

# **Diseases in children**

## **(Ayurvedic concept)**

### **Preface**

We are glad to bring out this special issue of Paediatric Clinics of India on the occasion of 15th International Congress of Paediatrics, at Delhi. Ayurveda, the Indian system of medicine, literally means knowledge of life. It includes, art of living, science of health and philosophy of life. Though more than 5,000 years old, it is by no means an outdated science. Even today, people of India think and live according to the principles of Ayurveda. There are over 100 colleges all over the country, which teach Ayurveda in a systematic manner.

Paediatrics, is one of the eight specialities recognised by Ayurveda. Kashyap Samhita is the Ayurvedic text book of Paediatrics. The goal of paediatrics is to see that every child grows and develops into a healthy, happy and useful citizen. Ayurveda insists that the birth of every baby should be well planned and should not occur as a matter of chance. The paediatrician should guide both the parents about their diet, activity and daily regime before conception, advise the mother during pregnancy and the child as well as both the parents till the child is 16 years of age. Obstetrics and gynaecology constitute part of paediatrics, as the birth of a healthy baby is the main aim of obstetrics and gynaecology. Birth is only an event, in the life of a child. Much more emphasis is laid on the development of a healthy and strong mind so that the child is trained to withstand all the stress and strains of life with a smiling face.

Apart from medicines, many more aspects and principles of life can be learnt from this great science. I consider myself extremely fortunate, to be able to present to you the main aspects of paediatrics in Ayurveda in the form of 'Diseases in children (Ayurvedic concept)', that is science of child life.

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# Index

## Section 1 : Sutrasthana (Principles of Ayurveda)

<b>Chapter 1 : Introduction</b>	<b>11</b>
A. Healthy Life	12
B. Healthy Mind	13
C. Happy Life	14
D. Useful Life	14
E. Primary instincts	14
F. Goals of Human Life	15
G. Aim of Ayurveda	15
H. The Base of Ayurveda	16
<b>Chapter 2 : Origin of Ayurveda</b>	<b>17</b>
<b>Chapter 3 : Darshana (Indian Philosophy)</b>	<b>23</b>
<b>Chapter 4 : Sattva - Raja - Tama (Psychological Constitution)</b>	<b>26</b>
<b>Chapter 5 : Medical Education and Ideal Physician</b>	<b>29</b>
A. Admission to Medical school	29
B. The Medical Student	29
C. The Teacher	30
D. The Physician (Doctor)	31
E. The Philosopher - Physician	32
<b>Chapter 6 : Physics of Ayurveda</b>	<b>34</b>
<b>Chapter 7 : Biophysics of Ayurveda</b>	<b>39</b>
<b>Chapter 8 : Vata - Pitta - Kapha</b>	<b>41</b>
<b>Chapter 9 : Dhatus and malas (Tissues and waste products)</b>	<b>50</b>
<b>Chapter 10 : Prakruti (Constitution)</b>	<b>52</b>
<b>Chapter 11 : Tridosha Theory and modern science</b>	<b>56</b>

## Section 2 : Supraja–Janana (Better Progeny)

<b>Chapter 12 : Genital Organs</b>	<b>60</b>
<b>Chapter 13 : Planning for Good Progeny</b>	<b>67</b>
A. Regimen to be followed by the couple	67
B. Regimen to be followed during the monthly period	68
C. Rhutumati	68
D. Complexion	69
E. Putreshthi Yajna	72
F. Intercourse	72
G. Family Planning	72
H. Mantra for family planning	72
I. Mantra for fertilising the ovum	72
<b>Chapter 14 : Conception</b>	<b>74</b>
A. Rebirth and Memory of past life	74
B. Multiple Pregnancy	75
C. Uniovular Twins	75
<b>Chapter 15 : Pregnancy</b>	<b>77</b>
A. Signs of Pregnancy	77
B. Douhruda	77
C. Pseudo-pregnancy or spurious pregnancy	77
D. Kikkisa (Striae Gravidarum)	78
<b>Chapter 16 : Sex of the Baby</b>	<b>79</b>
A. Begetting Son or Daughter	80
B. Punsavana Vidhi - Method to change the sex of the baby	80
<b>Chapter 17 : Nutrition, Growth and Development of Foetus</b>	<b>82</b>
<b>Chapter 18 : Foetal Malnutrition</b>	<b>90</b>

<b>Chapter 19 : Regime in Pregnancy</b>	<b>93</b>
A. Do's and Don'ts in Pregnancy	93
B. Pregnancy and Disease	96
<b>Chapter 20 : Congenital Anomalies</b>	<b>98</b>
A. Causes of Congenital Anomalies	98
B. Results of violation of rules and regulations to be followed by the woman during previous menstrual period	100
C. Cravings in pregnant woman and effects on the foetus	101
D. The effect of maternal diet and the activity during pregnancy on the foetus	101
E. Manifestations in pregnant woman indicating damage to the foetus and to the mother	103
F. Congenital anomalies of sexual organs	103
G. Perverted Sex Stimulus	104
H. Prevention of Hereditary Diseases and Congenital Anomalies	104
<b>Chapter 21 : Birth of a Baby</b>	<b>106</b>
<b>Section 3 : Koumara Bhrutya (Child Care)</b>	
<b>Chapter 22 : Jatakarma (Care of the Newborn)</b>	<b>109</b>
<b>Chapter 23 : Post Partum Care of the Mother</b>	<b>113</b>
<b>Chapter 24 : Infant Feeding</b>	<b>115</b>
<b>Chapter 25 : Tonics for Infants</b>	<b>142</b>
<b>Chapter 26 : Dantajanma (Teething in children)</b>	<b>146</b>
<b>Chapter 27 : Sanskar (Rituals and Care of the Child)</b>	<b>150</b>
A. Naming-ceremony of the baby	150
B. Showing Sun and Moon	151
C. Taking the baby out of the house	151

D. Sitting	151
E. Kridabhumi (Play room)	152
F. Kreedanak (Toys)	152
G. Kumaradhara (Attendant of the baby)	153
H. Protection of child from accidents and diseases	153
I. Karna Vedhana (Pricking the Ears)	154
J. Choodakarma	155
K. Dress for children	155
L. Psychological care of the child	155
M. Upanayana, that is, Thread ceremony or Munja	156
N. Study	156
O. Vivaha (Marriage)	156
<b>Chapter 28 : Diet for Children and Adults</b>	<b>158</b>
A. Beneficial Diet	159
B. Sattvik, Rajasa and Tamasa diet	161
<b>Chapter 29 : Daily and Seasonal Regime</b>	<b>165</b>
<b>Chapter 30 : Examination of the Child</b>	<b>171</b>

#### **Section 4 : Bala-Roga (Diseases of Children)**

<b>Chapter 31 : Rogas or Vyadhi (Diseases)</b>	<b>188</b>
A. Classification	188
B. Aetiological factors	188
C. Pathogenesis of Diseases	190
<b>Chapter 32 : Bala-Roga (Diseases of children)</b>	<b>193</b>
A. Diseases of newborn baby	193
B. Diseases of umbilicus	194
C. Nutritional Disorders	194
D. Mrudbhakshanaja diseases	196

E. Infectious diseases	197
F. Respiratory Diseases	197
G. Gastro-intestinal Disorders	198
H. Genito-urinary diseases	199
I. Diseases of the Nervous System	200
J. Eye Diseases in Children	200
K. Some Skin Diseases	201
<b>Chapter 33 : Krumi Roga</b>	<b>203</b>
<b>Chapter 34 : Janapadodhwans</b>	<b>207</b>
<b>Chapter 35 : Grahabadha</b>	<b>210</b>
A. Afflictions by supernatural powers (ghosts and witches)	210
B. Infectious diseases involving central nervous system	210
C. Manifestations of graharoga	211
D. Prognosis	215
E. Treatment of Grahabadha	215
<b>Chapter 36 : Pain in Infants</b>	<b>223</b>
A. Vatajashoola	226
B. Pittajashoola	227
C. Kaphajashoola	228
D. Sannipatikashoola	229
E. Amajashoola	230
F. Parinamashoola	230
<b>Chapter 37 : Fakka - Delayed Walking</b>	<b>232</b>
<b>Chapter 38 : Prognosis</b>	<b>234</b>
<b>Section 5 : Chikitsasthan (Treatment)</b>	
<b>Chapter 39 : Principles of treatment</b>	<b>237</b>
<b>Chapter 40 : Dhoopa - Medicated Smoke</b>	<b>251</b>

<b>Chapter 41 : Medicines in children</b>	<b>254</b>
A. Dose of Herbal Medicines	254
B. Group of medicines used in paediatric practice	256
<b>Chapter 42 : Preparation of common Recipes</b>	<b>257</b>
<b>Chapter 43 : Time of Administration of Medicines</b>	<b>259</b>
<b>Chapter 44 : The best and the worst</b>	<b>261</b>
A. Patient and Physician	261
B. General	261
C. Factors detrimental to life and their causes	262
D. Diseases	263
E. Temperature	263
F. Doshas	263
G. Urinary Tract	264
H. Genital Tract	264
I. Skin	265
J. C. N. S.	265
K. Musculo-Skeletal System	266
L. Heart	266
M. Blood	266
N. Respiratory tract	266
O. Gastro-Intestinal Tract	267
P. Treatment	268
<b>Chapter 45 : Ideal Health</b>	<b>270</b>