

CONCEPT OF NEWBORN CARE IN AYURVEDA

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ABSTRACT

Newborn babies or neonates truly constitute the foundation of human life. They have unique health issues and problems due to structural and functional immaturity of various body organs depending upon their gestational age and birth weight. Care of the newborn is described by both Ayurvedic and Modern texts in detail. In ancient texts, Acharyas gave their opinions on every aspect of the Care of newborn (*Navjat Shishu Parichariya*) which starts from birth to full stability of newborn. Various procedures were advised the management of newborn child by Acharyas with a few differences in opinion regarding the sequences of those procedures. The procedures involved in the Care of newborn (*Navjat Shishu Parichariya*) are Pranapratyagamana, Snaan, Mukha vishodhan, Pichudharan, Garbhodhaka vaman, Nala chedana, Jatakarma, Raksha karma, Suvarna prasana. In modern science newborn care is mentioned in detailed with the use of different instruments and protocol based management.

KEYWORDS: Pranapratyagamana, Ulva Parimarjan, Mukha Vishodhan, Pichudharan, Nala Chedana, Jatakarma, Raksha Karma etc.

INTRODUCTION

Care of Newborn deals with various aspects related to newborn like resuscitation, feeding, protective measures and general care. These are the original contributions of

Ayurvedic Acharyas like Charak, Sushruta and Vagbhatta etc, though the concepts are also available in Buddhist and Jain literature.

Navjata Shishu Parichariya

Charaka	Sushruta	Vagbhatta
Pranapratyagamana	Ulva parimarjan	Ulva parimarjan
Snaan	Mukh vishodhan	Pranapratyagamana
Mukh vishodhan	Picchu dharan	Naal chedan
Garbhodhak vaman	Naal chedan	Snaan
Naal chedan	Jat karma	Picchu dharan
Jat karma	Snaan	Suvarna prasana
Raksha karma		Garbhodhak vaman
		Jat karma

Care of Newborn

Divided into two types:-

1. Immediate Care
2. General Care

Immediate Care of New Born

- a.) Ulva Parimarjan (Cleaning of Vernix caseosa)
- b.) Resuscitation of normal baby
- c.) Resuscitation of unconscious or asphyxiated baby
- d.) Cutting of umbilical cord

General Care of New Born

- a.) Bath
- b.) Feeding
- c.) Bed and Clothes
- d.) Raksha karma or Protective measures

Basic Care of Normal Newborn Babies

- At birth baby should be received in a sterile sheet, dressed in a frock with open-back and covered adequately depending upon the environmental temperature.

- It is desirable to keep the normal term babies with their mothers rather than in a separate nursery. So that mother can participate in the nursing care of her baby. This infuses self confidence in her and reduces demands on nursing personnel.
- Cross infection is prevented and breast feeding is established easily.
- The baby's colour, respiration, temperature and umbilical stump should be checked on arrival in the lying -in-ward.
- Skin temperature should be recorded twice a day.

Ulva Parimarjan

- The garbha is covered with a fine paste like substance called Ulva (Vernix Caseosa).
- From the definition, Ulva may be equated to vernix caseosa or foetal membranes.
- At birth, the skin is covered by a white coloured paste vernix caseosa formed by secretions from sebaceous glands & degenerated epidermal cells & hairs.
- It protects the skin from the macerating action of amniotic fluid.
- The procedure of removal of vernix caseosa from the body of a neonate is known as Ulva Sodhanam.
- **tkrek=a fo" kks?;ksYckn~ ckya ISa?kolfiZ'kk A v-g'-m 1%1**
- Soon after birth, the baby should be smeared with ghee mixed with saindhav.
- This throws light on the fact that our ancient scholars were aware about the need of maintenance of thermal stability of the baby. Ghrita being a bad conductor of heat may give sufficient protection from hypothermia.

Praanapratyaagaman (Neonatal Resuscitation)

- The term 'Praana' is none other than life or cardio respiratory function.
- The whole of the efforts to established a normal respiratory & cardiovascular functioning from a compromised life threatening status is to be considered as Praanapratyaagaman vidhi.
- This needs to be discussed in 2 contexts:-
 1. At the time of birth.
 2. After the birth & in childhood –

These are emergency resuscitatory methods in critical conditions of diseases, accidents etc.

Praanapratyagamana at the time of birth:-

- The activity of praanavayu in foetus shows a marked contrast to that in a neonate.
- During the fetal stage, the functions of pancha vaayu are entirely dependent on the mother.
- After birth, it has to work independently and has to perform its motor functions at the earliest (like meconium passage, urine output etc).

- Ayurveda classics propose following methods to bring this praana pravritti in jaatamatra.

- A.) Oropharyngeal Cleaning
- B.) Stimulus To Baby Or Management

Mukhishodhan (Oropharyngeal Cleaning)

(C.S.Sa.8/43, Su.S.Sa.10/11-12)

rkYoks'Bd.BftOgkizektZuekjHksrk MqaXY;k Iqifjfyf[kru[k;k Iqiz{kkfykrsi/kkudkiZifipqeR;k A p-l-"kk- 8%43

- Cleaning of oral cavity (including palate, lips & tongue) the attending paediatrician should properly clean finger, nails already trimmed and finger must be wrapped by cotton.
- For removal of swallowed garbhodhaka, emesis should be induced by administering mixed with saindhav to new born.
- This process is similar to oropharyngeal cleaning in which the secretion present in nose & mouth of baby is removed by mucous sucker to prevent aspiration.

Sign & Symptoms of Asphyxiated Baby (A.H.Utt.1/3-4)

If the baby does not respond by previous mention methods and showing these signs :

1. Atiprabal moha (Deep unconciousness): Severely asphyxiated baby is either deeply stuporous or in coma and has marked hypotonia or flaccidity and exhibits little spontaneous limb movement.
2. Klesanuroop rodhan asmarthata (No cry even after deep stimulation): Due to absence of tone in vocal cord.
3. Anavasthitha deha dhatus (decreased or unstable dhatus): It can be reffered poor oxygenation of blood or poor cardiac output due to cardio-respiratory failure.
4. Kar, vastra, shparash asaha : Hypersensitivity of the pain is sign of moderate hypoxia.
5. Maranav anubhavato (dyeing like appearance)

MANAGEMENT :-(C.S.Sa. 8/42)

v"euks % l/kV~Vua d.kZ;ksewZys A p-l-"kk- 8%42

- Sound should be produced by striking or by rubbing two stone together near the base of newborn.

"khrksndsuks'.kksndsu ok eq[kifj'ksd% A p-l-"kk- 8%42

- Hot or cold water should be sprinkled over face of the child.

d'.kdikfydk "kwisZ.k pSuefHkfu'iq.kh;q% A p-l-"kk- 8%42

- Then fanning with winnowing basket made of krasnakapalika surp should be done till the baby completely revives. This provides artificial ventilation and optic stimulation to the baby.
- Vaghhhatta add mantra uccharana in the right ear of the newborn along with this process. (A.S.Utt.1/4, A.H.Utt.1/3-4)

NABHINAL KARTAN (Cutting of Cord) (C.S.Sa.8/44)

- Umbilical cord is cut above 4 angul (Vaghbhatt) or 8 angul (Charaka & Sushruta) from base of the cord.
- The cut end of the cords should be tied properly by the thread and hanged with the neck. Dalhan explains that hanging of cord in the neck prevent the oozing of blood from it. (Su.S.Sa. 10/11 dalhan comment)

Materials Required

- v/kZ/kkj "kL=
- dkjkl lw=

Post Operative Medicaments

- dq'B rSy
- yks/kz] e/kqd] fiza;xq vkfn A

BABY BATH Luku (A.H.Utt.1/6)

- Bath should be given when baby is stable (pratyagat prana, prakritibhutsamiksha)
- The baby should be given a bath with leukwarm water medicated with decoction of the barks of Ksheerivruksha (Asvath, Udumbar, Vat). The herbs help to prevent infection. Fragrant herbs like Sandalwood and also uses water warmed by dipping hot gold or silver rods in it.
- Bath should be given keeping in view the kala, vitiation & bala of the baby.

Dhalhana has mentioned specific condition for the use of different type of water. (Su.S.Sa.10/12)

Type of water	Condition
Decoction of Ksheeri Vriksha	- dominance of Pitta
Sarvagandhodhaka	- dominance of Vata
Heated gold & silver rod water	- less strength of the baby.
Decoction of Kapitha	- less strength of the baby.

Garbhodakavamana (xHkksZnd oeu)

- It is a practice by which drugs are administered to the baby so as to make him vomit the aspirated fluid, if any. Several diseases like 'Ulbakam' can arise if this fluid is not vomited out.
- Vomiting should be induced with ghrita mixed with saindhav.

xHkkZEhk% ISU/koork IfiZ'kk oke;sRrr% A v-g`-m-1%10

- Now a days, administering the emetics or subjecting the baby to extra stress is not advisable.
- The aspirated fluid can be removed by wide bored catheter.
- The suction of oral cavity, oropharynx & hypopharynx should be done.

- If the fluid is meconium stained the endotracheal intubation should be performed.

Pichudhaaranam:- (fipq/kkj.k) (A.H.Utt.1/8)

- Moordhataila is indicated when vatakopa occurs in jatroordhwa region.
- Abhyangam, parisheka, pichu & vasti are the 4 types of moordhataila.
- Of the four, the simplest but effective one is pichu(due to longer duration of contact with the drug).
- Hence, as far as a neonate is concerned, this procedure is helpful in reducing the prasootiklesa, especially that related to siras.
- It also facilitates the cure of some birth injuries like Erb's palsy, Brachial palsy.

Protective Measures:- (Raksha Karma) (A.S.Utt.1/16-19)

- To protect the newborn from influenced of various evil power(infections)
- Khadir, karkandhu, pilu, parushka bark is hanging in the kumaragar.
- Dhupan should be done by gugglu, agru, sarjrasa, gaura sarsapa.
- Small pockets containing hingu, vacha & tarushak should be tied in the hand & neck of child.
- Tila, Atasi, Sarsapa and kakanika should be scattered all around.
- A wooden pestle should be kept obliquely at the entrance of the house.

JAATAKARMA

- Acharya Charaka has explained Jaatakarma as below:-
- **Praasam:** The baby is given to ingest a combination of honey and ghrita processed with mantras.
- **Stanapaanam:** The right breast should be advanced to be suckled.
- **Udaka kumbha sthaapanam:** Water pot processed with mantras should be kept along the side of his head.

According to Vaghbhatta

iztkiR;su fof/kuk tkrdekZf.k dkj;sr~ A (A.H.Utt.1/11)

The first feeding with madhu and ghrita gives sufficient stimulation to gastrointestinal intrinsic nerve plexus, so as to pass meconium at the earliest. This procedure might also have assisted the Acharyas to assess the patency of gastrointestinal tract.

CONCLUSION

In view of above description it can be concluded that new born care mentioned by our Acharayas not only wholesome, but scientific too. If these things are practiced along with proper sterile and hygienic circumstances it will be highly beneficial to newborn baby and also it will help in globalization of Ayurveda.

In detail Navajata Shishu Parichariya is surely the precursor of recent neonatology both having the common aim of protecting the newborn and adapting it to the worldly environment. In above study of care of newborn we find that the processes applied or done by Modern Science in current era, those processes said by the *Ayurveda Acharyas* in about thousands of years ago. In both the Pathy's processes are almost same but only difference in their terminology such as *Mukhvishodhana* (oropharyngeal cleaning), *Pranapratyagamana* (Neonatal Resuscitation), *Snaan* (Bath), *Garbhodhak vamana* (Stomach wash), *Nabhinala kartan*(Cutting the cord) etc.

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