

CAREFUL PEDIATRICS FOR HEALTHY GERIATRIC**Anchal Kumari^{1*} and Laxmi²**

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ABSTRACT

Childhood is the most important phase in the whole life of a human being. It determines the quality of health, wellbeing and behaviour across the life-span. Healthy children are more likely to become healthy adults. It is necessary to make a child's childhood better and peaceful for their further growth because early childhood is a crucial period for physical, cognitive & social development. In geriatric age group all the physiological phenomena get deteriorated and do not work as effective as in childhood. A house built over a weak cornerstone never stays strong likewise a geriatric person gets harmed and affected very soon by little stress with weak childhood. Failure to optimize the health & development of children will result in future

burden of dependence that comes from an unhealthy and unskilled workforce & dysfunctional family. This article is a small attempt to justify the role of good childhood for a good geriatric.

KEYWORDS: Pediatrics, Geriatrics, Physiological phenomena, Nutrition, cornerstone.

INTRODUCTION

The physiological effects of aging differ widely among individuals however chronic ailments especially aches and pains are more prevalent than acute ailments. Certain aspects of sensory and perceptual skills, muscular strengths and certain kinds of memory tend to diminish. Due to these ailments the geriatric phase is a very painful part of a life span. In order to prolong the life span to promote healthy longevity it is necessary to focus on the pediatric health because childhood age is the building block of life.

Age (Vaya): Aging is a multidimensional process of physical, social and psychological changes.^[1] After birth growth and senility ultimately leading to death are inevitable process, Aging begins before birth and continues throughout the life.^[2] Different acharyas classified whole life span according to their lakshanas like Balyavastha, Yuvavastha and vrddhavastha. Acharya Sharangdhara mentioned the schemes of loss of different biological factors during life as a function of aging.^[3] In this Acharya describes the loss of every decades in process of aging. They said in first decade of life balya (childhood) is diminished and every next decade vriddhi (growth), chhavi (beauty), medha(intellect), tvaka, drasthi(vision). Sukra (sex), vikram (strength), Buddhi (wisdom). and karmendriya (activity) lossess respectively. In modern scenario with increase in age all the physical abilities, muscles and bone power, different physiological phenomenonas starts degrading or poor functioning of organs starts,

Childhood (Kaumara)

Acharya Kashyapa gives the topmost sthana to kaumarabhritya in kashyapa Samhita. Kaumarabhritya is superior in astanga Ayurveda just like Agni dev is superior in all the gods, because the children grown with Kaumarabhritya is further treated with others.^[4] Kaumarabhritya deals not only with early neonatal phases as well as antenatal care also.

For promoting geriatric health different aahar, Vihara should be initiated in early childhood Because children are very prone to infections and diseases due to their weak immune system.

If we dont show proper concern in this phase then body will not become adapted to the outer envoinment and a weak base for the future is formed and our body resistance power is diminesed and different type of diseses and infection affect from the childhood and progress respectively.

Pediatric for healthy geriatric

The different measures should be taken for the healthy geriatrics are-For samyaka garbha (Healthy fetus)-Follow garbhinimasanumasic Paricharya, Punshvana karma, for healthy vyadhikshatamva Lehana should be introduce after birth of a child, Medhya rasayana for healthy mental growth as well as physical growth, follow dincharya ritucharya, proper nutrition, proper sleep, proper exercise, practicing of different yoga asanas.^[5] The panchakarma procedure which is indicated for the children should be done according to their bala, agni, vaya. following of Achara rasayana for promoting mental and spiritual health.

Herbal formulation for the future geriatric

Various compound formulations mentioned by Acharyas are as follows:

1. Acharya Charaka - Panchgavya ghrita, Brahmi ghrita, Kalyanaka Ghrita etc.^[6]
2. Acharya Sushruta - has described 4 recipes (containing gold) which provide general immunity, body resistance, helpful in growth & development & enhancing the intelligence. (1) Swarna bhasm with kustha, vacha, madhu & ghrita (2) Swarna bhasm with paste of bramhi, sankhpuspi, with honey & ghrita. (3) Swarna bhasm, arkapushpi, vacha, honey & ghrita. (4) Swarna bhasm, khaidarya, sweta durva, ghrita.^[7]
3. Acharya Kashyapa -1. Swarna Prasana - Pure gold (in small quantity) is rubbed in water on a clean stone and given with honey and Ghrita, be given to child for licking. Licking of gold increase intellect, digestive power and metabolic power, strength, gives long life, is auspicious, virtuous, aphrodisiac.^[8]
4. Acharya Vagbhata -1. Ashtanga ghrita 2. Sarshvata ghrita 3. Vachadi ghrita 4. Combination of gold-
(a) Swarna, Vacha, Kushta (b) Swarna, Arkapushpi (c) Swarna, Matsyakhyaka, Shankhapushpi (d) Swarna, Kaidarya, Vacha.^[9]

Role of rasayana for healthy geriatric

Clarified butter made from cow's Our acharyas mentioned Rasayana is a way to achieve homeostasis and thus retarding the process of aging phenomenon and prevention of disease. In healthy condition Rasayana can be understood as nutritional dynamics for rejuvenation of body and brain. Rasayana is not only a drug therapy but it is a way of living practised in the form of rejuvenating preparations, procedure.

Aging in Ayurveda is considered as disease occurring due to the natural process of degeneration and thus preventing premature aging and making aging in a healthy way is also considered under the scope of rasayana.

Role of yoga asanas for healthy geriatric

IN the present era individuals are overloaded with stress, tension, Anxiety and insomnia which adversely affects the memory of most individuals, it is very common in children also. Yogic practice reduces stress in life and enhance lifespan along with increasing memory. Regular yogic practice of Asanas, Pranayama and Dhyana improves the mental health, spiritual health and physical health.

MATERIAL AND METHODS

The material was collected from the classical Ayurvedic Literatures. Textbooks & research journals, research studies done in various institutions and modern text.

DISCUSSION

In the ancient literature of Ayurveda various formulations, procedures are mentioned for the treatment of childhood diseases or geriatric diseases. The persons of geriatric age group faces different problem due to their weak immune system. Decrease physiological phenomenon, dystrophy of different organs. Due to their decrease physiological phenomenon they don't gain proper nutrition. There is lots of problem in proper breakdown of foods and other supplements due to lack of enzymatic activity and other functions necessary for food assimilation and digestion. For sure we can say that they depend for their needs on previously buildup backups. Previously we mentioned that childhood is a phase of growth spurt and they need maximum nutrition and care for their development. If there is any type of deficiency occurs in pediatric age group then the child is not become a healthy adult and their old age becomes more painful and difficult.

CONCLUSION

Nutrition of each and every cell of the body is demands of present era. Different type of Rasayana dravya and lehana dravya provides immunity, strength and longevity of life. As we discussed earlier a good childhood is the base of a good adulthood and better old age. Unhealthy lifestyle results in inadequate nutrition, oxidative stress and early ageing. In current scenario use of rasayanas, yogickriyas, suwarnprashna, lehana karma in children, lifestyle modification in early and middle age accordingly may help in minimizing and preventing life style disorders and early aging.

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