



## ROLE OF AYURVEDA IN PAEDIATRIC CARE

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Article Received on 27/07/2023

Article Revised on 17/08/2023

Article Accepted on 07/09/2023

## ABSTRACT

According to Acharya Charaka, 'Chaturvishati Purusha' is the Adhikarn of chikitsa in Ayurveda. Ayurveda involve 'Purush Utapiti' in the time of garbhdharana. Acharya Kashyap says that Kumarabhrityatantra is at the forefront of Ashtang Ayurveda. Because the child whom we nurture and nurture by feeding and treating diseases, after attaining puberty, others do Chikitsa. Ayurveda has described everything from the conjunction of Shukra to infancy, how to feed, what should be the diet, what to take care of in case of any abnormality, disease, along with this palliative treatment. Because aim of Ayurveda is preserving health of the healthy and alleviating disorder of the deceased. 'Panchkarma Chikitsa in Children' is also very effective in children. If Panchakarma is done in children by knowing the right condition. Children's diseases can be cured immediately. Therefore, there is a need to advance panchakarma treatment methods in children, which can prevent many diseases in the future life of that child. And this country will get a healthy youth. In this paper presentation I will focus on panchakarma in pediatric care.

**KEYWORDS:** Vaman, Virechan Basti, Raktmokshan, Snehan, Swedan panchkarma.

## INTRODUCTION

Shodhana chikitsa (detoxification) includes panchakarma which is the ultimate mind body healing experience for detoxifying the body (strengthening the immune system, restoring balance and wellbeing). At times Acharya Kashyapa 1 advice to avoid excess Sodhana procedures in a child while Chakrapani suggest to administer the same in Swatantra Bala, and to avoid the in Paratantra Bala. Pancha Karma procedure is main stay of treatment in Ayurveda, it has to be employed in all the age group if the condition demands 5.

## AIM AND OBJECTIVES

1. To elaborate the Panchakarma and to study the significance of Panchakarma Therapy in Paediatrics.
2. To study the applied Panchakarma procedure in children and their benefits. Acharya Kashyap says that Kumarabhrityatantra is at the forefront of Ashtang Ayurveda. Because the child whom we nurture and nurture by feeding and treating diseases, after attaining puberty, others chikitsa.

## MATERIAL AND METHOD

**Panchakarma in Balroga:** 4 The basic pre requirement of Panchakarma procedures (Purva Karma) involves Deepan and Pachan (Administering oral medicines to improve digestion enhance Agni), in order to Snehan (Oleation) and Swedan (Hot fomentation). Panchakarma procedures (PradhanKarma) such as vaman, virechan,

basti etc.

**Deepana and Pachana (Purva Karma):** Before any Panchakarma procedure deepana and pachana must be done to obtain niramavastha of doshas. For Deepan purpose, hot water boiled with piece of dry ginger or dry coriander can be used in paediatric patient.

**Snehana (Oleation) 2:** Snehana is the process of oleation of the body by using medicated oils and ghee internally and externally which is actual essential prior to any Panchakarma procedure.

**Indications** - Prior to panchakarma (bio-cleansing therapy) Kshirad avastha (breastfeed babies), chardi (vomiting), Vatarogas (hemiplegic, cerebral palsy) Rukshata (Roughness all over body) Kaphaja vikarasthoulya (obesity), Hikka (Hiccough) Krishna balaka (Emaciated child).

**Contraindications** - Kshirad avastha (breastfeed babies), jwar (fever), galamaya (throat disorder), Chardi (Vomiting).

**Swedan 3-** There are 8 types of Swedan used in Paediatrics. Swedan is a process which is very carefully performed in child according to their bala, kala, shityadhi etc.

- 1) Hast Swed, 2) Pradeh Swed, 3) Sankar Swed, 4) Prastar Swed 5) Upanah Swed 6) Nadi 7) Vaman

Vamana dravya used in Paediatric -Vamana is indicated in child just after birth as Garbhodaka.

Vamana can be done by administering Vacha (*Acorus calomus*) and Saindhava Churna. In ksheerad child, Vamana Sadhya diseases, Vamana could be done with Madanaphala on nipple along with allovera i.e. dose of Madanaphala should not be more. than that. Indication of Vamana is in baby above the age of five year.

**Indications** - Ajeerna, Peenasa, Madhumeah, Inamdar, Mishra, Kasa, Shripad.

**Contraindications**- Acute Peptic Ulcer, kshudhit, Shrant, Pipasit, Hridrog, Bal etc.

**2) Virechan 6:** Normally, Virechana should not be given to children, if it's necessary, it can be used as a last option; if all other measure failing to cure the disease. One can utilise mridu verechn oushadha as trivritta, chaturangula can be logistically used. The Vega of Virechana is 2, 3, and 4.

Indications Tamak Shwasa (Bronchial Asthma), Eczema, Allergic dermatitis etc. Navajwara (Acute fevers) Pakshaghat (Hemiplegic), Madhumeha (Diabetes), arbud (tumor), krimi, Kamala etc.

**Contraindications**- Krimi (Worm infestation), Kamala (Jaundice), Garbhini (Pregnant womend).

**3) Basti 9:** In childhood clinical practice Basti acts just like the Amrita (nectar). Basti can be administered to one-yearbaby. The Niruha Basti can cause the Karshana in child which leads to the poor development, Acharya Kashyapa told the Anuvasana Basti or Basti in which oil more than quantityof kashaya should be used. In Vata dosha elimination and diseases where there is association of Vata, Basti karma should be used. Commonly used Basti Yogas: Madhutailika Basti, bala guduchyadi Basti, patolanimbadi Basti, vaitarana Basti, mustadi yapana basti, tikta kshira basti.

**Indications of Basti** - Amavata (Juvenile Rheumatoid Arthritis) Vata rog (hemiplegic, muscular dystrophy) Shwasa (Asthma) Rajonash (Secondary Amenorrhoea) Jeerna jvara (Chronic Fever) Ashmari (kidney stone, bladder stone) Niram atisar (chronic diarrhoea) cerebral palsy, delayed milestones).

#### Contraindications

- Amatisara (acute diarrhoea) (Cough), Chhardi (Vomiting) Krishna (Emaciated body) Madhumeha (Diabetes), Amaatisar, Shoono Payu (Inflamed Anus) Kritahara (Immediately after taking food).

**4) Nasya:** Nasya 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. Kashyapa has stated two types

of nasya; namely Brimhana nasya (nourishing) and Karshana Shodhana nasya (cleansing)Nasya cures certain childhood disorders like Trishna, ShiroRoga, Pippasa.

**5) Raktmokashan 10:** According to Acharya Kashyapa Raktmokashana is strictly contraindicated for upto16 years child and above 70 years old.

#### RESULT

Panchakarma can be very carefully implemented in Swatantrav Bala(healthy Child) or independent child by considering Bala, Desha, Kaala etc when doing shodhan karma in child keeping inmind the power and complication of Panchakarma should avoid in Child unless necessary. very careful about virechan karma in child. In childhood clinical practice Basti will have very better results and act as Amrut in child.

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