KAUMARBHRITYA AS A PREVENTIVE PEDIATRICS FOR
CHILDHOOD DISEASES

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ABSTRACT
The purpose of Ayurveda is inhibition of illness and preservation of the wellbeing. According to Ayurveda all kinds of diseases are treated by Nidanaparivarjana. It is one of the best protective features of Ayurveda, which aid in prevention of diseases in pediatric age. Kaumarbhritiya is the most significant subdivision of Ayurveda, it provide different types of preventive measures for the healthy childhood. Immunization is the single module in modern pediatric to develop Preventive pediatrics. Brihatravi Samhita, Lagetravi Samhita and also Acharya Kashyapa has stated numerous aspects for Preventive pediatric, i.e. Annaprashan samskara, Lehana and Suvarnaprashana, Dhoopana, Samskara etc. Only acharya Kashyapa has specified the Poshana methodically, rather than prescribing drugs to the child. This review article highlights the importance of preventive measures regarding the child health.

KEYWORDS: Preventive pediatric, Nidanaparivarjana, Samskara, Lehana, Dhoopana, Suvarnaprashana.

INTRODUCTION
Ayurveda is an ancient science of life. The conservation and advancement of wellbeing, also prevention of disease is the main principle of Ayurveda.[1] Kaumarbhritya is the branch of Ayurveda which deals with prevention of childhood diseases as well as promotion and
maintains of child health. The word *Kaumarbhritya* itself expresses the significance of nourishment in children. ‘Kumara’ means child and ‘bhritya’ means bharana or nourishment.\(^2\) *Kaumarbhritya* similarly deals with the topic allied to study of one’s own offspring; a extremely precious wish of mankind. To save one’s own offspring from *Kulaja vikara* (hereditary disorders) Ayurveda has recommended preventive aspects before and after the conception as well after birth. Healthy youngsters are the central entity of mankind. Care of zygote molded from malfunctioning shukra and shonita is impractical and therefore *Kaumarbhritya* comments on preventive aspects right from handling reproductive complications.\(^3\) Children are more predisposed to infections due to poor immunity; hence prevention of child form disease is the main principle Auyrveda.\(^4\) This review article highlights the importance of preventive measures regarding the child health mentioned in Ayurvedic literature.

**MATERIALS AND METHOD**

**Source of Data**
The data is collected from *Kashyapa Samhita*, *Brihatrayi*, and *Lagutrayi Samhita*, *Kaumarbritya* text books which are listed in references.

**Study Design**

**Literary study**
The literature related to preventive pediatric, which is stated in Ayurveda is assembled together and organized it as-

A. **Protective aspects and**

B. **Disease preventive aspects.**

**A. Protective aspects**

1) *Acharya Kashyapa* has instructed *Suvarnaprashana* in children to proliferation of *medha* (Intellect), *agni* (Digestion) and *bala* (Power) by which a child accomplish desired growth and development.\(^5\)

2) Prescribing drugs in the period Antenatal care is a very risky task, so the diet regimen and further guidelines given throughout pregnancy.

3) *Dauhrida* is the desire of the gravid mother, and necessity to satisfy her.\(^6\)

4) Bypass the exposure of radiation to pregnant women.

5) Prevention of natal and perinatal damages by avoiding *Akala pravahana* and prevent *apana vayu viloma* at the time of delivery.\(^7\)
6) Childhood Samskara stated by prehistoric maharishis are support to the protection, prevention along with promotion of the child health. The term Samskara is the spiritual and formalities, it purify the body, create sound mind and increase intellect of the child, hence it help to society as well Nation.\cite{8} Samskaronamam Gunantaradhana, it means that samskara is process of revolution of noble qualities or to overcome on immoral qualities.\cite{9} Samskara is most serving implement, which helps the pediatricians to evaluate the appropriate growth and development of the children.\cite{10} Therefore samskara (Balsamskara) revealed in prehistoric literature is one of the significant protective plus preventive traits.

7) Ayurveda has recommended Abhyanga (massage by medicated oil like Balataila) to neonate and children too. It improve the power of the skin by its tvachyakarma. The act of rubbing throughout massage to the skin assemble for power and increases blood supply.\cite{11}

8) By following regularly Dinacharya, Ritucharya and Sadvritta palana etc. we can reduce the rate vulnerability to diseases of childrens.\cite{12}

9) Janopadodhwansaja roga, it means epidemic or pandemic spread of disease. During such type of period, we can protect the child from diseases by using Rasayana (Balrasayana).\cite{13}

10) Talismans and Chants have been instructed to protect newborn and children also.\cite{14}

B. Disease preventing aspects

1) Hereditary disease preventing aspects
Marriages between same race are increases the chance of hereditary disease like recessive traits therefore Ayurveda recommended Atulyagotra marriages to prevent Kulaja vikara which remained undying.\cite{15} Treating conditions of shukra and shonita before conception and following Ritucharya for the period of ritukala might be advantageous in inhibiting certain of the hereditary diseases.\cite{16}

2) Nutritional disorder preventing aspects
Nutrition is a major concern for mankind. Food determines body condition right from the womb to tomb; it is main source of energy. Childhood period is considered as the foundation of better life and every incidence has influence on the further life. Abnormal nutrition may cause both over and under nutrition hazards thus nutritional problems are most liable to occurs during this period. To prevent such nutritional deficiencies acharya Kashyapa have
stated Ahara is Mahabhaishjya in children.\textsuperscript{(17)} By understanding this circumstance Ayurveda have categorized the childhood period in four types on the basis of their diet necessity i.e. Ksirapa, Ksirannada and Annada.\textsuperscript{(18)} This specifies that prehistoric specialists were considerably attentive toward nutritious requirement and its significance to children. Phalaprashana samskara at six month said by acharya Kashyapa is an chief preventive measure because both women milk and cow milk have deficiency of vitamin C, hence it is essential that infant diet must be complemented with vitamins.\textsuperscript{(19)} Annaprashana samskara is accurate time phase to continue complementary serving to children.\textsuperscript{(20)}

3) Communicable/infectious disorders preventing aspects

Graharogas are considered as infectious diseases in children. To get ride on communicable diseases, Acharya recommended cleaning/hygiene methods are stated in Balgraha like bath etc. Overall cleanliness and proper health care service keep the child healthy Vagbhat and Kashyapa have recommended fumigation i.e. Dhoopan for the preventions of infection.\textsuperscript{(21)} Karnavedhana samskara: The distress created by penetrating the ear lobules at Daivkrutacchidra (fortune hole) may produce antigen-antibody response in the body, that accelerates the active immunity to the children’s Lehana. The oral administration of gold, madhu and ghrita after birth of newborn is use full create nonspecific immunity in body and make defenses from infections.\textsuperscript{(22)} Kashyapa has moreover stated numerous medicated ghrita to encourage health, growth and development in child like Samvardhana ghrita.

DISCUSSION

Several sages of prehistoric age have pronounced the extent of Kaumarbhritya in their personal manner; however the interpretation is more or less the identical i.e. Bharana of Kumara is the core object of Kaumarbhritya. Sushruta has explained Kaumarbhritya in details. It comprises nursing care, breast feeding and disorder due to vitiated/contaminated breast feeding and precautionary traits of these disorders. Childhood is precise and sympathetic phase of mankind. The impact of physical development and mental status of this phase have its influence over rest of the life time; throughout in this period the dhatus are undeveloped, so that superior defensive care of this phase is necessary. Samskaras are reflected as the infantile developmental calculation and one of the defensive aspect revealed by Ayurveda. Suvarnaprashana is universal preparation of Gold, Honey and specific herbal drugs, recommended by Auyrveda to develop the intelligence and increase the power of child. Various Researches discloses that Suvarna has immunomodulatory, free radical chasing...
activity, painkilling, anxiolytic activity.[23] The principles concerning child health care stated in prehistoric literature thousands of years ago are real and valid even nowadays.

CONCLUSION

Preventive and protective aspects are significantly helpful in promoting health in growing child. Use of infection preventive measures like Dhoopana helps to control the infections. Nutritional health promotive measures advised by Ayurveda, tones up different developing systems in children.

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