



A REVIEW ON SOME IMPORTANT AYURVEDA FORMULATIONS ADVISES FOR PEDIATRIC CARE

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ABSTRACT

Ayurveda science not only provides ways of health restoration of adult and elderly persons but also paid huge attention towards the health management of children. Ayurveda gives many dietary and life style related advises for well being of children. The ancient Ayurveda philosopher prescribed many classical formulations for growth and development of children. The process of growth begins from birth of child to become mature adult. Poverty, lack of nutritional diet and lack of parental care, etc. are some factors which affects development of child. Ayurveda suggested some formulations that can helps significantly in the growth and development of children. Ayurveda formulations containing *Vacha*, *Vidanga*, *Harithaki*, *Jyotishmati*, *Pippali*, *Yastimadhu*, *Jatiphala* and *Bakuchi*, etc. are mainly employed for the pediatric health management. Present article explored some Ayurveda formulations and their role in pediatrics health care.

KEYWORDS: *Ayurveda, Formulations, Bala, Pediatric.*

INTRODUCTION

The growth of nation merely depends upon physical and mental development of growing children. Therefore ayurveda put prime focus on the health of children and develop separate branch for same purpose. As per Ayurveda as like adult the health and *Prakriti* of children mainly affected by three *Doshas*; *Vata*, *Pitta* and *Kapha*. The predominant constitution of these *Doshas* or their aggravation affects pediatric health differently.^[1-4]

Role of *Doshas* towards the Health and *Prakriti* of Children

The children predominant to the *Vata Dosha* mainly posses lighter and leaner body with disturb appetite. *Vata* gives dry skin, high levels of creativity; excess *Vata* induces anxiety, mental restlessness, difficulty in sleeping and constipation, etc.

Pitta children possess moderate physical build up, sharp appetite, hunger, high energy level, sharp and capable intellect, innovative minds and good appetite. The excess *Pitta* may cause diarrhea, irritated skin, anger and excessive aggression.

Kapha children having solid and sturdy physique, good strength and endurance, mild appetite, slower digestion but eating habits, thick & oily skin. The *Kapha* mind is steady, compassionate and can focus for prolonged period. The excess of *Kapha* may lead sluggish digestion, congestion, depression, lethargy, obesity and lack of energy level, etc.^[4-7]

Ayurveda for pediatrics care

Ayurveda suggested some guideline during pregnancy period that helps to improve growth and development of fetus, Ayurveda also advocated some preventive measures that help to prevent common health issues related to the new born. The traditional texts of Ayurveda advise uses of many herbs, classical Ayurveda formulations and herbo-mineral formulations, etc. for the pediatric care. The **Figure 1** depicted some important Ayurveda formulations used for pediatric care.



Figure 1: Classical Ayurveda formulations used for pediatric care.

Ayurveda formulations possessing following properties can be used for pediatric care

- ❖ *Deepana* (increases appetite)
- ❖ *Pachana* (kindles digestive fire)
- ❖ *Balya* (increases strength)
- ❖ *Bhootaghna* (destroys evil spirits)
- ❖ *Krimiroga* (worm infestation)
- ❖ *Vyadhikshamatva karaka* (increases immunity)
- ❖ *Swasakasahara* (respiratory disorders)
- ❖ *Roghaghna* (destroys diseases)
- ❖ *Medhya* (increases intellect)

1. Kumarabharana Prasha

Kumarabharana Prasha is drug comprising of *Yastimadhu*, *Amalaki*, *Ashwagandha*, *Shunti*, *Pippali*, *Harithaki*, *Vacha*, *Bhasmas* of *Swarna*, *Rajata* and *Pravala*. These drugs used with *Bhavana* with *Swarasa* of *Brahmi*, *Guduchi* and *Tulsi* mixed with honey and *ghee*. *Kumarabharana prasha* gives *Deepaniya*, *Brumhana*, *Rasayana*, *Balya* and *Medhya* properties. *Kumarabharana prasha* removes *Kleda* and promotes *Shadindriya Prasadana*.

2. Swarnaprashana

Swarnaprashana is traditionally practices as immunization process that helps to boost immune power of children. This process improves growth and development of children and promotes healthy life. The oral administration of *Swarna* with *ghee*, honey and herbs in neonates imparts *Medha vardhana*, *Agni vardhana*, *Bala Vardhana*, *Punya*, *Ayushakaraka* and *Varnya* effects. This practice greatly works for the protection against infections and common disorders related to the children. *Swarna* improves intelligent, strength and memory.

3. Samvardhana ghrita

Samvardhana ghrita is considered *Lehanadhyaya* which enhances body growth, immunity, intellect and fulfill nutritional requirements. *Samvardhana Ghrita* is indicated for conditions like *Pangu*, *Muka*, *Ashruti* and *Jada*. This formulation consisted of *Khadira*, *Prishnaparni*, *Arjuna Twak*, *Saindava*, *Balamoola*, *Atibalamoola* and *Kebuka Kanda*. The *Katu* and *Tikta* properties of formulations help to improves digestion and cure digestive ailments in children.

4. Amritaprasha ghrita

Amritaprasha Ghrita comprises of *Jivaka*, *Rishabhaka*, *Veera*, *Jivanti*, *Shunti*, *Shalaparni*, *Prishniparni*, *Mudgaparni*, *Mashaparni*, *Meda*, *Mahameda*, *Kakoli*, *Brihati*, *Sweta Punarnava*, *Madhuka*, *Kapikachu*, *Shatavari*, *Riddhi*, *Vridhhi*, *Parushaka*, *Mrudvika*, *Bruhati*, *Shringhataka*, *Tamalaki*, *Vidarikanda*, *Pippali*, *Bala*, *Badara*, *Akshotaka*, *Kharjura*, *Vatama*, *Abhishuka*, *Dhatri*, *Ikshu*, *Chaaga Mamsarasa*, *Madhu*, *Maricha*, *Twak*, *Ela*, *Patra* and *Nagakesara*, etc. *Amritaprasha Ghrita* recommended for *Karshya* since it helps to fulfill need of nutritional requirements. This formulation greatly helps in the growth and development process of children.

5. Ashwagandha ghrita

Ashwagandha ghrita is indicated for nourishment and to increase vitality in children. It contains *Ashwagandha* that offers *Madhura* and *Tikta Rasa*, *Ushna Veerya*, *Snigdha Guna* and *Madhura Vipaka* thus offers *Vata Pitta shamaka* and *Agni deepaka* properties. This formulation helps in *Srotoshodhana* thus improves process of nutritional supply to the every parts of body. *Ashwagandha Ghrita* possesses *Yogavahi* and *Samsakarana* properties thus increases body mass.

6. Karshyahara Yoga

Karshyahara Yoga is nutritive drug that comprises *Vidarikanda*, *Godhuma*, *Yava* and *Pippali*, etc. This drug possesses *Madhura rasa*, *Sheetaveerya*, *Guru guna* and *Madhura vipaka* thus pacifies *Vata dosha* and eliminate causes of *Karshya*. *Karshyahara Yoga* also offers *Bhrumhana* and *Deepana* actions.

7. Prakara Yoga

Prakara Yoga helps to prevent common infectious diseases in children and provide immunity against disease causative organisms. *Prakara Yoga* boosts up growth and development process in children. *Prakara Yoga* can be used for children belonging from age group of 10-12 years in the form of *Gritha kalpana*. This formulation helps to pacify *Pitta* and *Vata Doshas*, offers *Deepana*, *Pachana*, *Kushtaghna*, *Kapha nissaraka*, *Mutrala*, *Ayushya*, *Srotoshodhana*, *Rasyana*, *Anulomana*, *Vyadhihara*, *Grahi*, *Tridosahara*, *Balya*, *Medhya* and *Krimighna* properties.^[8-12]

CONCLUSION

The Ayurveda drugs formulations helps to attain growth and development in children. Ayurveda formulations such as; *Kumarabharana Prasha*, *Swarnaprashana*, *Samvardhana ghritha*, *Amritaprasha ghritha*, *Ashwagandha ghritha* and *Karshyahara Yoga*, etc. can be used for restoring good physical and mental health status in children. These drugs provides *Deepana*, *Pachana*, *Balya*, *Bhootaghna*, *Krimiroga*, *Vyadhikshamatva karaka*, *Swasakasahara*, *Roghaghna* and *Medhya* properties thus increases appetite, kindles digestive fire, increases strength, destroys evil spirits, cure worm infestation, increases immunity, treat respiratory disorders, destroys diseases and increases intellect, etc. therefore provides several health benefits in children.

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