

AN OVERVIEW OF NAVJAT SHISHU PARICHARYA ACCORDING TO ASTANGA HRIDAYAM**Dr. Ruchi Singh*¹ and Dr. Sunanda Bhoskar²**¹P.G. Scholar, ²Professor

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ABSTRACT

Navjat shishu paricharya is the care of normally delivered new born at birth including prevention of hypothermia, asphyxia, stimulation of senses and initiation of breast feeding. New born care has been described in *Ayurveda* as well as modern texts. *Navjat shishu paricharya* starts from vaginal delivery to viable stability of new born. The reported incidence of perinatal asphyxia varies from 2 to 16.2% in community- based studies. About 2.8 and 5.6% of all live births had moderate to severe asphyxia, respectively, in large hospital-based study. Neonatal phase is very climacteric phase of life, this period is the foundation of adult. *Ayurveda* alluded very scientific approach toward new born care. *Navjat shishu paricharya* is thoroughly explained with the various procedures' proponent for early and specified management of new born in *ayurvedic samhitas* like *Charak samhita Sushrut samhita*, *Astang hridayam* etc. The present article is a methodical review of *Navjat shishu paricharya* across the world to establish the role of ayurveda as new born care protocols having capacity to contribute to neonatal health. This article specifically deals with protocols and procedure mentioned in *Astang hridayam*.

KEYWORDS: *Navjat shishu paricharya*, Care of newborn, resuscitation, neonatal protocols, *Jatmatra paricharya*.

INTRODUCTION

New born care is very important area of health practices and practiced across the world since ancient time of human. Most neonatal deaths can be avoided through simple, affordable interventions, especially in areas with weak health systems and high rates of neonatal mortality. Outreach and family-community care, health education to improve home-care practices, recognition of danger signs, generation of demand for skilled care, and increased health-seeking behaviour can lead to significant reductions in neonatal mortality. These simplified interventions are very well explained in *ayurveda* with scientific approach. These protocols and procedure mentioned in *Astang Hridayam* are *Ulvaparimarjana*, *Pranpratyagaman*, *Nalchedan*, *Snana*, *Pichudharan*, *Suvarnaprashan*, *Garbhodak vaman*, *Jatkarma*.

AIMS AND OBJECTIVES

- 1) To review and evaluate the importance of navjaat shishu paricharya according to Astang Hridayam.
- 2) To discuss the scientific background of navjaat shishu paricharya according to Astang Hridayam.

MATERIALS AND METHODS

Data and information collected from different references from the different kinds of journals, articles, papers and websites, research papers, dissertations and thesis from different institutes. Reference and text books on pediatrics and neonatology, *Ayurveda Samhitas* and related texts, other electronic media sources.

Navjaat Shishu Paricharya

1. *Acharya vaghbhatta (astang hridayam uttarsthan 1/1-14 pg.-875) recommend the following steps to stabilise the newborn baby*
 - 1) *Ulvaparimarjana*
 - 2) *Abhyanga*
 - 3) *Prana pratyagaman*
 - 4) *Nalchedana*
 - 5) *Snana*
 - 6) *Mukha vishodana*
 - 7) *Pichudharana*
 - 8) *Suvarnaprashan*
 - 9) *Garbhodak vaman*
 - 10) *Jatkarma*
 - 11) *Dhoopan karma*

Ulvaparimarjana: When baby comes out from birth canal, clean his or her oral cavity by the help of fingers

covered with salt and ghee. Basically this procedure is to secure the airway of baby. The salt do cleaning of mucous filled in oral cavity by *kshalan karma* and ghee is for *snehan*.

Abhyanga: In *abhyanga* procedure one can apply bala oil to whole body of baby for the healing of stress bearded during labour period to stablish vatiated *vata dosha*.

Pranpratyagaman: foremost important thing is *pranpratyagaman*, which literally means Fore coming of life again, the vitals of the baby are restored. The procedure is to playing stones near baby's ear if he/she doesn't gain the concious level and do *mantra uchcharan* in his right ear. It is the one kind of acoustic stimulation with leads to stimulate CNS.

Nalchedan: *Acharya Vagbhata* as interpreted in the above *shloka*, the procedure is... A cord to be ligated at 2 points 4 Anguli length apart with the help of *Kshomasutras* (silk threads), and cut with the help of sharp surgical instrument, taken care that blood should not flow off. and the remnant part of the cord to be hanged in the neck of the neonate. Apply *kooth oil* for healing and as a disinfected to cord cut end.

Snana: To remove the foul smell of amniotic fluid, maternal blood bath given to baby by decoction made up of bark of *ksheerivriksha*, add any pleasant-smelling herbal plants are mixed in water and allowed to boil to remain 1/4th of the exact. After that the gold or silver plates are heated to high degrees and drowned into the previously prepared solution. Then baby is endorsed to bath with the above preparation. After giving bath baby's skin got good texture, prevented from any kind skin infection.

Pichu Dharan: Wrap a clean cotton swab on the index finger and soak it with oil then gently wipe the child's tongue then with the same finger lift the *talv Pradesh*. And place the *Sneha pichu* on the head. This procedure done to strengthen up the fontanelles, in future it will elevate the grasping power of child.

Suvarnaprashan: For this purpose gently mix honey, cow ghee and *surna bhasma* Let the baby lick a drop of it. This enhances the immunity of baby.

Garbhodakvaman: Many time baby ingest liquor during delivery for that licking up of cow ghee with pink salt is essential which initiates the emesis and clean the stomach.

Dhoopankarma: Fumigation of linens and beddings of baby with *Trivrit power* is the ethic method of natural disinfection.

CONCLUSION

Various maestros of Ayurveda have describe the the care of newborn according to their system but there is some kind of difference in there sequence and explanation so moreover in order to to apply the traditional and authentic neonatal care technique this article has been written. In this article neonatal care at the time of birth has been explain according to the famous ayurvedic text that is *ashtang hridaya*. The techniques which are explained by *Acharya vaghbhatt* are proven to be relevant in today's scenario as well the technique. If these traditional and authentic procedures will be followed in present state then it may prove to be a boon in neonatology.

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