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Concise Review On Daily Regimen Modification To Attain Good Quality Life W.S.R. To Mother And Child Health Care

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ABSTRACT

Our country is home to the largest child population in the world. We know that generally, a child who enjoys a better state of health during childhood will become a healthy adult. So, we need a more concrete and compassionate road map to ensure that every child is safe and protected. *Ayurvedic* daily regimen (*Dincharya*) is one of the most powerful preventive measure to ensure a long and healthy life for humans. *Dincharya* is a gift for the people and children to live healthy and longer. In the assimilation of *Ayurvedic* daily regimen (*Dincharya*) in the life of child (*Ksheerap* and *Ksheerannad*) their mother can play an important role. A mother can greatly influence child's growth and development by applying all regimen on her child like *Abhyanga* (oil massage), *Anjan* (collyrium), *Snaana* (bath), *Pratimarsha-Nasya* (nasal drop) etc. can be applied to the baby by the mother.

Key Words: Ayurvedic daily regimen, *Dincharya*, *Khseerap*, *Ksheerannad*, *Abhyanga*, *Anjan*, *Pratimarsha-Nasya*.

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INTRODUCTION

- Ayurveda, ancient science of life, is not merely a system of medicine, but it concentrates on all aspects of life. It includes social, environmental, biological and physiological perspective of health. Its basic purpose is maintenance of health (prevention of diseases) and alleviation of diseases.
- While defining the health, *Acharya Sushruta* mentioned about a state of homeostasis in which *Dosha*, *Agni*, *Dhatu* and *Mala* are in equilibrium along with a happy and relaxed mind & content soul¹.
- This equilibrium of *Dosha*, *Dhatu*, *Mala* and *Agni* is dependent on various factors like diet, daily activities from morning to night, sleep pattern and many such factors directly or indirectly Ayurveda uniquely perceived an intimate relationship between life style of an individual to its health and disease. In Ayurveda, a module for daily activities (*Dinacharya*) has been described.
- Daily activities to be done to maintain health after arising in the morning after a night's

sleep is called as *Dincharya*², Daily regimen or *Dincharya* can be applied on *Ksheerap*³ (infant) and *Ksheerannad*⁴ *Vaya* (Toddler). If we follow proper *Dinacharya* (like *Abhyanga*⁵ (oil massage), *Anjan*⁶ (collyrium), *Snaana*⁷ (bath), *Pratimarsha-Nasya*⁸ (nasal drop) we can attain a better level of health. Different Ayurvedic texts like *Charaka Samhita*, *Sushruta Samhita*, *Ashanga Hridaya*, *Bhava Prakash*, *Kshemakutuhalam*, *Yogaratnakara* etc have described daily regimen which mainly deals with adult. A particular lifestyle of person is a collective product of his/her physical capacity coordinated with psychological functioning displayed in the form of habits, behaviours, dietary and living pattern based on his own training sought from childhood and also gained from his immediate companions including parents, siblings etc. Here proper *Dinacharya* is equally important for children to maintain the health and proper growth & development of individual child.

MATERIAL AND METHOD: -

Various *Ayurvedic* classical texts like *Charak Samhita*, *Sushrut Samhita*, *Ashtang hriday*, *Ashtang sangrah* were used. Beside this, modern books on preventive and social medicine were also used for the study.

AIMS AND OBJECTIVES: -

Dincharya means the way people live reflecting the whole range of activities, attitudes of every day from sunrise to sunset. Advancements in a society and pursue of western culture causes altered life style which has drastic effect on human health. As children are future of every country so there is need of proper lifestyle management and guidance for the children.

Main aim and objective behind presenting this paper is to make public aware for healthy lifestyle which is now a days missing due to so called modernization.

Here the bodily daily routine like – early morning rising, collyrium etc will be described in relation to their role in maintaining health of infant and toddler.

1. **BRAHMAMUHURT JAGRAN (EARLY MORNING RISING)⁹**: - It is healthy to get up in *Brahma muhurta*. One should get up early in the morning to become healthy and to increase longevity of life¹⁰. Mother should get up in morning and habituate getting up early because if she gets up early only then her baby will also get up and will attain the good effects like rich and pure oxygen level.
 - In *Brahmamuhurat APAN VAYU* is predominant, in that time defecation becomes easier due to its predominance¹¹.

<u>BRAHMAMUHURT JAGRAN</u>	<u>MOTHER</u>	<u>INFANT</u>	<u>TODDLER</u>
<i>(EARLY MORNING RISING)</i>	✓	-	-

2. **ANJANA (COLLYRIUM)**¹²: -The useful *Sauvira anjana* (collyrium) should be applied to eyes daily for stimulating secretion. The vision is predominant in *Tejas* and such is especially susceptible to *Kapha*.

Hence, the measures alleviating *Kapha* are beneficial for clarifying the vision¹³.

- A sharp collyrium should not be applied to eyes at day, as the vision is already weak due to evacuation of the *Kapha*, is further depressed in the Sun.
- Hence the evacuating collyrium is compulsorily desired to be applied at the night only.

<u>COLLYRIUM</u>	<u>MOTHER</u>	<u>INFANT</u>	<u>TODDLER</u>
(ANJANA)	✓	×	×

3. **DHUMPANA (SMOKING)**: A stick which is barley shaped, thumb like and of eight fingers in length made with useful herbs.

- The person should take this stick put it on smoking pipe and ignited should smoke as a daily routine of happiness.
- By this strength of hairs, skull, sense organs and voice increases.

- Moreover, the person used to oral smoking does not fall prey to diseases of the parts above *Jatru* (collar bone) having predominance of *Vata* and *Kapha*, however strong they are.
- Well cleansing of heart, throat, and sense organs, lightness of head and pacification of aforesaid *Doshas* – these are symptoms of proper smoking¹⁴.

<u>SMOKING</u>	<u>MOTHER</u>	<u>INFANT</u>	<u>TODDLER</u>
(DHUMPANA)	✓	×	×

4- NASYA (SNUFF): Every year one should use *Anutaila* (through snuff) thrice a day in early rains, autumn, and spring when the sky is free from clouds.

- One who practices snuffing as prescribed and in time, his vision, smell and hearing are not
- He is not attacked suddenly by disorders of parts above *Jatru* (collar bone) and even in advance years old age doesn't find strength in his best organ (head)¹⁵.

affected, his hairs or beard and moustache don't become white, hairs do not fall rather they grow abundantly.

- Face becomes cheerful and well developed, voice melodious, stable and grave.
- Freedom from defects and increased strength are bestowed upon all sense organs.
- Here *Pratimarsha Nasya* (a little dose of snuff) can be applied to all age group.

<u>PRATIMARSHANASYA</u> (SNUFFING)	<u>MOTHER</u>	<u>INFANT</u>	<u>TODDLER</u>
	✓	✓	✓

4. DANTDHAWAN (TOOTH BRUSHING):

A mother should use astringent, pungent and bitter teeth cleaning (twigs having made it into a brush) by crushing top end, twice a day.

- .

Teeth cleaning removes (foul) smell, tastelessness and taking out dirt coated on tongue, teeth and mouth brings relish immediately¹⁶

<u>DANTDHAWAN</u> (TOOTH BRUSHING)	<u>MOTHER</u>	<u>INFANT</u>	<u>TODDLER</u>
	✓	×	×

5. **KARNABHYANG (SATURATING EARS WITH OIL):** By saturating ears with oil daily, ear disease due to *Vata*, stiffness of back neck and jaws, hard hearing and deafness do not occur¹⁷.

<u>KARNABHYANG</u> (SATURATING EARS WITH OIL)	<u>MOTHER</u>	<u>INFANT</u>	<u>TODDLER</u>
	✓	✓	✓

6. **ABHYANG (MASSAGE):** As a pitcher by moistening with oil, skin by pressing with oil and axis (of a cart) with lubrication becomes strong and jerk resistant, so by oil massage the body becomes firm, smooth skinned, from disturbances of *Vata* and tolerant of exertions and exercise¹⁸.

- *Vayu* is predominant in tactile sense organ which again is located in skin, oil massage is the most beneficial for the

skin, hence the mother should use it regularly on her child.

- The body of one who uses oil massage regularly does not become affected much even if subjected to accidental injuries, or strenuous work.
- By using oil massage daily, a person is endowed with pleasant touch, trimmed body parts, and becomes strong and charming and least affected by old age.

<u>ABHYANG</u> (MASSAGE)	<u>MOTHER</u>	<u>INFANT</u>	<u>TODDLER</u>
	✓	✓	✓

7. **PADABHYANG (MASSAGE IN FEET):**

By massaging of oil in feet, coarseness, stiffness, roughness, fatigue and numbness, of feet are alleviated in no time.

- Further delicacy, strength and firmness in feet, clarity of vision is attained and *Vata* is pacified¹⁹.
- A mother can apply it on her child.

<u>PADABHYANG</u> (FEET MASSAGE)	<u>MOTHER</u>	<u>INFANT</u>	<u>TODDLER</u>
	✓	✓	✓

8. **SHARIR PARIMARJAN (RUBBING OVER THE BODY):** Rubbing over the body alleviates foul smell, heaviness, drowsiness, itching, dirt, anorexia, and vulgar appearance of sweat²⁰.

- Mother can rub her child with wet clothes.

<u>SHARIR PARIMARJAN</u>	<u>MOTHER</u>	<u>INFANT</u>	<u>TODDLER</u>
(RUBBING OVER THE BODY)	✓	✓	✓

9. **SNANA (BATHING):** Bathing is purifying, aphrodisiac, life promoting, destroyer of fatigue, sweat and dirt, resuscitation, and a good promoter of *OJAS*²¹.it also enhances the *Jatharagni* (digestive fire)²²

- A mother should apply it daily on her child.

<u>SNANA (BATHING)</u>	<u>MOTHER</u>	<u>INFANT</u>	<u>TODDLER</u>
	✓	✓	✓

10. **SWACHCHHA VASTRA DHARAN (WEARING CLEAN CLOTHES):** Wearing clean clothes enhances charm, fame, life span; removes inauspiciousness and eligibility for a congregation²³.

- A mother should daily put on clean clothes to her child.

<u>SWACHCHHA VASTRA DHARAN</u>	<u>MOTHER</u>	<u>INFANT</u>	<u>TODDLER</u>
(WEARING CLEAN CLOTHES)	✓	✓	✓

11. **PADA EVUM MALMARG SHUDDHI**
(CLEANING OF FEET & EXCRETORY ORIFICES): Cleaning of feet and excretory orifices frequently promotes intelligence,

purity, longevity and destroys inauspiciousness and dirt²⁴.

- Here again mother plays an important role in cleaning the feet and intimate and excretory area of her child like ears, corner of eyes, nostrils, anal region etc.

<u>PADA EVUM MALMARG SHUDDHI</u> (CLEANING OF FEET AND EXCRETORY ORIFICES)	<u>MOTHER</u>	<u>INFANT</u>	<u>TODDLER</u>
	✓	✓	✓

12. **KALPAN (CUTTING OF HAIRS, NAILS Etc.):** Cutting of hairs, beard, moustache, nails etc and hair dressing is nutritive, aphrodisiac, life promoter²⁵ and provides cleanliness and beautification²⁶.

<u>KALPAN</u> (CUTTING OF HAIRS, NAILS)	<u>MOTHER</u>	<u>INFANT</u>	<u>TODDLER</u>
	✓	✓	✓

13. **PADATRA DHARAN (USE OF FOOTWEARS):** Use of footwear is beneficial for eye sight²⁷, and tactile sense organ, is destroyer of calamity to feet and promotes strength, ease in display of energy and libido²⁸.

- A mother should promote her child (who is capable to walk) to wear footwear.

<u>PADATRA DHARAN</u> (USE OF FOOTWEAR)	<u>MOTHER</u>	<u>INFANT</u>	<u>TODDLER</u>
	✓	×	✓

DISCUSSION & CONCLUSION: -

In this article researchers tried to modify *Dincharya* for infant (*Ksheerap*) and toddler (*Ksheerannad*) age group. It is suggested to follow modified *Dincharya* which include Ayurvedic daily regimen like *Brahma muhurta jagran, Anjana, Dhumpan, Nasya, Padabhyang, Abhyanga*, and adopted some modern technique like brushing, Neonatal bath, wearing clean clothes, cutting of hairs and nails and using footwear etc. Mother and Children are assets of the nation. As Mothers are primary teacher and the children are future of every developing country so there is need of proper guideline for

their good health, and *Dincharya* plays a great role in achievement of health. Various components of *Dincharya* shows that our ancient daily regimen is helpful for not only physical health achievement but also mental health achievement. Hence, it unknowingly fulfils the health definition of WHO (physical, mental and social well- being). Every mother should follow and teach their children about the modified *Dincharya* so that the mothers as well as their children can attain health benefits of modified *Dincharya* mentioned in this article.

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