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# Chiranjivi Sambhasha

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## PROCEEDING OF INTERNATIONAL CONFERENCE

on 19 & 20 November 2021

**Theme- Geriatric Diseases-Care and Cure  
to Celebrate**



jointly organized by

**Gujrat Board of Ayurvedic &  
Unani System of Medicine &  
Parul University**

# Chiranjivi Sambhasha

Organized by : Department of Kaumarabhritya  
Parul Institute of Ayurved, Parul University.



# PROCEEDINGS OF INTERNATIONAL CONFERENCE

THEME-GERIATRIC DISEASES-CARE AND CURE

**Chiranjivi Sambhasha**

**ORGANIZED By:**

**Department of Kaumarabhriya Parul Institute of  
Ayurved, Parul University**



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**Proceeding of International Chiranjivi Sambhasha- 2021**

**ISBN: 978-93-5515-099-8**

**MRP : 1099/- INR**

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## **CHIRNAJIVI SAMBHASA 2021**



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PG Department of Kaumarbhritya,  
VYDS Ayurved Mahavidyalaya,  
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Visiting Professor at  
MERU – Switzerland & USA.

## **FOREWORD**

I feel honoured to be requested to write the foreword for this excellent work as special add on by the efforts from the Department of Kaumarabhritya on conducting Pre International conference Chiranjivi Sambhasha 2021 under Azadi ka Amrut Mahotsav on 11/10/2021 presiding eminent guest speakers.

I am indeed happy to write a foreword to the book which is combined efforts from the department of Kaumarabhritya. It has taken a herculean task to compile this book after referring voluminous literature of past and present with reference to Geriatric practice: cure and care by the scholars. This is a genuine work compiling original references by the authors from Ayurveda and contemporary sciences. The resources provide comprehensive knowledge about the subject prepared in accordance with the diseases, drugs involved and its etiopathogenesis. Ayurvedic system of medicine has been practiced in the country and globally from time immemorial and has stood the test of many adversities over centuries.

This book of proceedings from the Department of Kaumarabhritya will be a timely contribution to students, practitioners, scholars and researchers of ayurvedic medicine. The purpose of this book will be served by the progressive discussions and constructive feedbacks from the readers. I am sure the readers will be benefited immensely by this book. I wish the department to get more such opportunities to convert such intricate subject into an interesting and readable one.

**Dr. Geetika Patel**  
**MBBS, M.D.**  
**Medical Director,**  
**Parul Sevashram Hospital,**  
**Trustee, Parul University**

# **CHIRNAJIVI SAMBHASHA 2021**

## **EVENT REPORT**

**CHIRANJIVI SAMBHASHA** a pre-conference is conducted as the part of International conference on geriatric to be held at Parul Institute of Ayurved – Parul University.

Event Organizer: Department of Kaumarbhritya –Parul Institute of Ayurved  
Guest speaker

### **1. DR. NISHA OJHA**

Head, PG Department of Balroga, National Institute of Ayurveda (NIA),  
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Khurja UP India, Visiting Professor at MERU – Switzerland & USA

### **Total Participant in Webinar**

- Delegates – 192
- Paper Presentation: 12
- Publication: 10

**Best Paper Award:** Dr. Yamini Patil - College Of Ayurveda And Research Center  
Nigdi, Pune

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# **CAREFUL PEDIATRIC FOR BLISSFUL GERIATRIC – AYURVEDA INSIGHT**

**\*Dr. Swapnil CR \*\*Dr. Aboli Patil**

<sup>1</sup>Associate Professor – Parul Institute of Ayurved – Parul University –  
Vadodara Gujarat.

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## **ABSTRACT:-**

**Introduction:** Every creature on earth is in constant search of happiness and pleasure. To achieve the happiness nowadays there is increased level of stress and anxiety since early childhood leading to early aging in youngsters causes painful life in old age. Though ageing is a part of life, old age is not necessarily painful if one taking care from pediatric age.

**Objective:** Highlighting the paediatric care for blissful geriatric.

**Data Source:** All Classical Ayurveda texts and different research articles on pediatrics, geriatrics and *Rasayana* therapy.

**Review Methods:** Data from all possible Ayurveda Texts, also the different research articles from indexed journal and other authenticated data bases has been reviewed, analyzed, discussed and concluded.

**Discussion and Conclusion:** Ayurveda *Rasayana Chikitsa*, focuses on psychosomatic health of individual through the repairing, restoration, and rejuvenation of body tissue and soundness of mental status. Use of *Rasayana* diet regime, *Rasayana* medicines like *Chyavanaprasha* following *Achara Rasyana* means social customs, healthy family relation and social milieu are the corner stone's for traveling the path of blissful ageing. Application of all these procedures in pediatric age definitely helps to reduce the aging process and painful experiences in old age.

**Key Words:** Ayurveda, Ageing, Blissful, *JaraChikitsa*, *Rasyana*.

**INTRODUCTION:** *Kala* or time is the crucial factor in transformation of universe. Ayurveda defines the Ayu or life as the integration of *Sharira* (Physical body), *Indriya* (Senses), *Sattva* (Mind), and *Aatma* (Soul)<sup>[1]</sup>. Therefore it is very clear that, life is maintenance and time bound phenomenon. Time is very crucial factor and Ayurveda defines the Ayu as well as age as the time dependent. Age is defined as the change in the state of physical and mental status of human being over a period of time. As time advances there is change in the body tissues and mental status of individual which can be called as ageing<sup>[2]</sup>. Advancement in age or ageing is characterized by derangements in the functional capacity and anatomical structures of different body tissues and hence ultimately there is suboptimal functioning of different organs. Whenever the suboptimal functioning is going on there multiple systems failure there is the end stage causes the death of individual. Right from birth to death there is variation in the rate of anabolic and catabolic process of body. Increased rate of catabolism over anabolism is the basic cause of derangement in the functions of organ and the process of ageing. This process of ageing reflects in the form of changes in the body structure and loss of function of individual as explained in table below:

**Table No.1: Effect of aging on different organ and age related diseases<sup>[3]</sup>**

ORGAN	AGEING CHANGES	AGE RELATED DISEASES
Brain & neuron	Atrophy	Alzheimer disease
Retina	Atrophy or detachments	Retinopathy and ARMD
Eye Lens	Dystrophy	Cataract
Cornea	Corneal degeneration	Corneal opacities
Hair cells of cochlea	Degeneration	Deafness
Teeth	Fall	Dental fall
Lungs	Dysplasia	Lung cancer
Heart	Degeneration	Coronary artery diseases, myocardial infarction, hypertension
Liver	Degeneration and dyslipidemic changes	Liver cirrhosis, Liver failure, Liver Cell

		carcinoma, Chronic liver diseases
Pancreas	Degeneration, dysplasia	Pancreatic cancer, pancreatic fatty changes
Intestine	Degeneration, and atrophy	Malabsorption and carcinomatous changes
Kidneys	Degeneration, poor renal function	Chronic Renal Failure, Renal Cell Carcinoma, Renal hypo functioning
Bladder and prostate	Degeneration, and atrophy	Cystic cancer, BPH
Hairs	Degeneration, and atrophy	Loss and graying
Skin	Degeneration	Wrinkles and collagen diseases
Bones	Degeneration	Bone denervation, age related fractures
Muscles	Degeneration	Muscle degeneration, atrophy
Ligaments and tendons	Degeneration	Ligaments degeneration, atrophy

### AYURVEDA VIEW:

According to Ayurveda the human body consist of *Vata, Pitta, Kapha* as three *Dosha* (humor), *Rasa, Rakta Mamsa, Meda, Asthi, Majja* and *Shukra* as *Sapta Dhatu* (building blocks of human body), and *Purisha, Mootra, and Sweda* as three *Mala* (waste products)<sup>[4]</sup>. Different physiological processes of life consist of the construction or anabolism and destruction or catabolism of body tissues i.e. cellular or tissue metabolism, which in turn regulates the life span of all different body tissues. Tissue or cellular metabolism is under direct control of digestion. Hence, as per Ayurveda in order to maintain the all basic physiological and biochemical processes, one has to maintain digestion. Concept of digestion is described in Ayurveda as the concept of *Agni*<sup>[5]</sup>. As per Ayurveda in the process

of digestion there is formation of *Ahara Rasa* from digested food which is absorbed from intestines and there is sequential formation of *Sharira Dhatu* like *Rasa Dhatu, Rakta Dhatu, Mamsa Dhatu, Meda Dhatu, Asthi Dhatu, Majja Dhatu, and Shukra Dhatu* and finally there is formation of *Oja*<sup>[6]</sup>, essence of all *Sapta Dhatu*. *Oja* is considered as factor responsible for immunity, strength, complexion and longevity of an individual. Hence, if the process of formation of all *Dhatu* is uninterrupted there is maintenance of *Oja*, health and longevity of person. As explained earlier, sequential transformation of *Sharira Dhatu* starts up with formation of *Rasa Dhatu* which is very first *Dhatu* in human body to be formed. *Rasa Dhatu* contains all the essential nutrients to nourish and produce rest of *Dhatu* (*Rakta, Mamsa, Meda, Asthi, Majja, and Shukra*) and hence also called as *Adya Dhatu* in Ayurveda. Therefore, if there is lack of nutrients or vitiation of *Rasa Dhatu* there is disturbance in the metabolism of rest of *Dhatu*. Considering this fact Ayurveda Acharya have focused on the purity and nourishment of *Rasa Dhatu* to maintain the health and longevity of individual. The healthier state and life span of *Rasa Dhatu* is dependent on the state of *Agni*. As time passes the *Agni* gets weaker over a period of ageing and there is reduced nourishment of *Rasa Dhatu* and rest of *Dhatu* and ultimately there is hypo functioning of organs and there is ageing or *Jara Abhivyakti*. From above description it is very clear that, *Jara* or Ageing can be prevented with the healthy nourishment and maintenance of *Rasa Dhatu* without hampering the *Agni* (metabolism) of individual. Same concept of maintenance of health and state of *Rasa Dhatu* without hampering or vitiating *Agni* is narrated in Ayurveda as *Jara Chikitsa* or *Rasayana*.

## **RASAYANA<sup>[7]</sup>**

*Rasayana* focuses on the cyclic Restoration, Repair and Rejuvenation of *Rasa Dhatu*.

**RESTORATION:** As age advances the quality as well as quantity of *Rasa Dhatu* of individual lessens, hence restoration of *Rasa Dhatu* in quantity and quality i.e. its properties is achieved with *Rasayana Chikitsa*.

**REPAIR:** There is lack of the nutrients essential for the growth of body tissues or other *Dhatu*, or if there is vitiation of *Rasa Dhatu* alteration of the nutrition of rest of *Dhatu*. Hence *Rasayana* therapy purifies and improves the nutrient status of *Rasa Dhatu* so that there is improvement in the status of other body tissue to improve the health and longevity of person.

**REJUVENATION:** As the age advances there is decrement in the properties of *Rasa Dhatu* and hence there is decrement in the functional capacity and life span of individual, hence *Rasayana* therapy strengthens the all properties of *Rasa Dhatu* to rejuvenate the body tissue to reach optimal functional capacity.

Decrement in the state of *Rasa Dhatu* takes place at every stage of human life and the reflection of this decrement of *Rasa Dhatu* is seen in different organs or body parts at different stages. Acharya Sharangadhara has mentioned these changes in body as described in table below.

**TABLE 2: DIFFERENT RASAYANA AS PER DECADE OF LIFE** <sup>[8]</sup>

AVASTHA- AGE	SHARIRA KSHAYA	RASAYANA
10 yrs	<i>Balya</i> -childhood	<i>Ghrita kshira</i>
20 yrs	<i>Sharira Vriddhi</i> - Growth	<i>Ghrita, kshira, Chavanprash</i>
30 yrs	<i>Chhavi</i> - Color and complexion	<i>Manjistha, Saariva, chavanprash,</i> <i>Kumari. Chandana, Khadira,</i> <i>Haridra</i>
40 yrs	<i>Medha</i> – Intelligence	<i>SBrahmi, Shankhapushpi,</i> <i>Jatamansi, Vacha</i>
50 yrs	<i>Twak</i> - Skin health	<i>Ghrita, Yashtimadhu, Shatavari,</i> <i>Haridra</i>
60 yrs	<i>Drishti</i> – Vision	<i>Amalaki Rasyana, Chyavanprash</i>
70 yrs	<i>Virya</i> – Semen	<i>Ashvagandha, Vidari</i>
80 yrs	<i>Parakrama</i> – Valour	<i>Shilajatu, Vanga Bhasma</i>
90 yrs	<i>Buddhi</i> – Cognition	<i>Brahma Rasayana</i>
100 yrs	<i>Jeevana</i> – Longevity	<i>Chavanprasha</i>
110 yrs	<i>Adhyatma</i> – Spirituality	<i>Pranayama</i>

## DISCUSSION:

Contrary to common belief, ageing is a blissful stage of life and geriatric population are highly respected, responsible people of society. Ageing can be highly blissful with the help of Ayurveda and *Rasayana Chikitsa* along with other

factors play a vital role in treatment and management of geriatric population.

*Rasayana Chikitsa* can be administered as follows -

**Rasayana Dravya Sevana** – As explained earlier regular consumption of Kshira (cow's milk) and Ghrita (cow's ghee) is very essential for regeneration, repair and restoration of all Dhatus or tissues to improve longevity and functional capacity

**Aachara Rasayana** – following of social etiquettes and traditional as well as ritual practices maintain the respect, emotional bonding, care, love and affection towards the aged people to help them to overcome geriatric diseases and make their old age more productive, fruitful and blissful.

Use of different Spiritual Practices – Regular practice of *Pranayama*, *Omkara* Chanting, *Trataka Chikitsa*, Chanting of different *Stotra* etc to assure and improving patience

### **Pediatric Care for Blissful Geriatric:**

From above all discussions one can observe that early intervention of *Rasayana Chikitsa* should be administered since the time of pediatric and should be continue for optimum growth of all body tissue. If one administered *Rasayana* in child age; all tissues can be kept alive and healthy for optimum productivity and longevity. Hence here is our key message to society to start the *Rasayana* therapy to all the pediatric age group children to make their future geriatric age blissful.

### **CONCLUSION:**

To summarize, it is very clear that, ageing is a natural phenomenon and every living being has to pass through the stages of life. Ultimately ageing can be made productive and blissful with the practice of all above protocols right from pediatric age.

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# **ROLE OF PAEDIATRIC IN GERIATRIC**

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**GUIDE AND HOD : DR KARUNA S. RATNAPARKHI**

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## **ABSTRACT:**

In Ashtanga Ayurveda, Kaumarbhritya is one of the prime branches of Ayurveda. Children are also considered as the most vulnerable class of society as they are unable to express themselves, dependent on caretaker. Thus children need a special attention and nursing as children are in a rapid continuous process of growth and development physically and mentally. In Ayurvedic, various Acharya describe many type of Sanskar, in which 16 Sanskar or rites of passage are performed in present era from the birth to the end in a Hindu's nation and this sanskar, which will be helpful for geriatric also. This Sanskar means religious purificatory rites and ceremonies for sanctifying the body, mind and intellect of an individual so that he may become a full-fledged member of the community. Sanskar is a fine discussion on the caste and class structure of India. A rite of passage or life cycle ceremony; the realizing of past perception. Praneshacharya undergoes the process of purification. He shifts from a hardcore ritualistic Brahmin to a realist. All these sanskars are performed since Vedic period. Whether we conclude logic behind it or not it has some importance in development of Baby. In Present Era, there is a need to understand its effect on scientific basis and simply its concept to adopt these in society easily and we got the ideal baby for this society. Word Sanskar suggests concept of growth & development and examination of developmental milestones of a growing child. Also Vaccination also helpful for geriatric. Furthermore, proper nutrition may also help in geriatric.

## **INTRODUCTION:**

संस्कारो ही गुणान्तराधानम् (Ch. Vi. 1/24)

Any process which brings continuous positive change in a given material (Dravya), physical body (Shareera), intellectual capacity (Mana) and the personality (Aatma)

is called Sanskar. Different meaning of the word Sanskar can be applicable in medical science - Addition of new qualities, skilful activities, bringing fitness, self-productive and impression creating quality etc. Sanskar are highly individualistic and got its impact on producing qualitative society.

### Types :

- Gautama Grahya Sutra (8.14-24) = 40 Sanskar.
- Maharshi Angira = 25 Sanskar.
- Dayanand Saraswati = 16 Sanskar.

Garbhasth Jiivana	1. Garbhadhana Sanskar 2. Punsavana Sanskar 3. Simantonayana Sanskar
Baalyakala	4. Jaatkarma Sanskar 5. Namkarana Sanskar 6. Niskramana Sanskar
Yuva & Vradhdhavastha	12. Samavartana Sanskar 13. Vivah Sanskar 14. Vanprastha Sanskar 15. Sanyasa Sanskar 16. Antyesthi Sanskar

### Relation of sanskar with growth & development

- In paediatrics, we have two words with respect to maturation of the body that is growth & development. Sanskar start from conception and continued till death. Same as development (growth is limited by age).
- In child, many Sanskar are performed at particular age to assess, recheck the expected level of development to that age and announcement of developmental status of the child to all family members from time to time.
- Timing of different Sanskar match with certain milestone of development so in this function a physician will be pr. Who check the baby and give essential advices & reminding the parents about the development of the child. When

we analyse all qualities it looks that they are factors indicating positive growth & development

### **Importance of Jaatkarm Sanskar :**

- This provides an opportunity to examine the baby immediately after birth
  - Madhu
  - Rich source of fructose
  - Presence of Harmin
  - Ghrita
  - High caloric
  - Ananta
  - Swarna
  - Durva
  - Sariva

Mixtures of this content will primary immunization response.

- Keeping water filled in a pot is the cost effect method of maintain temperature & humidity.
- Initiation of feeding from right breast. First 2-4 day colostrum (20-40ml) is secreted which is most imp. For the baby (rich in immunoglobulin and protein).

### **Importance of Naamkaran Sanskar :**

- Naming of the baby usually occurs on the completion of 10th day or 11th day, 100th day & 1yr.
- The name is decided astrologically on the basis of the time and place of birth of the child. Which is indicate social and communicable condition in society has its impact on the person throughout the life by identification.
- First 10 day are considered as high-risk period of newborn. Baby can die within a week in case of major congenital abnormalities, Rh incompatibility,

severe birth asphyxia etc. so after completion of these periods Naamkaran Sanskar is advised.

- This also indicates the end of early neonatal phase.
- It is also important for maintaining medical records and to prevent neonatal exchange in nurseries.

### **Importance of Niskraman Sanskar :**

- Till completion of 4th months, baby is suspected to various infections as immune system is functionally immature. So, it's risky to expose the child to an external world. In this time immune system may be upgraded.
- Baby when taken outside usually gets exposed to strong rays of the sun. Hence, disappearance of physiological photophobia and complete development of eye and vision are the important Criteria for external exposure which will be attended by this time so in Niskraman Sanskar.

### **Importance of Annaprashana Sanskar :**

- Dugdhapana in the 1st month, phalaprasana in the 6th month and Annaprashana in the 10th month suggests slow weaning from breast milk with an introduction of family food system gradually.
- As the infancy proceeds calorific requirement of the baby increases due to increased activity and rapid growth of baby. So, providing higher calorific supply, along with breast milk is essential but tolerance, digestive capacity, gastric upset, Satmyata have been kept in mind throughout the process.
- Secretion of pepsin- which are main digestive enzymes begins at the time of 6th-7th month, Fruit juice, serials water, rice water are introduced to the child,

### **Importance of Karnavedhana Sanskar :**

- Piercing the ear lobules in 6th, 7th, 8th or 12th month.
- Local inflammation, which occurs after Karnavedhana created by wound which, may act as a buffering mechanism for stimulation of the body immune system.
- This looks like a acupuncture methodstimulation of adrenal glandsintern reduces the respiratory infections.

- Ornament worn after Karnavedhana exerts continuous pressureInjury can precipitate local lymph gland lymphadenitis stimulating cell mediated immunity prevent Graha Rogas (micro-organism).
- While piercing the ear usually baby cries and vocabulary of the child can be indirectly tested as by 7th, 8th, 9th month infant start verbalization word like ma, pa, da, ba etc.

### **Importance of Chudakarm Sanskar :**

- Chudakarm Sanskar should be done according to,
- Manu Smriti (2/140) = 1st year or max. 3-5 year.
- Parashkar Grahyasutra (2/1/1) = 1st year.
- Aaswalyan Grahyasutra (1/17/1) = 3rd year.

### **For protection of the child from Grahass (infections) :**

- In this procedure, doesn't shaving of the whole scalp hairs, instead a tuft of long hair is left, which is called Shikha. It acts as a center point for receiving the energy from the environment.
- Acharya Kashyapa in Arunshika Chikitsa, explains Mundan as the first line of treatment. That time conform diagnosis of Fakka Roga (rickets).
- In this time that's Chudakarm / Mundan Sanskar change conditionally because heavy work load & hectic lifestyle. Some community it has done early & someone is delay.
- Shaving is good to prevent certain skin problems like cradle cap, which is later converted into seborrheic dermatitis due to collection to sweat in scalp area by obstructing the sweat glands.

### **Importance of Upnayan Sanskar :**

1. Upnayan= Up (Near) +Nayan (Bringing). This Sanskar performed before initiation of education or 5th year of age. This is interpreted as parents bringing the child near the teacher and knowledge brings the child near to Brahmatwa (ultimate truth). Hence, the student is called 'Brahmachari'.
2. Actual intention of this Sanskar is education for attainment of Brahmagyana so child joins as a student under a teacher to attain it. They are provided with a

sacred girdle which is made up of Munja grass, Moorva fibres and hempen threads.

3. Individual, who is born in this world will have 3 Rinas, 1) Daiva Rina 2) Pitra Rina 3) Samaj Rina. Student will realise regarding his responsibilities in life through this Sanskar. And realized about the aim for which he is born & motivated to render social service with accountability (Samaj Rina).
4. He is educated to control his emotions, anger, aggression, grief and advised to behave maturely and responsibly. He is also educated to take care to him-self, parents and society so this Sanskar important for personal and social achievements of future.

### **Importance of Vedarambh Sanskar:**

- This is a special Sanskar performed in the 5th year of life. Basically, this indicates closure of preschool age to school age.
- Initiation to primary education by holding the right hand of the child & the father practices the child to write the letter. The child made to learn alphabets and general numbers & starts the process of learning the Vedas.
- During his study period, he will be completely away from his home environment, so that he can concentrate totally on his study. “काकचेस्टा ब्रह्म्यानं श्वानननद्रा तथोगतः|अल्नाहारं ग्रहत्यागं ववद्धाथी नञ्चरणं || ”
- In early childhood, child is very active, interested, creative, faithful to teacher, with help of teacher to mould him all required knowledge of one specific field. Like this by 16-18 years, he will be a master of one field with all possible knowledge of other fields. Professional course will be completed by 18th year and he will be available to the society for service or to render his duty.

### **DISCUSSION :**

- In Ayurvedic literature – Kashyap Samhita is well known most important text for child development and fulfillment. Acharya Kashyap specify 16 type of Sanskar particularly from the birth to the end.
- Out of these describe very important 8 Sanskar, which are having scientifically helpful to nourishment of baby physically as well as mind.

- Jaatkarm Sanskar is helpful to prevent infectious disorders of baby as well as mother.
- In 2nd and 3rd Sanskar which denotes specialty of date, religion, cast, community as well as 3rd Sanskar are helpful for development of physical and mental state.
- In a 4th Sanskar- early teething procedure start that by in this time fever or diarrhea or commonly found, helps to improve immunity of child and upgrade digestive system with the help of component of vitamin C and micronutrients.
- In a Karnvedhan Sanskar- act such as acupuncher that's effect to release adrenalin secretion which is support to all organism of inner level.
- Upnayan and Vedarambhba Sanskar are markedly Improved actively of child and begins to successful person in future.

## **CONCLUSION :**

- These Sanskar are step points of life from where life enters in new phase. These sanskars establish baby and atmosphere to accomplish with situations.
- Each Sanskar has its own value, many times we can prove it by observing its effect but also quite difficult to evaluate on subjective parameters.
- All these sanskars are performed since Vedic period. Whether we conclude logic behind it or not it has some importance in development of Baby.
- In Present Era, there is need of understand its effect on scientific basis and simply its concept to adopt these in society easily and we got the ideal baby for this society.

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# **CAREFUL PEDIATRICS FOR HEALTHY GERIATRIC**

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## **ABSTRACT:**

Childhood is the most important phase in the whole life of a human being. It determines the quality of health, wellbeing. Learning and behaviour across the life-span. As we know that healthy childrens are more likely to become healthy adults. It is necessary to make a child's childhood better and peaceful for their further growth because early childhood is a crucial period for physical, cognitive & social development. while in geriatric age group all the physiological phenomenons become deteriorated and do not work as effective as in childhood. It's said that if a house builds over a weak cornerstone never stay strong. Even a small causality can harm it like this a geriatric person get harmed and effected very soon by small diseases, stress with bed childhood. Failure to optimized the health & development of children will result in future burden of dependence that comes from an unhealthy and unskilled workforce & dysfunctional family. This article is a small attempt to justify the role of good childhood for a good geriatric.

**KEYWORDS:- PEDIATRICS, GERIATRICS, PHYSIOLOGICAL PHENOMENONS, NUTRITION, CORNERSTONE**

## **INTRODUCTION:**

Aging is a multidimensional process of physical, social and psychological changes<sup>1</sup>. After birth growth and senility ultimately leading to death are inevitable process, Aging begins before birth and continues throughout the life<sup>2</sup> .Different acharyas classified whole life span according to their lakshanas like Balyavastha, Yuvavastha and vrddhavastha..Acharya Sharangdhara mentioned the schemes of loss of different biological factors during life as a function of aging<sup>3</sup>. In this

Acharya describes the loss of every decades in process of aging. They said in first decade of life balya (childhood) is diminished and every next decade vridhhi (growth), chhavi (beauty), medha (intellect), tvaka, drasthi (vision). Sukra (sex), vikram (strength), Buddhi (wisdom). and karmendriya (activity) lossess respectively. In modern scenario with increase in age all the physical abilities, muscles and bone power, different physiological phenomenas starts degrading or poor functioning of organs starts. The physiological effects of aging differ widely among individuals however chronic ailments especially aches and pains are more prevalent than acute ailments. Certain aspects of sensory and perceptual skills, muscular strengths and certain kinds of memory tends to diminished. Due to these ailments the geriatric phase is very painful part of a life span. In Order to prolong the life span to promote the healthy longevity it is necessary to focus on the pediatrics health because childhood age is building blocks of life. Acharya Kashyapa gives the topmost sthana to kaumarabhritya in kashyapa Samhita. Kaumarabhritya is superior in astanga Ayurveda just like Agni dev is superior in all the gods, because the children grown with Kaumarabhritya is further treated with others<sup>4</sup>. Kaumarabhritya deals not only with early neonatal phases as well as antenatal care also.

For promoting geriatric health different aahar, Vihara should be initiated in early childhood. Because children are very prone to infections and diseases due to their weak immune system.

If we dont show proper concern in this phase then body will not become adapted to the outer envoirnment and a weak base for the future is formed and our body resistance power is diminesed and different type of diseses and infection affect from the childhood and progress respectively.

The different measures should be taken for the healthy geriatrics are-For samyaka garbha(Healthy fetus)-Follow garbhini masanumasic Paricharya, Punshvana karma, for healthy vyadhikshatamva Lehana should be introduce after birth of a child, Medhya rasayana for healthy mental growth as well as physical growth, follow dincharya ritucharya,proper nutrition,proper sleep, proper exercise, practicing of different yoga asanas<sup>5</sup>. The panchakarma procedure which is indicated for the children should be done according to their bala, agni, vaya.following of Acharya rasayana for promoting mental and spiritiual health.

Various compound formulations mentioned by Acharyas are as follows:

1. Acharya Charaka - Panchgavya ghrita, Brahmi ghrita, Kalyanaka Ghrita etc<sup>6</sup>.
2. Acharya Sushruta - has described 4 recipes (containing gold) which provide general immunity, body resistance, helpful in growth & development & enhancing the intelligence. (1)Swarna bhasm with kustha, vacha, madhu & ghrita (2)Swarna bhasm with paste of bramhi , sankhpuspi , with honey & ghrita. (3) Swarna bhasm, arkapushpi, vacha, honey & ghrita. (4) Swarna bhasm, khaidarya, sweta durva, ghrita<sup>7</sup>.
3. Acharya Kashyapa - 1. Swarna Prasana- Pure gold (in small quantity) is rubbed in water on a clean stone and given with honey and Ghrita, be given to child for licking. Licking of gold increase intellect, digestive power and metabolic power, strength, gives long life, is auspicious, virtuous, aphrodisiac<sup>8</sup>.
4. Acharya Vaghbata -1. Ashtanga ghrita 2. Sarshvata ghrita 3.Vachadi ghrita
4. Combination of gold-
  - (a) Swarna, Vacha, Kushta
  - (b) Swarna, Arkapushpi
  - (c) Swarna, Matsyakhyaka, Shankhapushpi
  - (d) Swarna, Kaidarya, Vacha<sup>9</sup> clarified butter made from cow's

Our acharyas mentioned Rasayana is a way to achieve homeostasis and thus retarding the process of aging phenomenon and prevention of disease.In healthy condition Rasayana can be understood as nutritional dynamics for rejuvenation of body and brain.Rasayana is not only a drug therapy but it is a way of living practised in the form of rejuvenating preparations, procedure

Aging in Ayurveda is considered as disease occurring due to the natural process of degeneration and thus preventing premature aging and making aging in a healthy way is also considered under the scope of rasayana.

Various diseases in childhood and geriatric age occurs due to the vitiation of doshas and these can be cured through various panchkarma procedures like snehana, swedana, basti, nashya, vaman, virechana, raktamokshana, shirodhara etc these process should be done with great care in children.

Regular yogic practice of Asanas, Pranayama and Dhyana improves the mental health, spiritual health and physical health .IN this present era individuals are overloaded with stress, tension, anxiety and insomnia which adversely affects the memory of most individuals, it is very common in children also. Yogic practice reduces stress in life and enhance lifespan along with increasing memory.

**MATERIAL AND METHODS:-** The material was collected from the classical Ayurvedic Literatures. Textbooks & research journals, research studies done in various institutions and modern text.

### **DISCUSSION:**

In the ancient literature of Ayurveda various formulations, procedures are mentioned for the treatment of childhood diseases or geriatric diseases. The persons of geriatric age group face different problem due to their weak immune system. Decrease physiological phenomenon, dystrophy of different organs. Due to their decrease physiological phenomenon they don't gain proper nutrition. There is lots of problem in proper breakdown of foods and other supplements due to lack of enzymatic activity and other functions necessary for food assimilation and digestion. For sure we can say that they depend for their needs on previously buildup backups. Previously we mentioned that childhood is a phase of growth spurt and they need maximum nutrition and care for their development. If there is any type of deficiency occurs in pediatric age group then the child is not become a healthy adult and their old age becomes more painful and difficult.

### **CONCLUSION:**

Nutrition of each and every cell of the body is demands of present era. Different type of Rasayana dravya and lehana dravya provides immunity, strength and longevity of life. As we discussed earlier a good childhood is the base of a good adulthood and good old age. Unhealthy lifestyle results in inadequate nutrition, oxidative stress and early ageing. In current scenario use of rasayanas,yogickriyas, suwarnprashna, lehana karma in children, lifestyle modification in early and middle age accordingly may help in minimizing and preventing life style disorders and early aging.

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# **PEDIATRIC FOR GERIATRIC**

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## **ABSTRACT:**

To achieve Dharma, Artha, Kama, Moksha of life one should concentrate on having long life. To learn the science of Ayurveda which explains how to achieve this purpose, obedience (vidheya) is the most important quality.<sup>1</sup>

Childhood period is golden period of life in which growth and development takes place in cephalocaudal sequence. Which is uniform to all children except GDD, MR, CP and any other abnormality.. Secondary sexually characters developed in both the sexes and growth and development is continuous process. As age increases degenerative changes also increase but in childhood period with good diet and Snehan we can increase good skin tonetexture of skin upto old age by this way we do good work in pediatrics.

## **INTRODUCTION:**

Snehan substances are Guru(heaviness), Sheeta (cold), Sara (easily moving, mobility, spreading), Shingaba (unectuous olly), Manda (mild), Mrudu (soot), Dravam (liquid) the substances used for imparting dryness to the body (Rookshana) are opposite to above mentioned<sup>2</sup>

Sarpi<sup>3</sup> (Ghee), Majja (bone marrow), Vasa (muscle fat) and taila(oil) are considered best among oleating substances among these Ghee is the best because

Madhura- sweet in taste, Avidhahi it does not burning sensation,

Janmadheva Sheelant it s congenital to the baby sice birth ghee is very light to digest.

Those who are to be sedated and subjected to elimination therapies, those who constantly indulge in alcohol, sex and exercise, those who are thinkers, elderly children's, the weak person and Snehan can continued as hole life.

Because of variations of Rasa when used along with food, which is a combination of 63 tatses, Sneha is overruled by the action of Rasas and when Shena is used without mixing with food it is having local action alone thus is total 64 types<sup>4</sup>.

The quantity of fat digesting 2, 4, 8 yaman (one yaman-= 3 Hours) held to be it minimal and good in children.<sup>5</sup>

## **DISCUSSION:**

Since child hood period Ghee, Soup (noveg) started in diet along with separate in alpa matra. After this Shenapasa worm water to drink for easy digestion and Vatanuloman.<sup>6</sup>

The one who uses fats judiciously is held to live a hundred years blessed with profound digestion, clean gut, fresh tissues, physical strength, good complexion, stable senses and slow ageing.<sup>7</sup>

So by the way we can conclude that by Snehan we can increased skin tone and texture also delayed aging factor.

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# **BALARASAYANA - FOR BLISSFUL GERIATRICS**

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## **Abstract -**

Pediatric Ayurveda lays the foundation of a good life. It gives importance to the physical, mental and psychological growth of a child. Ayurvedic Scholars believe that care during *Shaishava Awastha* is the backbone of the whole life of an individual. Balarasayana focuses on rejuvenation of the body by nourishment of *rasadi dhatus* and also prevention and cure of physical as well as mental disorders. They have an excellent effect on a child's immunity along with nutritive value and are specially prepared to protect the child from diseases and promote the body to achieve proper growth and development. Here an effort is made to enlighten the role of Balarasayana on an individual's life.

**Keywords-** Balarasayana, rejuvenation, geriatrics.

## **Introduction -**

Ayurveda has two aims i.e. prevention and promotion of health and secondly cure from the disease. Rasayana may be employed for fulfilling both of them. Ancient ayurvedic physicians had developed certain dietary and therapeutic measures to arrest/delay aging and rejuvenate whole functional dynamics of the system such as rasayana, panchakarma, swasthavritta and dincharya. As the age advances various cells and tissues of the body undergo changes so it is necessary to rejuvenate the body system by initiation of rasayana at an early stage.

## **What is Rasayana?**

The word rasayana is composed of two words i.e. 'Rasa' and 'Ayana'. Rasa means fluid or juice and Ayana means nourishment i.e. the term Rasayana means the way for attaining excellent rasadi dhatus. Rasayana is also known as rejuvenation therapy.

In the terms of balarasayana, we can say that it has not been mentioned as such in ayurvedic classes. But several herbs and compounds are mentioned particularly for the pediatric age group which possess rasayana like properties - Lehan karma,

Suvarnaprashana. They are known to have an excellent effect on a child's immunity along with nutritive value.

### **Why is Balya awastha the right age to initiate Rasayana?**

Ayurveda divided lifespan of an individual into three vaya - Balya Awastha, Madhya Awastha, Vriddha Awastha out of which Balya awastha is the period of child's growth and development whereas Vriddha Awastha (Geriatrics) is the phase of degeneration. Foundation of blissful geriatrics begins from the childhood phase hence Rasayana at this age may prevent premature ageing and slow down the process of aging. Various factors like nutritional errors, over exertional activities, stress, unhealthy food habits, lack of proper exercise, obesity and changing environmental conditions may lead to early aging and various childhood diseases which may affect the adulthood such as allergic asthma, juvenile arthritis, inflammatory bowel syndrome, Obesity, hypertension, diabetes which are also common conditions affecting old age. Rasayana have immunomodulatory potential, it not only provides adequate immune response but also avoids autoimmunity. Rasayana brings about the normalcy of *rasa dhatu* and thereby maintains other *dhatus* (Body Tissues) in equilibrium for a longer period. Such a state of improved nutrition prevents ageing which can be understood as '*Vayasthapana*' (Geriatric Care).

Rasayana drug may potentially suppress neurodegeneration inturns preventing neurodegenerative diseases such as Alzheimer's, Epilepsy, Parkinson's disease, etc. this can be done by either inhibition of inflammatory process or the upregulation of various cell survival proteins or combination of both. Rasayana improves memory as well as cognitive function of the brain and also provides strengths, immunity, ojas, vitality and intelligence.

### **Need of Balarasayana-**

Rasaayana Prevents wasting of muscles, delays the aging process, keeps bones and tendons strong, etc. It prevents advanced age osteoporosis, improves whole body circulation, prevents greying of hairs and provides good sleep and appetite. Rasayana invigorates the body in general by sustaining the required balance between anabolism and catabolism. It regulates the circulation of vital fluid and eliminates the waste material, rejuvenates the nervous system and keeps vigour and stamina.

## **Properties of Rasayana-**

Antioxidant and rejuvenative  
Antidepressant  
Neuroprotective  
Memory enhancing  
Immunomodulatory and immunostimulatory  
Nutritive  
Anti Aging  
Adaptogenic  
Anticancer  
Radioprotective

## **Types of Rasayana-**

### **A] As per scope use-**

1. Kamyā Rasayana (Health Promotion)
  - a. Prana Kamyā- For vitality and longevity
  - b. Medha Kamyā- For mental competence
  - c. Shri Kamyā- For Bodily Luster and Complexion
2. Naimittika Rasayana (Disease Specific)

### **B] As per contents-**

Achara Rasayana (Lifestyle Rasayana)  
Ajasrika Rasayana (Dietary Rasayana)  
Aushadhi Rasayana (Drug Rasayana)  
Divya / Soumya Rasayana (Devine Rasayana)  
Tissue and Organ specific Rasayana

## Some commonly used rasayana in Children-

The ancient literature of Ayurveda reported use of various herbs like Guduchi, Shankhapushpi, Jyotishmati, Mandookparni, Vacha, etc. and herbo-mineral formulations like Suwarna Bhasma. Madhu, Ghrita, Vacha, Panchagavya ghrita, Bramhi Ghrita, Abhaya Ghrita, Samvardhan Ghrita, Mandur Bhasma, Lauha Bhasma, etc for the treatment of various childhood diseases and enhancing longevity and immunity.

**Suvarnaprashana-** The benefits of Suvarnaprashana can be achieved at multiple levels like, as a general health promoter and in specific for enhancement of intelligence, digestion, metabolism, immunity, physical strength, complexion, fertility. Lehadhyay of Kashyap Samhita first mentioned formulation is Suvarnaprashan. Suvarnaprashana can be administered in all children from infancy to adulthood as it acts at the level of nutrition, metabolism growth and development, physical strength, immunity.

In adolescence, there is the appearance of secondary sexual characters which signify the development of the reproductive system. This could be the right period to get the benefit of Suvarnaprashan as a fertility enhancer.

## Decade Wise aging mentioned by Sharangdhara-

Age (Years)	Loss of Impact	Useful Rasayana
1-10	<i>Balyam</i> (Childhood)	Vacha, Suvarnabhasma
11-20	<i>Vridhhi</i> (Growth and Development)	Ashwagandha, Bala
21-30	<i>Chhavi</i> (Lusture/Complexion)	Amalaki, Lauha Bhasma
31-40	<i>Medha</i> (Intellect)	Shankhapushpi, Jyotismati
41-50	<i>Twak</i> (Skin)	Bhringraj, Jyotismati, Priyal
51-60	<i>Drishti</i> (Visual Acuity)	Triphala, Shatavari, Jyotismati

61-70	<i>Shukra</i> (Potency Fertility)	Atmagupta, Ashwagandha
71-80	<i>Vikram</i>	Amalaki, Bala
81-90	<i>Buddhi</i> (Memory)	Brahmi
91-100	<i>Karmendriya</i> (Physical Capacities)	Bala, Ashwagandha

### **DISCUSSION:**

Healthy children lead to blissful geriatrics. Ramayana essentially means nutrition at all levels from macro to micro cellular level. Rasayana therapy replenishes the vital fluid of the body, boosts the *ojas*(vital force of life) and the immune system thus keeping away from diseases and prevents ill effects of advanced age. These comprehensive effects are brought about with the help of the varied pharmacodynamic properties of these drugs. The Rasayana effect is not a specific pharmacological action but is a complex phenomenon operating through a comprehensive mechanism involving the fundamental factors like *Rasa Samvahan*, *Dhatus*, *Agni* and *Strotas*. It may ultimately be leading to the achievement of the comprehensive effect as stated by Charak “*Labhopayo hi shastanam- Rasadinam rasayanam*”. It nourishes the blood, lymph, flesh, adipose tissue and semen and thus prevents chronic degenerative changes and illness. Rasayana is thought to improve metabolic processes, which results in the best possible biotransformation and produces the best quality bodily tissue inturn prevents other diseases of adulthood. It produces the rasayana effects mentioned in terms of *Vayasthapana* and *Ayushkara*, *Medhakara*, *Urjaskara*. Antioxidants play an important role in protecting the enzymes, fats and vitamins in the body. These natural substances help to delay or prevent certain types of damage to the cell. Rasayana helps to attain optimal physical strength and sharpness of sense organs; it also has marked action on reproductive organs and nourishes *Shukra Dhatus*. Rasayana keeps the body and mind pleasant.

### **CONCLUSION :**

Children are building blocks of society. If child rearing, child care and treatment are carried out according to the rule of pediatric ayurveda, then definitely the child will turn into a happy and healthy adult. According to samhitas balarasayana

prevents the child from various infectious and non infectious diseases along with malnourishment. It boosts child immunity along with maintaining good health and enhancing intelligence. *Aptopadesha*(Textual knowledge) is the first step to the path of acquisition of knowledge. Therefore let a state forward in the light of *Aptopadesha* and offer our services to mankind.

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# **CLINICAL EVIDENCE OF STHIRA KSHEERA IN THE KOSHTA OF CHILD UNDER 6 MONTHS FACING BREAST MILK INSUFFICIENCY**

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## **STANYA – AN ELEXIR OF LIFE AND HEALTH**

- ❖ Health and disease of a child depends on quantity and quality of stanya.
- ❖ It is sufficient enough for the proper growth and development of the infant till 6 months.
- ❖ Properties are similar to ojas and sukra.
- ❖ It enhances ojas, vyadi kshamatwa and bala of child.

## **STANYA - AGNI AND KOSHTA**

- ❖ Agni and koshta of the child are in highly immature state.
- ❖ Stanya formed by the action of jadaragni and rasa dhathu agni over ahara rasa.
- ❖ its digestion and early phase of metabolism once finished in the maternal body.
- ❖ Sudha stanya supports the normal action of agni and koshta.

## **CAUSES FOR BREAST MILK INSUFFICIENCY**

- ❖ Physiological
- ❖ Pathological
- ❖ Psychological
- ❖ Anatomical
- ❖ Genetic

## How to approach stanya nasa

- ❖ Appointing *dhathri*
- ❖ Making mother happy and comfortable
- ❖ Use galactagogues
- ❖ Correcting *agni* and *vata*
- ❖ Alternatives of breast milk - If the child is not gaining weight, crying continuously, awakening at night

## Alternatives of breast milk

- ❖ Susrutha samhita – Cow's milk or goat's milk.
- ❖ Ashtanga Hridaya – Cow's milk or goat's milk processed with stira dwayam or hraswa panchamoolam added with sugar.
- ❖ Arogya kalpa druma – Milk processed with Brihati moola, Bhadra and stira dwayam added with sugar.
- ❖ Yogarathnakara - Milk processed with rudraksha.
- ❖ Milk processed with sthira can prevent
  - ❖ GIT disorders
  - ❖ Respiratory disorders
  - ❖ Various inflammatory disorders
  - ❖ Fungal infections
  - ❖ Nutrient deficiency
  - ❖ Disorders of immune system

## • HISTORY

- ❖ Born through LSCS, B wt 3.kg
- ❖ Breast milk was inadequate started galactagogues in the second week after delivery.
- ❖ After 1 month started formula feeding along with breast feeding, then baby developed constipation with greenish yellow hard stools

Once in 4 days passes motion with pain. After 2 weeks, quantity of milk intake is reduced considerably.

❖ Status of agni : Vishamagni

❖ Score : 6

(based on tool for the assessment of jatharagni in exclusively breast fed children)

## **TREATMENT**

❖ Asked to stop formula feeding.

❖ Advised for the intake of milk processed with *stira dwayam* added with sugar.

❖ Follow up – after 7 days

❖ Status of Agni - Samagni

❖ scoring - 13

❖ Started to pass bowels daily in normal consistency with yellow color.

## **DISCUSSION:**

❖ Formula feeding is the popular option that can be utilized in case of breast milk insufficiency.

❖ But it is harder to digest and stays in the stomach for long time.

❖ Vitiate agni and koshta of the child manifested as constipation.

❖ Formula fed children are having fewer bowel movements compared to breast milk babies.

❖ If the child is having normal status of agni this etiopathogenesis may not happened.

❖ Many of the formula fed babies are without the complaint of constipation. But once the status of agni is impaired there is a chance of this etiopathogenesis.

## **CONCLUSION:**

The formulation of stira ksheera can address the immature koshta and agni, whenever the status of agni is compromised.

# STANYADUSHTI AND STANYADOSHA CHIKITSA

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## INTRODUCTION:

Breast milk is the prime source of nourishment to a new born baby. Feeding breast milk to a new born improves the strength and immunity of baby.

When Stanya becomes abnormal due to Dosha vitiation it is called as *Stanya Dushti*. These dosha vitiations not just change the physical property of healthy breast milk but due to this, major changes happen in the chemical constituents of breast milk.

The breast milk found to be mixing evenly with water, slightly yellowish in colour and sweet in taste are the qualities consider as normal for *Stanya*.

## Types of Stanya Dushti

<i>Samhita</i>	<i>Dosha</i>	<i>Types</i>		
<i>Charak samhita</i> (30-238)	1. <i>Vataj</i> (3) 2. <i>Pittaj</i> (2) 3. <i>Kaphaj</i> (3)	<i>Virasa</i> <i>Vivarnta</i> <i>Atisnigdha</i>	<i>Fensanghata</i> <i>Daurgandhy</i> <i>Pichchila</i>	<i>Ruksh</i> <i>Guru</i>
<i>Harita</i> (54/1-2)	1. <i>Vataj</i> (1) 2. <i>Pittaj</i> (2) 3. <i>Kaphaj</i> (2)	<i>Alpashirata</i> <i>Ushanashirata</i> <i>Ghanashirata</i>	<i>Amlashirata</i> <i>Ksharshirata</i>	

<b>Dosha</b>	<b>Types of Stanyadushti</b>	<b>Disease cause by dushti</b>
<i>Vataj</i>	<i>Virasta</i>	<i>Krishibhavti,</i>
	<i>Fensanghat</i>	<i>Swarakshinata, Mala mutra avarodh, shirashul, peenias</i>
	<i>Rukshata</i>	<i>Balahrasa</i>
<i>Pittaj</i>	<i>Vaivarnya</i>	<i>Swedaahikya, trishna, Bhinavitta, ushnashriram</i>
	<i>Durgandhi</i>	<i>Pandu, kamala</i>
<b>Dosha</b>	<i>Types of Stanyadushti</i>	<i>Disease cause by dushti</i>
<i>Kaphaj</i>	<i>Snigdha</i>	<i>Shardi, lalasrava, shwas, kasa, tamakshwas.</i>
	<i>Pichchil</i>	<i>Lalasrava, Mukha-akshi jadta</i>
	<i>Guru</i>	<i>Hrudroga</i>

- ***Vataj dushtit stanya :***

if drops of milk is added in water then breast milk floats on water.

- ***Pitta dushtit stanya :***

If few drops of milk is added in water then yellow lines can be seen.

- ***Kaphadushtit stanya :***

If few drops of milk is added in water then it sinks in water .

- *Vataj – Dashmoola Kwatha*
- *Pittaj – Amruta, Sariva, Chandan, Kwatha*
- *Kaphaj- Vacha, Sarshap, Pipalli Kwatha*

## **DISCUSSION AND CONCLUSION:**

### ***Samanya aushadh yoga***

1. Decoction prepared by Amrita, Saptaparna and Nagara .
2. Decoction prepared by adding Shangeshta, Saptaparna, Ashwagandha
3. Decoction of Kiratatikta.
4. As different *Acharaya* given *stanya dushti lakshanas*, an article study reveals that *Vata* vitiated milk, the mean values of fat and protein was lower than the *Kapha* vitiated milk which signifies the *laghuta* and *Guruta of vata and kapha* vitiated milk respectively.
5. Also diet of the mother i.e. *pathya-apathyta* also effect the composition of the milk and changes in the properties of milk was also observed.
6. The parameters taken to found the vitiations are density, fat%, protein %, freezing point, lactose, pH which can be evaluate through Eko milk analyser.

The medicines used for *stanya* shodhan are of tikta Kashaya rasa Pradhan and deepan pachan properties.

- *Stanya* is the proper nutritional food for the babies and it is very important for proper growth and development of baby. Hence its essential to maintain the quality and consistency of breast milk with proper diet as well as if vitiated then with proper treatment.
- Any type of vitiation in breast milk can effect the health of the child so its important to know the proper *Stanyasampat Lakshan* and its dosha.

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# **ROLE OF ARKA KALPANA TO PROMOTE HEALTHY LIFE STYLE IN DHATRI**

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## **INTRODUCTION:**

- *Arka Kalpana* is one of the Ayurvedic classical dosage forms.
- It is the most potent *Kalpana* amongst all other kalpana
- The term *Dhatri* has been given to any woman who breast feeds a child.
- *Dhatri*s are appointed to breast feed and care another's child.
- *Arka kalpana* is described as one of the *panchavidhakasaya* kalpana by *Lankapati Ravana*.
- *Arka* are the *panchavidha kashaya kalpana* mentioned in *Arka Prakasha* which narrates more than 500 of *arka* formulations.

In arka preparation, distillation is carried out for certain liquids or drugs soaked in water.

- Due to its increased potency, reduced dose, better shelf life, easy absorption, fast action and patient compliance *Arka kalpana* is in growing demand among current population.
- To prevent the loss of active principles, the vapours are to be condensed and collected which is main principle behind *arka*.
- The required quantity of water is added to the drugs for soaking and kept overnight.
- Next day morning it is poured into the arka yantra and the remaining water was added and boiled.
- The vapours get condensed and collected in a receiver.

- The aliquots collected in between contain the active ingredients and may be mixed together to ensure uniformity of the Arka.

Formulation	Disease
Ajamoda Arka	Agnimandya (digestive impairment), Ajeerna (dyspepsia), Vastioga (disease of urinary system) etc.
Karpuradyarka	Agnimandya (digestive impairment), Hrudroga (heart disease), Medoroga (obesity) etc.
Pudinarka	Chhardi, Ajeerna (dyspepsia), Udarasula (abdominal pain) etc
Guduchyarka	Amavata (rheumatoid arthritis), Vatarakta (gout), Jwara (fever), Raktapitta (bleeding disorder) etc.

Formulation	Disease
Gulabarka	<i>Daha</i> (burning sensation), <i>Trisna</i> (thirst), <i>Hrullasa</i> (nausea) etc
Triphalarka	<i>Prameha</i> (increased frequency and turbidity of urine), <i>Medobrudhi</i> (obesity), <i>Pandu</i> (anaemia), <i>Vibandha</i> (constipation) etc
Dasamularka	<i>Vatavikara</i> (disease due to vata dosa), <i>Sutika roga</i> (puerperal disease) <i>Shotha</i> (inflammation), <i>Gulma</i> (abdominal lump) etc
Punarnavarka	<i>Sotha</i> (inflammation), <i>Pandu</i> (anaemia), <i>Udara roga</i> (disorders of abdomen), <i>Yakrut Sotha</i> (hepatomegaly)

## DISCUSSION AND CONCLUSION:

- Word Dhatri is derived from “*dhet-pane*”, “*dhah karmani stran*” or to suckle.
- There is no love in this world which is stronger than the love of mother.

- The health & ill health of the baby is solely dependent upon *dhatri*.
- Word Dhatri is derived from “*dhet-pane*”, ”*dhah karmani stran*” or to suckle.
- There is no love in this world which is stronger than the love of mother.
- The health & ill health of the baby is solely dependent upon *dhatri*.
- Due to *Laghupaki*, *Vyavayi* and *Vikasi guna* of *Arka Kalpana* & thus assimilates quickly in the body there by gives immediate results if the *dhatri*’s health if not proper.
- Some Arka eg- Jiraka Arka, Patha arka acts as Stanya shodhaka so automatically milk of Dhatri improves.
- It improves all the *dosha dhatus* functionality of body
- Arka is *Laghupaki*, *Vyavayi* and *Vikasi* & thus assimilates quickly in the body there by gives immediate results.
- Arka Kalpana acquires highest position in obtaining the potentially active volatile oils as the condensation takes place during the process of distillation.
- Most of Arka are good appetizer and immunobooster.
- The significance of ideal *dhatri* is to ensure the highly qualitative breast milk as well as skilled & affectionate nursing.
- The health & ill health of the baby dependent upon *dhatri* health also.
- So Arka Kalpana can be utilized to maintain Dhatri health.
- The significance of ideal *dhatri* is to ensure the highly qualitative breast milk as well as skilled & affectionate nursing.
- The health & ill health of the baby dependent upon *dhatri* health also.
- So Arka Kalpana can be utilized to maintain Dhatri health.

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# MODE OF ACTION OF SHATAVARI IN STANYAKSHYA

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## INTRODUCTION:

- Stanya (breast milk) is the ideal form of nourishment in neonates and infants till minimum 6 months.
- The quantity indicated here is 2 *Anjali*. According to modern quantity is 450-500 cc for 24 hr.
- Prevalence of lactation deficiency in India approx. 30-40%.
- It is known that 01-07 Aug. there is week of “*stanpan Saptah*” governed by government to aware the mother about the same knowledge
- In ayurvedic literature *Shatavari* is considered as a galactagogue (milk enhancing substance) that is increase the production of breast milk in lactating mother.
- *Shatavarikalpa* containing three ingredients they are *Shatavari*, *Ela* and *Sarkara*.
- Ayurvedic properties of this ingredients are same as breast milk

## AIM:-

- To assess the physiological action of *Shatavarikalpa*.

## MATERIALS:-

- *Shatavarikalpa*
- 1. *Shatavari* (asparagus recemouse root) - 4gm
- 2. *Ela* (elettaria cardamomum) – 0.05gm
- 3. *Sarkara* (sugar)- 5.95gm

• PROPERTY	STAHTAVARI	ELA	SARKARA
• Rasa	Madhur,tikta	katu, madhur	Madhur
• Guna	<i>snigdha,guru</i>	<i>laghu,ruksha</i>	<i>guru</i>
• Virya	<i>sheeta</i>	<i>sheeta</i>	<i>sheeta</i>
• Vipaka	<i>madhura</i>	<i>madhura</i>	<i>madhura</i>
• Dosha	<i>decrease pitta,vata</i>	<i>tridoshahar</i>	<i>vata,pittahara</i>

### MODE OF ACTION :

- In ayurvedic literature *Shatavari* is considered as a galactagogue (milk enhancing substance) that is increase the production of breast milk in lactating mother.
- *Shatavari kalpa* containing three in gradience they are *Shatavari*, *Ela* and *Sarkara*. Ayurvedic properties of this in ingredients are same as breast milk.
- A hormone called “prolactin” is responsible for promotion of milk secretion in lactating mother.
- Lactogenic effect of *Shatavari* is attribute to the constituent present in shatavari-steroidal saponins and sapogenins.
- For the proper formatin of *dhatu* and *updhatu*, *Agni* should be in equilibrium state.
- *Shatavari* and *Ela* both are *Agnivardhak*, Work on *jatharagni* and *rasa dhatwagni* stimulating the formation of *dhatu* and *Updhatu(stanya)*.

### Drug acting on *mansik bhava*:-

- one of the main cause of *stanyakshaya*.
- *shatavari* is a powerful therapeutic agent, it is a one solution to many health condition.
- It is a special female tonic in all age groups.
- *Shatavari* relieve the deep-rooted stress.

### *Samanya-vishesha sidhhanta*:-

- *Shatavari, ela* and *sharkara* are *Rasa dhatu vardhaka* and *Stanya* is a *Updhatu* of *Rasa*, Properties of *Stanya* and *Shatavari, Ela* and *Sharkara* are same.

- According to *samanya vishesha siddhanta Shatavari kalpa* ingredients having *stanya varahaka* property.

## **PHARMACOLOGICAL ACTIVITIES:-**

- anti cancer activity
- anti dysenteric activity
- anti bacterial activity
- anti inflammatory activity
- antiulcer activity
- anticoagulant activity

## **CONCLUSION:-**

- Galactagogue effect of *Shatavari* has been studied and there is evidence that milk synthesis can be increased.

And it can be concluded that *Shatavarikalpa* play significant role of to cure *Stanyakshaya* and increase the quality of milk.

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# **EXCLUSIVE BREASTFEEDING**

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## **INTRODUCTION:**

- The World Health Organization (WHO) recommends exclusive breast feeding (EBF) to six months of age.
- During this six month period, no other liquid, semi solid or solid food or breastfeeding substitute should be given to the infants except for medicine and/or oral rehydration solution.

## **What is Breastfeeding**

- **Breastfeeding**, also called **nursing**, is the process of feeding human breast milk to a child, either directly from the breast or by expressing the milk from the breast and bottle-feeding it to the infant.
- Breastfeeding plays a crucial role in the health, growth and development of babies and has benefits for the mother too.
- During pregnancy and after the birth it is important to discuss with women the importance of EBF for six months.

## **Breastfeeding- Benefit**

- Provides all nutrients - baby needs for the first six months of life to grow and develop.
- It helps protect against infection up to two years of age or more.
- Babies find breast milk easy to digest
- It can contribute to birth spacing.
- It helps the mother's uterus to contract reducing the risk of bleeding after birth.
- It lowers the rate of breast and ovarian cancer in the mother.

- It promotes a faster return to mother's pre-pregnancy weight.
- It promotes the emotional relationship, or bonding, between mother and infant.

## **Supportive Care**

- Women need extra support, encouragement and reassurance while breastfeeding.
- Some women also find that the initial 'let down' reflex is very strong which causes them pain or they get strong after-pains as their wombs contract. Reassure them that this will pass.
- To prevent engorgement, help women to start breastfeeding soon after birth, ensure good attachment and encourage unrestricted breastfeeding.
- Sometimes husbands or partners may feel excluded from the breastfeeding process. Encourage them to be involved in other ways.

## **Trends in exclusive breastfeeding**

- EBF among children 0–6 months of age was widely practiced in most states in the first month of life.
- However, EBF declined with each additional month and by the time infants are 6 months of age, exclusive breastfeeding rates were low.

## **Breastfeeding and COVID-19**

- With the limited data available so far, transmission of active COVID-19 through breast milk and breastfeeding has not been detected.
- Mother with confirmed COVID-19, should take following steps to avoid spreading the virus to her baby and can breastfeed if they wish to do so:
  - 1) Wear a mask/ cloth face covering during any contact with the baby, including while feeding.
  - 2) Wash hands with soap and water or use alcohol-based hand rub before touching the baby.
  - 3) Sneeze or cough into a tissue. Then dispose of it immediately and wash hands again.
  - 4) Routinely clean and disinfect surfaces that mothers have touched

- If mother is too unwell to breastfeed her baby due to COVID-19 or other complications, she can be supported to safely provide her baby with breast milk in a way possible, and acceptable to her such as expressing milk, donor human milk, wet nursing or infant formula milk with safe measures.

## **CONCLUSION:**

- Lactating people can receive a COVID-19 vaccine.
- Recent reports have shown that breastfeeding people who have received COVID-19 mRNA vaccines have antibodies in their breastmilk, which could help protect their babies.

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