

PAEDIATRIC CARE THROUGH AYURVEDA: A REVIEW STUDY

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ABSTRACT

Ayurveda has placed *Kaumarbhritya* under the *Ashtang Ayurveda*. Many diseases in childhood, can be treated properly through Ayurveda. In *Kashyapa Samhita* details are given about *Vedana Adhyaya* which provide an information to the physician, to help in early and accurate diagnosis even in modern era. In paediatric patients, *Panchakarma* procedures are equally effective, but in present situation, there is difficulty in administering *Panchakarma* in children because of lack of knowledge of the doses, methodology and complications, by taking references from Ayurvedic texts and other study material we can use *Panchakarma* procedure and other concepts of Ayurveda to prevent and to treat many diseases in children without any adverse

effect. We can prevent and treat many diseases of children in modern era by using *Rasayana Chikitsa*, *Vedana Adhyaya*, *Dhoopana vidhi*, *Suvarna prashana*.

KEYWORDS: *Rasayana*, *Vedana Adhyaya*, *Suvarna prashana*, *Panchakarma*.

INTRODUCTION

“*Kaumarabhritya*” is the branch of Ayurveda which deals with Pediatric health care, has been given the foremost position among *Ashtangas* of Ayurveda by Acharya Kashyapa.^[1] *Kaumarabhritya* deals with healthy upbringing of infants, purification of mother's milk and also cure for diseases of infants caused by intake of vitiated breast milk or *Balagraha* (evil demons).^[2] Acharya Hareeta included antenatal care and post natal care in this field.^[3] Breast feeding for appropriate duration and weaning by the introduction of other healthy diets at the appropriate time are two practices that can prevent morbidity and mortality in children which is also explained by Acharya Kashyapa as *Phalprashana* and *Annaprashana Samskar*. By correlating concepts, given in *Kashyapa Samhita* in today's perspective it will be helpful to understand the disease of children in initial stage as well as their treatment accordingly

without any complications.

Panchakarma can be beneficial in Kaumarbhritya as a comprehensive cure for many child disorders. Kashypa Samhita explains the Panchakarma in a child with detail explanation of Snehana, Swedana, Vamana and Virechana, Basti and Nasya. From this, it is clear that, with the help of Ayurveda we can prevent and treat many diseases in children as well as also boost Paediatric immune power and intellect with the help of *Swarnaprashana* and *Rasayana Chikitsa*.

AIM AND OBJECTIVES

To study the significance of Rasayana chikitsa, Vedana Adhyaya, *Dhoopana vidhi*, *Suvarna prashana* and Panchakarma therapy in Paediatrics.

MATERIALS AND METHODS

References regarding Vedana Adhyaya, *Dhoopana vidhi*, *Suvarna prashana* and Panchakarma in Children were collected from various classical Ayurveda textbooks, published research papers from Internet sources, previous work done.

Significance of rasayana in pediatric care

- a) The Rasayana by virtue of their carminative and appetizer effects cure constipation and indigestion. Rasayana improves potency of Dhatus in children.
- b) Rasayana improves Agni thus cures digestive ailments in children.
- c) Rasayana improves circulation in body.
- d) Rasayana boost Oja thus strengthens immunity of children.
- e) These drugs act as rejuvenator thus maintain physical as well as mental vitality in children.
- f) Rasayana facilitate salivary secretions which help in digestion and improves appetite in children of growing age.
- g) Rasayana significantly improves symptoms of common disorders associated with children like Grahani Roga and allergic rhinitis.
- h) Improves skin tonicity, texture and complexion
- i) Prevent accumulation of Ama which is one of the major causes of disease in early childhood.
- j) The Rasayana formulations such as; Suvaran Bhasm, Panchgavya Ghrita, Brahmi Ghrita, Abhaya Ghrita, Mandura Bhasma, Lauha Bhasma And Samvardhana Ghrita, etc. are advocated for children for curing health ailments of growing children.^[4-5]

Vacha

This drug offers anti-oxidant, immune-modulatory and digestive properties.

Brahmi

It is used to improve mental functioning and memory, Brahmi provides intellect, gives nourishment to the brain and boost mental coordination.

Triphala rasayana

It corrects weakness and anorexia in children, Triphala Rasayana is used for general fatigue in children, Triphala is used in children for general debility, indigestion and fever.

Medhya rasayanas

It improves memory, intellect and provides mental nourishment. Medhya Rasayanas (Mandukaparni, Yastimadhu, Guduchi and Shankhapushpi) provide immunity, longevity and boost brain functions. Mandukaparni, Yastimadhu, Guduchi and Shankhapushpi are a major class of Rasayanas drugs used for pediatric care. Kushmanda and Vacha also used as Medhya Rasayana for improving brain and motor activities. These drugs also improve the process of physical and mental development. These Ayurveda drugs balance Dosha, enhance qualities of Dhatus and potentiate Agni thus improve strength in children.^[6-8]

Significance of vedana adhyaya in paediatric care

Acharya Kashyapa mentioned symptomatology of various diseases in Vednaadhyaya of Kashyapa Samhita and these symptoms are very nearly relevant to modern symptomatology.^[9]

Shirahshool

Most of children cannot convey the symptom of headache rather they may become irritable and having vomit or repeatedly rub their eye and head. Similarly, Acharya Kashyapa was also mentioned features resemble to modern science like shirah spandiyati (rolling his head due to irritability), nimiliyati chakshushi, closing of eyes due to photophobia etc.^[10]

Mukha roga

In Mukharoga Acharya Kashyapa mentioned that child, having excessive salivation, refusal to feed, regurgitation of milk, nasal breathing, discomfort and glani (fatigue).^[11] All these symptoms described by Acharya Kashyapa represent a wide range of oral cavity disease, i.e. dental caries, gingivitis, palate disease, ulcers/blisters in mouth etc. Inflammation in tonsillitis

causes painful swallowing or regurgitation of breast milk.^[12]

Kanthvedna, Galgraha and Kanthshotha

Symptoms described in Kanthvedna, Galgraha and Kanthshotha are found in tonsillitis, adenoids, diphtheria and pharyngitis. Both tonsils and adenoids are main cause of upper airway obstruction in children, symptoms include malaise, fever, dysphasia, headache^[13] are found as Jwar, Aruchi, Glani.

Adhijivhika

Adhijivhika is correlate with epiglottitis, it is a condition where high grade fever, sore, throat, dysphasia and rapidly progressing respiratory obstruction is found. Drooling of saliva is usually present.^[14] These symptoms are resembling the features described in Adhijivhika i.e. lalastrav, aruchi, glani etc.

Jwar

Symptoms of fever can be varying in a range from no symptoms to extreme malaise, fatigue, and irritability.

Children might complaint of hot or cold feeling shivering.^[15] These symptoms also mentioned in Kashyapa Samhita i.e. Aruchi (anorexia), Satanyamnaabhinandati, Dhatrimaalayate akasmat that might be possible when child suffering from cold or shivering.

Atisar

Symptoms described in Atisar in Kashyapa Samhita are similar to diarrhea i.e. Dehvaivrnayam or paleness found due to fluid loss in body. Other symptom like Arati (discomfort), Glani (fatigue), Anidra (insomnia) are also found due to fluid loss or dehydration.^[16]

Shool

Udar Shool can be correlate with infantile colic. Infantile colic is a common disease that can be found in 2-3 week of age to 3-4 month of age. Crying episodes are the main feature.^[17] It is associated with fussiness, irritability and difficulty to consoling the child.^[18]

Chardi

Vomiting is a coordinated reflex incidence that may be preceded by increased salivation and begins with involuntary retching. Complication due to vomit are dehydration fluids loss,

failure to thrive.^[19]

Apasmar

Symptoms described in Apasmar by Acharya Kashyapa resemble to epilepsy.

Unmad

Symptoms described in Unmad can be seen in psychosomatic disorders like attention deficit hyperactivity disorders (ADHD), opposite defiant disorders (ODD), pervasive developmental disorders (PDD) and autism spectrum disorders (ASD) etc.

Mutrakricha

Symptoms described under the heading of Mutrakricha by Acharya Kashyapa are found in urinary tract infection. A urinary tract infection (UTI) in children is a fairly common condition. Prompt diagnosis and treatment will prevent serious and long-term medical complication.^[20]

Ashmari

Symptoms described by Acharya Kashyapa are similar to symptoms seen in urinary calculi. Approximately 7% of urinary calculi occur in children younger than 16 yr of age.^[21]

Alasaka

Symptoms described by Acharya Kashyapa under the heading of alsaka are closely resemble to intestinal obstruction occurs due to necrotizing enterocolitis. One of the first signs of NEC is the inability of the infant to tolerate the feedings. This is often associated with abdominal distention (bloating) and vomiting bile (green). If the infection is not recognized early, then the child may develop a low respiratory rate or periodic breathing (apnea) and a low heart rate that may necessitate insertion of a breathing tube. Prompt diagnosis and treatment of NEC can protect infant from surgery and other complication.^[22-23]

Kandu

Features described under the heading of Kandu by Acharya Kashyapa can be closely resemble to atopic dermatitis in children. It is a common condition severely affecting 1–2% of school children.^[24]

Above description clarify this very keenly that Acharya Kashyapa has very deep knowledge to understand the disorders occur in children. This also shows that how beautiful all features

were collected by Acharya Kashyapa and enumerate them in Vednaadhyaya in Kashyapa Samhita. Here an effort is made to correlate them in today's perspective which will be helpful to understand the disease of children in initial stage as well as their treatment accordingly without any complications.

Significance of dhoopan vidhi in paediatrics

Kashyap Samhita has mentioned many formulations of dhoopa (fumigation) of cloths, Pediatric ward, patient bed etc. He also used dhoopas for prevention and curing pediatric diseases especially when demons, ghosts or devils started harassing young children, facilitating proper development of children. He explained medicinal herbs, minerals and also sometimes animals for dhoopa, One of dhoopa formulation of kashyapa is Rakshoghna dhoopa for protection containing various drugs such as Ghruta (Ghee), Siddhartak (Brassica alba), Hingu (Ferula foetida), Dev Nirmalya (flowers of herbs offered to god), Akshata (unbroken rice), Sarpa tvak (shed skin snake), Bhikshu sanghati (saffron color cotton cloth).^[25]

Significance of suvarna prashan in paediatric care

Administration of processed gold in children is a unique practice mentioned in Ayurveda as "*Swarnaprashana*" by Acharya Kashyapa. He explained the administration of *Swarna* (gold) in children for the benefits of improving intellect, digestion and metabolism, physical strength, immunity, complexion, fertility, and life span.^[26-28] It can be said that the benefits of *Swarnaprashana* can be attained from infancy to adulthood with a wide range of actions influencing the growth and development of a child.

For the benefit as an immuno-modulator, it can be administered in children in early ages as this period until one year is considered to be the most vulnerable time for infections due to immature immune system. Pharmacological studies showed specific and nonspecific immune responses, which were modified in a positive manner in *Swarna Bhasma*-treated mice. It also had a stimulatory effect on peritoneal macrophages, which may be helpful to fight against infections.^[29-30]

To get benefited as an enhancer of intelligence, *Swarnaprashana* can be given from birth and specifically for a period of 1 or 6 months continuously as mentioned in the classic. In a study colloidal gold was found to improve cognitive functioning, which was measured by IQ scores.^[31] The particles of *Swarna Bhasma* were reported as non-cytotoxic.^[32] In a study of

chronic toxicity of *Swarnabindu prashana* nocytotoxicity was observed.^[33]

Significance of panchkarma in paediatric care

Kashyapa Samhita explains the Panchakarma in a child with detail explanation of Snehana, Swedana, Vamana, Virechana, Basti and Nasya. Basti is considered as nectar for the child.

Snehana

In kshirap Avastha of child does not demand compulsory Snehapana due to daily intake of milk and oily substances as the main diet.

Swedan

Kashyapa mentioned 8 types of swedana karma - hast, pradeha, nadi, prastara, sankar, upnaha, avgaha and parisheka.^[34] Acharya Kashyapa explain Swedana of which Nadi Sweda, Prasthara, Sankara, Pradeha, Upanaha, Avagaha, Parisheka are other types which are practically applicable in children with certain modifications and Hastha Sweda, and Pata Sweda are very useful in neonates and infants especially in Pain abdomen.^[35]

Shashtika shali pinda sweda

This is the common method of swedana used in paediatric patients in which specific part or whole body made to perspire by the application of shashtika shali (a variety of rice) in the form of pottalis (boluses tied in a cotton cloth).

Vamana

Acharya Kashyapa mentioned that, babies who emit vitiated milk from stomach repeatedly will never suffers from diseases. Acharya Kashyapa explains Vamana as the main stay of treatment in Bala Rogas due to dominance of Kapha Doṣa by indulging in Kapahavardhaka ahara like Kshira, Ghrita etc. the Vamana has been done to clear the stomach from liquor the meconium like substances.^[36]

Virechana

It is the procedure where vitiated doshas (mainly pitta) are eliminated from lower gastrointestinal tract through the anal route. Therapeutic purgation administers very cautiously in paediatric patients because their chances of severe complication like dehydration. Revati is curable by Virechana in childhood practice.

Basti

Basti is best indicated for the child and considered as nectar for the child.

Nasya

It is the process of administration of medicines through nostrils. Nasya is indicated mainly in aggravated and accumulated doshas (disease causing factor) of head and neck. Acharya Kashyapa advises the Nasya for both child and mother. It has been suggested to administer the Nasya to a child if absolute indications and if child is reluctant, in order to prevent future complications. *Katu Taila Nasya* has been explained for children along with *Madhu* and *Gomutra* by making the baby sit on the lap of mother.

We can use Panchkarma treatment in Paediatrics patient as per indications and contraindications given in samhita.

RESULT AND CONCLUSION

In modern era, most of Paediatric diseases occur due to unbalanced diet and poor immunity. With the help of *Swarnaprashana* we can boost immunity power of children. In current era of competition, we can enhance memory and grasping power in children, disease resistance power and prevent oxidative damage by Rasayan Chikitsa. Concepts of Vedana Adhyaya will be helpful to understand the disease of children in initial stage as well as their treatment accordingly without any complications. Ayurvedic herbal dhoop are natural and biocompatible, it can potentially aid in internal environment cleansing and sustainable conservation without causing any harm to the environment unlike various chemicals and aerosols. Paediatric Panchakarma can also help to treat many diseases. Thus, by adopting Ayurveda in day to day practice we can prevent morbidity and mortality in children.

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