

Role of Ayurveda in Pediatric Care

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Abstract :

Pediatric Ayurveda lays the foundation of a good life. It gives importance to the psychological, mental and physical growth of a child. If child care and treatment are carried out according to the rules of ayurveda then definitely the child will turn into a happy and healthy adult. Childhood is the determinant of the adulthood. In Childhood, both the anatomical and physiological developments remain incomplete. To speak in brief a child is vulnerable to danger in respect of disease, injury etc. due to low resistance, inability to differentiate the beneficial and harmful agents. The nation expects healthy children to form a healthy society. Childhood or Balyavastha, is an important stage of a person's life. Ayurveda and child care go hand in hand. It is a comprehensive technique that takes into consideration factors of physical, emotional, and psychological characteristics that may have an influence on the child's health to varying degrees. The preparation of ayurvedic medicine is done with herbs and plants which ensures its purity and safety. Ayurvedic baby oil massages and ayurvedic preparations like Chavanprash are healthy options for kids fundamental development. Preconception care, gestational care, birthing care, infant care, and so on are all part of the health measures. Ayurveda is one of the best alternatives to modern age allopathic medicines. Thousands of years of study and development makes, Ayurveda a unique way to keep diseases at bay and helps in the growth of a stronger immune system in children.

Keywords : Balyaavastha, Childhood, Gestational Care, InfantCare, Preconception Care.

Introduction

The most important phase in life is Childhood, which determines the quality of health, well being, learning and behavior across the lifespan. This may be the reason for giving foremost position for balachikitsa among Ashtangas (8 branches) of Ayurveda. Children are the future of a society. Only an healthy child can leads to a society strong and healthy. Doshic balance is very important for retaining good health as pathophysiology of disease mainly involves disturbances of three Doshas (Vata, Pitta, Kapha) . Kapha Dosha is predominance in Bala Avastha resulted diseases originated from disturbance of kapha dosha. Diseases arise due to the Kapha & Vata dosha vitiation are Balshosha, Phakka Roga, Karshya etc. Diet regimen for children to maintain normal physiological functioning of body & Doshic balance along with suggested daily life routine are suggested by ayurveda. Avastha physical strength is less since Dhatus are yet to be built up resulting more susceptibility for the infectious diseases; thus pediatric care needed different therapeutic approaches for the management of various disease as compared to diseases of adult age. Ayurveda suggested different modalities for the prevention, diagnosis and treatment of pediatric disease.⁽¹⁻³⁾

The child having any deficit or disability either in body or mind is only a burden for the nation. Realizing the fact the world is now paying utmost attention on the care of the mothers who are the main sources of giving birth to the child. An unhealthy mother can never give birth to a healthy child

and a child not having good health at birth can never become a healthy adult. The International agencies are funding huge amount of fund for systematic care of the expecting mothers and children. Looking back to the thousands of years it becomes clear that, the ancient human society was also fully aware about the importance of healthy child. They also understood the role of a female (mother) in giving birth to a child. The Ayurvedic classics are the witness of the authenticity of this faith. One of the specialities of Kayachikitsa which includes five major therapeutic procedures of detoxification and body purification, along with many other supportive procedures is considered as Panchakarma. In fact, Panchakarma can be used efficiently in all the branches of Astang-Ayurved and it can also be beneficial in Kaumarbhritya for a comprehensive cure for many child disorders.⁽⁴⁾

Ayurveda plays a precise and rewarding role in child care. It is a comprehensive technique that takes into consideration factors of physical, emotional and psychological characteristics that may have an influence on the child's health to varying degrees. The part of health measures are Preconception care, gestational care, birthing care, infant care, and so on. One of the fundamental concepts of child health was adequate sleep is required by newborn in order to be healthy throughout their lives. More than 11 hours of sleep per day is crucial for newborns (upto 3 years of age) and that lack of sleep during infancy results in depression and anxiety disorders later in life, was revealed by Research done at the

University of Houston. Surprisingly, Ayurvedic literature from hundreds of years ago mentions the same thing—Nidrayattam Sukham Dukham – The quality of sleep affects both, Happiness (pleasure) and sadness (pain).

Bal-roga: Preventive Approaches⁽⁵⁾

- The immune system of Shishu develops from birth by stanya feeding; Stanya feeding is suggested by ayurveda for new born baby for Bala Vardhana, Deha Pushti and Dhatu Vardhana.
- Heavy diet should be avoided as it can cause constipation, light liquid diet may be given after 6-8 months
- For proper physical and mental development, Ayurveda also advised Phalaprasana and Annaprasana Samsakara for Bala Avastha
- 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.
- Ayurveda believe that vitiate Kapha predominate in Bala Avastha thus Kapha dosha enriched food must be avoided.
- To prevent any chances of Prakriti Virudha, Very cold or very hot food must be avoided in Bala Avastha as per medical science.
- As per the Dohsa, Kala and Prakriti the liquid and solid diet in Bala Avastha must be planned to avoid Virudha-Ahara which may result disease conditions.
- Hygiene conditions avoid attack & prognosis of diseases, was strongly described by the traditional science of Indian medical system.
- The normal health in Bala Avastha, is retained by the rules of Dinacharya & Ritucharya.
- In Bala awastha, the potency of drug should be fixed with great care, as in this age Dosha, Dushya and Malla are less thus detoxification is not very prominent and excess amount of drug may cause harm due to the accumulation.⁽⁵⁾

Navjaat Shishu Paricharya⁽⁶⁾

- **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 is analogically related to the tactile stimulation. Along with, if neonate does not get his/her conscious rebound, Acharya Charak has narrated to blow air over his or her body with a fan made up from the herbal trees of Nal,

Munj, Vansh for clearing out mouth secretions,. Conjointly, on the next door, Acharyas clarified the use of Nasya of Shunthi, Vacha, Swaskuthar, if baby is not regaining consciousness.

- **Nabhinaalkartan-** There are certain differences in the opinion about the length upto which the cord to be cut. Acharya Vagbhat interpreted a cord to be ligated at 2 points 4 Anguli length apart with the help of Kshomasutras (silk threads), and cut with the help of sharp surgical instrument, the remnant part of the cord to be hanged in the neck of the neonate and take care that blood should not flow off. Moreover, Acharyas had advocated use of Lodhra, Madhuka, Gavhala, Devdaru, Kushtha, Chandan like drugs to control bleeding through the site. The powders are poured over the sites along with Kushtha Taila. During this procedure, Acharyas had recommended some specific care. 1. While cutting the cord care should be taken that not to harm the neonate. 2. The instruments used here over should be neat, clean and properly disinfected prior to use. Acharyas guided that for disinfection a. Instruments should be heated to high degree so to turn as red as possible. Because of this, instruments get disinfected as well as become appropriate for the purpose of Kartan (to cut) and Dahan (to burn). b. Kshomasutras (silk threads) should be boiled over steam. To facilitate with holding the blood from coming out the band should be ligated strongly, not too loose. Acharya Charak instructed the ligation should be at the length of 8 anguli and with 2 bands. While, Sushrut acharya advocated it at 8 anguli distance.
- **Mukhvisodhan-** Use of Saidhav and Sarpi has been favoured for clearing out the secretions from mouth. Mukhvisodhan could be incorporated in pranpratyagaman, for this purpose. This step is similar to suctioning in neonatal resuscitation.
- **Snehana** -Baby has complete over covering of vernixcaseosa i.e. Ulva after coming out from vaginal outlet, which is the sticky collection over the body. Only by cleaning, It does not get dislodged from skin. so, oiling the body with Bala taila and Til Taila will definitely help remove the Ulva. It will also help in improving texture of skin. And Snehana help in stabilizing the vitiated Vata Dosha.
- **Snana-** The baby is given bath with luke warm water after oiling. Combinations of extracts from Kshiri vriksha or any pleasant smelling herbal plants are mixed in water and allowed to boil to remain 1/4th of the extract, for bathing,. After that the gold or silver plates are heated to high degrees and drowned into the previously prepared solution. Then baby is endorsed to bath with the above preparation. Furthermore, Acharyas has put forward

certain drugs for bathing the baby, those are Musta, Chandan, Usheer, Karpur and Shati etc, if 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 “PRAAJAPATYA VIDHI”
- **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. Use of it for a month, makes the child intelligent and for 6 months improves the memory of the child about the heard things.
- **Rakshakarma-** Rakshakarma the word itself denotes to preserve the baby from inevitable circumstances.
 1. The baby should be wrapped in a 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.
- **Dhupana-** It is essential to maintain good asepsis to do various karmas. Dhupan karma is one of the classical ancient remedy of sterilization to maintain healthy biological environment all over the world. Kashyap Samhita have mentioned 40 Dhupan yoga in Dhupkalapadhyay; Sushrut acharya mentioned Dhupan karma of Shalya karma mandir in Vranitopasaniyaadhyay, while Charakacharya mentioned Dhupan of vastras and vranitagar in Jatasutriyashariradhyay. Dalhana explained procedure of sterilization in Sushrut Chikitsasthan. To avoid infections, before surgery Shalyakarma mandir must be fumigated or disinfected. The infected patients i.e. patients contaminated with pathogenic organisms is the source of most hospital epidemics These microorganisms are often released into environment in very high numbers, exceeding the minimal infective dose & contaminate others who subsequently develop hospital acquired infections. Formalin gas fumigation has been proven to cause irritation to the mucus membrane affecting nose, eyes, lungs and can lead to asphyxia and carcinoma of the lungs. Yava, sarshapa, Atasi, Hingu, Guggulu, Vacha, Choraka, Bramhi, kutaki are mentioned

to be krumighna in Samitas and Nighantus. For combustion of all the constituents, Ghrut is essential. Sarpanirmok is mentioned in Kashyap Samhita Dhupakalpa Adhyaya four times as Rakshoghna. Laksa is also mentioned in Kashyap Samhita in two Dhupakalpas as Rakshoghna karma.

- **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, Jivaketc are also tied. It signifies to gain strength, built, immunity, health and life of the newborn.⁽⁶⁾

Rasayana And Panchakarma In Pediatric Age Group

❖ Rasayana

Rasayana Tantra is branch of Astanga ayurveda which overall used to enhance longevity, intelligence and immunity. Use of metallic formulation along with herbs was also involved in the Rasayana Shashtra. In ayurveda Guduchi, Shankhpushpi, Jyotishmati, Mandookparni etc are considered Rasayana. Rasayana act as rejuvenator and boost functioning of Dhatus, Agni, Srotasas and Ojas(vital force of life). Ayurveda described Rasayana also for Bal-Rog with great care since Rasayana therapy may become adverse effect in children if not used properly. Rasayana therapy reduce harmfulness and also used as preventive remedy in children since it enhances immunity and thus protect from various infectious diseases. In ayurveda there are various herbo metalic formulations such as; Svaran Bhasm, Vacha, Madhu, Ghrita, Panchgavya Ghrita, Brahmi Ghrita, Abhaya Ghrita, Samvardhana Ghrita, Mandura Bhasma and Lauha Bhasma, etc, which may be used in children for different therapeutic purpose⁽⁷⁾.

To improve their immunity and mental health formulation of Swarna and herbs; Vacha and Brahmi along with honey and ghee utilized for new born baby in Swarnaprashana. Raw gold after rubbing on stone along with little amount of water along with honey and ghee administered to the new born child. This type of formulation possesses many therapeutic activity like; anti-oxidant property, immunomodulatory activity and also improves Agni (like depana and pachana). To enhance intelligent (mental activity) and immunity in children, the ayurveda suggest use of Swarnaprashan with precautionary measurement⁽⁸⁾.

Pitta Prakriti of children suffer predominantly, in Lauha formulation likewise Trikatraydi Lauha for Pandu Roga. Use of Lauha in children suffers from iron deficiency (I.e.lauhashaya) was strongly recommended by Ayurveda. Along with likewise; Triphala, Trikatu and Trimada., Trikatrayadi Lauha contains Mandura Bhasma and Lauha Bhasma. In children suffered with Pandu Roga, it is believed that herbal ingredients help in iron transportation thus improve its bioavailability and also elevates blood

hemoglobin level significantly and decreases lauhashaya. The literature mentioned use of Lauha formulation in other physiological dysfunction such as; weakness, anorexia and fatigue, in rasayana.⁽⁹⁾

❖ Panchakarma

Ayurveda mention panchakarma as purification method which detoxify the whole body and purification therapy of five sub therapies is denoted as Panchakarma. Five fold procedure comprised as Panchakarma.⁽¹⁰⁾

- Vamana - (therapeutic emesis)
- Virechana - (therapeutic purgation)
- Basti - (medicated enema) Nasya - (nasal insufflations)
- Raktamokshana- (blood cleansing and purification therapy) For Bal-Rog.

Panchakarma (vamana, virechana etc) therapy help to pacify the Doshas vitiation and thus relief many disorders, as many childhood diseases occur due to the vitiation of Doshas (like vata, pitta, kapha etc.). Yoga pacifies Dosha and clear harmful toxins from the body and purification of body through panchakarma and thus help to relieve many diseases in children. Various approaches of Shodhana (detoxification therapy) such as; Vamana, Virechan, Nasya: Vamana (therapeutic emesis) was utilize by Panchakarma in children help to eliminate Kapha Dosha and thus opens pranavaha srotastha which may block due to the accumulation of Kapha in Kaphaj Vyadhi. When Pranavaha Sroto Vyadhi; Swasa Kasa where pitta dosha is predominant, Virechana (therapeutic purgation) may help. For diseases associated with Kapha and Vata predominance, Nasya (nasa insufflation) Karma, is useful.⁽¹¹⁾

Common paediatric disorder in children in balroga, is Cerebral palsy. Common features of disease are Seizures, hearing impairments and mental retardation. Ayurveda emphasized various treatment options for disease including Panchakarma (snehan, swedan and basti etc.) and Yoga. It is Vata Vyadhi which involves Sarvagavata, Ekangvata, pakshaghat, Pangu etc. The muscle relaxant, anti spastic and calming properties of Panchakarma and Yoga help in the management of Cerebral palsy, believed by Ayurveda.⁽¹²⁾

Pakshaghata which is a brain injury due to the decreased oxygen supply to the brain during child birth resulted motor and cognitive impairments (like mental retardation etc.) is another type of childhood disorder. It is a type of Vataja disorder and ayurveda described that Snehan, Swedan and most perfectual Basti may be helpful in Vata Vyadhi thus Panchakarm (shodhan and shaman etc.) may be suggested for such type of disease conditions. Vata Shamaka Panchakarma therapy along with drugs play significant role in Pakshaghata and improve the condition. Head massage improves the blood circulation thus offer nourishment to the brain and

improves mental abilities which helps to calm and stabilizes and anxiety of patient. The Annalepana (Snehana and Swedana karma) offer relief in tonicity and spasticity. Similarly, Shiro-talam possesses calming effect to the brain and relax mind.⁽¹³⁾

Role of Pranavaha Srotastha Vyadhi is a disease of Kaphaj Dosha was also emphasized by Panchakarma and yoga. Pranavaha Srotho Vyadhi, was caused by kapha along with vata dosha in which Dushitha Prana Vayu resulting Hikka and Swasa diseases, the disease condition involve aggravation of Kapha and Vayu. The diseases of Prana Vahasroto Dusti, are Swasa, Kasa, Hikka etc ayurveda suggested use of Panchakarma in pranavaha srotastha vyadhi, it is believed that Panchakarma in pranavaha srotastha vyadhi help in excretion of harmful toxins and pacify Kaphaj and Vataj Dosha. Shodhana (detoxification therapy) clear accumulated Kapha and other secretion from respiratory tract and thus relief pranavaha srotastha vyadhi, through Panchakarma.⁽¹⁴⁾

Benefits of Lehana Karma⁽¹⁵⁾

- 1) The likeable by all are usually in the leha form. Usually the lehas are palatable and easy for consumption. The smaller kids will always have a difficulties and reluctant in taking the medicine in the tablet, Chorna, or Kwatha form. It is easy to administer Lehana form with added Madura drugs.
- 2) Further the Lehana is the routine procedure or the method by which the body supplements are introduced. As the child is busy with playing and other activities throughout, we know growing child require the extra caloric food. In the meantime, in the first few years of life the rate of growth and development is very faster. There is need of some extra amount of the fats, amino acids and the carbohydrates which is supplied by Lehana Dravya, to meet the demands of the body in toddler.
- 3) May be because growth of the brain and the nervous system is very rapid in the first few years of the life which slows down afterwards as evidences by the Head circumference, the Medhaya Rasayans are explained with special reference in Lehana. Brain development occurs shortly after conception and progresses at a very rapid pace in the first few years of life, where neurons form new connections at the astounding rate of 700-1000 per second, as per modern science⁽¹⁵⁾
- 4) As due to many reasons like poorly found of food, lack of the breast milk, vitiated breast milk etc we know that nutritious disorders are quite common in the childhood period.⁽¹⁶⁾

With numerous responsibilities to play, including familial duty and self-sufficiency, the present-day child represents

the world's future. The quality of life that a newborn leads reveals a great deal about the child's existence till the end. a solid basis for precise decision-making, an intelligence quotient, the capacity to fight illnesses, and so on, was provided by proper diet and lifestyle habits in childhood.

Kaumarbhritya or BalaRoga chikitsa is referred to as Children's care in Ayurveda. Kaumarbhritya, is nothing more than pediatrics in ayurvedic medicine is one of the eight disciplines of ayurvedic study. The classic literature of Ayurveda, Charaka Samhita, describes the theoretical and practical aspects of childcare from an Ayurvedic perspective. Kaumarbhritya focuses on developing a healthy kid from conception unlike most western systems of pediatric care. The expectant woman should follow a number of guidelines, to have a healthy and intelligent kid. Bala is the early developing age group in which physical strength is less since Dhatus are in developing stage, the level of physical strength and sexual characters are very low, the Kapha Dosha is predominant resulting Kaphaja Vyadhi. This is Sukumara age susceptible for the infectious diseases. There are various approaches suggested by Ayurveda for the Nidana of Bal roga; the diagnostic approaches for Bal rog must encompasses consideration of body characters and movements, diseased conditions of mother and Dhatri, in Bala Avastha Dosha, Dushya and Malla are less thus the dose of drug should be fixed with great care since potency of drug may cause harm in this stage of delicacy. The consideration of Graham Rogas is also very important to maintain Sutikagara under the Dhupana Karma. Sushruta described Baalya as age from birth to 16 years however further it is further sub classified into Ksheerapa (from birth to one year) Ksheerannada (one year to two years) and Annada (two years to sixteen years).⁽¹⁷⁾

Ayurveda works with the cycles of life and the rhythms of the natural world in order to foster strength, resilience, and vibrant health. And children are uniquely positioned to benefit from this approach because the natural intelligence with in their bodies has not usually been significantly altered by the habits of a disconnected world. Often, even when there are imbalances at play, small shifts will reignite a child's natural capacity to heal and thrive.

A significant phase in a human being's life, is childhood often attributed as an important factor which influences his growth and development. Owing to the new lifestyle conditions that diverge from the traditional childrearing practices that ensured health and well-being of a child from infancy to adulthood, In today's world, the importance of childcare can be found diminishing. The ancient wisdom of Ayurveda aims at a holistic well-being

of an individual by nurturing each stage of life. Aspects of care for early phases of life are integrated under childcare practices in classical Ayurveda texts that are directed towards health care routines, building immunity and longevity., The growth stages of a child is divide into five based on the age and developmental changes in his body as per Ayurveda. It prescribes efficient therapies and treatments along with lifestyle changes, dietary habits and exercises for each of these phases to help build a proper health care regime appropriate for the growing child. Following an Ayurvedic lifestyle for children should only be made in consultation with an Ayurvedic doctor who will help formulate the approach based on the physiological changes, Prakriti type and lifestyle the child is subjected to in the current phase of his life.

Infancy: 0–11 months

The primary phase of life is outlined by infancy which marks the stage from birth to eleven months. A new-born baby out of the comfort and safety of his mother's womb is highly prone to the vulnerabilities of the new environment. Building a strong immune system is vital at this stage to strengthen the infant's body against infections and diseases.

Ayurveda recommends special massages to improve blood circulation and to strengthen the body until the infant improves his adaptability to the new environment. Also, in consultation with the Ayurvedic doctor, immunization programs can be designed to ensure the infant's health. Sri Sri Suvarnaprashanam is one such Ayurvedic immunization program developed to increase immunity and to prevent common recurrent infections and allergic conditions. It has proven antistress, analgesics property to reduce the Gugment levels of 5- Hydroxytryptamine, cortisone, nor-adrenaline and dopamine.⁽¹⁸⁾ As a fecombination of bio-available form of gold, Ayurvedic immune-modulators and brain tonics, can be regularly administered from birth to twelve years of age to bestow excellent health benefits.

Toddler: 1–3 years

A toddler of one to three years of age marks the secondary phase. In this growing stage, Ayurvedic massages with Shiro Pichu in consultation with the doctor is recommended for enhancing brain development and improving blood circulation. Also at this phase, a child may go through delayed milestones which are characterized by poor head and neck control, late speech and walking and concerns over neuro-muscular co-ordination. In such cases, Ayurveda highly recommends Panchakarma therapy with oral medications.

Early childhood: 4–5 years

Four to five years of age is defined as the early childhood stage which marks the child's first step to education. And in schools, a child is subjected to an unprotected environment

where he comes in contact with other children who possess varying levels of immunity. He is prone to contract infections and diseases from his peers and requires strong immunity for a healthy living. Ayurveda recommends Nadi Pariksha, an age-old Ayurvedic technique of diagnosis through pulse to determine the proper diet, physical activities and herbal supplements for the child for his wellbeing during initial school years.

Childhood: 6–8years

The fourth phase is the childhood which includes the age group from six to eight years. This phase is characterized by issues related to concentration, peer pressure, insecurities, hyperactivity and aggressiveness. Ayurveda offers significant remedies for these problems through medications like brahmarasayana, medhyarasayana, etc., which can be consumed upon a doctor's instruction. The Intuition Process at the Art of Living includes meditation and relaxation techniques to help children overcome their inner fears.

Pre-adolescent and adolescent: 9–16years

The fifth phase of a child's development process is marked by pre-adolescent and adolescent stages which includes an age group of nine to sixteen years. This is an age group which witnesses drastic physical and psychological changes which make the children prone to mind-related issues. Exclusive programmes like ART Excel, Intuition Process and Yes!+ developed at the Art of Living is highly beneficial for building concentration and helping children focus in their studies. It is also highly recommended to consult an Ayurvedic doctor at this stage for a Nadi Pariksha to understand the change of prakriti in the child and also to determine right dietary habits and exercises for being productive and staying focused. This is also the stage at which children seek independence and are prone to distractions. With doctor's help, exclusive Ayurvedic therapies according to the child's body type can be decided to calm his wavering mind and body and to direct him towards good health.

Some interesting facts of the descriptions of the ancient Ayurvedic scholars in relation to child care are–

- 1) Conception in proper physical and mental condition of the father and mother at a favorable environment is getting importance in the classics, Starting of the care of the child since their intra- uterine life. Interesting guidelines in this aspect are mentioned. At the time of sexual act, an advice is given to the expecting couple to pray the God to gift a child with strength, intelligence, physical and mental soundness and other good qualities. Pre conceptional care can be defined as the care or advice to couple planning a pregnancy well before the actual conception.⁽¹⁹⁾
- 2) “An important determinant of the health of the child is always a Maternal health” considering this fact an attractive

recommendation is given regarding the diet and regimen of the pregnant lady. The knowledge and experience of the Ayurvedic scholars, is reflected by a detail advice on food, behavior, environment etc. with special reference to duration of pregnancy.

- 3) An attractive plan for construction of labour room (SUTIKAGARA) is undoubtedly praisable. For a safe and easy childbirth Acharya suhruta proposes that before the ninth month of pregnancy, a wooden hut must be prepared for delivery in the vicinity of the woman's residence termed as Sutikagara.⁽²⁰⁾

- 4) To assist the lady who is going to deliver a child, the physicians, nurses and attendants are guided with the necessary guidelines as there are many dangers during delivery that can cause harm to not only the mother but also to the child if proper attention is not paid. Engagement of only experienced helpers during delivery reflects the priority of the life of the mother and the child.

- 5) All the cares like cutting of the Umbilical Cord, cleaning of the body, resuscitation etc. are also discussed elaborately in scientific manner, after delivery of the child.

- 6) Use of some prescribed smokes, decoration of the room where the mother and the newborn child is kept with some drugs also witness the importance given on the maternal and child care.

- 7) Interesting guidelines are provided, in respect of time when there will be physical and mental development of the child constant monitoring and support is necessary.

- 8) Mentioned scientifically, also the necessary qualities of the places to keep the child, the process of giving bath, food, dress etc.

- 9) The dolls and other playing objects should always be attractive Since the children are immatured both physically and mentally but at the same time should never get any harmful structure, this is the advice about the preparation of the playing objects of the children.

- 10) Appropriate immunity is must for a child to develop proper growth and disease free health. So, for the purpose immunization with use of some drugs is advised which are interesting.”SWARNAPRASANA” - giving gold powder to the child orally for induction of strength (bala), luster (barna), longevity (ayu) and other desired qualities reflects the importance giving on the child's safety. Reasonability and scientific approach of the ancient scholars of Health Science (Ayurveda) needs study and analysis which is the need of the hour. Let us try to understand and evaluate the concepts of our ancestor.

Motherhood is a miraculous period in a woman's life and if the mother is aware of these Ayurvedic tips for children's care it can benefit the physical and mental health of the child.

Breastfeeding for Infants- In developing a healthy child, both physically and emotionally breastfeeding plays a crucial part. Stanya is produced by Madhura Aahara rasa, which is formed by well digested food & accumulated from all over the body, enters in breast, which are essence of Rasa dhatu.⁽²⁰⁾ Nursing is a way to create and share a relationship with your kid., The nursing mother must be joyful and free of mental perplexity to feed love and affection to the infant. Mothers should remain relaxed and get enough relaxation and sleep to keep their infant healthy. In order to optimize the quantity and quality of breast milk it is important to follow a Dosh-specific and nutritious food plan. To keep your infant healthy and sharp breast milk contains all of the nutrients required. To moms who are deficient in breast milk Poppyseeds, dates, and a special Churana consisting of herbal components, among other things, are given. Breast milk is best gift from mother to baby.

Oil Massage for Babies and Toddlers- Ayurveda remedies include authentic ayurvedic massage with herbal formulations. To promotes the growth of the infant Oil massage is an important component. While the advantages of infant massage have been in the spotlight for quitesome time, Ayurvedic writings have chronicled the benefits and necessity of oil massage in children. Abyanga, protects the baby's sensitive skin from infections, stimulates the nerves and calms the muscles, assists in relaxation, encourages blood flow, and soon . Herbal extracts such as Neem, Banyan tree leaves, Sandal, Tulsi, and others are infused in the bath water, to protect the newborn from antimicrobial rudiments. Massaging your baby can stimulate their major systems, for instance, massage stimulates their nervous system. Each nerve has a protective shell around it, called the myelin sheath, which speed up the conduction of impulses from the brain to the rest of the body. The process of covering the nerves (myelination) continues even after birth and usual sensory stimulation, such as massage, speeds this process.⁽²¹⁾

The Mental Health of Both Mother and Child - A list of elements to help youngsters develop, control, and balance their psychological and psychosomatic distractions was provided by Kaumarbhritya. Aromatic herbs in bathwater or massage oil would ease the psyche and relax the children.

Rasayanas such as Brahmi, Chyavanprash, and others, Rasayanas are given to children on a daily basis to enhances their mental health, concentration capacity, memory, and intelligence. An extremely efficient cold remedy is Swarna Bhasma, when combined with ghee and honey,. Shankhapushpi is another medicinal plant that help increase immunity throughout the winter.

Another complication of childbirth is Postpartum depression. After childbirth getting back to normal life may be difficult, especially for a new mother. When a new one enters their

lives, women may experience mood swings, tension, frequent sobbing, exhaustion, guilt, and worry as a result of the changes that occur. Growing children are continuously subjected to social, cultural and parental discipline. Hence, to increase their Satva attribute there should be gradual withdrawal of bad habits with adopting good habits suitable for making acceptable behaviour, building patience, mental calmness and strength to overcome psychological or environmental triggers.⁽²²⁾

Discussion :

Childrens due to their weak immune system are more prone for many diseases. To reduced drop out and great education performance and productivity, Good health are linked. Child are more prone for the diseases such as malnutrition, infectious diseases, intestinal parasites, disease of skin, eye and ear, dental caries. For the prevention and management of this diseases which helps in better development of children for tomorrows, Ayurveda explains Dinacharya, Rutucharya, Matrvat Ahara, Kala Bhojana, Sadvritta etc and N-number of the preparation. Due to it's under developed immunity and body constituents, a child, constitutionally, after birth remains weak in all respects. They are immatured in respect of their intelligence, wisdom and physical activities. They behave in same way and consider all the things around them as same and Hence they are vulnerable to injury, infection, disease etc.

Considering the fact special care for the children is being taken in the families by the parents and other members and also in the society by the administration, specially by taking special care to induce immunity and regular observations to monitor their all round development. Protection of the child from injury, attack of harmful animals, keeping away from harmful , unwholesome behaviours are considered to be the prime duty of the parents and attendants of the children since long past. Ayurveda, being the ancient health system hasals showed interest in the field which is self explanatory. The main classics of Ayurveda, Charaka Samhita, Susruta Samhita and Ashtanga Hridaya/Sangraha discussed on child care elaborating the special chapters. Ayurveda is one of the best alternative to modern age allopathic medicines. The preparation of ayurvedic medicine is done with herbs and plants which ensures its purity and safety thousands of years of study and development makes Ayurveda a unique way to keep diseases at bay and helps in the growth of a stronger immune system in children.

Conclusion :

Ayurveda encourages certain lifestyle interventions and natural therapies to regain a balance between body, mind, spirit and the environment. Ayurveda places a great emphasis on regular detoxification of the body and, thereby, removing the impediments to health and healing. Incorporating

principals of Ayurveda in child health reduces the prevalence of health risk behaviour's and promote healthy behaviours among the children which will have positive effect on health and also helps in building vibrant future for nation with healthy and skilled citizens.

Conflict of Interest: Nil

Source of Support: Nil

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