

ROLE OF AYURVEDIC NEONATAL CARE (KAUMARBHRITYA) IN IMPROVING IMMUNITY IN NEWBORNS

**Dr. Rushikesh Dhawale*¹, Dr. Ameya Gune², Dr. Vikram Shelavale³,
Dr. Jayprakash Khairnar⁴**

¹PG-Scholar, Department of Kaumarbhritya, Ashvin Rural Ayurveda College, Manchi Hill, Sangamner.

^{2,3}Associate Professor, Department of Kaumarbhritya, Ashvin Rural Ayurveda College, Manchi Hill, Sangamner.

⁴HOD, Department of Kaumarbhritya, Ashvin Rural Ayurveda College, Manchi Hill, Sangamner.

Article Received on 16 June 2026,
Article Revised on 06 July 2026,
Article Published on 16 July 2026,
<https://doi.org/10.5281/zenodo.21356514>

***Corresponding Author**

Dr. Rushikesh Dhawale

PG-Scholar, Department of
Kaumarbhritya, Ashvin Rural
Ayurveda College, Manchi Hill,
Sangamner.



How to cite this Article: Dr. Rushikesh Dhawale*¹, Dr. Ameya Gune², Dr. Vikram Shelavale³, Dr. Jayprakash Khairnar⁴ (2026). Role Of Ayurvedic Neonatal Care (Kaumarbhritya) In Improving Immunity In Newborns. World Journal of Pharmaceutical Research, 15(14), 155-158.

This work is licensed under Creative Commons Attribution 4.0 International license.

ABSTRACT

The neonatal period is a critical phase of life where immunity is immature, making newborns vulnerable to infections and diseases. Ayurveda, through its specialized branch Kaumarbhritya, provides a holistic approach to neonatal care by focusing on strengthening immunity, promoting growth, and preventing diseases. Ancient Ayurvedic texts describe various practices such as Jatakarma, Suvarnaprashana, Abhyanga, and proper breastfeeding, which contribute significantly to enhancing neonatal immunity. This article explores the role of Ayurvedic neonatal care in improving immunity and ensuring healthy development in newborns.

KEYWORDS: Kaumarbhritya, Neonatal Care, Ayurveda, Immunity, Vyadhikshamatva, Ojas, Suvarnaprashana, Jatakarma.

INTRODUCTION

Newborns have an underdeveloped immune system, relying mainly on maternal antibodies for protection. Modern medicine emphasizes hygiene, vaccination, and nutrition, while

Ayurveda adds preventive and promotive measures for overall well-being. Kaumarbhritya, one of the eight branches of Ayurveda, deals with child care from birth to adolescence. Ayurvedic neonatal practices are designed to boost immunity (Vyadhikshamatva), improve digestion (Agni), and support physical and mental development.

Concept of Immunity in Ayurveda

In Ayurveda, immunity is termed Vyadhikshamatva, which means the body's ability to resist diseases and maintain health. It depends upon:

- Ojas(ओज) – the essence of all body tissues and the basis of immunity.
- Agni(अग्नि) – proper digestion and metabolism.
- Bala(बल) – physical and mental strength.

A newborn's immunity is directly influenced by maternal health, breast milk, and postnatal care.

Ayurvedic Neonatal Care Practices for Immunity Enhancement

1. Jatakarma Samskara

Jatakarma is the first ritual performed immediately after birth. It includes cleaning the newborn, initiation of feeding, and protective rituals.

Role in immunity

- Promotes adaptation to extrauterine life
- Enhances digestive fire (Agni)
- Supports Ojas formation

2. Suvarnaprashana

Suvarnaprashana is the administration of purified gold with honey, ghee, and herbs.

Benefits

- Improves immunity
- Enhances memory and intellect
- Promotes growth and longevity
- Increases resistance against recurrent infections

3. Breastfeeding (Stanya Pana)

Ayurveda strongly emphasizes exclusive breastfeeding. Importance:

- Colostrum acts as the first natural immune booster
- Provides antibodies and nutrients
- Strengthens immunity and gut health

4. Abhyanga (Oil Massage)

Daily oil massage helps improve circulation and nourishment. Immunological benefits:

- Strengthens skin barrier
- Improves sleep
- Reduces stress
- Supports healthy growth

5. Dhupana (Herbal Fumigation)

Herbal fumigation helps maintain environmental hygiene. Benefits:

- Reduces microbial contamination
- Prevents infections
- Creates a healthy neonatal environment

6. Sutika Paricharya (Postnatal Maternal Care)

Maternal care ensures quality breast milk and proper nourishment to the newborn.

Scientific Correlation

Modern studies have shown:

- Gold preparations may have immunomodulatory potential.
- Oil massage improves neonatal weight gain and sleep.
- Exclusive breastfeeding reduces neonatal infections.
- Herbal fumigation may exhibit antimicrobial properties.

This supports the scientific relevance of Ayurvedic neonatal practices.

CONCLUSION

Kaumarbhritya provides a preventive and promotive approach for neonatal immunity through traditional practices such as Jatakarma, Suvarnaprashana, Abhyanga, and breastfeeding. These practices help in strengthening Ojas and improving Vyadhikshamatva. Integrating Ayurvedic principles with modern neonatal care may improve newborn health outcomes.

REFERENCES

1. Charaka Samhita. Sutrasthana, Chapter 30. Chaukhambha Orientalia, Varanasi.
2. Sushruta Samhita. Sharirasthana, Chapter 10. Chaukhambha Sanskrit Series.
3. Ashtanga Hridaya. Uttaraasthana, Balopacharaniya Adhyaya.
4. Kashyapa Samhita. Leha Adhyaya and Kaumarbhritya section.
5. World Health Organization. Guidelines on Infant and Young Child Feeding.
6. UNICEF. Breastfeeding and Newborn Care Recommendations.
7. Sharma PV. Kaumarbhritya (Ayurvedic Pediatrics). Chaukhambha Sanskrit Pratishthan, Varanasi.
8. Tripathi B. Astanga Hridayam with Commentary. Chaukhambha Sanskrit Pratishthan.
9. Ghai OP. Ghai Essential Pediatrics. 10th Edition.
10. Recent articles on Suvarnaprashana and neonatal immunity from Journal of Ayurveda and Integrative Medicine.