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IMPORTANCE OF ASHTANGA HRIDAYAM IN KAUMARBHRITYA

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**ABSTRACT**

*Kaumarbhritya* is a one of the branch of *Ashtanga Ayurveda*, which deals with care of infants, children; their diseases & management. Though the main text of this branch is considered to be *Kashyap Samhita*, which is incompletely available, thus scholars have to look upon other authoritative text for knowledge of the subject. *Ashtanga Hridaya* being comprehensive text & a part of *Brihat Trayi*. This article aims at reviewing the knowledge about *kaumarbhritya* which is available in *Ashtanga hridayam*. After thorough review it was found that *ashtanga Hridaya* explain all concept of balrog, diseases of children and their practical treatment which is need of students, scholars and practitioners alike.

**Keywords:** *Kaumarbhritya, Ashtanga hridayam Samhita, Acharya Vagbhata, Kaumarbhritya in ashtanga hridayam.*

## INTRODUCTION

*Acharya vagbhata* is one among the three classical writers of *ayurveda* who have composed 'bhrihata trayi'. The time period of *acharya vagbhata* is history dates back to A.D. 600. Many topic of *kaumarbhritya* is dealt within the Uttar Tantra, but rest of part scattered in the *samhita*. A complete review of *samhita* reveals the concept and important contribution of *ashtanga hridayam* in the field of *kaumarbhritya*. The following is a short review of *kaumarbhritya* in *ashtanga hridayam*.

### AIM AND OBJECTIVES:

To review the contribution of Ashtang Hridaya by Vagbhata in *kaumarbhritya*.

### MATERIALS AND METHODS:

The materials were collected from classical ayurvedic *samhita* and research journals.

### Definition and fields of *kaumarbhritya*:

The branch of *ayurveda* which deal with the following categories is termed as *kaumarbhritya*. They are:

1. *Kumara bharanam*
2. *Ksheera dosha sodhanakriya* of *dhatri*/ mother.
3. Treatment of *dushta stanya vikara*.
4. Treatment of *garbhaja vyadhi*

*Acharya vagbhata* adds some more duties to the field of *kaumarbhritya*<sup>1</sup>

- Proper antenatal care (*garbhavati upachara*)

- Proper postnatal care (*sutika upachara*)

### Classification of age

According to age<sup>2</sup>

1. *Baala* up to 16 years
2. *Madhya* from 17 to 70 years
3. *Kashaya* above 70 years

In *ashtanga Hridaya*, *balavastha* further explained in three stages as below<sup>3</sup>;

- *Kshirada*- in this child feeding primarily upon milk
- *Kshirannda*- in this child depends upon milk and semisolid food
- *Annada*- in this child feeding solid food respectively

### Concept of breastfeeding

Ejection of breast milk occurred at 3-4<sup>th</sup> day of delivery<sup>4</sup>.

*Vagbhata* has aptly described properties of unvitiated and vitiated breast milk. The milk which becomes homogeneous and mixes evenly with water and does not have clinical features like presence of any *dosha* is pure and unvitiated milk<sup>5</sup>. The milk which is vitiated by *vata dosha* floats on water is astringent, frothy has less fat content and cause obstruction to feces and urine<sup>6</sup>. The milk which vitiated by *pitta dosha* is hot, pungent, produce yellow colored line in water and give burning sensation in a baby's alimentary canal<sup>7</sup>. The milk which is vitiated by *kapha dosha*

is slightly salty, thick, and sink in water. Features of two or more *doshas* are found together when it is vitiated by 2 or 3 *doshas* simultaneously, when baby consumed this type of vitiated milk, it gives rise to diseases arising from corresponding *doshas*<sup>8</sup>.

### **Congenital anomalies**

Hare lip or cleft lip is described as a *khandoushtha* which is splitting of lips into two parts by *vata*<sup>9</sup>, *vagbhata* has also explained the surgical procedure for correction of this anomaly<sup>[10]</sup>.

### **Birth injuries**

*Vabghata* described a t/t of a condition named *upshirshaka* which is similar to birth injury caput succedaneum<sup>11</sup>. It is described as a condition caused by *vata* dosha vitiation entering the scalp of fetus during delivery time resulting swelling.

### **Concept of neonatal care**

Acharya *vagbhata* explained *ulva* shodhana chikitsa, *abhyanga*, *nalachhedana* (cutting of umbilical cord), *snana* (bath), *sneha pichu aadi chikitsa in kaumarbhritya*

*Ulva shodhana*- in that he explained the *ulva* is removed by finger with *saindhav* and *ghee*

*Abhyanga* – it done with *bala tail*

Two stone rubbed at the base of ear for stimulation to auditory nerve with holy chanting of mantra is prescribed

*Nabhinala kartana*- cord should be cut at a distance of 4 angula from the umbilicus, tied with thread and *kushtha tailam* is applied over that for further prevention

*Snana* – after *nabhinala chhedana* bathing of baby is done by *ksheerivriksha decotation* and red-hot gold or silver dipped in water, this water is for bathing purpose<sup>12</sup>.

### **Concept of lehana**

Acharya *vagbhata* describes drug combination for *lehana* comprising of gold as one of the content namely *hema*, *arkapushpi*, *sweta vacha* (*Acorus Calamus*), *kushtha* (*Saussiria lappa*), *kanchana* (gold), *matsyaksha*, *sankha* or *kaidarya* .these four group of drug consumed mixed with honey and ghee, for a period of one year bestow good body growth, intelligence, strength, toned color and beneficial as whole. Formulation used in *lehana karma* are *ashtanga ghrita*, *saraswat ghrita*, *vachadi ghrita*.<sup>13</sup>

### **Common diseases of infancy and childhood:**

*Masurika*- In mouth and all over body, there is an inflammation and temperature with eruption of skin which is painful, hard resembling masoor daal in shape<sup>14</sup>.

*Rudhhaguda* – *Apana vayu* aggravated by suppression of urges of feces and flatus, makes the anal canal constricted with

difficult painful defaecation, this disease is known as *rudhhaguda*<sup>15</sup>.

**Nirudhamani (phimosi)** A condition in which tight fore skin can't be pulled back over the head of the Penis. Acharya vagbhata explained treatment of *Nirudhamani* in *guhyaarogapratishehadhyaya* briefly.<sup>16</sup>

**Kshiralasaka:** The breast milk, vitiated by 3 doshas has bad Smell and resembles water; by drinking it the child eliminates hard or thin frothy faeces of varied color along discomfort in Abdomen. Urine is yellow, white & thick, with Fever, loss of appetite, thirst, vomiting, blenching, yawning, twisting of body, moaning, shivering ,giddiness & ulceration at mouth nose & eyes develops This disease is called *kshiralasaka*<sup>17</sup>.Treatment of *kshiralasaka* is Immediate *Vaman* To mother and that child. also explained *stanya doshahar yoga*<sup>18</sup>.

**Danthodabheda Gada (problems related to teething):** During teething or on time of teeth eruption some symptoms are occurred such a diarrhea, Fever, cough, headache, vomiting etc<sup>19</sup>. Acharya Vagbhata also explained *dantotpatti chikitsa*, in that he explained, gums are nubbed by *pippali churna + madhu, Awala + madhu*.<sup>20</sup>

**Ahiputana (Napkin Rash):** Due to sticking of feces or sweat on anal region

ulcer arising from rakta and kapha develop in anal region of child which are coppery in color with itching accompanied with secondary diseases.

Acharya vagbhata says that this is *matruka dosha* all other auther call it *prishtaruguda kutta* or *anamaka*<sup>21</sup>

**Mridbhakhanajanya vyadhi:** Acharya vagbhata also explained treatment of *Mridbhakhanajanya Vyadhi* with herbs *patha vayadinga, haldi Nagarmotha marich pippali* etc. by using these herbs ghee prepared and used to lick so that Children decreased their habit of pica like diseases<sup>22</sup>

#### **Malnutrition in children:**

*Balashosh* is a malnutrition disorder described by vagbhata. Acc. to him sleeping too much in day time drinking cold water drinking breast milk vitiated by kapha causes blockage of *rasavaha strotas*. After that the child develops loss of appetite nasal catarrh, Fever and cough and hence child becomes skinny and his face & eyes become greasy and white<sup>23</sup>

Acharya Vagbhat gives following *kalpana* for treatment of *Balashosha, saindhawadi churna sthiradi ghritha, shinhyadi ghritha, yashtyadi ghrith, Shrungyadi ghritha* and *vachadi taila* For *Abhyanga*<sup>24</sup>

**Balagraha:**

*Bala grahas* are described to protect kartikeya by lord shiva, Five male form & seven female form respectively are - *skanda, vishakha, meshakhya, svagraha, pittagraha, shakuni Putana*

*sheetputana, adrishta putana, mukha mandika, revati and sushka revati*.

Acharya vagbhata describes the general features of these *bal grahas* with clinical feature etiology & treatment in vadetails<sup>25</sup>

#### **Childhood Sacraments (Sanskaras):**

*Sanskaras* are rites performed with an objective of imparting positive qualities in a person. They improve a person while removing his undesirable attributes. The childhood *Sanskara* aim at preparing the baby for extra uterine life successfully, develop proper feeding habits, ensure adequate nutrition, prevent diseases, adapt to environment for further survival, give individual identity and educate the child. Acharya Vagbhata prescribes '*Prajapatya vidhi*' in *Jata Karma Sanskara* described in texts of *Dharmashastra*.<sup>26</sup> Vagbhata has also described *Namakarana sanskara* to be done on 10th or 12th day's while he opines sixth month as appropriate time for *Annaprashan*.<sup>27</sup> *Karnavedhana* or piercing of ear lobes serves ornamental purpose as well as protects baby from diseases. *Astanga Hridaya* recommends an age of six, seven or eight months for this rite. It is to be done preferably in cold climate.<sup>28</sup> In

the context of *Upveshan sanskara* in which sitting ceremony, Vagbhata has enumerated fifth month as the appropriate time.

#### **Examination of Baby:**

Acharya Vagbhata describes that pain in children should be understood by sudden and repeated crying. The part of body which the child touches often and does not allow to be touched by others (tenderness) is to be understood as having pain. Pain in the head should be understood by the closing of eyelids; pain in chest by biting of tongue and lips, dyspnea and clenching of the fist. Pain in abdomen is judged by constipation, vomiting, biting of breast, intestinal gurgling sound, flatulence, bending the back and elevating abdomen. Pain in urinary bladder and genitals is interpreted by obstruction to elimination of the feces and urine and frightened look.<sup>29</sup>

Vagbhata has also opined that wise physician should examine the baby commencing with head for deciding his life span based on features described in '*Prakriti bhediya*' chapter.<sup>30</sup> In this chapter, Acharya has described features of various body parts like forehead, veins, face, head, tongue, mouth, eyes, chest, etc. and the corresponding life span of person having these features.<sup>31</sup>

#### **Garbha vyapada:**

Vagbhata includes concept of *Upavishtaka*, *Nagodara* and *lina garbha* along with their proper treatment, whereas *upavishtaka* means; when Fetus is live and growth retarded. This is due to vaginal copious discharge & hence the fetus growth retarded in size but remains inside the womb producing throbbing. Another condition in which the fetus is dry & emaciated is *Nagodara* in This mother undergoes several mental & physical stresses, has vaginal leaking which increases the vata dosha hence baby get slim means not healthy (ie *krusha*). Whereas in *Lina garbha* there is no throbbing sensation & stay as it is in womb.<sup>32</sup>

#### Development of Fetus<sup>33</sup>:

1 month	<i>Auyakta</i>
2 month	<i>Kalala</i> in the form of- <i>peshi</i> - female <i>stri</i> <i>ghan</i> - male <i>Purusha</i> <i>Arbuda</i> - <i>Napunsaka</i>
3 month	Formation of Head, two leg, two hands - <i>panchanga Janmam</i>
4-5 months	Proper development of all body parts and chetana
6 month	Popper development of <i>snayu, sira, roma, Bala</i> <i>varna, Nakha and twacha</i> <i>etc</i>
7 month	Developed with all body parts
8 month	<i>Oja</i> dhatu is either on mother side or child side
9 month	<i>Prasava kala</i>

**Table no. 01**

#### CONCLUSION & DISSCUSION:

After thorough review of *Ashtang Hridaya*, it was found that the considered text has mentioned all the important concept/aspects of *Kaumarbhritya* like duties to the field of *Kaumarbhritya* classification of age, concept of breastfeeding, neonatal care, childhood sacraments, common diseases of infancy and childhood, formulations used in children, sequence of development of fetus etc. which are enough for the basic knowledge of the subject and to satisfy the students, scholars and physicians.

Thus, it has a place in '*Brihat trayi*', the three great treatise of Ayurveda. It describes all the important concepts of *Kaumarbhritya*, diseases of children and their practical treatment.

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