

KAUMARBHRITYA AS A PREVENTIVE PEDIATRICS FOR CHILDHOOD DISEASES

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ABSTRACT

The purpose of Ayurveda is inhibition of illness and preservation of the wellbeing. According to Ayurveda all kinds of diseases are treated by *Nidanaparivarjana*. It is one of the best protective features of Ayurveda, which aid in prevention of diseases in pediatric age. *Kaumarbhritya* is the most significant subdivision of Ayurveda, it provide different types of preventive measures for the healthy childhood. Immunization is the single module in modern pediatric to develop Preventive pediatrics. *Brihatrayi Samhita*, *Lagutrayi Samhita* and also *Acharya Kashyapa* has stated numerous aspects for Preventive pediatric, i.e. *Annaprashan samskara*, *Lehana* and *Suvarnaprashana*, *Dhoopana*, *Samskara* etc. Only *acharya Kashyapa*

has specified the *Poshana* methodically, rather than prescribing drugs to the child. This review article highlights the importance of preventive measures regarding the child health.

KEYWORDS: Preventive pediatric, *Nidanaparivarjana*, *Samskara*, *Lehana*, *Dhoopana*, *Suvarnaprashana*.

INTRODUCTION

Ayurveda is an ancient science of life. The conservation and advancement of wellbeing, also prevention of disease is the main principle of Ayurveda.^[1] *Kaumarbhritya* is the branch of Ayurveda which deals with prevention of childhood diseases as well as promotion and

maintains of child health. The word *Kaumarbhritya* itself expresses the significance of nourishment in children. 'Kumara' means child and 'bhritya' means *bharana* or nourishment.^[2] *Kaumarbhritya* similarly deals with the topic allied to study of one's own offspring; a extremely precious wish of mankind. To save one's own offspring from *Kulaja vikara* (hereditary disorders) Ayurveda has recommended preventive aspects before and after the conception as well after birth. Healthy youngsters are the central entity of mankind. Care of zygote molded from malfunctioning shukra and shonita is impractical and therefore *Kaumarbhritya* comments on preventive aspects right from handling reproductive complications.^[3] Children are more predisposed to infections due to poor immunity; hence prevention of child form disease is the main principle Auyrveda.^[4] This review article highlights the importance of preventive measures regarding the child health mentioned in Ayurvedic literature.

MATERIALS AND METHOD

Source of Data

The data is collected from *Kashyapa Samhita*, *Brihatrayi*, and *Lagutrayi Samhita*, *Kaumarbritya* text books which are listed in references.

Study Design

Literary study

The literature related to preventive pediatric, which is stated in Ayurveda is assembled together and organized it as-

A. Protective aspects and

B. Disease preventive aspects.

A. Protective aspects

- 1) *Acharya Kashyapa* has instructed *Suvarnaprashana* in children to proliferation of *medha* (Intellect), *agni* (Digestion) and *bala* (Power) by which a child accomplish desired growth and development.^[5]
- 2) Prescribing drugs in the period Antenatal care is a very risky task, so the diet regimen and further guidelines given throughout pregnancy.
- 3) *Dauhrida* is the desire of the gravid mother, and necessity to satisfy her.^[6]
- 4) Bypass the exposure of radiation to pregnant women.
- 5) Prevention of natal and perinatal damages by avoiding *Akala pravahana* and prevent *apana vayu viloma* at the time of delivery.^[7]

- 6) Childhood *Samskara* stated by prehistoric maharishis are support to the protection, prevention along with promotion of the child health. The term *Samskara* is the spiritual and formalities, it purify the body, create sound mind and increase intellect of the child, hence it help to society as well Nation.^[8] *Samskaronamam Gunantaradhana*, it means that *samskara* is process of revolution of noble qualities or to overcome on immoral qualities.^[9] *Samskara* is most serving implement, which helps the pediatricians to evaluate the appropriate growth and development of the children.^[10] Therefore *samskara* (*Balsamskara*) revealed in prehistoric literature is one of the significant protective plus preventive traits.
- 7) Ayurveda has recommended *Abhyanga* (massage by medicated oil like *Balataila*) to neonate and children too. It improve the power of the skin by its *tvachyakarma*. The act of rubbing throughout massage to the skin assemble for power and increases blood supply.^[11]
- 8) By following regularly *Dinacharya*, *Ritucharya* and *Sadvritta palana* etc. we can reduce the rate vulnerability to diseases of childrens.^[12]
- 9) Janopadodhwansaja roga, it means epidemic or pandemic spread of disease. During such type of period, we can protect the child from diseases by using *Rasayana* (*Balrasayana*).^[13]
- 10) Talismans and Chants have been instructed to protect newborn and children also.^[14]

B. Disease preventing aspects

1) Hereditary disease preventing aspects

Marriages between same race are increases the chance of hereditary disease like recessive traits therefore *Ayurveda* recommended *Atulyagotra* marriages to prevent *Kulaja vikara* which remained undying.^[15] Treating conditions of *shukra* and *shonita* before conception and following *Ritucharya* for the period of *ritukala* might be advantageous in inhibiting certain of the hereditary diseases.^[16]

2) Nutritional disorder preventing aspects

Nutrition is a major concern for mankind. Food determines body condition right from the womb to tomb; it is main source of energy. Childhood period is considered as the foundation of better life and every incidence has influence on the further life. Abnormal nutrition may cause both over and under nutrition hazards thus nutritional problems are most liable to occurs during this period. To prevent such nutritional deficiencies *acharya Kashyapa* have

stated *Ahara* is *Mahabhaishjya* in children.^[17] By understanding this circumstance Ayurveda have categorized the childhood period in four types on the basis of their diet necessity i.e. *Ksirapa*, *Ksirannada* and *Annada*.^[18] This specifies that prehistoric specialists were considerably attentive toward nutritious requirement and its significance to children. *Phalaprasana samskara* at six month said by *acharya Kashyapa* is an chief preventive measure because both women milk and cow milk have deficiency of vitamin C, hence it is essential that infant diet must be complemented with vitamins.^[19] *Annaprasana samskara* is accurate time phase to continue complementary serving to children.^[20]

3) Communicable/infectious disorders preventing aspects

Grahargas are considered as infectious diseases in children. To get ride on communicable diseases, *Achyarya* recommended cleaning/hygiene methods are stated in *Balgraha* like bath etc. Overall cleanliness and proper health care service keep the child healthy *Vagbhat* and *Kashyapa* have recommended fumigation i.e. *Dhoopan* for the preventions of infection.^[21] *Karnavedhana samskara*: The distress created by penetrating the ear lobules at *Daivkrutacchidra* (fortune hole) may produce antigen-antibody response in the body, that accelerates the active immunity to the children's *Lehana*. The oral administration of gold, *madhu* and *ghrita* after birth of newborn is use full create nonspecific immunity in body and make defenses from infections.^[22] *Kashyapa* has moreover stated numerous medicated *ghrita* to encourage health, growth and development in child like *Samvardhana ghrita*.

DISCUSSION

Several sages of prehistoric age have pronounced the extent of *Kaumarbhritya* in their personal manner; however the interpretation is more or less the identical i.e. *Bharana* of *Kumara* is the core object of *Kaumarbhritya*. *Sushruta* has explained *Kaumarbhritya* in details. It comprises nursing care, breast feeding and disorder due to vitiated/contaminated breast feeding and precautionary traits of these disorders. Childhood is precise and sympathetic phase of mankind. The impact of physical development and mental status of this phase have its influence over rest of the life time; throughout in this period the *dhatu*s are undeveloped, so that superior defensive care of this phase is necessary. *Samskaras* are reflected as the infantile developmental calculation and one of the defensive aspect revealed by Ayurveda. *Suvarnaprasana* is universal preparation of Gold, Honey and specific herbal drugs, recommended by *Ayurveda* to develop the intelligence and increase the power of child. Various Researches discloses that *Suvarna* has immunomodulatory, free radical chasing

activity, painkilling, anxiolytic activity.^[23] The principles concerning child health care stated in prehistoric literature thousands of years ago are real and valid even nowadays.

CONCLUSION

Preventive and protective aspects are significantly helpful in promoting health in growing child. Use of infection preventive measures like *Dhoopana* helps to control the infections. Nutritional health promotive measures advised by Ayurveda, tones up different developing systems in children.

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