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Newborn care in ayurveda

Timeless wisdom for new parents

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Welcoming a new born is certainly a joyous occasion for any parent. As parents, ensuring the best care for their little one becomes a top priority. While traditional practices may seem challenging in today's fast-paced world, Ayurveda offers valuable insights that blend ancient wisdom with modern understanding. Here's a glimpse into some of these practices that ensures optimum health of both mother and child as mentioned in Ayurveda.

Abhyanga or Oil Massage

Baby massages using oil are a common practise in all Indian households. As per Ayurveda, it may be commenced from the first day of life, though few restrictions pertain these days during the course of hospital stay. Oil, when applied lukewarm over the newborn help in better penetration to the skin and deeper layers.

It improves the muscle tone, enhances the quality of skin texture and its complexion. Oil massages also aid in flexibility and movement of the joints. The tactile sensation associated with massage activates circulation and respiration, supporting healthy growth of the baby. It may also act as insulation against heat and the insensible water loss.

During the massage, oil should be initially applied over the crown of the head followed by ears and the feet of the baby. These areas in specific stimulate the nervous system and a whole body massage when practiced continuously enhances functional development of the brain. During the selection of the oil, its innate quality, health status of the baby, the geographical or seasonal factors etc have to be considered. For example, coconut oil, with its cold property is used in areas of hot climate whereas sesame seed

oil, with its hot property is used in areas of cold climate, thereby enhancing health.

Snana or Bath

Usually in practice, newborns are bathed in warm water. However, in Ayurveda, bathing of a newborn is recommended with medicated water infused with certain herbs, thereby improving its quality. Aromatic herbs like cinnamon, cardamom etc or the ones from the ficus variety like figs, peepal etc. are recommended. Such water has a natural cooling effect and can undoubtedly be used lukewarm, even in scorching summers.

The antimicrobial, anti-inflammatory and anti-oxidant properties of these plants further help to keep skin disorders at bay. Newborns, with the delicacy and immaturity of their skin cells are easily affected with certain skin eruptions. Erythema toxicum, diaper rash etc are some common afflictions which can be readily resolved with these solutions. It also keeps a check on healing the umbilical wound quickly.

Gentle soaps are ideal for babies which are available in plenty in the market. In the south, there is a practise of using coconut milk for bathing which act as a natural moisturizer for

the baby's skin and also wards off certain skin diseases.

Application of Shiropichu

Application of Shiropichu is an Ayurvedic practice where a tampon of medicated oil is kept over the baby's vertex (crown of the head). This can be commenced from the first day of birth and offers a wide range of benefits. Since the skin over the scalp is thin, and the cranial bones are yet to be fused, absorption of the oil is quick and extends to the areas around the vertex including the brain cortex and blood vessels. This improves circulation and hence can be a tool to maintain the integrity of the vascular system to some extent. Usually, bala taila or its variant are used which infuses a nourishing and calming effect in the baby. This procedure may also help to impart functional excellence of the different centres of the brain and sense organs, with the effect of the oil used. It may help to relax the baby and hence improve sleep patterns. Basically as per Ayurveda, it stabilises doshas, the functional components of the body, post the strenuous labour. However, this procedure must only be done under the supervision of an Ayurvedic clinician.

Application of Anjanam or kohl

While kohl or kajal, is often applied for cosmetic purposes, in Ayurveda, application of anjanam is recommended to protect and enrich the quality of the eyes. Anjanam, prepared from fresh herbs and soot obtained by burning ghee or castor oil is gentle on the eyes, even for a newborn. Applying anjanam keeps the eyes cool, prevents eye diseases and improves vision.

The procedure is customarily done from the 28th day of life. It is instructed to apply over the lower eyelid using a clean finger, and starting from the inner to the outer canthus of the eye. Ideally, the anjanam used for the baby must never be shared with others for health and hygiene purposes.

Plenty of options are available in the market nowadays for purchasing baby kajals. But it is always better to use home-made ones or those obtained from reliable sources, ensuring the absence of lead or other toxic substances.

Care of the umbilicus

Umbilical wound care is of prime importance as it is a potential source of infection and may lead to cases of life threatening sepsis, if not treated

appropriately. Hence, timely application of medicines recommended by doctors is ideal for a proper cord care. Care has to be taken to keep it dry and prevent unnecessary contamination with oil, talcum powder, urine, faeces etc.

The importance of cord care was appreciated well during the ancient period where we find references of dusting the area with turmeric powder, lodh tree powder etc having antimicrobial, antiseptic and healing properties. Also herbal oils to prevent infection and promote healing of the wound are also mentioned.

Swarnaprashana

Swarnaprashana is the practice of administering gold mixed with certain herbs, in children. This serves as a modality to improve intelligence, memory and cognitive function in children. It accentuates the attainment of speech in children. It is also believed to improve complexion, digestive capacity and longevity in one. Gold, with its rasayana property enhances immunity and prevents recurrent infections in children. Though it is a time tested procedure, there are a few recent researches which validate the efficacy of gold in



healthcare. However, administration of swarnaprashana should be under the guidance of a qualified Ayurveda professional to ensure the medicine quality, dosage and health status of the baby at the time of administration.

Nuturing mother's health

In Ayurveda, the significance of maternal health, post-delivery is well acknowledged. The sudden alteration in the biological clock, increased feeding demands and poor quality of sleep may create episodes of postpartum depression in the mothers. Furthermore, lack of care or emotional support from spouse or family may worsen the situation.

The ways by which Ayurveda advocated mother care is as follows:

i) Separate space for mother

A separate room is recommended for

the mother until she revives completely from the complexities of labour. In Ayurveda, it is mentioned as soothika aagaara (Soothika – lady in her post-partum period, aagaara – dwelling place).

ii) Supportive care

The presence of loving attendants attending to all the needs of the mother fosters a minimal stressful recovery phase.

iii) Diet

Specific dietary recommendations aim to improve the mother's health. Initially, gradual introduction of soups, gruels to more nourishing foods in the later stages, helps to preserve the health and relieve the mother of the strains the body had to undergo during delivery.

iv) Lactation enhancement

Diet specifications to improve lactation ensure that the baby is well-fed and satisfied.

v) Treatments

Medicines and external therapies are utilized to restore physical health at a quick pace.

vi) Yoga & pranayama

Practise of yoga and pranayam too are encouraged to promote the overall well-being of the mother.

vii) Mindful practises

Playing or chanting mantras or listening to soothing music can uplift mother's spirits while positively impacting baby's cognitive development. Lighting a lamp is also believed to enhance the ambience and bring about a positive energy within the room.

By embracing these holistic practices advocated in Ayurveda, the new moms can nurture their health during the transformative phase of their life.

Maintenance of hygiene

Maintaining hygiene is of prime importance, to keep a check of the infections which may afflict the newborn or the mother. Restricted entry of guests and restricted handling of the baby can be one such method. Maintaining personal hygiene and hygiene of the

room can be another method. Fumigation plays a very important role in this aspect. Fumigation of the room and also clothes, especially in the monsoon season keeps a check on the spread of infections. Fumigation has a profound effect in reducing microbial load and recent researches validate the same. However, care must be taken to prevent unwanted complications and hence must be done only under the guidance of a clinician. Ayurveda, hence, offers a very comprehensive approach to newborn care. Though some of these practices have stood the test of time, their benefits have been demonstrated through extensive use and observation. It is essential to note that these practices should never be followed without consultation with a qualified Ayurveda doctor. Though these procedures may seem simple, it requires supervision to maximize the benefits and minimize any potential risks.

By integrating these practices into daily routine, under guidance, parents can complement in providing a very nurturing environment for their babies. To conclude, this is how Ayurveda elaborates the foundation for a healthy living right from birth.

Are you Asthmatic? How to know?

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Asthma is a chronic inflammatory respiratory condition characterized by hallmark symptoms of intermittent dyspnea, cough, and wheezing. This respiratory condition is characterized by inflammation of the airways, causing intermittent airflow obstruction and bronchial hyperresponsiveness. The hallmark asthma symptoms include coughing, wheezing, and shortness of breath, frequently exacerbated by triggers ranging from allergens to viral infections. A complex interplay between genetic and environmental factors determines the prevalence and severity of asthma.

Clinical features of Asthma

Wheezing: A high-pitched whistling sound, especially when exhaling.

Shortness of Breath: Difficulty breathing, particularly during physical activity or at rest.

Coughing: Often worse at night or

early in the morning. The cough may be dry or produce mucus.

Chest Tightness: A feeling of pressure or tightness in the chest.

Difficulty Sleeping: Due to shortness of breath, coughing, or wheezing.

Fatigue: Feeling tired due to poor oxygen exchange and disturbed sleep.

Rapid Breathing: Quick, shallow breathing, especially during an asthma attack.

Investigations

Clinical History & Physical Examination

History of symptoms: Patients usually present with intermittent episodes of wheezing, shortness of breath, chest tightness, and cough, often worse at night or early morning. Identifying triggers such as allergens, exercise, cold air, or respiratory infections is essential.

- **Spirometry (Pulmonary Function Test)**

- **Forced Expiratory Volume in 1 Second (FEV1)**

Measures the amount of air the patient can forcefully exhale in one second. In asthma, FEV1 is reduced.

- **Forced Vital Capacity (FVC)**

Total amount of air exhaled. A low FEV1/FVC ratio indicates airway obstruction.

- **Reversibility Testing**

Spirometry before and after administering a bronchodilator (like salbutamol) is done. If FEV1 increases significantly (by at least 12% or 200 mL), this suggests asthma.

- **Peak Expiratory Flow (PEF) Monitoring**

A simple tool to measure the fastest speed at which a person can exhale. Variability in readings (morning vs. evening) helps assess asthma control.

- **Bronchial Provocation Tests**

- **Methacholine or Histamine Challenge Test**

Used if spirometry results are inconclusive. It involves inhaling methacholine, which causes airway narrowing. A drop in lung function indicates airway hyperresponsiveness, typical in asthma.

- **Exhaled Nitric Oxide (FeNO) Test**

Measures the level of nitric oxide in the breath, which is increased in airway inflammation common in asthma. Useful for monitoring inflammation and assessing response to corticosteroids.

- **Allergy Testing**

- **Skin Prick Testing (SPT)**

Helps identify allergic triggers like pollen, dust mites, animal dander, or mold.

- **Serum IgE Levels**

High levels of immunoglobulin E (IgE) can indicate allergic asthma.

- **Specific IgE Testing (RAST)**

Blood tests for specific allergens.

- **Chest X-ray**

Not always necessary for diagnosing asthma but can rule out other conditions such as infections, foreign body aspiration, or structural abnormalities.

- **Blood Tests**

- **Eosinophil Count**

Increased eosinophils may indicate allergic or eosinophilic asthma.

- **Total IgE Levels**

Elevated levels support the diagnosis of allergic asthma.



- **Arterial Blood Gases (ABG)**

In severe asthma exacerbations, ABGs may show hypoxia or hypercapnia.

- **Sputum Analysis**

- **Sputum Eosinophils**

Increased eosinophils in sputum are often present in asthma.

- **Sputum Cultures**

To rule out respiratory infections as triggers.

- **Chest CT Scan**

Rarely required but can be used to rule out other differential diagnoses like bronchiectasis, chronic obstructive pulmonary disease (COPD), or tumors.

- **Exercise-Induced Asthma Testing**

Exercise testing is used if symptoms are predominantly related to physical activity. A decline in lung function post-exercise supports the diagnosis of exercise-induced bronchoconstriction.

Homoeopathic management

1.Arsenicum Album

Asthma with anxiety, restlessness, and fear of suffocation. Worsens around midnight to 3 a.m. Burning sensation in the chest. Cold air aggravates symptoms. Patient feels better in warm surroundings.

2. **Antimonium Tartaricum**

Asthma with excessive mucus production and rattling sound in the chest. Patient struggles to cough up phlegm. Drowsiness, weakness, and cold sweats. Worse lying down; better sitting up.

3. **Ipecacuanha**

Asthma with constant coughing and difficulty breathing. Often accompanied by nausea.

Chest tightness and wheezing, with a rattling sound in the chest. Worse in warm, humid environments.

4. **Sambucus Nigra**

Asthma in infants and children, especially when the attack comes on during sleep. Suffocative cough that worsens at midnight. Dry, spasmodic cough, with sudden suffocation.

5. **Spongia Tosta**

Dry, barking cough with wheezing and a sensation of suffocation. Asthma worsened by exertion and talking. Feels better with warm drinks or in warm surroundings.

6. **Natrum Sulphuricum**

Asthma triggered by damp weather or changes in weather. Cough with greenish mucus. Often prescribed for children or those with a family history

of asthma. Worse at 4–5 a.m. and with humidity.

7. **Pulsatilla**

Asthma worse in the evening, in warm rooms, or after eating rich, fatty foods. Patient feels better in open air. Mucus is thick, yellow or green. Often suitable for emotional, sensitive patients.

8. **Nux Vomica**

Asthma in irritable, nervous individuals. Cough with difficulty in breathing, worse early in the morning. Sensitivity to cold air. Asthma worse after eating, with bloating and indigestion.

9. **Carbo Vegetabilis**

Asthma with extreme weakness and a sense of suffocation. Patient needs fresh air or wants to be fanned. Cold extremities, bluish appearance during attacks. Worse lying down, after eating, or in warm rooms.

10. **Blatta Orientalis**

Especially suited for asthma associated with bronchitis. Excessive mucus production. Asthma worsened by cold, damp weather.

Lehana & Immunity

A Dynamic Duo

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House Surgeons

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In the past, childhood was a simpler time, free from complexities and fast-paced nature of today's world. The modern era have introduced new challenges that make raising a healthy child more difficult. Proper care of children results in excellent growth and development, which in turn is reflected in healthy adulthood. A strong immune system provides a child with the natural defense to fight off diseases. Lehana karma a traditional healing process in swasthya rakshana (preventive health care) emphasizes the importance of nourishment for holistic well being. Incorporating this approach in child's diet, can foster their physical, emotional, and mental well being. Join us on a journey to discover how this unique practice can transform this approach to wellness!

While dealing with child, the doctor

should think about palatability of drug prescribed. The drugs of Lehana should always be mixed with honey and ghee to make it more palatable, which increases efficacy of drug and also having nutritive value which ultimately benefits in growing age. When this combination is given in smaller amount for longer duration, it helps in triggering immune response in the body. Madhu being a bio-enhancer along with ghee can imbibe the quality of drugs mixed with it.

Dose of oushada in children is equal to a fruit of Vidanga. To the growing child, it should be increased every month gradually. In no case, the physician should increase it more than the quantity of an Amalaka fruit. This is same for Lehana also.

Suvarnaprashana

Suvarnaprasha is a practice that combines the use of madhu (honey),

ghrita (ghee) and swarna (gold) for various health benefits. It is widely used as Lehana and has immune-stimulant, adaptogenic, memory booster, anti-inflammatory, anti-bacterial, anti-viral, anti-oxidant properties, and also produces non-specific immunity against many diseases. Regular dose of Suvarnaprasa improves child's intellect, grasping power and enhances physical activities.

indications of lehana

1)Child of mother who have absent, deficient or vitiated breast milk

Breast milk is the best source of nutrition for the baby and nothing can replace it. But in certain situations, child relies on other alternative substitutes of nutrition. Here Lehana is advised which ultimately provide proper growth and development.

2)Child born to mother who have faced difficult labor and in those mothers who are severely ill

Here also Lehana Yoga is an adjuvant source of nutrition.

3)Child who is not satisfied with breast feeds and keep on crying and do not sleep at night

After excluding suspected pathological conditions, Lehana Yoga with Satapushpa can be given.

4)Who have good digestion and eat more but passes less urine and stools

Scanty urine and stools in children clearly indicates insufficient food and water intake, which is a common concern especially in infants and toddlers. Depending on condition of the child one can think on different Lehana Yogas.

5)Child who is not sick but delicate and emaciated

Child who is free from any disease but still lags behind in weight per age criteria is the most common condition encountered and if not treated it may result in malnutrition. Lehana Yoga can help in this condition.

6)Babies not passing stools after 3 days

If child is having less intake of snehadrava (like ghee and milk) and vegetables, then constipation is obvious. Diet modification is needed in this condition but to relieve ongoing hard stools, one can consider Lehana Yoga.

7)Child with Vata and Pitta dosa predominance

Lehana Yoga can be given in this condition provided that Kapha dosa condition should be excluded.

8) Child who eat too much and have increased digestive power

In conditions where child is not satisfied with food and need frequent meals, proper diet should be continued and sita, guru aushadas can be given as Lehana. It will act as brmhana and rasayana.

Lehana Formulations Improving Intelligence

- Saraswatha Ghrita.
- Vacha and gold with honey and ghee for 1 year.
- Vayastha, pippali, kushta, haridra, sariva, vacha, kaidarya powder mixed with brahmi.
- Brahmi/ mandookaparni/ triphala/ chitraka/vacha/ satapushpa/ satavari/ danti/ nagabala and trivrit with honey and ghee.
- Kushta, leaf buds of vata, gouri, pippali, triphala, vacha, saindava with ghee.

Contraindications

Contraindication for Lehana seems to be mainly for Kaphaja disorders, those certain other conditions have also been mentioned.

1. Condition of Mother

If mother is taking sarva rasa yukta ahara then the food itself gives proper nourishment to mother, baby receives sufficient breast milk and hence there

is no need to give Lehana Yoga.

If baby is adequately breastfed by mother during Kshirada and Kshiranada avastha and child is properly taken care of, then there is no need to give any Lehana Yoga.

2. Weak digestive power

In conditions where normal diet quantity is not digested, the child takes food but still doesn't gain weight etc due to mandagni, ama forms. Then child will not be interested in food, subsequently leads to recurrent infection like Jvara, Atisara, Kasa etc. all falls in contraindicated conditions. Here first main disease should be treated and Lehana can be given only when niraama is attained.

3. Systemic Diseases

Hidroga, Pandu, Kamla, Shotha, Basti roga, Gudroga, Urdhvajatru Roga, Graha Roga falls in contraindicated condition.

4. Not on daily basis

Lehana is definitely for purpose of immunity and enhancing intellect which needs administration for long. But not on daily basis for common diseases we have seen in indication of Lehana.

5. Not after taking meals

Time gap is needed between administration of food and Lehana.



6. Not on bad day

When environment is not favorable one can hardly digest daily consumed food hence Lehana Yoga can be avoided but considered if given for some ailment.

7. Non-congenial and in excess amount

After administration of Lehana if any unwanted reaction is noted then it should be discontinued. It is meant for intellectual and immunity enhancing purpose but it doesn't mean that high dose of Lehana Yoga will enhance it suddenly. It's a time taking process that occurs when proper dose is given.

Conclusion

Lehana Karma is a valuable practice in Swasthya Rakshana that emphasizes the importance of nourishing children. These act as general health promoter and in specific it enhances intelligence, digestion, metabolism, immunity, physical strength and complexion. In a world where fast foods are prevalent, returning to traditional practices like Lehana Karma can ensure a healthier future for the next generation. This strengthens the body and also enriches the mind, laying a strong foundation for lifelong health.

Mukhabhyanga

Unlocking Wellness

Dr. Anusha D P & Dr.Thabasum Thajudheen

Interns, Vaidyaratnam Ayurveda College, Ollur



Ayurveda, the science of life gives a holistic approach in maintaining the health of individuals. As per this noble science, those who are desirous of health and wellness of body, mind and soul should practice dinacharya. These are the regimens to be followed by an individual throughout their life to preserve ones health. Abhyanga is one among dinacharya in which an individual should anoint and massage their body with warm oil especially on head, ear and foot. Abhyanga serves as a therapeutic and preventive therapy in various disease conditions. It pacifies vata and pitha dosha. Abhyanga is a bahya snehana(oleation) procedure which also gives effect of mild swedana(sudation). This can be done as shodhanartha poorva karma (pre-operative procedure for eliminative therapy) and samanartha(pacifying diseases)

Mukhabhyanga (facial massage) is used widely in Ayurvedic treatment to preserve the health of facial tissues and sense organs. It is a localised method of massaging the face with prescribed oil according to the constitution of individual using different strokes emphasising on marmas of face, and facial muscles.

Procedure

Face is cleansed well before massaging. Most commonly used taila are: karpasasthyadi, ksheerabala, lakshadi, dhanwantaram, manjishtadi, nalpamaradi etc. as per patient and disease condition.

- First stroke starts from the third eye (between the eyebrows). Stroking is done with the thumb fingers starting from this point to the jaw angle. This is repeated with the thumb moving a little up over the forehead each time.

-
- Second stroke is done with the thumb starting from the bridge of the nose, over the cheekbone (Maxillary bone) and completed at the jaw angle. This is repeated with the thumb moving below the cheekbone.
 - Third stroke is done with the thumb from the chin just below the lower lip to the jaw angle. This is repeated.
 - Fourth stroke starts from the third eye and moves to the bridge of the nose around the eyes. From the bridge of the nose thumb moves below the cheekbone towards the jaw angle. This is repeated by moving the thumb a little above the eye brows each time to cover the forehead.
 - Fifth stroke is similar to the stroke number four upto bridge of nose, then three inward circles are made on the cheek with the whole palm and the stroke is completed on to the front of the neck and shoulder.
 - Sixth stroke is performed on the front to the neck using the whole palm. Stroking is done with right hand massaging towards the chin from the chest followed by the left hand.
 - Seventh stroke is done by placing the fingertips of both hands on either side of the back of the neck. Then massaged towards the base of the skull in a straight line with a steady pressure.
 - Eighth stroke is started from the third eye with the thumb moving towards the end of the eyebrows and three forward circles are performed on the first point with the tip of the thumb. This is repeated two times by moving the thumb a little up each time to cover the forehead and the circles are made on the second and third point.
 - Ninth stroke is started with the thumb over the third eye moving towards the beginning part of the nasal bridge around the eyes then to upper lip around the nose, then around the mouth to the lower lip, then to the chin. From chin whole hand is used to make three circles in the inward direction and then the stroke completed on to front of the neck and shoulder.
 - Tenth stroke starts similar to ninth stroke. From the chin hands are taken back to the cheek and one circle is made with in the inward direction. Then the earlobe is held

with fingers and the massaging is done with the thumb. First lower part of the earlobe is massaged then the whole earlobe followed by the base of the ears then massaging is completed on to the back of neck and shoulder.

- Eleventh stroke is done in the reverse order starting from the chin by massaging the chin in zig-zag manner and ending at the forehead. A zig-zag massage is done on the whole forehead then returned back to the third eye. Then stroke nine is repeated.
- Twelfth stroke is done in a straight line from the third eye towards the Crown Point with the thumb. At the crown point a gentle push is given and thumbs are moved sideways.
- Stroke thirteen is done with middle three fingers moving in a straight line from the third eye towards the forehead and then to right side of the forehead. Alternate hands are used for this stroke.

Benefits

Mukhabhyanga has a distinctive role in preserving health over varying dimensions. It is mostly used as pre operative procedure in nasya(nasal errhines) to enhance absorption of

drugs. Apart from this, it has exemplary benefits over the entire health of body and mind. It relaxes and tones facial muscles and strengthens the nerves, leading to reduced stress levels. This practice promotes relaxation and overall well-being by alleviating tension in the face.

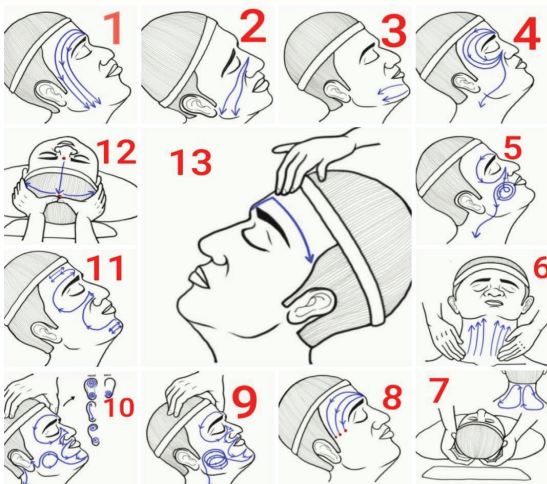
Mukhabhyanga stimulates the lymphatic drainage systems, helping to eliminate toxins and boosting immunity. They enhance blood circulation promotes nutrient and oxygen delivery to skin cells thereby improving skin health and encouraging cell rejuvenation. This results in a brighter complexion and overall skin vitality. It prevents sagging of facial tissues, wrinkles and delays aging. It recovers the skin from external damage caused by prolonged sun exposure and other seasonal troubles, keeps the face clean, healthy and glowing.

Mukhabhyanga promotes the proper functioning of sense organs particularly the eyes, improves the condition in congenital ptosis and improves vision. It stimulates nerve endings in the face and enhances blood circulation, hence it causes the release of endorphins, serotonin and dopamine which reduce stress, tensions and

impart a sense of euphoria. Helps to keeps sinuses healthy and prevents sinus infections. Relaxes facial muscles and lubricate the joints of the face hence useful in treatment of facial palsy. Mukhabhyanga is being effectively used in treatment of cerebral palsy, to reduce drooling and to improve speech by strengthening facial muscles. The most important action of mukhabhyanga is focused on marma.

Action on marmas

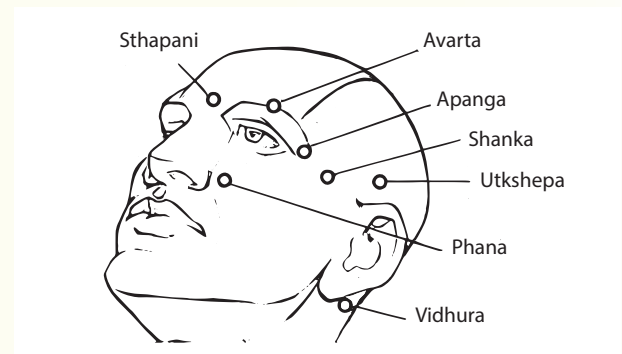
Marmas are the vital points in the body, which is the juncture of mamsa (muscle), sira (blood vessels), snayu (nerves), sandhi (joints), asthi (bones). Its the site through which vital energy flows or reside. An injury to this site causes intense pain, deformity or even death and in contrary, careful manipulation through these vital points can save mankind from many diseases and injuries.



Contraindications

Mukhabhyanga should be avoided during fever, cold, cough, on inflamed skin and during night.

Ayurveda proclaims; healing originates from within the body, so stimulating marma activates body's natural healing process.



As mukhabhyanga works with these marma points, it is celebrated as the Ayurvedic facelift and ultimate therapy for deep relaxation, functional enhancement of mind and body. It can be ideally done by combining with Shiroabhyanga (head massage) because with both treatment whole central control of the body gets relaxed, nourished and sense organs works with their full power.

Impact of Homoeopathy on Children's Behaviour

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Homoeopathy, a comprehensive medical approach, has been found to improve children's conduct and overall well-being. It focuses on the individual requirements and characteristics of every kid in order to address a range of behavioural issues. Children with conduct difficulties may benefit from homoeopathy in order to lessen their disruptive behaviour. It offers a thorough approach to addressing hyperactivity, anxiety, anger, and trouble focusing in youngsters. The goal of homoeopathy is to harmonize the body's energy and correct underlying imbalances in order to bring about harmony again.

Many illnesses that affect children's emotional, social, and mental health fall under the category of children's behavioral illnesses and disorders. These illnesses can seriously impair a child's development, academic

performance, and overall quality of life. Mental health issues can affect children just as much as adults. This susceptible population deals with a complicated environment of behavioral disorders and problems that require awareness and care. These conditions, which include attention-deficit/hyperactivity disorder (ADHD) and autism spectrum disorder (ASD), can negatively impact a child's social, emotional, and intellectual development and have a significant impact on how they live.

The comprehensive tenets of homoeopathy offer a workable strategy for understanding and treating children's complicated behavioral health issues. Homoeopathy can provide individualized, patient-centered therapy as we tackle the complexities of behavioral problems and challenges in this vulnerable population. It can even go

beyond symptom management. Because homoeopathy is based on treating the individual as a whole, it highlights the relationship between physical, emotional, and mental health. Rather of focusing only on treating specific symptoms, homoeopathic medications support the body's natural healing processes, restoring harmony and balance to the body. Behavioural diseases in children include multiple interactions between biological, psychological, and environmental factors, a holistic approach is especially relevant when discussing these disorders.

Conventional treatments sometimes involve pharmaceutical interventions; Homoeopathy offers a gentle yet effective alternative that appeals to children's sensitive nature. By considering each child's unique constitution and circumstances, Homoeopathic practitioners can individualize therapies to address underlying imbalances and improve overall health and resilience. Furthermore, Homoeopathy meets the growing need for complementary and integrative therapies in paediatric care, providing families with more options for managing behavioural disorders. Its emphasis on personalised care and minimal side

effects makes it particularly attractive to children who may be sensitive to conventional medications.

Children's symptoms of aggression, hyperactivity, anxiety, and challenges in concentrating can all be effectively treated with homoeopathy. The severity and frequency of violent behaviour in children are gradually reduced by homoeopathic care for aggression. The goal of these therapies is to address the underlying imbalances that lead to violent outbursts.

Homoeopathic Therapeutics of Children's Behavioral Disorder

Nux Vomica: Suitable for children who are easily agitated and prone to stubbornness, headstrongness, and irritability.

Aconitum napellus: Works well for anxiety and an unusually high temperature.

Argentum nitricum: beneficial for children with anxiety and fear disorders.

Alumina: well-known for its use in children who are lethargic and have delayed milestones.

Tarentula hispanica: Beneficial for children's unpredictable, impulsive, and disruptive behaviour.

Calcarea carbonica: Helpful for scared, obstinate kids who have a huge sweet tooth.

Cina: Suitable for whining, agitated kids who often pick at objects or grit their teeth.

Stramonium: Beneficial for kids who act violently, have bad dreams, or have particular fears.

Chamomilla: Suitable for children who are easily agitated and highly sensitive to pain.

Staphysagria: Helpful for kids who repress their outrage, anger, or resentment.

These treatments are selected with the goal of holistically addressing the root causes of the child's behavioural problems, taking into account the particular symptoms and behaviour displayed by the kid. A qualified homoeopathic physician should be consulted for an accurate diagnosis and individualized care.

Conclusion

Homoeopathy is a gentle, natural, and comprehensive method in improving children's health that provides individualized treatment by addressing the root causes of behavioural issues

without having any unfavourable side effects. For families seeking comprehensive care, Homoeopathy offers a non-invasive alternative to traditional medicine because it personalizes medications based on each child's individual constitution and recognizes the relationship between physical, mental, and emotional health. As studies on Homoeopathy's effectiveness develop, it appears to be a potential strategy for helping kids establish positive behavioural outcomes. Families will then be able to confidently and compassionately support the health and development of their children. Through its mild and individualized approach, Homoeopathy promotes long-term well-being. Homoeopathy enables families to optimize their children's health by enhancing traditional treatment with a safe alternative, ensuring a more promising and complete future.



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