



**PRECAUTIONARY ESTIMATES FOR A HEALTHY DESCENDANTS AND CHILDREN  
IN PEDIATRIC PRACTICES**

**Dr. Rahul Singh<sup>1\*</sup> and Dr. Simple Chauhan<sup>2</sup>**

<sup>1</sup>Assistant Professor, Dept. of Kaumarbhritya, S.C.P.M. Ayurvedic Medical College and Hospital, Gonda, Uttar Pradesh, India.

<sup>2</sup>Professor, Dept. of Rachana Sharira, S.C.P.M. Ayurvedic Medical College and Hospital, Gonda, Uttar Pradesh, India.



\*Corresponding Author: Dr. Rahul Singh

Assistant Professor, Dept. of Kaumarbhritya, S.C.P.M. Ayurvedic Medical College and Hospital, Gonda, Uttar Pradesh, India.

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**ABSTRACT**

A healthy child is abundance of a country. Eventual fate of a country relies upon health status of its childrens and youth. In present time, because of progress in ways of life, climate and food propensities, many new difficulties and infections are emerging before clinical specialists. Among these a considerable lot of the illnesses are preventable. In pediatric age group, directly from the conception to youthfulness there are many elements that influence embryo or child antagonistically. By eliminating these elements, we can forestall numerous infections in posterity or child. *Kaumarbhritya* doctor plays part directly from the time of conception to young adult. It is need of time that *Kaumarbhritya* doctor should approach to serve the general public. Standards like *Garbhadharana* with *Shuddha Shukra* and *Artava*, *Masanumasika Garbhini Paricharya*, *Navjata Shishu Paricharya*, different *Samskara's*, *Sadvritta Palana* and *Achara Rasayan* have extraordinary significance in children growth and development and furthermore fundamental for acquiring a healthy descendants. These standards keep from numerous illnesses and furthermore have logical legitimacy. For instance a healthy mother who follows legitimate *Masanumasika Garbhini Paricharya* and without exposure from teratogen, brings forth a healthy child. *Navjata Shishu Paricharya* helps infant in defeating the pressure looked during interaction of birth and helps in changing in outer climate effortlessly, alongside avoidance from numerous complications like birth asphyxia and so on. *Samskara's* are one of the significant costs for early appraisal of growth and developmental disorders and furthermore helps in better growth and development by further developing invulnerability and convenient option of weaning nourishment for giving extra supplements and micronutrients. In present time there are expanded anti-microbial resistances and more number of populaces is affecting with infectious and autoimmune sicknesses because of helpless insusceptibility. By keeping up with health we can forestall such conditions.

**KEYWORDS:** Children, *Garbha*, *Paricharya*, Invulnerability, *Samskara's*, *Kaumarbhritya*.

**INTRODUCTION**

In the present 21<sup>st</sup> century, any place we are on this planet, we can see and fell how terrible the effect of current life is harming the natural habitat and our lives. As way of life, food propensities, personal conduct standard are changing step by step and environmental pollution, industrial and occupational perils, radiation and so forth are influencing Human race. This load of elements are declining the human insusceptibility. Many new difficulties are emerging before clinical framework, since it is contributing various new illnesses and furthermore expanding the frequency of previous phenomenal sicknesses. This load of components are influencing child health antagonistically directly from the conception to juvenile age. *Shuddha Shukra* and *Shuddha Artava*<sup>[1]</sup> required for *Garbhadharana* and healthy descendants.

Vitiated *Shukra* or *Artava* results in unhealthy descendants. *Beeja Bhaga* and *Beeja Bhaga-Avyava Dusti*<sup>[2]</sup> will bring about chromosomal aberration and single gene transformation problems. The couple ought to be of various group as consanguineous couples have more danger of toleration of posterity with autosomal recessive disorders, mental hindrance, epilepsy, innate abnormalities and so forth. Any exposure to teratogen at the time of pregnancy can bring about ailing child. *Garbha Masa Anumashika Paricharya* helps in simple labour. *Navjata Shishu Paricharya* and *Samskaras* helps children emphatically in numerous viewpoints. *Sadvritta Palana*, *Achara Rasayan* and drug can help young adult in beating the numerous hindrances like danger taking practices, discouragement and stress etc.

**OBJECTIVES**

- To figure out the principles helpful in maintenance of health and prevention from diseases in pediatric practices.
- The primary goal of the study was to evaluate role of *Kaumarbhritiya* physician in prevention of disease and health promotion in pediatric practices.

**METHODOLOGY**

A review based study, information pertaining to this study was basically obtained from different textbooks and clinical perceptions.

**Significance of Atulyagotriya Vivah i.e. Non-Consanguineous Marriage**

As per *Acharya Bhela*, one ought to go to a female of an alternate lineage after she has washed after development, she will bring forth a child who is splendid and infection free. Similarly as not become quite well, nor in an ideal way, so does the hatchling get obliterated by the flaws of the mother and father. Late explores additionally approve this assertion.<sup>[3]</sup> It has been seen that consanguineous mating has more danger of autosomal recessive disorders, cerebral palsy, mental retardation, epilepsy and inherent distortion hazard in descendants.

**Significance of Shuddha Shukra and Shuddha Artava**

*Shuddha Shukra* and *Shuddha Artava* required for *Garbhadharana* and healthy descendants. Conception with vitiated *Shukra* or *Artava* can bring about ailing posterity. *Beeja Bhaga* and *Beeja Bhaga Avyava Dusti* will bring about chromosomal aberrations and single gene mutation problems. By utilizing *Ayurvedic* standards one can dispose of vitiated *Shukra* and *Artava*.

**Significance of Masa-Anumashika Paricharya**

By following appropriate *Masa-Anumasika Paricharya*, mother conveys a healthy child with no or insignificant entanglement. Legitimate *Masa-Anumasika Paricharya* ought to be trailed by pregnant ladies and she ought not to enjoy contra-indicated dietetics and direct. Neurotic responses on the baby because of disregard of antenatal consideration can bring about malformation, disfigurements, inherent infections, decay or hypertrophy of embryo and demise of hatchling. Convoluted or delayed labour brings about birth asphyxia and its intricacy like neurological harm. Mother wants ought to be satisfied during pregnancy for example *Dauhridyavastha*.<sup>[4]</sup> On the off chance that mother wants not satisfied during this period, it can unfavorably influence the posterity. It can bring about appendage disfigurement, eye deformation and dumbness in child.

**Significance of Prevention from Exposure to Teratogen**

A healthy and well nourished mother gives birth a healthy posterity. Mother health status straight forwardly influences child health. *Acharya Kashyapa* has said that mother ought not utilize any drug in initial 4 months of pregnancy as it can unfavorably influence the developing

baby. As indicated by modern science additionally utilization of any medication during season of organogenesis can bring about congenital anomalies. An ailing mother or any exposure to teratogen brings about sick posterity like utilization of antiepileptic drugs at the time of pregnancy will bring about IUGR child with microcephaly. Mother age is likewise a significant factor for healthy descendants. Hazard of hereditary problems like Down syndrome is more in late pregnancies (by and large >35 yrs of Age). So conception in suitable age can diminish chances of event of numerous hereditary problems.<sup>[5]</sup>

**Significance of Navjata Shishu Paricharya**

Infant endures with heaps of pressure during cycle of birth. Use of oil after birth helps in lessening the pressure, gives tactile stimulation, further develops blood supply and furthermore gives extra energy to newborn (*Bala Tail* and so on).<sup>[6]</sup> Birth asphyxia is one of the normal complexities present at birth. Opportune intercession for example *Prana Pratyagamana* as tactile stimulation can resuscitate the child particularly from the condition of primary apnea and can prevent infant from entering into the condition of secondary apnea. At last keeps from complexity of birth asphyxia for example Neurological harm, Sudden infant death syndrome. There are tissue markers demonstrative of previous, ongoing low grade asphyxia in almost 66% of Sudden infant death syndrome subjects. *Snana* with cured water shows *Dosha Shamaka* impact and gives aseptic consideration to skin and furthermore keep up with body heat. For ex- water cured with *Ksheeri Vriksha Kashaya* shows *Pittaghna* impact. *Picchudharana* is useful in diminishing the *Prasootiklesa*, particularly identified with *Siras*. It likewise worked with the fix of some birth injuries like Erb's palsy, brachial palsy. *Rakshakarman* like *Dhupana* (fumigation) of different articles (creature, plant, mineral origin) brings about assurance from different diseases, for advancement of health and furthermore valuable in treatment of different problems like *Graha Roga* and *Apsmara* etc. *Acharya Charak* prompted "*Udaka-kumbha Sthapana*" close to child head in *Jatakarma Samskara*. It is a preferable idea over cool cap use of ongoing practices.

**Mode of action of Mild Hypothermia**

It forestalls disturbances to cerebral metabolism both during and following cerebral affronts. Hypothermia diminishes the cerebral metabolic rate for glucose and oxygen and decreases the deficiency of high energy phosphates during hypoxia-ischaemia and during secondary cerebral energy disappointment and lessens postponed cerebral lactic alkalosis. The concurrent expansion in cytotoxic oedema and loss of cerebral cortical action that goes with secondary energy disappointment is additionally forestall. Hypothermia seems to have various impacts at a cellular level after cerebral injury. Hypothermia decreases vasogenic oedema, hemorrhage and neutrophils invasion after injury. The arrival of excitatory synapses is decreased,

restricting intracellular calcium amassing. Free radical creation is diminished, which shields cells and cellular organelles from oxidative harm during reperfusion. Furthermore mild hypothermia might lessen the initiation of the cytokine and coagulation falls through increased activation of suppressor signaling pathways and by inhibiting release of platelet activating factor.

### Reimbursements of Hypothermia Therapy

It shows neuro-defensive impact in suffocated infant. It raises threshold of seizures by lessening arrival of excitatory synapses. It ensures apoptotic passing of neurons. It doesn't cause hypothermia, simultaneously it gives moistness of general climate thus as to forestall evaporating of mucous lining of respiratory tract and forestall dryness of the skin, alongside that it forestall children cerebrum cortex from hyperthermia.

### Significance of Psychological Factors

Child should feel great while we handle him. The child ought not be terrified or frightened or stirred unexpectedly. This will make psychosis or dread in children. Child ought not be grabbed from others hand and ought not be lifted up suddenly. This will hamper legitimate functioning of *Vatadi Dosha*. It can likewise bring about shaken child syndrome. So this load of variables ought to be considered, in any case these can result in mental problems, yet can likewise cause psychosomatic issues. During childhood period, the character is in developing stage. Any mental injury might influence the entire character unfavorably.

### Significance of Adolescent Health Care

Challenges to adolescent health and development are various and often underestimated.

**Table No.1: Showing problems related to Adolescents Health.**

Sr. No.	Problems	Result
1.	Risk taking behaviour	<ul style="list-style-type: none"> <li>• Unintended injuries likeroad accidents.</li> <li>• Intended injuries likesuicide, homicide.</li> </ul>
2.	Reproductive health problems	<ul style="list-style-type: none"> <li>• High maternal mortality.</li> <li>• High perinatal mortality.</li> <li>• High low birth weight rate.</li> <li>• Abortion related problems.</li> </ul>
3.	Mental health related problems	<ul style="list-style-type: none"> <li>• Behavior disorders.</li> <li>• Stress, anxiety.</li> <li>• Depression.</li> <li>• Substance use.</li> </ul>

For healthy turn of events, young adult need protected and strong climate whereby they are ensured, regarded and sustained to carry on with life to its maximum capacity while limiting preference for gaining practices that imperils health and security. Practice of *Sadvritta palana*, *Achara Rasayana*, contemplation can assume an imperative part to defeat these issues of young people.

### Significance of various Samskaras

**Jatakarma Samskara**, it helps in evoking the rooting reflex and furthermore functions as initial vaccination. **Nishkramana Samskara**, it is valuable for testing different milestones for example head control, social smile, eyes fixation, hearing and so forth. **Phalaprashana** and **Annaprashana**, *Ayurvedic Acharyas* have depicted idea of *Phalaprashana* and *Annaprashana*. It is significant for satisfying the need of supplements and micronutrients in child. *Acharya Kashyapa* and *Vagbhata* flawlessly depicted with respect to weaning food. *Acharya Kashyapa* said that licking of the cooked fluid made with husk free well washed old *Shali* and *Shasti* rice, blended in with oleaginous substances and salt is advertiser of sustenance of child. Oleaginous substances diminish greater part of diet and increment energy content of food. Powder of wheat and barley ought to be offered by congeniality.<sup>[7]</sup> **Upaveshana Samskara** gives incitement for capacity to sit in a regularly developing children. **Karnavedhana Samskara**

gives dynamic insusceptibility and helps in counteraction from irresistible infections. **Upanayana** or **Vedarambha Samskara**, it helps in building of child intellectual, mental and character advancement. It likewise assumes a significant part in making of a child's carrier lastly children won't be a weight on society or family.

### Significance of Healthy Lifestyles and Food Habits

Guardians should made children to follow legitimate *Dincharya* and *Ritucharya*. Inappropriate way of life can lead in numerous entanglements like late night studies can cause vitiation of *Vata Dosha* and result in conditions like intestinal obstruction, stomach torment, headache and so forth. Extreme calorie consumption, inactive way of life, abundance TV viewing and playing PC games are significant contributor for way of life issues like childhood obesity, PC vision syndrome and so forth. End of this load of components can forestall numerous infections.

### Significance of Lehana and Rasayana Therapy

*Ayurvedic Acharyas* exceptionally referenced idea of *lehana* and *Rasayan* therapies or medications. These medications have an exceptionally beneficial outcome on health. Medications and formulations like *Swarnaprashan*, *Chyavanprasha*, *Guduchi*, *Amlaki*<sup>[8]</sup> and so on are demonstrated immunomodulatory drugs. These medications help in beating the immune system issues,

yet additionally help in better physical and intellectual turn of events. Taking care of gold builds intellect, digestive and metabolic power, strength and gives long life.

### DISCUSSION

*Ayurvedic Acharyas* has given prime most significance to "support of health or counteraction from sicknesses". For support of health, one ought to follow appropriate *Dincharya*, *Ritucharya* and *Yoga* practice and so on. In present time, because of progress in ways of life, climate and food propensities, many new difficulties and illnesses are emerging before clinical specialists. Among these a significant number of the sicknesses are preventable. In pediatric age group, directly from the conception to youth there are many components that influence embryo or child unfavorably. By disposing of these components, we can forestall numerous non-infections in offspring or child.

### CONCLUSION

*Ayurveda* is a study of life. We can use standards of *Ayurveda* for making a posterity or child healthy. A healthy child is wealth of a country as children who develops with maximum capacity in its adolescence, can serve better his country in his adulthood. World health organization has additionally acknowledged significance of *Ayurveda* in accomplishing his objective "Health for all".<sup>[9]</sup> We, *Ayurvedic* researchers ought to use our incredible antiquated science for prosperity of society.

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