

CONCEPTUAL BELONGINGS OF KAUMARBHRITTYA / BALROGA: UNDERSTANDING OF TERMINOLOGY A REVIEW

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Abstract

Kaumarbhrittya is branch of Ayurveda amongst eight branches, which dealt with disease associated with childhood age. The understanding regarding pedantic diseases is very essential since large number of population comes under these age groups. Kaumarbhrittya explain diseases of early growing age along with their etiology, pathogenesis, prevention and treatment. This article described conceptual understanding of Kaumarbhrittya to explore its content material.

Keywords:

Kaumarbhrittya, Balaroga,
Ayurveda, Kumara.

INTRODUCTION

The pedantic branch of Ayurveda termed as Kaumarbhrittya which aimed: to increase immunity of growing children, boost mental strength, manages nutritional supply, control prevalence of infectious disease. This branch elaborates pathological manifestation and treatment approaches for new born as well as growing children. Kaumarbhrittya not only suggest medicine for pediatric care but also describe dietary guideline and daily life routine for pediatric care. The historical development of Ayurveda believe that the separate branch of pediatric care came into the practice since health status and body compatibility of children is delicate as compared to adults, thus need to be handled with different approach like; Kaumarbhrittya [1-4].



Figure 1. Approaches of Neonatal Care.

Understanding of Kaumarbhrittya

First Kaumarbhrittya classified age as Vayobheda into different growing stages such as; Garbha, Bala, Kumara; Kshirada, Kshirannada & Annada. Kaumarbhrittya then focuses on Neonatal Care as Navajata Shishu Paricharya including preterm care (Samaya-purvajata Shishu), full term care (Purnakalika Shishu) and post term neonate care (Samaya-Paschatajata Shishu) which also involve Cutting of umbilical cord (Nabhinala Chhedana). Navajata Shishu Parikshana deals with examination of new born while Navajat Shishu Poshana manages nutritional consideration of neonates including breast feeding & vitiation of breast milk described as Stanyadosha in Kaumarbhrittya which. Another aspect of Kaumarbhrittya is Garbha Vridhi Vikasa Krama which focuses on normal fetal growth while Sharirika Vridhi & Mansika evam Samajika Vikas denotes physical, mental and social development of child.

The nutritional consideration is also very important aspect of Kaumarbhrittya and Satmya & Asatmya Ahara regards compatible and incompatible diet. Immunity (Vyadhikshamatva) of children mentioned as Bala which encompasses various methods of immunity enhancement. The diseases associated with childhood age described as Balaroga & Balaroga Parikshavidhi involve examination of childhood disease. The drug & its dosing is important for pediatric care since chances of toxic effects are more in children as compared to adults; Aushadhi Matra Nirdharana & Aushadhi Kalpana encompasses drug doses as per age and precautionary measurements [2-6].

PRE CONCEPTIONAL CARE

The aim of pre conception care is to achieve optimal health for baby through mother. Ayurveda mentioned some rules for well being of child through balanced conditions of tridosha (dosha, dhatu, mala). Ayurveda specifically emphasized on healthy pregnancy through management of Ritu, Beeja, Marga and Hridi. Nutritional care of mother helps in healthy development of fetus. Healthy pregnancy may also be achieved through Sharir shudhi, Mano shudhi and Putresti yajna.

CATEGORIZATION OF SOME BALAROGA AS PER KAUMARBHRITTYA

- **Hereditary diseases (Anuvanshika Vyadhi):** Turner Syndrome, Down syndrome & Juvenile Diabetes.
- **Neonatal disorders (Prasavottara Vyadhi):** Navajata Netrabhishyanda, Nabhiroga, Rakta Vishamayata, Mastishkaghata and Ulvaka Roga.
- **Nutritional disorders (Kuposhanajanya Vyadhi):** Karshya, Balashosha, Phakka and Parigarbhika.
- **Infectious Diseases (Aupasargika Vyadhi):** Romantika, Karnamula Shotha, Rubella, Rohini, Masurika, Kukkura-kasa, Dhanurvata, Krimiroga, Rajayakshma, Antrika Jwara.
- **Srotas Vikara:** Pratishyaya, Shwasa, Kasa, Utpullika, Swasanaka Jwara, Tamaka Shwasa, Talukantaka & Gala shotha.
- **Raktavaha Srotas Vyadhi:** Kamala, Raktapitta, Uchcha-Raktachapa, Krimija Hridroga, Yakridpleehodara.
- **Mamsa-Medovaha Srotas Vyadhi:** Apachi, Galaganda, Sthaulya, Gandamala.
- **Diseases of digestive system (Annavaaha Srotas):** Ajirna, Pravahika, Chhardi, Atisara, Vibandha.
- **Mental disorders (Mansa Vikara)** Pangutwa, Jadatwa, Apasmara, Akshepa, Unamada, ADHD.

ENT diseases: *Nirudhaprakasha, Madhya Karna Shotha & Karnasrava.*

DIAGNOSTIC APPROACHES OF BALAGORA AS PER KAUMARBHRITTYA

The Prashna Pariksha not very effective in diagnosis of Bala-Roga since children not able to answer correctly regarding physiological abnormalities; however Prashna Pariksha may be employed through parents/guardian. The consideration of Dosha vitiation, srotas obstruction and pathological investigations helps in diagnosis of childhood diseases [3-8].

Samanya Parikshan involves physical examination of: Nakha, Netra, Tvak, Jivha, Danta, Kesha, Mala, Mutra, Nadi, etc. Prayogshalin & Anyaparikshan Nidan Panchak encompasses: Hetu, Purvarup, Rupa, Upashayanupashay & Samprapti.

- **Hetu:** The cause of disease.
- **Purva roopam:** signs and symptoms.
- **Roopam:** symptoms through which disease exhibited.
- **Upashya:** disease is ascertained by the experimental use of specific conduct, diet & drugs.
- **Sampraapti:** the observation of the pathogenesis of the disease.

CONCLUSION

Kaumarbhrittya is branch of Ayurveda which dealt with the prevention, diagnosis and treatment of Balaroga. The understanding of physiological functioning & disease pathogenesis in children is very important since body compatibility in early age is delicate and different from the adult age. This article described basic conceptual terminology of Kaumarbhrittya to explore level of disease management in children. Article also mentioned common Balaroga & along with category. This review presented brief understanding of Kaumarbhrittya & it's different approaches.

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