrita :- Growth and development
34. Shotha Chikitsa – Nagarmotha+ Shwaetakushmanda seeds + devdaru + Indrayav all in same part + water – lepa.
35. Nabhi Shotha Chikitsa
36. Nabhipak Chikitsa :- Eladi+ Lodhra+ Priyangu + Mulahati – taila siddha – Abhyanga or Churna Lepa
37. Gudapak Chikitsa :- Pittanashak Chikitsa  
Rasanjana  
Shankha Bhasma+ Jyesthamadha + Rasanjana Churna
38. Ahiputan Chikitsa :- Shankha Bhasma + Sauviranjana + Jyesthamadha – Lepa
39. Parigarbhik :- Agnidipan Chikitsa
40. Kshata, Visarpa, Visphot, Jwar Chikitsa – Triphala + bark of Neem + Turmeric – Kwath.
41. Siddhma, Pama, Vicharchika Chikitsa- Home fumes + Turmeric+ Mustard + Indrayav- take in same part- mixed with Takra – Lepa
42. Mukhapak Chikitsa :- Aamasar Churna + Lohabhasma + Geru+ Honey + Rasanjana – mix it well – Lepana  
Daruharidra + Jyeshthamadha+ Haridra+ leaves of Jasmine – make Kwath – add Honey- Dhawan  
Bark and leaf of Pipal – Churna + Honey – Lepan
43. Mukhastrav Chikitsa :- Sariva + Tila + Lodhra + Mulahati- Kwath – Dhawan.
44. Shishukandan Chikitsa :- Pipal + Triphala – take in same part make Churna – mix it with Honeyn or Ghrita- licking
45. Talukantak rog Chikitsa – Haridra + Vacha + Kuta – take it in same part- Kalka – mix with Honey and mother milk – drink
46. Talupak Chikitsa :- Yawakhar+ Honey – Pratisaran
47. Kukunak Chikitsa – Triphala + Lodhra+ Punarnawa + Shuntha + Kantakari – take all in same part- mix with water- Warm lepan.
48. Netra rog Chikitsa :- Shunthi + Marich + Pipal+ Dalachini+ Manahshila + Haratal + seeds of Karanj – take in same part – fine Churna – do Anjan Karma – Vartnaroga.
49. Dantodbhedadi Rog Chikitsa –  
Dantapali – flower of Dhayati + Pipal – Churna + Honey – Pratisaran

Flower of Dhayati + Pipal- Churna + Amalaki Swaras – Pratisaran

Dhoop Prayog

50. Grahabadha Chikitsa – Mudgaparni + Mundi + Sugandhabala – Kwatha – Snana

Haridra + Turmeric+ Chandan – Lepa.

51. Parpatirasa useful in Paediatric – for Shwasa, Kasa, Pinasroga, Panduroga, Pilha, Mandagni, Shool, Jwar rog

52. Ashtamangal Ghrita useful in Grahabadha Chikitsa .

### **Yogaratanakar explained the chikitsa of Grahabadha**

#### **1. Skanda graha jushta chikitsa**

Should be given bath to Leaves of Vatashamak trees

Devadarvadi Ghrita

Sarshapadi Dhoop

Somavallyadi Dharan

Devaradhan

Mantrapatha

#### **2. Skandaapasmar graha jushta chikitsa**

The pulp of Bel, bark of Siris, white Durva and the liquid of Sursadi Gana should be used for Parishek.

Sursadi Gana aushadi

Ashtamutra gana

Utsadanadi vidhi

#### **3. Shakuni graha jushta chikitsa**

Veta, Aam – kwath – Snana

Dharan chikitsa – Asparagus, Badi Indrayan, Nagdanti, Cchoti Kateri, Laxmana, Sahadevi and Badi Kateri tie the root of one of these with thread and put it around the neck of child.

Antarikshachara shloka pathan

#### **4. Revati graha jushta chikitsa**

Ashwagandha, Meshashingi, Sariva, Punarnava, Mudgaparni, Vidarikanda- take it same part- Kwath – Snana

Ghritapana

Pradeha or Dhoopa

**5. Putana graha jushta chikitsa**

Brahmi, bark of Arlu's, Varun, Neem, Aparajeeta – Kwatha – Snana

Taila

Tugakshiri ghrita

Kushthadi dhoopa

Dharan chikitsa :- Shweta rattiya , Kateri , Bimbiphala, Raktavarna rattiya

Bali and Snana

Punahdhoopan yog

**6. Gandhaputana graha jushta chikitsa**

Sinchan with the leaves of Tiktadruma kwatha

Tiktadruma name :- Bel, Parawal, Cchoti Kateri, Vasa etc

Pippalyadi ghrita

Pradeha lepa and Dhoopan

Dharan :- Apamarga, Anantamula etc.

Nivedan, Snan and Mantra pathan

**7. Shitaputana graha jushta chikitsa**

Gomutradi taila

Ghrita :- Kutaki, Bark of Neem, khair, Palash, Arjuna siddha ghrita

Dhoopan yog

Dharan :- Raktavarna ratti, Balamula , Shwetavarni ratti

Tarpan

Snana upahar

**8. Mukhamandika graha jushta chikitsa**

Bark of Kaitha, Bel, Ganiyar, Arusa, Erandamula and Padar- Kwath – Snana

Taila

Vachadi Dhoopa

Upahar and Abhimantrita mantra

**9. Naigameya graha jushta chikitsa**

Bark of Bilwa, Putikaranja- Kwatha – Sinchana

Priyangvadi taila

Dharan :- Vacha, Haridra, Jatamansi, Shweta durva

Utsadana

Dhoopan

Nivedana

Snana:- below kshiri tree

Yogartanakar explained Raktamikshan chikitsa in Udar disease in child.

He also explained Karkotadi Churna, Agni Sweda, Bilwamulakadi Kwatha, Pippalyadi Churna.

### **Pathya – Apathya**

Which pathya apathya explained in jwaradi rog accordingly applied in children as per disease.

Which pathya apathya explained in Manda Agni same followed for the Parigarbhik roga in children.

Which pathya apathya explained in Aagntuka Unmad and Vata roga same as followed in Graha roga.

### **CONCLUSION**

Kaumarbhritya is one of the branch of Ashtang Ayurveda which deals with care of infant, children; their diseases and management. Yogaratnakar explained in his Uttarardha part Balarogachikitsa Adhyay. In that included the treatment of disease of children. He explained diagnosis of children's diseases, child's disease examination, symptoms of diseases, Grahadushti symptoms and treatment, Aushadi matra, Aushadhiyog according to disease, formulation used in children etc. which are help to treat the paediatric patient and satisfy the students, scholars and physicians.

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