

## ***The Interpretation and Definition of the Conceptual Components of Kaumarbhritya and Balroga***

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### ***Abstract***

*Kaumarbhritya is one of eight Ayurvedic disciplines that deals with diseases connected with children. Understanding paediatric illnesses is critical since a huge proportion of the population falls within these age categories. Kaumarbhritya discusses illnesses of childhood, including their origin, pathophysiology, prevention, and therapy. This article provided the conceptual understanding of Kaumarbhritya in order to investigate its substance.*

***Keywords: Kumara, Ayurveda, Kaumarbhritya, Balaroga.***

### **INTRODUCTION**

Immunity in developing youngsters, raise mental power, manage nutritional supplies, and reduce the occurrence of infectious illness. This section develops pathogenic manifestations and therapeutic techniques for both newborns and developing children.

Kaumarbhritya not only recommends medicines for paediatric treatment, but

also describes dietary guidelines and everyday living routines. The historical evolution of Ayurveda believes that a separate area of paediatric treatment came into practise because children's health situation and body compatibility are more fragile than adults', and so require a different approach, such as Kaumarbhritya.



**Figure 1 Approaches of Neonatal Care**

### Understanding of Kaumarbhrittya

First, Kaumarbhrittya divided age as Vayobheda into distinct phases of development, such as Garbha, Bala, Kumara; Kshirada, Kshirannada, and Annada. As Navajata Shishu Paricharya, Kaumarbhrittya then concentrates on Neonatal Care, including preterm care (Samaya-purvajata Shishu), full term care (Purnakalika Shishu), and post term neonate care (Samaya-Paschatajata Shishu), which also includes umbilical cord cutting (Nabhinala Chhedana). Shishu Navajata Parikshana is in charge of newborn examinations, whilst Navajat Shishu is in charge of older children. Poshana is in charge of neonatal nutrition, including breast feeding and vitiation of breast milk, which is referred to as Stanyadosha in Kaumarbhrittya. Another part of Kaumarbhrittya is Garbha Vridhi Vikasa Krama, which focuses on proper foetal growth, whereas Sharirika Vridhi and Mansika evam focus on foetal

development. Samajika Vikas refers to a child's physical, mental, and social development.

In terms of compatible and incompatible diet, nutritional considerations are also an essential component of Kaumarbhrittya and Satmya & Asatmya Ahara. Immunity (Vyadhikshamatva) of children is referred to as Bala, and it includes many strategies of immunity augmentation. Balaroga and Balaroga Parikshavidhi are disorders connected with childhood age that include investigation of childhood sickness. The medicine and its dosing are critical for paediatric treatment since the likelihood of harmful consequences in children are higher than in adults; Aushadhi Matra Nirdharana & Aushadhi Kalpana include drug doses based on age and preventative assessments.

### Pre Conceptional Care

The goal of prenatal care is to ensure maximum health for the baby via the mother. Ayurveda provided several principles for a child's well-being through balanced tridosha circumstances (dosha, dhatu, mala). Ayurveda stressed good pregnancy notably through the treatment of Ritu, Beeja, Marga, and Hridi. Nutritional treatment for the mother aids in the proper growth of the foetus. Sharir shudhi, Mano shudhi, and Putresti yajna might also help you have a healthy pregnancy.

### 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, Utphullika, 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 (Annavaha Srotas):** Ajirna, Pravahika, Chhardi, Atisara, Vibandha.
- **Mental disorders (Mansa Vikara)** Pangutwa, Jadata, Apsmara, Akshepa, Unamada, ADHD.

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

### DIAGNOSTIC APPROACHES OF BALAGORA AS PER KAUMARBHRITTYA

Prashna Pariksha is not particularly helpful in diagnosing Bala-Roga since children are unable to accurately answer questions

about physiological anomalies; nonetheless, Prashna Pariksha may be used by parents/guardians. Dosha vitiation, srotas blockage, and pathological studies aid in the identification of paediatric disorders [3-8].

Physical examination of Nakha, Netra, Tvak, Jivha, Danta, Kesha, Mala, Mutra, Nadi, and other organs is part of Samanya Parikshan. Hetu, Purvarup, Rupa, Upashayanupashay, and Samprapti are included in the Prayogshalin and Anyaparikshan Nidan Panchak.

- **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 an Ayurvedic branch that focuses on the prevention, diagnosis, and treatment of Balaroga. Understanding physiological functioning and illness causation in children is critical since body compatibility in childhood is sensitive and distinct from adulthood. This article

discussed the core conceptual terminology of Kaumarbhrittya in order to investigate the level of illness management in children. Along with the category, the article also highlighted common Balaroga. This review provided a quick overview of Kaumarbhrittya and its many techniques.

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