



AYURVEDA FOR PEADEATRIC CARE

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ABSTRACT

Ayurveda literature have been divided into eight different branches and one of them is kaumarbhritya. Kaumarbhritya is one of the most important and specialised branch which deals with paediatric care. It aims at a holistic well-being of an individual taking care of the body, mind and the soul. This branch deals with child care in total, breast milk related ailments and breast milk purification, general child care measures from birth for better bone growth, ayurvedic immunization programs, dietary changes, treatment of developmental disorders, treatment of general paediatric disorders and allergy treatment like food allergy, skin allergy, nasal allergy and fungal infection treatment for children. Paediatric care also provides Swarna prashan to increase the intellect of child upto 15 yrs. Ayurvedic therapies and medication like abhyangam oil, tarpan, special medicated powders use for bathing purposes, to enhance mental and physical strength of the children especially like thalapothichil (sirolepa) and Morden thailam for congenital abnormal children. Several potent ayurvedic herbs offer tremendous help in controlling allergies in children and adolescents. These include commiphora mukul (guggul), shilajit, Phyllanthus emblica (amla) and piper longum (pippli). Ayurveda nurtures the health of an individual, starting from its fetal state to its old age. Thus, paediatrics and ayurveda is integrated and paediatrics is the starting point of this ancient practice.

KEYWORDS :**INTRODUCTION**

A person's life has an important stage called balyavastha. Because of the ahara (diet), Vihara (lifestyle), and aushadhi, this stage is unique from others (medicine) The ayurvedic approach to child care is accurate and beneficial. It is a thorough method that considers elements of physical, emotional, and psychological traits that may, to varied degrees, have an impact on the child's health.

AIMS AND OBJECTIVES

Ayurveda places a strong emphasis on the use of specific tonics and drugs that help boost children's immunity, intelligence, and protection against numerous diseases. In order to shield their kids against illnesses, many people are turning to herbal Ayurvedic treatments and tonics today.

METHODS AND MATERIALS**SLEEP HOURS**

More than 11 hours of sleep a day are necessary for newborns, according to research, and skimping on sleep during infancy increases the risk of depression and anxiety disorders later in life.

BREASTFEEDING

A child's physical and mental development is greatly aided by breastfeeding. To maximise the amount and quality of breast milk, it's crucial to adhere to a dosha-specific and nutrient-rich diet plan.

OIL MASSAGE

Many ayurveda treatments combine herbal formulations with true ayurvedic principles. An essential element in fostering an infant's growth is oil massage. Massage with herbal oil, often referred to as abyanga, protects the baby's delicate skin from infections, stimulates nerves and calms muscles, helps with relaxation, and promotes blood flow. Neem, banyan tree leaves, sandal, tulsi, and other herbal extracts are added to baby's bathwater to protect them against antibacterial rudiments.

RASAYAN

In order to assist children develop, control, and balance their psychological and psychosomatic distractions, Kaumarbhritya lists a number of factors. Aromatic herbs in the bath or in the massage oil would calm the kids' minds. Giving children daily Rasayanas such as Brahmi, Chyavanprash, and others improves their mental well-being, ability to focus, memory, and intelligence. Swarna Bhasma may be a very effective cold treatment when coupled with ghee and honey. Another medicinal herb, sankhapushpi, may aid in boosting immunity all winter long.

PHYSICAL CARE

The Kashyap Samhita outlines natural methods to increase a child's immunity in place of vaccines. Oil massage is the ideal method for helping kids keep their vitality and build their immunity. described as "snehana". Snehana boosts the child's mental capacity in addition to immunity.

DISCUSSION

There are thorough explanations on mother and child care in Kaumarbhritya. This branch of Ayurveda also includes advice on specific food, exercise, nutrition, and behaviour for women before, during, and after birth. To be able to nourish her child, the mother must have ideal health, according to Kaumarbhritya. The state of this knowledge is so accomplished that thousands of years ago, the great physician Charaka, using the branch of Kaumarbhritya, meticulously detailed the development of the foetus. He also proposed a method for creating children with the desired gender, IQ, and constitution known as punsanvan vidhi. Every mother and her child will benefit from this Ayurvedic area of medicine.

CONCLUSION

There are eight different branches of Ayurvedic literature, and kaumarbhritya is one of them. One of the most significant and specialised branches that deals with paediatric treatment is Kaumarbhritya. It seeks to promote a person's total well-being by taking care of their body, mind, and spirit.

Ayurvedic immunisation programmes, dietary changes, treatment of developmental disorders, treatment of general paediatric disorders, and allergy treatment including food allergy, skin allergy, nasal allergy, and fungal infection treatment for children are all topics covered in this branch of paediatrics. It also addresses ailments related to breastfeeding and the purification of breast milk.

In order to boost a child's intelligence up to the age of 15, paediatric treatment also offers Swarna prashan. Ayurvedic therapies and medications, such as abhyangam oil, tarpan, and special medicated powders used for bathing, are used to improve children's mental and physical health, especially for children with congenital abnormalities. Thalapothichil (sirolepa) and moordnee thailam are two such treatments. Children and adolescents with allergies can be effectively managed with the aid of several strong ayurvedic herbs. Phyllanthus emblica (amla), Shilajit, Commiphora mukul (guggul), and Piper longum are a few of these (pippli).

Beginning with a person's embryonic state and continuing into old age, ayurveda supports their health. As a result, ayurveda and paediatrics are intertwined, with paediatrics serving as the foundation for this age-old science.