



## Review Article

### PREVENTIVE MEASURES FOR A HEALTHY PROGENY AND CHILD IN PEDIATRICS PRACTICES

Shobhit Kumar

Assistant Professor, P.G. Dept. of Kaumarbhritya, V.Y.D.S.A.M, Khurja, Uttar Pradesh, India.

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#### ABSTRACT

A healthy child is wealth of a nation. Future of a nation depends on health status of its children and youth. In present era, due to change in lifestyles, environment and food habits, many new challenges and diseases are arising in front of medical experts. Among these many of the diseases are preventable. In pediatric age group, right from the conception to adolescence there are many factors that affect fetus or child adversely. By eliminating these factors, we can prevent many diseases in offspring or child. *Kaumarbhritya* physician has role right from the time of conception to adolescent. It is need of hour that *Kaumarbhritya* physician should come forward to serve the society. Principles like *Garbhadharana* with *Shudha Shukra* and *Shonita*, *Masanumasika Garbhini Paricharya*, *Navjata Shishu Parichariya*, various *Samskara's*, *Sadvrita Palana* and *Achara Rasayan* have great importance in child growth and development and also essential for obtaining a healthy progeny. These principles prevent from many diseases and also have scientific validity. For example a healthy mother who follows proper *Masanumasika Garbhini Paricharya* and devoid of exposure from teratogen, gives birth to a healthy child. *Navjata Shishu Parichariya* helps newborn in overcoming the stress faced during process of birth and helps in adjusting in external environment with ease, along with prevention from many complications like birth asphyxia etc. *Samskara's* are one of the important tolls for early assessment of growth and developmental disorders and also helps in better growth and development by improving immunity and timely addition of weaning food for providing additional nutrients and micronutrients. In present era there are increased antibiotic resistances and more number of populations is effecting with infectious and autoimmune diseases due to poor immunity. By maintaining health we can prevent such conditions.

#### \*Address for correspondence

Dr. Shobhit Kumar

Asst. Professor,  
P.G. Dept. of Kaumarbhritya  
V.Y.D.S.A.M, Khurja, Uttar  
Pradesh, India (203131)  
Mobile: 8006257437/  
9703498189  
Email:  
[health.bala.ayu16@gmail.com](mailto:health.bala.ayu16@gmail.com)

#### INTRODUCTION

In the present 21<sup>st</sup> century, wherever we are on this earth, we can see and feel how bad the impact of modern life is damaging the natural environment and our lives. As life style, food habits, behavioral pattern are changing day by day and environmental pollution, industrial and occupational hazards, radiation etc are affecting Human race. All these factors are declining the human immunity. Many new challenges are arising in front of medical system, because it is contributing a number of new diseases and also increasing the incidence of previously uncommon diseases. All these factors are affecting child health adversely right from the conception to adolescent age. *Shudha Shukra* and *Shudha Artava* needed for *Garbhadharana* and healthy progeny<sup>1</sup>. Vitiated *Shukra* or *Artava* results in diseased progeny<sup>2</sup>. *Beeja Bhaga* and *Bheja Bhaga-Avyava Dusti* will result in chromosomal aberrations and single gene mutation disorders. The couple should be of different clan as consanguineous couples have more risk of sufferance of offspring with Autosomal recessive disorders, mental retardation, epilepsy, congenital malformations etc. Any exposure to teratogen at the time of pregnancy can result

in diseased child. *Garbha Masa-anumashika Paricharya* helps in uncomplicated labour. *Navjata Shishu Paricharya* and *Samskaras* helps child positively in many aspects. *Sadvrita Palana*, *Achara Rasayan* and medication can help adolescent in overcoming the many obstacles like risk taking behaviors, depression, stress etc.

#### OBJECTIVES

- The main objective of the study was to assess role of *Kaumarbhritya* physician in prevention of disease and health promotion in paediatrics practices.
- To find out the principles helpful in maintenance of health and prevention from diseases in paediatrics practices

#### METHODOLOGY

A review based study; information pertaining to this study was primarily obtained from various textbooks and clinical observations.

#### DISCUSSION

Ayurvedic Acharyas has given prime most importance to "maintenance of health or prevention from diseases". For maintenance of health, one should

follow proper *Dincharya*, *Ritucharya* and *Yoga practice* etc. In present era, due to change in lifestyles, environment and food habits, many new challenges and diseases are arising in front of medical experts. Among these many of the diseases are preventable. In pediatric age group, right from the conception to adolescence there are many factors that affect fetus or child adversely. By eliminating these factors, we can prevent many non diseases in offspring or child.

#### **Importance of Shudha Shukra and Shudha Artava**

*Shudha Shukra* and *Shudha Artava* needed for *Garbdharana* and healthy progeny. Conception with vitiated *Shukra* or *Artava* can result in diseased offspring. *Beeja Bhaga* and *Bheja Bhaga Avyava Dusti* will result in chromosomal aberrations and single gene mutation disorders. By using *Ayurvedic* principles one can get rid of vitiated *Shukra* and *Artava*.

#### **Importance of Atulyagotriya Vivah i.e. Non-consanguineous mating**

According to *Acharya Bhela*, One should go to a female of a different lineage after she has bathed following maturation, she will give birth to a son who is brilliant and disease free<sup>3</sup>. Just as a plant does not grow very well, nor in a perfect manner, so does the fetus get destroyed by the blemishes of the mother and father. Recent researches also validate this statement. It has been seen that consanguineous mating has more risk of Autosomal recessive disorders, cerebral palsy, mental retardation, epilepsy and congenital malformation risk in progeny. A research work entitled as consanguineous marriages and their effect on pregnancy outcomes in India conducted by International Institute for Population Sciences, Maharashtra reveal that the women in consanguineous union are more likely to have adverse pregnancy outcomes including stillbirths (RR=1.59, p-value <0.01), abortions (RR=3.03, p-value<0.01), miscarriages (RR=1.94, p-value<0.01) and spontaneous miscarriages (RR=1.70, p-value<0.01) than non-consanguineous marriage. The consanguineous marriages continue to be a critical predictor of adverse pregnancy outcomes in India.

#### **Importance of prevention from exposure to teratogen**

A healthy and well nourished mother gives birth to a healthy offspring. Mother health status directly affects child health. *Acharya Kashyapa* has said that mother should not use any medication in first four month of pregnancy as it can adversely affect the growing fetus. According to modern science also use of any drug during time of organogenesis can result in congenital anomalies. A diseased mother or any exposure to teratogen results in diseased offspring like use of antiepileptic drugs at the time of pregnancy will results in IUGR baby with microcephaly.

Mother age is also an important factor for healthy progeny. Risk of genetic disorders like Down syndrome is more in late pregnancies (generally >35 yrs of Age)<sup>4</sup>. So conception in appropriate age can reduce chances of occurrence of many genetic disorders.

#### **Importance of Masa-Anumashika Paricharya**

By following proper *Masa-Anumasika Paricharya*, mother delivers a healthy baby with no or minimal complication. Proper *Masa-Anumasika Paricharya* should be followed by pregnant women and she should not indulge in contraindicated dietetics and conduct. Pathological reactions on the fetus due to neglect of antenatal care can result in Monstrocities, deformities, congenital diseases, atrophy or hypertrophy of fetus and death of fetus. Complicated or prolonged labour results in birth asphyxia and its complication like neurological damage. Mother desires should be fulfilled during pregnancy i.e. *Duihradyavastha*. If mother desires not fulfilled during this period, it can adversely affect the offspring. It can result in limb deformity, eye deformity and dumbness in child<sup>5</sup>.

#### **Importance of Navjata Shishu Paricharya**

Newborn suffers with lots of stress during process of birth. Application of oil<sup>6</sup> after birth helps in reducing the stress, gives tactile stimulation, improves blood supply and also provides additional energy to newborn child (*Bala Tail* etc). Birth asphyxia is one of the common complications present at birth. Timely intervention i.e. *Pranapratyagamana* in the form of tactile stimulation can revive the child especially from the state of primary apnea and can prevent newborn from entering in to the state of secondary apnea. Finally prevents from complication of birth asphyxia for ex-neurological damage, SIDS. There are tissue markers indicative of pre-existing, chronic low-grade asphyxia in nearly two thirds of SIDS subjects (Nelson).

*Snana* with medicated water shows *Dosha Shamaka* effect and provides aseptic care to skin and also maintain body heat. For ex- water medicated with *Kheeri Vriksha Kashaya* shows *Pittaghna* effect. *Picchudharana* is helpful in reducing the *Prasootiklesa*, especially related to *Siras*. It also facilitated the cure of some birth injuries like Erb's palsy, brachial palsy. *Rakshakarman* like *Dhupana* (fumigation) of various articles (animal, plant, mineral origin) results in protection from various infections, for promotion of health and also useful in treatment of various disorders like *Graham Roga*, *Apsmara* etc.

*Acharya Charak* advised "*Udaka-kumbha Sthapana*" near child head in *Jatakarma Samskara*. It is a better concept than cool cap application of recent practices.

#### **Mode of action of Mild hypothermia**

It helps prevent disruptions to cerebral metabolism both during and following cerebral insults. Hypothermia decreases the cerebral metabolic rate for glucose and oxygen and reduces the loss of high energy phosphates during hypoxia-ischaemia and during secondary cerebral energy failure and reduces delayed cerebral lactic alkalosis. The simultaneous increase in cytotoxic oedema and loss of cerebral cortical activity that accompanies secondary energy failure is also prevented.

Hypothermia appears to have multiple effects at a cellular level following cerebral injury. Hypothermia reduces vasogenic oedema, hemorrhage and Neutrophils infiltration after trauma. The release of excitatory neurotransmitters is reduced, limiting intracellular calcium accumulation. Free radical production is lessened, which protects cells and cellular organelles from oxidative damage during reperfusion. In addition mild hypothermia may reduce the activation of the cytokine and coagulation cascades through increased activation of suppressor signalling pathways, and by inhibiting release of platelet activating factor.

### Benefits of hypothermia therapy

It shows neuro-protective effect in asphyxiated newborn. It raises threshold of seizures by reducing release of excitatory neurotransmitters. It protects apoptotic death of neurons. It doesn't cause hypothermia, at the same time it provides humidity of surrounding environment and so as to prevent drying up of mucous lining of respiratory tract and prevent dryness of the skin, along with that it prevent child brain cortex from hyperthermia.

### Importance of various Samskaras

**Jatakarma Samskara:** it helps in eliciting the rooting reflex and also works as initial immunization. **Nishkramana Samskara:** it is useful for testing various milestones i.e. head control, social smile, eyes fixation, hearing etc. **Phalaprashana** and **Annaprashana:** Ayurvedic Acharyas have described concept of **Phalaprashana** and **Annaprashana**. It is important for fulfilling the need of nutrients and micronutrients in baby. **Acharya Kashyapa** and **Vagbhata** beautifully described regarding weaning food. **Acharya Kashyapa** said that licking of the cooked liquid made with husk free well washed old **Shali** and **Sasti** rice, mixed with oleaginous substances and salt is promoter of nourishment of child<sup>7</sup>. Oleaginous substances reduce bulk of diet and increase energy content of food. Powder of wheat and barley should be given according to congeniality. **Upaveshana Samskara** gives stimulation for ability to sit in a normally growing child. **Karnavedhana Samskara** provides active immunity and helps in prevention from infectious diseases. **Upanayana** or **Vedarambha Samskara:** It helps in building of child intellectual, psychological and personality development. It also plays an important role in making of a child's carrier and finally child will not be a burden on society or family.

### Importance of healthy lifestyles and food habits

Parents should made child to follow proper **Dincharya** and **Ritucharya**. Improper lifestyle can lead in many complications like late night studies can cause vitiation of **Vata Dosha** and result in conditions like constipation, abdominal pain, headache etc. Excessive calorie intake, sedentary lifestyle, excess television viewing and playing computer games are major contributor for lifestyle disorders like childhood obesity, computer vision syndrome etc. Elimination of all these factors can prevent many diseases.

### Importance of psychological factors

Child should feel comfortable while we handle him. The child should not be frightened or scared or awakened suddenly. This will create psychosis or fear in child. Baby should not be snatched from others hand and should not be lifted up suddenly. This will hamper proper functioning of **Vatadi Dosha**. It can also result in shaken baby syndrome. So all these factors should be taken in account, otherwise these can result not only in psychological disorders, but can also cause psychosomatic disorders. During childhood period, the personality is in developing stage. Any psychological trauma may affect the whole personality adversely.

### Importance of Adolescent health care

- Challenges to adolescent health and development are numerous and often underestimated.

**Table 1: showing problems related to adolescents health**

S. No.	Problems	Resultant
1.	Risk taking behavior	A. Unintended injuries like road accidents B. Intended injuries like suicide, homicide
2.	Reproductive health problems	A. High maternal mortality. B. High perinatal mortality. C. High low birth weight rate D. Abortion related problems
3.	Mental health related problems	A. Behavior disorders. B. Stress, anxiety C. Depression D. Substance use.

For healthy development, adolescent need safe and supportive environment whereby they are protected, respected and nurtured to live life to its full potential while minimizing predilection for acquiring behaviors that endangers health and safety. Practice of **Sadvrita palana**, **Achara Rasayana**, meditation can play a vital role to overcome these problems of adolescents.

### Importance of Lehana and Rasayana therapy

**Ayurvedic Acharyas** specially mentioned concept of **lehana** and **Rasayan** therapies or drugs. These drugs have a very positive effect on health. Drugs and formulations like **Swarnaprashan**, **Chyavanprashana**, **Guduchi**, **Amlaki** etc are proved immunomodulatory drugs. These drugs not only help in overcoming the autoimmune disorders, but also help in better physical and intellectual development. Feeding of gold increases intellect, digestive and metabolic power, strength and gives long life<sup>8</sup>.

### CONCLUSION

**Ayurveda** is a science of life. We can utilize principles of **Ayurveda** for making an offspring or child healthy. A healthy child is wealth of a nation as child who grows with full potential in its childhood, can serve better his nation in his adulthood. World health

organization has also accepted importance of Ayurveda in achieving his goal "Health for all". We, *Ayurvedic* scholars should utilize our great ancient science for wellbeing of society.

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