



CONTRIBUTION OF HARITA SAMHITA IN KAUMARBHRITYA

Tushar Deshmukh*

PG Scholar, Dept. of Kaumarbhritya, LRP Ayurvedic Medical College, Islampur, Sangali, Maharashtra, India. *Corresponding Author

Jyotsna Ahir

Associate Professor, Dept. of Kaumarbhritya, LRP Ayurvedic Medical College, Islampur, Sangali, Maharashtra, India.

ABSTRACT

Kaumarbhritya is one of the branches in 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 physicians have to go to through other texts to gain the knowledge and get rid of their queries. Harita Samhita is one of the classical works on Ayurvedic medicine, which is written in between 6th to 7th century AD. This book is written in conversation module, and the conversation was between Maharshi Atreya and Acharya Harita. Acharya Harita has proposed his own new concepts in his texts. This article aims at reviewing the knowledge about Kaumarbhritya available in Harita Samhita. Acharya Harita has mentioned about duties to the field of Kaumarbhritya classification of age, concept of breastfeeding, treatment of repeated abortions, antenatal care, postnatal care, childhood sacraments, common diseases of infancy and childhood, formulations used in children, sequence of development of foetus etc. The list of contributions of Acharya Harita is never ending and an attempt will be made to highlight the contributions and knowledge of Kaumarbhritya available in Harita Samhita.

KEYWORDS : Kaumarbhritya, Maharshi Atreya, Acharya Harita, Harita Samhita, Kaumarbhritya in Harita Samhita.

INTRODUCTION:

Kaumarbhritya is one of the branches in *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 physicians have to go to through other texts to gain the knowledge and get rid of their queries. *Acharya Harita* was the one of the disciples of *Maharshi Atreya*, who was renowned person in the history of *Ayurveda*. *Acharya Harita* had written his own text named as *Harita Samhita*. *Harita Samhita* is the conversation between the *Maharshi Atreya* and *Acharya Harita*. The *Harita Samhita* text is divided into six parts, viz; *Pratahamasthana*, *Dwitiyasthana*, *Chikitsasthana*, *Sutrasthana*, *Kalpasthana*, and *Sharirasthana*. A complete view of the *Samhita* reveals the concept and important contributions of this *Samhita* in field of *Kaumarbhritya*. The following is a short review of *Kaumarbhritya* in *Harita Samhita*.

Definition and fields of Kaumarbhritya:

The branch of *Ayurveda* which deals with following categories is termed as *Kaumarbhritya*. They are:

1. Kumara bharanam
2. Ksheera Dosha sodhanakriya of dhatri/mother
3. Treatment of dushta stanyaja disorders.
4. Treatment of grahaja vyadhis.

Acharya Harita adds some more duties to the field of *Kaumarbhritya*^[1]

- Proper Antenatal Care (Garbha Upakrama),
- Proper Postnatal Care (Sutika Upakrama)

Classification of Age:

- Uttaama, Adhama, Madhyama and Heena^[2]
- According to age^[3]
 1. Baala upto 16 years
 2. Yuva 10-25 years
 3. Madhyama 25-70 years
 4. Vriddha above 70 years
- In *Harita Samhita*, the terminologies related to female age is quite different^[4]
 - 1.5 years Baala
 - Upto 11 years Mugdha

Concept Of Breastfeeding:

Production of milk – The essence of digestion (ahara rasa) form milk (stanya) in breast. Hence stanya is termed as the upadhatu of rasa.^[5]

Ejection of milk - *Harita* explains that due to the force used during bearing down efforts by the delivering (parturient) women, her srotases get clears, leading to sudden milk ejection. The first milk, colostrum is rich in various nutrients, extremely needed for new-born. So, it is advisable that the mother should start feeding as soon as possible after birth of baby. It is said guru by *acharya harita* due to dominance of Kapha.^[6]

Harita has explained properties of milk (stanya) according to the complexion of the mother.^[7]

Care of child and pregnant women:

Acharya harita mentioned not use of langhana karma^[8] and virechana karma^[9] in children and pregnant women to avoid complications.

Worm infestation:

According to *Acharya Harita* krimis are basically 2 types as external and internal. External are 7 types and internal are 6 types. Internal krimis are having its shelter in Kapha Kostha, Maladhara etc. It moves within gastro-intestinal tract just like snake. He described type of krimis on the basis of shape.^[10]

The details of types of krimis has been enumerated in below table:

Type	Shape
Prithumunda	Broad head, square head (Tape worm)
Kanchuk	Rounded head (Round worm)
Dhanyakumbha	Sprouted pulses with whitish sprout resembling small worm (Pin worm)
Sukshma	Invisible
Anu	Minute
Suchimukhi	Tapered mouth (Hook worm)

Resuscitation In An Asphyxiated New-born:

Acharya harita gives the concept of modification of air for the benefit of sick baby. He explains five varieties of fanning materials for fanning and idea is to modify the air when it

passes through particular fanning material. Atmospheric air while passing through a particular fanning material gets modified, like fanning with *Kadali patra* (banana leaf) or palm tree leaf, air gets moistened and humidified due to *Sheeta Guna* of *Kadali Patra*. It relieves the fatigue and air becomes humid (wet) which brings down *Daha*, *Pitta* and induces sleep.^[11]

Urinary Lithiasis:

Etiopathogenesis of occurrence of the Urinary lithiasis (Ashmari Roga) in children and its treatments aspect is explained.^[12]

Treatment Of Repeated Abortions:

Garbhastravi Vandhya (Repeated abortions) was described by *Harita Samhita* under infertility chapter.^[13] Many formulations have been mentioned, in repeated abortion as the main aggravated Dosh is Vata, so the drugs were selected according to the vitiated Dosh and principle of management in recurrent abortions.^[14]

Antenatal Care:

Acharya Harita has given enormous emphasis upon garbhini paricharya^[15] and has documented special dietary as well as behavioural regimen in context to growth and development of foetus. *Yastimadhu* (*Glycchryza glabra* Linn.) acts as galactagogue whereas *Parusaka* (*Grewia asiatica* Roxb.) supplements iron, calcium to women body which she needs at correspondent stage. Vivid analysis of this recommended diet pattern of *Acharya Harita* suggests that he has charted out this scheduled diet pattern in a chronological order i.e. liquid to solid diet in order to prevent any complication arise during pregnancy and to provide a milieu interior to the body of mother as well as baby for better adapting power with the changing physiological phenomenon.

The details of diet pattern has been enumerated in below table:

Month	Recommended Diet
1 st	<i>Yastimadhu, parusaka, madhuka</i> with <i>Navaneeta, madhu, sarkara</i>
2 nd	<i>Kakoli-Sarkara-Dugdha</i> (<i>Sweetened milk treated with kakoli</i>)
3 rd	<i>Krushara</i>
4 th	<i>Samskruta Odana</i> (<i>Medicated cooked rice</i>)
5 th	<i>Payasha</i>
6 th	<i>Madhura-Dadhi</i>
7 th	<i>Ghreea khanda</i> (<i>A sweet dish</i>)
8 th	<i>Ghreea Puraka</i>
9 th	<i>Vividhaanna</i> (<i>Different varieties of cereals</i>)

Threatened Abortion:

Acharya Harita explained the month wise diet and for pregnant women to avoid threatened abortion.^[16]

Complications In Pregnancy:

Acharya Harita mentioned common problems facing by pregnant women during pregnancy^[17]

- Dehydration
- Nausea
- Vomiting
- Fever
- Anorexia
- Diarrhoea
- Oedema

Acharya Harita suggests sudation with hot water for oedema in pregnancy and avoids virechana in pregnant women^[18]

Mudha Garbha:

Cause and etiology –

Ahara (diet) & Vihara (mode of life) of the mother. *Acharya Harita* clearly explained that if certain things are consumed

(i.e. diet & regimen) or done during Pregnancy there are chances of a different labour.^[19]

Clinical features -

1. Vatik Mudhagarbha:

- Vastishool
- Yonidwaravarodha
- Jathargarjan
- Adhman
- Toda
- Angabhanga
- Nidrabhanga

2. Paitik Mudhagarbha:

- Shoola
- Tridosajajwar
- Trisna
- Bhrama
- Mutrakricchra
- Shirovedana

3. Slaishika Mudhagarbha:

- Alasya
- Tandra
- Nidra
- Jadata
- Adhmaan
- Vepathu
- Kasa
- Mukhavairasya

4. Dwandaja and Sannipatik Mudhagarbha:

In these types of mudhagarbhas the clinical features of two dosas or all the three dosas will be evident.

Postnatal Care:

Acharya Harita has given enormous emphasis upon sutika paricharya.^[20]

Ahara (diet) –

- Ushna kulattha (*Dolichos biflorus*) yush on 2nd day.
- Panchkola (*Piper longum*, root of *Piper longum*, *Piper retrofractum*, *Plumbago zeylanica*, *Zingiber officinale*) yavagu on 3rd day.
- Chaturjataka (*Cinnamomum zeylanicum*, *Elettaria cardamomum*, leaves of *Cinnamomum zeylanicum*, *Mesuaferrea*) mixed yavagu on 4th day.
- Cooked rice of shali or shashtika on 5th day.

Vihara (mode of life) –

- Vaginal filling with oil and massage followed by sudation with hot water.

Aushadhi (medicine) –

- Decoction of available drugs out of lodhra (*Symplocos racemosa*), arjuna (*Terminalia arjuna*), kadamba (*Androcephalus indicus*), devadaru (*Cedrus deodara*), bijaka (*Pterocarpus marsupium*) and Karkandhu (a variety of *Ziziphus mauritiana*). Then nagara (*Zingiber officinale*) and haritaki (*Terminalia chebula*) churma with jiggery on 2nd day morning.

Childhood Sacraments:

Acharya Harit mentioned about samskara in children^[21] –

- Jat karma samskara
- Namkaran samskara
- Karnavedhan samskara
- Vastrabandhan, Upanayan and Vivahadi Samskara at particular time.

Diseases of infancy and childhood:

Acharya Harita defined mruksira as pure milk, adds satwa and beauty also in the list which are achieved by using pure

milk.^[22]

Acharya Harita explained types of impure women milk^[23] -

1. Ghanaksira: intake of ghanaksira causes abdominal distension, dyspnoea and cough in infant.
2. Ushanaksira: intake of ushanaksira causes fever and diarrhoea in infant.
3. Amlaksira: intake of amlaksira causes diarrhoea in infant.
4. Alpaksira: intake of alpaksira causes weakness, weight loss and diarrhoea in infant.
5. Ksharaksira: intake of ksharaksira causes eye disease, itching in infant.

Acharya Harita explained the treatments of Common diseases of infancy and childhood^[24] -

- Utpulika
- Asthma
- Cough
- Obstruction of urine
- Diarrhoea
- Eye Disease

Formulations:

1. Growth enhancing medicines powder taken with ghee^[25] -

- Vacha (*Acorus calamus*)
- Bramhi (*Bacopa monnieri*)
- Manduki (*Centella asiatica*)
- Ghana (*Cyperus scariosus*)
- Kushtha (*Saussurea lappa*)
- Nagara (*Zingiber officinale*)

2. Memory boosting medicines powder in equal quantity with ghee^[26] -

- Guduchi (*Tinospora cordifolia*)
- Apamarga (*Achyranthes aspera*)
- Vidanga (*Embelia ribes*)
- Shankhapushpi (*Convolvulus pluricaulis*)
- Vishnukranta (*Evolvulus alsinoides*)
- Vacha (*Acorus calamus*)
- Pathya (*Terminalia chebula*)
- Shatavari (*Asparagus racemosus*)

3. Medicines powder with honey for sweetness of voice^[27] -

- Trikatu (*Piper longum*, *Zingiber officinale* and *Piper nigrum*)
- Triphala (*Embelia officinalis*, *Terminalia bellerica* and *Terminalia chebula*)
- Dhanya (*Coriandrum sativum*)
- Yavani (*Trachyspermum ammi*)
- Salamulika (*Shorea robusta*)
- Vacha (*Acorus calamus*)
- Bramhi (*Bacopa monnieri*)
- Bharangi (*Clerodendron serratum*)

Acharya Harita explained treatment of epilepsy in paediatric age^[28] -

- Nasya
- Agnikarma

Acharya Harita explained day wise occurrences of pootana dosha^[29] -

- First day - Lohita
- Second day - Revati
- Third day - Vayasi
- Fourth day - Kumari
- Fifth day - Shakuni
- Sixth day - Shiva
- Seventh day - Urdhvakeshi
- Eighth day - Sena

Graha Rogas:

In *Harita Samhita* 55th chapter of tritiyasthanā exclusively

related to bhuta vidya and graha dosha. According to *Harita samhita*, grahavesha (demonic possession) occurs at deserted temples, burial grounds, deserted highways or roads, and other such type of isolated or deserted places. The persons who got frightened at such type of places are prone to suffer from grahavesha. Ten grahas (aindra, agneya, yama, nairruta, varuna, maaruta/vaayu, kuberā/yaksha, sira, grahaka and pishacha) and clinical features due to their affliction are described in *Harita Samhita*. Various dhoopas (fumigations), medications, mantra's (hymns), pooja (prayers), and other spiritual methods have been described briefly in the management of graha rogas.^[30]

Kalpastana:

- Use of Vijaya- type of haritaki (*Terminalia chebula*) in childhood diseases.^[31]
- Avoid Rasona (*Allium sativum*) formulations in children.^[32]

Sequence of development of foetus:

Ayurveda as well as modern parlance has thrown enough light upon the Garbhavikasa i.e. sequential development of Garbha (embryo/foetus). Moreover, many classics of ayurveda have affirmed this developmental interpretation in month wise while observations of *Acharya Harita* to this concern was more accurate and distinct based on keenly observed changes transpired in couple of days or week in Garbha (embryo/foetus). To his opinion, the shape of Garbha (embryo/foetus) advances in chronological way like budbud (bubbles like); First day to sonita (resemblance of blood); tenth day then Ghana (solidified/compact); fifteenth day to mamsapinda (mass); twenty day etc.^[33]

Details of Garbha vikasa krama (sequence of development of foetus) has been presented in below table:

Days / month	Development
First day	Budbud (Bubbles like)
Tenth day	Sonita (Resemblance of blood)
Fifteenth day	Ghana (Solidified/compact)
Twenty day	Mamsapinda (fleshy mass)
Twenty fifth day	Panchatwa prabhava (five elemental things)
One month	Panchabhuta
Fifty day	Ankura
Three months	Hasta, pada (Parts and organs)
Three and half month	Sira (Head)
Fourth month	Loma (Lanugo hair)
Fifth month	Sujiva (lively)
Sixth month	Sphurana (quivering)
Eighth month	Jatharagni (Digestive fire)
Ninth month	Chesta (Organ systems able to function/activity)
Tenth month	Prasava kala (Onset of delivery)

CONCLUSION

After thorough review of *Harita Samhita*, it was found that the considered text has mentioned all the important concept/aspects of *Kaumarbhritya* like duties to the field of *Kaumarbhritya* classification of age, concept of breastfeeding, treatment of repeated abortions, antenatal care, postnatal care, childhood sacraments, common diseases of infancy and childhood, formulations used in children, sequence of development of foetus etc. which are enough for the basic knowledge of the subject and to satisfy the students, scholars and physicians.

REFERENCES

1. Harihar Prasad Tripathi, editor. *Harita Samhita of Harita*, Prathama Sthana, Ch. 02, Ver. 17, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P09
2. Harihar Prasad Tripathi, editor. *Harita Samhita of Harita*, Prathama Sthana, Ch. 05, Ver. 01, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P28
3. Harihar Prasad Tripathi, editor. *Harita Samhita of Harita*, Prathama Sthana, Ch. 05, Ver. 02, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005.

- P28
4. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Prathama Sthana, Ch. 05, Ver. 13, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P29
 5. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Prathama Sthana, Ch. 08, Ver. 02-04, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P59
 6. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Prathama Sthana, Ch. 08, Ver. 13, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P60
 7. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Prathama Sthana, Ch. 08, Ver. 14, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P60
 8. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 01, Ver. 30, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P168
 9. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 10, Ver. 21, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P282
 10. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 05, Ver. 01-29, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P234-37
 11. Ayurvedic Concepts of Resuscitation in an Asphyxiated Newborn - A Critical Analysis, Rathor, G. K. 2, 2018, International Journal of Ayurveda and Pharmaceutical Chemistry, Vol. 9. 2350-020412
 12. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 31, Ver. 02-04, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P395
 13. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 48, Ver. 01-10, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P448-49
 14. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Shashta Sthana, Ch. 01, Ver. 25, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P517
 15. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 49, Ver. 01-04, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P452-53
 16. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 50, Ver. 01-04, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P454
 17. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 51, Ver. 01-12, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P456-57
 18. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 51, Ver. 03, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P457
 19. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 52, Ver. 05-21, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P458-460
 20. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 53, Ver. 01-05, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P462-63
 21. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 53, Ver. 06-07, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P463
 22. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 54, Ver. 02, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P464
 23. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 54, Ver. 03-07, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P464
 24. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 54, Ver. 09-21, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P464-66
 25. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 54, Ver. 22, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P466
 26. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 54, Ver. 23-24, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P466
 27. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 54, Ver. 25, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P466
 28. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 54, Ver. 26-30, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P467
 29. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 54, Ver. 31-57, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P469-470
 30. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Tritiya Sthana, Ch. 55, Ver. 01-28, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P471-474
 31. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Pancham Sthana, Ch. 01, Ver. 16, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P499
 32. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Pancham Sthana, Ch. 04, Ver. 28, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P509
 33. Harihar Prasad Tripathi, editor. Harita Samhita of Harita, Shashta Sthana, Ch. 01, Ver. 17-24, 1st ed. Varanasi: Chaukhambha Krishnadas Academy; 2005. P516-17