

# Integrating Siddha and Ayurvedic Practices in Paediatric Care: A Holistic Approach to Childhood Illnesses

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**Abstract:** *Ayurveda and siddha is one of the most antiquated clinical sciences on the planet. It imagines and portrays the fundamental and applied parts of life process, wellbeing, sickness and its administration with regards to its own standards and approaches. The WHO defined health not only as the absence of disease but also as the state of complete physical, mental, and social well - being. Ayurveda, a system of medicine that focuses on treating children's illnesses. Portion obsession in pediatric patients is a basic occupation for both allopathic and Ayurveda doctors. For any medical science, diagnosis, drug selection, dose fixation, and time of administration determine treatment success. In Ayurvedic therapeutics, drug treatment is given prime significance. In Ayurveda, the Matra (portion) of a medication has been referenced in various compositions out of which Acharya Kashyapa is the trailblazer of Ayurvedic pediatric medication and he has deep rooted the pediatric dosing framework. Ayurveda doctors were utilizing different Matra's for various dose structures and furthermore the portion was fixed by age and numerous different elements like Satva (mental capacity), Prakriti (constitution), Bala (actual strength) and so on. This audit study is connected with pediatric medication dosages from various Ayurveda works of art.*

**Keywords:** Ayurveda, Kaumarbhritya, Dose, Drug, Matra, Pediatrics

## 1. Introduction

The siddha system of medicine is an ancient traditional system of medicine that is part of AYUSH and was developed by siddhas. It addresses an individual's physical, psychological, social, and spiritual well - being. This system views the human body, as well as food and drugs, regardless of their origin, as a replica of the universe. This system, like Ayurveda, says that everything in the universe, including the human body, is made up of Pancha - Bootham, or the five basic elements: earth, water, fire, air, and space. Siddha framework thinks about the human body as a mixture of three humors, seven fundamental tissues and the byproducts of the body as said in Ayurveda.

"Food itself is endlessly medication itself is food" is the premise of Siddha medication. The food is viewed as the essential structure material of human body which gets changed into humors, body tissues and side - effects. The harmony of humors is considered as wellbeing and its awkwardness prompts sickness. Diet and lifestyle play a significant role in both preventing and treating illness. Children are a special segment of the population with particular health requirements. Adolescence is the time of both physical and mental development and furthermore has distressing periods like pubescence and puberty that influence the soundness of developing youngster and youth. Kids with exceptional necessities are the people who experience the ill effects of learning problems, discourse issues, mental imbalance range issues, Down's condition and those youngsters who need additional consideration and care to adapt to routine exercises. They might have been brought into the world with a disorder, terminal disease, significant mental weakness, or serious mental issues. They need

lifetime direction and backing while at the same time managing regular issues like lodging, work, social contribution, and funds. The point of most treatment programs is to help the youngsters to foster their scholarly and practical abilities to the greatest conceivable level. Treatment may likewise incorporate family treatment which assists them with creating abilities for managing exceptional requirements of the kid. The Siddha system emphasizes preventative rather than curative measures, so it recommends that pregnant women change their diet and lifestyle, as well as take medications, to ensure the child's proper growth and development.

The total number of diseases in the Siddha system of medicine is 4448.108 of these diseases are thought to begin in infancy. Agathiyar, known as the "father of Siddha medicine," classified the clinical signs and symptoms of the pediatric disease into numerous subtypes.

## 2. Literature Review

*Sharma Minaxshi [2019]* Young children's overall development and the adult they will become are directly influenced by their emotional, social, and physical development. To that end understanding the need to put resources into exceptionally small kids is so significant, in order to augment their future prosperity. From above depiction it is extremely certain that, youth is exceptionally vital time span of life, accordingly, Ayurveda Acharyas have all around recognized the significance of kid development and improvement and separated the wellbeing and illnesses of youngsters from grown - up. Kaumarbhritya is the independent branch of Ayurveda that focuses on child rearing practices and the treatment of childhood diseases.

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Within this branch, one can find a guiding principle for all Ayurvedic practices. The development of the infant is the central theme. All of the Samskara that Ayurveda talks about are ways to raise a child and treatment plans that focus on the baby's growth and are planned in a systematic way to not hinder or change the baby's growth. Likewise, development appraisal in kids has been very much depicted by Ayurveda acharyas.

**Meenakshi Sundaram M [2017]** Siddha arrangement of medication is the most well known customary arrangement of medication. The Siddha system of medicine is providing modern - day health care solutions based on solid fundamental principles and cultural roots. Even though it is a medical system, the Siddha system helps us live a perfect life in this world from the moment we are born until the moment we die. Additionally, the system takes care of matters prior to conception. Children of today are the nation's future citizens. Explicit Siddha drug details restrictive for Pediatric use are given by Siddhars to battle normal youth infections and issues. In this presentation, these details are discussed.

**Preetam Sarkar [2015]** The Ayurveda contains an abundance of information on wellbeing sciences. Ayurveda therefore recommends traditional foods and dietary guidelines for them. There is such a lot of likeness in ayurvedic dietetics and customary food varieties that a considerable lot of the conventional wellbeing food sources in India can be called ayurvedic food varieties. This review article provides an overview of ayurvedic health foods in India and provides descriptions of several traditional Indian health foods. For each of India's traditional health foods, dietary recommendations are provided based on the consumer's age, health status, and seasonality. The wealth of information on traditional Indian and ayurvedic health foods of Indian origin will be beneficial to health - conscious citizens worldwide in the era of population globalization and international food trade.

**Ashish K Sharma [2010]** Natural medications have been utilized since antiquated times as meds for the treatment of different sicknesses. A lot of herbal medicines and

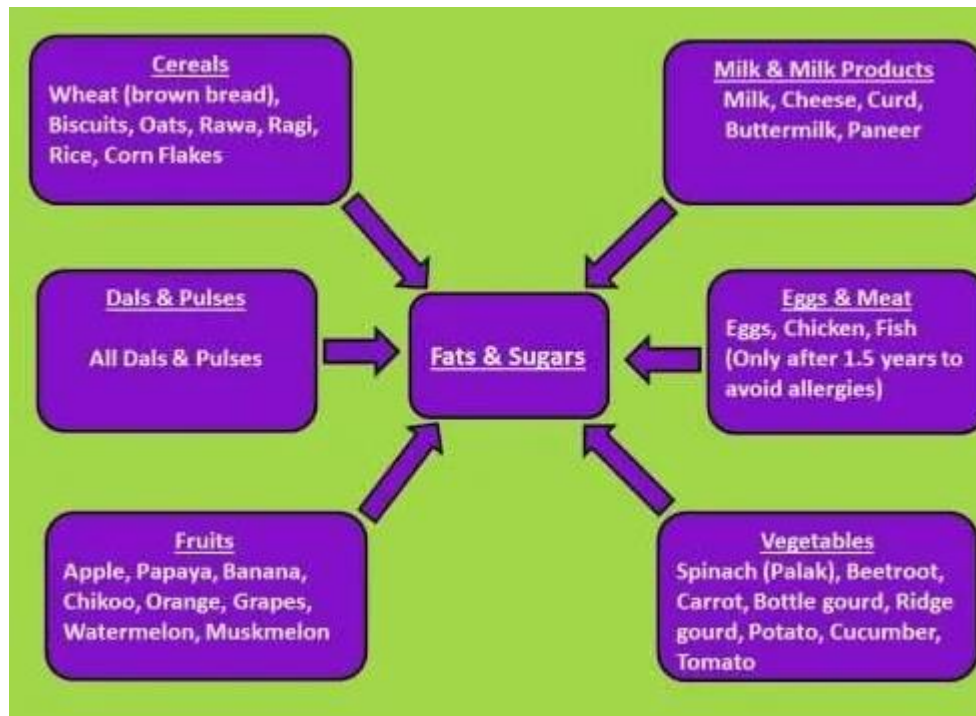
formulations are used in various treatments like Ayurveda, Siddha, and Unani, especially in countries like India. About 25% of all modern medicines, either directly or indirectly, are derived from plants. The commitment of emerging nations in worldwide natural business is extremely poor because of absence of value control and normalization measures. In order to guarantee the safety, efficacy, and quality control of traditional medicines, there are insufficient common standards and appropriate evaluation techniques. This shows the significance and need to foster a standard functional technique for the normalization of home grown medications and definitions. In order to attract international trade and generate revenue, benchmarking the evaluation protocols for herbal drugs, which should include both quality control and quality assurance, would be crucial.

#### ***Importance of Pediatric Ayurveda***

Pediatric Ayurveda establishes the groundwork of a decent life. It emphasizes a child's physical, mental, and psychological development. The child will undoubtedly grow up to be a content and healthy adult if the guidelines of Pediatric Ayurveda are followed when it comes to childrearing, child care, and treatment. When compared to diagnosis in adults, diagnosis in childhood is distinct and challenging. Youngsters are terrified to go to the specialist and can't impart about their side effects. They are not effectively prepared for an actual assessment and must be persuaded to do that. As a result, when working with children, a doctor needs to be alert and cautious.

#### ***Ayurvedic Diet for Kids***

By focusing on naturally light, heating, dry, and fibrous foods like fresh fruits, vegetables, legumes, and whole grains, we can control kapha. In a perfect world, we need these food varieties prepared, utilizing liberal measures of warming, stomach related flavors like garlic, ginger, cinnamon, and turmeric, and we need to serve them warm or hot. Blessing the sharp, unpleasant, and astringent preferences, and decrease kapha - inciting food varieties like wheat, dairy, and sweet desserts. Please see our guide on how to eat a Kapha - Pacifying diet and our list of Kapha - Pacifying foods (including those to avoid) for more information.



### Ayurvedic Oil Massage for Children

This practice benefits both the physical body and the more subtle realms of consciousness, and it can be extremely calming and soothing for a child's nervous system. The actual oil frames a defensive sheath around the body that can assist with buffering the sensory system and the psyche against whatever ends up happening on a given day. Massage about 14 cup of warm oil into the skin, hair, and scalp of a child before they take a bath. Traditional favorites include organic sesame oil, sunflower oil, coconut oil, and ghee. Ideally, the bathroom should also be warm so that the child doesn't get cold while being massaged.

### Paediatrics in Siddha System

Children of today are the nation's future citizens. To have a superior country, solid residents can contribute a great deal. The Siddha system uses a scientific approach to clearly describe the health status of children, their growth and development at various stages of life, the expected health issues during their childhood and their management, prevention of those obstacles, and the way of life. Explicit Siddha drug definitions restrictive for Pediatric use are given by Siddhars to battle normal youth sicknesses and issues. The Course reading managing Paediatrics in Siddha framework is called as "Balavagadam". " Balavagadam" is the part of medication managing the sicknesses of the kids and their administration and therapy through Siddha Arrangement of Medication or Care of babies and youngsters through Siddha way

### Childhood Diseases

Even though the Siddha Paediatric literatures classify the diseases of children in the manner described above, a Siddha hospital is also clinically recording some significant diseases. The sicknesses that influence the kids are Respiratory issues, Gastro digestive problems, Skin problems, Neurological issues, Cerebral paralysis, Mental

imbalance, Strong Dystrophy, Healthful issues, and Metabolic problems other normal youth problems.

### 3. Research Methodology

When it comes to managing various diseases, pediatric care requires distinct therapeutic approaches compared to adult care. Ayurveda suggests a variety of methods for treating, diagnosing, and preventing pediatric diseases. Therefore, stanyapaan, the roles of dincharya and ritucharya, and other preventive measures, are included. Demonstrative highlights incorporate outside side effects considering stanyadushti, beejadushti, graharoga and way of life related with mother and youngster. To concentrate on the Job of Ayurveda in Pediatric consideration according to old style rules. A cautious survey of the Ayurvedic reference books was finished to look for the accessible topic with respect to pediatric care.

### 4. Data Analysis

During the course of the study, which lasted for a total of 24 months, the participants were evaluated in accordance with the criteria outlined in Table 1. A total of 200 patients were registered. The patients were haphazardly partitioned into two gatherings as follows: There were 90 people in the study group and 110 people in the control group who got a placebo. Out of 200 participants, 170 completed the study, while 30 left and could not be contacted again. As a result, this study followed up on 120 participants in the study group and 80 participants in the control group. Abhyanga (total body massage) with MoorchitaTila Taila (processed sesame oil) was administered to each patient for eight days. Svedana (fomentation) with Shastikashali Pinda Sveda followed. Following that, the following protocol was used to administer the basti (enema).

**Table 1:** Assessment Criteria for Cerebral Palsy Patients

Daily activities		Grade
Eating	Totally dependent	
Drinking	Can do with physical support	0
Brushing	Can do with verbal prompting	1
Bathing	Can do independently	2
Toileting		3
Gross motor		
Crawls a distance of 5ft or more	Cannot do at all	0
Sitting	Can do with support	1
Standing	Can do without support	2
Walk for minimum 5 - 10	Can do independently	3
Claps hands		
Fine motor		
Puts small object into a container	Not does at all	0
Throws ball in any direction	Does with help	1
Uses thumb and index finger	Does independently	2
Retains two 1 - inch cubes in one hand for 30 s		
Folds paper and inserts into envelope		
Language		
Ability to understand verbal commands	No response	0
	Turns face but not understanding	1
	Understands but not acting accordingly	2
	Understands and acts accordingly	3
Speech	No speech and sound	0
Ability to understand verbal commands	Pronounces sound without meaning	1
	Pronounces some words with meaning	2
	Cannot make well - formed sentences	3
	Can speak well - formed sentences	4
Performance		
Making a triangle between three points	Cannot draw at all	0
	Can meet two points, not triangle	1
	Can draw a triangle	2
Mental status	Never laughs or enjoys in social events	0
Happiness	Occasionally laughs or enjoys in social events	1
	Normally laughs or enjoys in social events	2
Memory (after showing five familiar objects)	Cannot recollect any one of the objects shown	0
	Can recollect some of the objects, but forgets the order	1
	Can recollect five objects in the same order	2

The dose was administered as per the classical referencementioned in CharakaSamhita and is shown in Table 2. Sex wise distribution of the participants showed that group A consisted of 61.5% males and 38.0.5% females and group B consisted of 57.3% males and 42.7% females.

**Table 2:** According to Age of Dosage of Basti (ENEMA)

Age (years)	Dose of Basti Classical (Pala)	Dose of Basti equivalent in metric system (ml)
1	1	48
2	2	96
3	3	144
4	4	192
5	5	240
6	6	288
7	7	336
8	8	384
9	9	432
10	10	480

Pala =48ml

Age wise distribution of the participants is shown in Table 3. Religion followed by the participants showed that 96% of the study participants belonged to Hindu religion, and 54% of the participants were from rural habitat.

**Table 3:** Distribution of Study Subjects for Age Wise (N=200)

Age group (years)	Group A (study group)		Group B (control group)		Total	
	No. of patients	%	No. of patients	%	No. of patients	%
2 - 4	70	60	40	57.5	110	55
5 - 7	45	35	25	35	70	35
8 - 10	10	05	10	7.5	20	10

## 5. Conclusions

The formulations of Ayurvedic medicines described in the paper can be used to help babies grow and develop normally. However, extensive research is required to reestablish the safety and efficacy of various Ayurvedic formulations for the production of documentation and evidence. In contemporary pediatric and additionally dermatologic practice, the extreme structures wouldn't ordinarily be experienced, due to some extent to accessible effective and foundational antibacterial treatment. In any case, their dispersed portrayal makes the training as well as exploration in this domain a troublesome work. Their scientific validations can be easily advanced with the assistance of the aforementioned descriptions of Ayurvedic

pediatric dental care methods. Following that, integrated protocols for managing a variety of pediatric dental conditions may be developed in conjunction with contemporary pedodontics. In Ayurvedic texts, numerous medications and procedures for children's dental care have been described.

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