



A REVIEW ARTICLE ON THE THERAPEUTIC STANDARDS OF KAUMARBHRITYA IN AYURVEDA

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ABSTRACT: -

In Ashtanga Ayurveda, Kaumarbhritya is one of the great parts of Ayurveda. Kaumarbhritya is a science which manages the review and treatment of the youngster from the hour of origination through youth up to immaturity. Kids are additionally thought to be as the weakest class of society as they can't communicate their thoughts, subject to overseer. Subsequently, youngsters need an exceptional consideration and nursing. In any case, in the ongoing situation, the broken strategy for living, lopsided eating regimen, natural contamination and other different districts has expanded the rate of Roga in step by step. As youngsters are in a fast ceaseless course of development and improvement truly as well as mentally the illnesses happening in kids, the medication portion designs, methods of medication conveyance are significant parts of therapeutics in kids. Progress of treatment relies upon thought of various aspects like disturbed Doshas, pathogenesis of sickness, seriousness of illness, thought of the framework in question, topographical thought, occasional variety and phase of the infection. and disappointment of which prompts unequivocal treatment disappointment. In pediatrics, all previously mentioned realities ought to be remembered as the Doshas, Dooshya and sickness are same as that of grown-ups and, surprisingly, the medication. Just unique is in amount, which is less. Thus, there emerges a need to comprehend applied remedial standards to comply for moving toward a wiped-out kid. This paper outlines general as well as Panchkarma related applied restorative standards.

KEYWORDS: - Ayurveda, Kaumarbhritya, Roga, pediatrics, Doshas, Panchkarma.

INTRODUCTION: -

Restorative standards mean, the part of medication worried about the treatment of sickness and the activity of healing specialists. Standards A basic truth or suggestion that fills in as the establishment for an arrangement of conviction or conduct or for a chain of thinking. In this way, Helpful standards are the measures of treating all sickness. Formed under the direction of the idea of comprehensive quality and treatment in view of condition separation, they are huge for clinically directing the assurance of remedial strategy, solution and medications. Youngsters' Helpful standards are comprising of two sorts, 1. General standards (Samanya Chikitsa Siddhaanta) 2. Treatment (Shaishaviya Panchkarma) In Ayurveda, essential standards of treatment are as per Ras-Panchak and five fundamental components. These two are answerable for primary development in Balayavastha. General standards are dispersed among all Ayurvedic texts which have been on the whole organized according to mature grouping.

The fundamental rule of Kaumarbhritya includes Panchkarma in later transformative phase of Ayurveda science; be that as it may, obsession of medication portion in and force of Baal Panchkarma is vital to forestall any aftereffect. It is accepted that Panchkarma being Shodhana Chikitsa eliminate vitiated Dosha. The different strides of Panchkarma, for example, Vamana, Virechana, Niruha and Anuvasana Basti suggested in youth for the administration of various unusual physiological circumstances. Pediatric age bunch is the weakest class of our general public because of their delicate nature (Saukumaryatva), lower weight files (Alpakayatva). They can't devour a wide range of food varieties (Sarva Anna Anupasevantva).

MATERIAL AND METHODS: -

Age arrangement: -

Acharya Kashyapa has thought about the Garbha Avastha (intrauterine period) into age arrangement. This means the job of a pediatrician begins from the exact instant of origination. Balayavastha (from birth of a kid till 1 year old enough) is the time of advances of food propensities changing from selective bosom milk to the ordinary grown-up food materials. Kaumaravastha (from 1 year to 16 years old) is the most stretched out time of young life as little child, preschool, young, and early juvenile period. Yauvana Avastha (16 years to 34 years) covers young adult period where pubescence approaches bringing about psycho-physical changes.

- गर्भ → बाल कुमार → यौवनावस्था → मध्यमावस्था → वृद्धावस्था
- जन्म होने तक → 1 वर्ष तक → 1-16 वर्ष तक → 34 वर्ष तक → 70 वर्ष तक → 70 से मृत्युपर्यन्त तक
- गर्भधारण से जन्म होने तक → क्षीरप अवस्था → क्षीरान्नद से अन्नद अवस्था → धातु-बल-सत्व-वीर्य-पराक्रम आदि की वृद्धि → धातु-बल-सत्व-वीर्य-पराक्रम आदि की स्थिरता → धातु-बल-सत्व-वीर्य-पराक्रम आदि का हास

THERAPEUTIC STANDARDS OF KAUMARBHRITYA: -

As primary and useful improvement of organs in adolescence isn't as expected finished, we ought to painstakingly contemplate their medicine. In Ayurveda, essential standards of treatment are as per Rasapanchaka i.e Rasa, Guna, Veerya, Vipaka, and Prabhava. Albeit five essential components which are Prithivi, Aap, Agni, Vayu, Akaash comprise every single medication in universe, fundamentally kids are in control of Prithvi and Aap mahabhutadhikya. These two are liable for underlying development in Balayavastha. Second significant thing is that the security of various organs in body is totally subject to these two mahabhutas. So at whatever point we need to settle and work on the usefulness of organs in Pediatric practices, we ought to constantly remember, the pretended by these two mahabhutas. Hence taking into account this reality, we ought to utilize Madhura rasa ideally. Sooner or later, Vipaka is a biotransformation of rasa. Drugs with Katu Vipaka discharge Baddha Koshata (blockage) as would be considered normal in Pediatric practice. Thus, Madhura Vipaki medications ought to be utilized ideally as they are gentle diuretic in nature (Srushtavinmutra). As we have seen before that Pediatric age bunch is the most weak class of our general public because of their delicate nature (saukumaryatva), so this saukumaryatva ought to be constantly remembered, at whatever point we will treat the Pediatric patients. For this reason the main thing to be taken in to thought, is the idea of Veerya. Thinking upon Veerya idea, Ushna Veerya drugs are viewed as all the more a catabolic in nature. In youngsters gentle medications which are anabolic in nature, ought to be recommended. Closing, the overall guideline of line of treatment in kids ought to be engaged upon Ras-Panchak of medications, hence choice of medications will ideally done thinking about Madhura Rasa, Sheeta Veerya and Madhura Vipaka. The side effects of sicknesses are Avyakata (not completely communicated) in youngsters. In this way a defer in treatment prompts more difficulties. As per Acharya Charaka a wiped out kid ought to be treated in the Purvaroop Avastha just (condition of appearance of prodromal side effects) which will forestall difficulties. Before initiation of therapy a doctor should inspect the wiped out kid by thinking about following focuses as Prakriti (nature of youngster and sickness), Hetu (cause), Purvaroopas (prodromal side effects), Lakshanas (genuine signs and side effects), and Upashaya (help). A kid should be prompted diet (ahara), everyday daily practice (vihara), inverse to put (Desha), time (Kala), and nature of infection. The compelling administration of pediatric problems essentially requires the comprehension of 2 primary standards the two of which must be handled in an exceptional way.

Grasping the illness of youngsters: -

The clinical show of a sickness in kids is in sharp difference with that of the grown-ups. Indeed, even among kids with comparable Dosha Dooshya association (A.H.U. 2/30), the idea of the infection differs as indicated by age. The clinical ability of the doctor ought to be profoundly equipped enough for performing Darshana, Sparsana and Prashna Pariksha in kids as they are with Dosha-Dooshya-mala Alpata (youthful) and Vaakcheshta Aasamarthyam (subsequently interview with the pt. is preposterous). Likewise the Purvaroopaa and Lakshana might be different on the grounds that the idea of Samprapti is variable in kids.

Use of therapeutics: -

- The portion of a medication ought to be completely as per the age. So the standards of posology ought to be precisely remembered while endorsing medication for kids.
- It's smarter to utilize medications of Madhura Rasa which are as a rule of Mridu Veerya and the best remedial structure is Ksheerapaakam. Drugs recommended to a youngster ought to ideally of Madhura (sweet), in Kwatha structure (decoction), as a rule with milk as an Anupana, Mridu (delicate) in nature.
- The organization of Shodhana medications ought to be stayed away from up to a potential cutoff besides in crisis condition. In any remaining cases, Samana Aoushadha is the most ideal decision.
- The accompanying pharmacodynamical properties of medication like-Atisnigdha, Atirooksha, Atyushna, Atyamla, Katuvipak, Atiguru are unacceptable for organization in pediatric cases.
- Acharya Kashyapa has given a sign that it might causes poisonousness of medications when utilized for longer period younger than 12 years so medications ought to be controlled in partitioned portion in any case kid loses his solidarity and development gets impeded as well.
- Assuming anything is un-suitable to a youngster that ought to be halted steadily by tightening it off than suddenly ending, on the grounds that healthy (Satmya), substances might become Asatmya (unwholesome) after at some point. Vitiated bosom milk is the explanation of the greater part of the sicknesses in Ksheerapa youngster. Consequently a Shuddha (unadulterated and non-vitiated bosom milk) bosom taking care of practices are significant.
- The organization of medication in pediatric therapeutics ought to be in the accompanying manner, Langhan ought not be acted in that frame of mind in any of the clinical condition. Assuming it's required, controlled Langhan can be managed to the mother. Shoshana Karma isn't the least bit appropriate to a baby.
- Shodhana of Dhatri is to be performed when Ksheerada or Ksheerannada gets ailing.
- This Shodhana focus on, I. Eliminating the viable trouble of applying Shodhana treatment to kids. ii. As the causative variable is Stanya Dushti, Stanya Shodhana is to be finished.
- For a given sickness in youngsters, (in the event that the kid is Ksheerapa in age or early neonatal period), the medication ought to be recommended same with regards to the grown-ups made sense of in the Samhita. In any case, those medications ought to be directed in an alternate way that, they ought to be made in to a glue and apply it on the bosom of the taking care of mother for a length of one Muhurta, and afterward after the child can be permitted to suck the bosom.
- In dentition period stomach related design is currently change which prompts shakiness in this manner being a justification for some illnesses. They are typically less extreme, subsequently one shouldn't meddle much as they are normally self-restricting in nature.
- There is a few secret illness (Avyakata or sub clinical highlights) in youngsters brought about by Grahas. So all the infection of youngsters ought to be treated by both Yuktivyapaasraya as well as daivavyapaasraya Chikitsa.
- Portion plan has been referenced in Kashyapa Samhita as per propelling time of youngster. For ghee it reaches out from a stone of a plum up to the Aamlaki Matra (new Indian gooseberry) and shouldn't surpass than this.
- Acharya Sushruta additionally referenced the medication measurements for Ksheerapa, Ksheerannada and Annada youngster.
- The ideal bsheshaja kaala for the medication organization to the youngster is Praagbhakta as per Haritasamhita (Sabhaktam in Ashtanga Samgraha).

STANDARDS OF PANCHKARMA TREATMENT IN KAUMARBHRITYA: -

Larger part of the pediatric illness are Samanoushadha Sadhya. Indeed, even medications with Mridu and Madhyam Veerya act successfully in youngsters. This can be credited to their Mridukaayata and Alpaveeryata. Those illnesses which endure even after Samana Chikitsa must be treated with Shoshana Chikitsa. Panchkarma treatment is the more grounded technique for end of Doshas by eliminating them out of body. However it has been referenced that, more grounded restorative methods should not be utilized in youngsters but rather a changed Panchkarma could be certainly utilized.

1. Snehana : -

Snehana is discretionary in Ksheerada and Ksheerannada youngsters as they generally remain Snigdha by consistent utilization of Ghrita and Ksheera. By this reference we can say that extra and formal Snehana Vidhi isn't needed in that frame of mind up to the 2year old enough. If at all Snehana becomes fundamental as in lactation disappointment, taking care of challenges, and so forth it tends to be applied like Achapaan and Vichaarana. Bahya (outer application) as well as Abhyantara (inner) Snehapana has been prosecuted in kids. Modest quantity of Snehana in kids goes about as an anabolic (Brihana) in nature increments general imperativeness as well as intellectual ability. Snehana ought to be given in exact moment amount to Ksheerapa kid due to pre-strength of Kapha Dosha. ex. In Bahya Prayoga-Bala Taila Pichu Prayoga, Raaj Taila, Kustha Taila. In Aabhyantera Prayoga-Kumar Kalyan Ghrut, Samvardhana Ghrut, Brahmi Ghrut. Kashyapa told that oleation treatment is contraindicated to the pregnant ladies, conveyed ladies, baby or milk diet, having gotten consume.

2. Swedana: -

Acharya Kashyapa told that eight kinds of Swedana to the kids from birth onwards thinking about the time span and condition of the sickness and strength of body. However the Swedana has been expressed contraindicated in kids in common practice. Swedana ought to be performed solely after covering the eyes with leaves of Kumuda, Utpal and Padma or a delicate material. Acharya Kashyap has referenced milder types of Swedana as Hasta Swedana (unto multi month old enough) and Pata Sweda (as long as 6 years old). The Avasthik Swedana is valuable to the started and medium constructed kids, particularly to the youngsters whose body is seized with the sickness of cold (Sheeta Guna Nidas). It implies any place summed up Swedana is demonstrated in grown-ups; there we need to do neighborhood sudation.

3. Vamana: -

For the most part Vamana is contraindicated in youngsters. In spite of this reality, a lot of references can be referred to in old style texts as well as in kashyapasamhita demonstrating Vamana in youngsters. It is the primary most system acted in Jatamatra Paricharya of new-conceived. Any left-over liquid or mucous present in the oral hole can be let out by giving ghee and Shendhav Lavan for prompting spewing. Vamana can be managed effectively in kids because of Kapha Dosha predominance, so Vamana is best for Kapha Rogas of a kid. Acharya Kashyapa cautions that Vamana is contraindicated in underneath 6year old enough however one more well-qualified assessment that assuming Vamana given to a little youngster might cause entanglement like Kustha, Netraroga, Aruchi and so on, in this way, consistently give Vamana in kids following 6 years. In instances of Vamana being the main choice, Sadhya Vamana (Sadhya Snehana + Mridu Vamana) Preceding Vamana, the stomach of the child ought to be loaded up with bosom milk (In Ksheerada and Ksheerannada). In Annada, Laghu and Tanu Peya with Ghee can be utilized rather than Stanya. The youngster who himself launches milk after continued nursing, to him the Daiva and Manusi infection won't ever burden. While portraying Chikitsa of Ksheeralasaka and in Kapha Dushita Stanya Vyadhi, Acharya Vagbhata told that Vamana ought to be finished to both mother and kid.

4. Virechana: -

Virechana ought to be acted in youngsters if all else fails; any remaining options neglecting to fix an illness. This Karma ought to be administrated with intense watchfulness as there lies a strong risk of parchedness which the kids are exceptionally inclined to. Nonetheless, Mridu Virechana Aoushadha (Trivrit), Sukhvirechna Aoushadha (Chaturungula) can be strategically applied. In Chaturguna Kalpa Adhyaya of Caraka, Mridu Virechana by Aaragvadhya is educated in youngsters with respect to mature gathering between 4-12 years. In Kashyapa Vamana

Virechana Siddhi Adhyaya, Vridha Kashyapa said that Vamana-Virechana prescriptions which are to be given to the offspring of fourth or 8 th month ought to be given blended in with sugar. In Kashyapa Phakka Chikitsa it is said that Snehana in youngsters ought to be finished with Kalyanak Ghrut or Shatpal Ghrut or Amrita Ghrut for multi day followed by Shodhana with Trivrit Ksheera. By the above references we can say that Mridu Virechana is shown in kids.

5. Basti: -

Acharya Kashyapa says; in kids Vasti Karma likes nectar (Amrita) in light of the fact that because of this work Samsodhana, Samshamana, Samgrahana, Vajikarana, Brumhana, Vali Palitnashana, Vayah-sthapan additionally finished. Vasti can be utilized generously in kids, remembering the particular in portion. Brihatrayis grant the organization of Vasti from 1 year old enough. In Kashyapasamhita, this has been examined in an intricate way. Acharya Kashyapa has fixed models to start the Basti strategy in a youngster as follows. Youngster, who has finished neonatal period and ready to creep, sit and remain without help. Youngster, who can take strong food day to day or who has begun weaning from bosom milk. Vasti, oral utilization of oleaginous substance, sedation and scouring of unguents particularly in youngsters seized with sickness of Vata. In any of the sickness assuming that Vata Dosha is predominant in the pathogenesis of the illness or sickness in persistent state there we can give Vasti therapy.

6. Nasya : -

Particularly for Ksheerapa kid Nasya Karma ought to be finished by Katu Taila or Saindhavyukta Ghrut. This ought to be gone on till total vanishing of the infection. Drop by drop meds ought to be ingrained over nostrils and afterward squeezed for quite a while. This prompts liquefaction of Kapha and thusly, eliminates the infection. Pushing the utilization of Nasya to kids over long term old enough could have been finished based on understanding the advancement of Para-nasal sinuses. Advancement of paranasal sinuses go on over the course of growing up. Upon entering the world, just maxillary, ethmoidal and sphenoidal sinuses are framed. Radiological presence of front facing sinus shows up at long term. Ethmoidal sinus totally creates by around long term old enough. So boggy Nasya is contraindicated under 8 years old however Pratimarsha Nasya could be given in all age gatherings.

DISCUSSION: -

All Dhatu is youthful in nature. Likewise, quality and amount of Doshas and Dushya is less. The harmony of useful and underlying elements like Prana, Dosha, Dhatu, Bala and Ojas is temperamental. Auxiliary sexual characters are not yet completely created. Status of Agni in kids is shaky as they are not accustomed with various sorts of food varieties. Additionally, can't as expected express their requests and play out a wide range of exercises like as a grown-up. Taking into account this multitude of contrasts Ayurvedic texts has referenced the applied restorative standards in Kaumarbhritya.

CONCLUSION: -

Youngsters are unique in relation to grown-ups in numerous perspectives. Hence their sicknesses manifest in an unexpected way. Side effects of these illnesses are Avyakata (not completely communicated) and get convoluted quick. Hence common principles while moving toward a wiped out youngster are represented. Panchkarma are not completely contraindicated yet a changed methodology in regards to its standards has been advanced. It depicts exceptionally significant viewpoints and standards all in all for treating a debilitated kid.

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