

## Ayurveda for Childs Wellbeing (A Review Article)

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### ABSTRACT

Ayurveda is one of the oldest medical science which has origin from India. This science by its definition implies the knowledge of the life and by which the life may be prolonged. *Dinacharya, Rutucharya, Achara Rasayana* and *Moulika Sidhantas* were described in *Samhitas* for human well-being. Children are future pillar of us so, we have to save their physical and mental health today and tomorrow by practicing Ayurveda in day to day life.

**KEYWORDS:** Ayurveda, *Dinacharya*, *child's health*

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### INTRODUCTION

Ayurveda is one of the oldest health sciences with a motive of promoting a longer life span by maintaining a positive health by following *Dinacharya, Rutucharya, Achara Rasayana* in everyday life. But due to the fast forward generation and improper lifestyles, the long-standing motive is being suppressed day by day.

Childhood is the pillar of adulthood. The emotional, social and physical development of young children has a direct effect on their overall development and on the adult they will become. That is why it is very important to protect their childhood for their future wellbeing<sup>1</sup>.

### MATERIALS AND METHODS

Paediatric care needs different therapeutics approaches for the management of various diseases as compared to diseases of adult age as children are not just mini adults.

Ayurveda suggests many *Sidhantas* for the prevention, diagnosis and treatment of different

paediatric diseases. Therefore, preventive aspects include *Garbhini Paricharya, Sodasha Samskara, Swarnaprasanna, Stanyapaan, Dhoopana Karma, Dinacharya* and *Rutucharya*, etc for strengthening immunity and build good health by avoiding many communicable and non-communicable diseases. To study the review topic 'Ayurveda for Child Wellbeing' as per classical guidelines, the literature research performed using classical texts, different journals of scholars from Google, Google Scholar, ResearchGate, PubMed.

### DISCUSSION

According to WHO "Health is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity"<sup>2</sup> but acc.to Ayurveda balance stage of *Tridoshas, Agni Saptadhatu Trimala* and pleasant state of *Atma, Mana* and *Indriya* is Defined as health<sup>3</sup>.

Therefore, it is very important to maintain immunity in children which depends on various factors apart

from their eating habits and vaccination schedules. Other factors are pre conception care; optimum quality of reproductive organs of parents for a better progeny; lack of proper sleep patterns, socialization, parenting<sup>1</sup>.

### CARE IN PRECONCEPTIONS

- Physical and mental conditions, behaviour, etc. of a child depends on his/her parent's lifestyle, behaviour and health. So, it concludes that all the features of a child are decided at the time of conception.
- As per Ayurveda, *Shukra* (sperm), *Shonita*(ovum) and *Atma* (Soul) are responsible for the formation of *Garbha*<sup>4</sup>. Therefore, optimum quality of the *Shukra* and *Shonita* is required for a better progeny. *Garbhadhana Samskara* is the best rituals in Ayurveda for achieving this.
- Proper counselling of the parents is required before family planning. Healthy lifestyle like consumption of green leafy vegetables, milk, home-made food is to be inculcated in their daily routine. Getting adequate sleep is an important change required in today's generation<sup>1</sup>.
- Things should be Avoid – Alcohol consumption, excess coffee and drugs, physical and mental stress, uncooked food, smoking, excess noise<sup>5</sup>

### CARE DURING PREGNANCY

We can maintain optimum level of health in both the mother and child by following *karmas* mentioned by our *Acharyas*.

- *Masanu Masika Garbha Paricharya*
- *Pumsabana karma*
- *Seemantonnamayana*

### CARE AFTER BIRTH

- *Jatakarma Sankara*                   *Chudakarma Sankara*
- *Namakarana Sanskara*               *Karnavedhana Sankara*
- *Nishkramana Sankara*               *Upanayana Sankara*
- *Annaprasanna Sankara*              *Vedarambha Sankara*

### BALANCING DOSHAS

- As the childhood is *Kapha* predominant stage by nature but children will also have their own blend of *Vata*, *Pitta*, And *Kapha Doshas*. The correct balancing these three doshas forms the foundation for balancing the child's mind and body<sup>6</sup>.

#### ***Vata***

*Vata* influences breathing, the heart's pulse, general muscular movement, nerve impulses, sensory perception, communication, and the ability to experience flexibility, joy, and consciousness. It is the energy of *Akasha* and *Vayu*.

- They may also be prone to anxiety, restlessness, have difficulty sleeping and might be finicky

eaters, may struggle with constipation. With this in mind, *Vata* kids should be allowed to play in the sunshine and partake in other warm activities. Honey, fruits and naturally sweet items are considered acceptable for this *Dosha* and *Vata* children will also benefit from meditation or mindfulness exercises.

#### ***Pitta***

- *Pitta*, which controls appetite, digestion, absorption, assimilation, intelligence, charisma, transformation and ambition, is the energy of *Agni* (fire) and *Jala* (water).
- Children may be prone to strong bursts of anger or frustration. *Pitta* children might also have a sharp appetite, and they generally do not like to skip meals. Children with this dosha should avoid activities that will fire them up, and should instead practice mindfulness and be served after cooling, fresh foods like fruits and vegetables.

#### ***Kapha***

- The governing principle of feeding, development, lubrication, regeneration, fluid balance, fat control, strength, stamina, memory, and our capacity to experience compassion and contentment, *Kapha* is the energy of water and soil, structure and cohesion, grounding and stability.

- Children may be lethargic or even a little lazy. Although all children have *Kapha* as their *Prakruti*, too much of this *Dosha* can cause an imbalance. To correct this, *Kapha*-dominant children should be encouraged to exercise or practice yogic stretches daily especially *Suryanamaskar*. They should avoid cold, heavy foods like freeze diet, cheese, and should be advised to eat foods with *Garlic*, *Ginger*, *Cinnamon* etc.

### **AYURVEDIC DINACHARYA FOR KIDS**

- Rise early- in *Bramha Muhurta*<sup>7</sup>- improves their dosha balance and gives them stability for everyday life.
- Rinse your face
- Start the day with Luke warm water- which helps with inner cleansing and stimulates morning bowel movements.
- *Dantadhanvan*- Twice a day<sup>8</sup> – maintain oral hygiene
- *Jihwa Nirlekhana*- maintain a healthy tongue
- *Taila Gandusha Dharana*<sup>9</sup> – make both jaws strong and mouth region becomes well nourished and there is neither fear of cracked lips nor tooth decay.

- *Anjana- Soubiranja*<sup>10</sup>- maintain healthy eyesight
- *Nasya-* with *Anu Taila*- strengthen the power of eyes, nose and ears, should avoid in Rainy day<sup>11</sup>.
- *Abhyanga-* the whole body especially in head, ear and foot with oil<sup>12</sup> which increases the quality of sense of touch, power of eye
- Stretching- For infants and young children
- *Vyayama* (Exercise)- This can be done in any form, be it Yoga ex. *Surya Namaskar* or jogging. Exercise will remove stagnation and fat from your body and will strengthen our body, increase digestive power<sup>12</sup>
- *Snana-* *Ayubardhaka, Agni Deepika, Oja bardhaka,Balya*, maintain health and hygiene<sup>13</sup>
- Should Wear clean clothes- increases beauty, fame and longevity, destroys poverty<sup>13</sup>
- Meditate- Meditation will help them concentrate on their goals, by maintaining a balance between your mind, body and soul. It will also calm their nervous system and will make them feel peaceful and steady.
- *Ahara*(Diet)- Should always Fresh, wholesome, hygienic, healthy and Balanced

Should contains *Sadrasas* (*Madhura, Amla, Lavana, Katu, Tikta, Kasaya*)

Ghee is especially important for children for physical and mental growth

Golden milk is beneficial to boost their immunity

- *Dhoopana Karma-* one of a *Rakhyoghma karma*<sup>2456-6470</sup> should practiced daily in children's room, clothes, bed, sitting place for purifying the environment and their belongings by eradicating many micro-organisms<sup>14</sup>.

### BENEFITS OF DINACHARYA

- Connecting with nature
- Maintain hygiene
- Prevention of diseases by strengthening Immunity
- Releases all types of stress and strain
- Increases digestion and absorption capacity
- Helps in maintaining a certain discipline in the mind and body
- Helps to achieve a peaceful state of mind by absorbing the positive vibes in our surroundings
- Bring happiness and prosperity by reliving all worries and stress
- Ultimately Ensures a healthy lifestyle and promotes longevity

### CONCLUSION

After discussing the above points, it can be concluded that as diet and lifestyle plays a vital role in everyone's life, so children can get an optimum

health, lifetime wellness and balance in the body and mind from their childhood by following Ayurveda. Children should be taught these good practices from their childhood and parents should alerts before conception for a healthy baby. By this we can make our future healthy and diseased free.

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