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अथानेभिरनपरसकलिनसवावदोऽनरेवद्विषयत्रोऽपि यत्नेमनसि



Nutrition and Diet in “Balyavastha”

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ABSTRACT: Ayurveda is science of life, what mainly to promote and preserve the health of individuals. In the present era the rate of malnutrition is greatly increase due to overnutrition or undernutrition. Diet and dietary habit play important role in maintenance of health. Acharya has described Tryaupsthambha i.e. Ahara and Nidra and Brahmcharya which support the body itself. In Ashtang Ayurveda, kaumar bhritya has been described as a Special branch. Kaumar Bhritya deals with Proper growth and development of healthy child as well as treatment of the diseased child. Initial 6-month (Ksheerap Avastha) baby is nourished with exclusive breast feeding. Later on, feeding is not sufficient, after 6 month (Ksheeranda Avastha) introduction of food suppliment (semi solid) along with breast feeding is necessary. Introduce fruit, Vegetable, Peyadi kalpa in diet help in growth and development of child, after two years (Annad Avastha) start normal diet, So Ayurveda gives importance of good nutrition at every stage of life.

Keywords: Tryaupsthambha, Ksheerap Avastha, Nidra, Brahmcharya

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Introduction :-

Ayurveda is science life, which aim to promote and Preserve the health of the individuals(1). In Asthang Ayurveda, kaumar bhritya has been considered as special branch. Three basic perquisite to sustain life are Vayu, Jala and Ahara first two are available in pure form. Ahara in basic need for healthy life, hence our Acharyas desicribed in Trayopathambha. Acharya Kashyap told that there is no medicine like Ahara and ahara alone can make people healthy called it as Mahabhaishajya(2). These all shows Importance of Ahara in our Life. Healthy and brilliant child is national wealth. The child nutrition begins before birth only Poor nutrition during pregnancy may stunts fetal growth and leads poor brain development. In prenatal period and after birth, child nutrition depends on mother's diet and later on its own diet.

In Ayurveda age classification in children is mainly done on the basis of ahara(3).

1)Ksheerap Avastha : - Upto 6th month of life consuming only breast milk(4)

2)Ksheeranda Avastha –Upto 2 year of life along with milk child is consuming solid food.(5)

3)Annad Avastha:- Children who takes solid Ahara.(6)

AIM :-

To enhance the concept of nutrition and diet in Balyavastha.

OBJECTIVES :-

1)To elaborate balaka ahar at different stages of balyavastha.

2)To study the importance of pediatric diet and nutrition.

MATERIAL AND METHODS :-

Ahara in Ksheerap Avastha : Stanya is upadhaatu of Rasadhaatu. When rasadhaatu is subjected to transformation in prasootaavastha in a female, its saara portion in the breast region is known as stanya(7) For New born, breast milk (Stanya) is considered as Amruta and Ayurveda praise Stanyapana. Most of the Acharyas told exclusive Sthanyapana up to 6 month. Mother milk contain the exactly proportion of fat, cholesterol, protein and carbohydrates for baby. Mother's milk is not only perfect nutritional choice; it also provides protection against several diseases. So it is exclusively advised in early age of child. Mother should start feeding the child from first day only(8). First three days there is secretion of Piyush, which is necessary for development of Immunity in children. Acharya Kashyapa told that Stanyapana results in good growth, strength, longetivity and good health of child as well as not causing any trouble or diseases to child(9). The benefits of Stanyapana are Jeevaniya

(longevity), Brhamaniya (overall growth of child)(10) Balakaraka(develop immunity), Satmya (congenial)(11), Sthairyakara (stability), Dehavridha (aids digestion)(12), Dosh Shamana (maintains Dosha Samyata), Vrisha (Harsha). Upto 6 months Stanya is sufficient for growth and development of child as it contains all the nutrients .Stanya is good for nutrition for child as well as it is first immunisation for child. In the absence of mother milk there is "Dhatri Kalpana" is described .In Ayurveda because it is the first substitute of mother milk. If there is no Dhatri is available then animal milk is advisable e.g. Cow milk, goat milk. If animal milk is not available and child is not taking any kind of milk then there is one another concept is explained which is called as "Lehya Kalpana". There are some Lehena preparation had been discussed by Acharya Kashayap.

Ksheerannada Avastha :-

Phalaprashana samskara :- It is performed at 6 months(13) and Infants are supplemented with fruits. Mother milk is deficient in vitamin C, D and iron these are to be substituted to the infants Fruits juices are rich sources of these nutrients. Fruit juices helps in supplementing extra nutrition along with Agni vridhi, relieve constipation and keeps child hydrated. Freshly prepared juices are always better than packaged juice. After 6 months of age, gradually introduce semisolid mashed foods. Smashed food is fed to the child 3 to 5 times in adequate quantity. This is called as Annaprashana Samskara.

Annaprashana: Annaprashana (Complimentary food) start from 6 months child.(14)after 6 month child required concentrated energy dense foods are essential in order to maintain an adequate velocity of growth for infant, child teeth begins to erupt, a biting movements begins and tendency to push solid out of mouth decrease, digestive system is mature enough to digest food. Alone breast milk is no longer sufficient to meet nutrition as birth weight doubles(15). When food is first time introduced, a small amount and soft food should be given and gradually increase in amount.

- Acharya Kashyap mentioned food preparation below(16) :
- Vidang sidha jala are give is also usefully as deworming for child.
- Prepare a Payasa by old, husk free and well washed rice mixed with ghee and wheat. barley also should be given according to congeniality .The one knowing Desh, Agni ,Bala, observes the child as hungry, should be give food according to congeniality with gap of one or two periods(17).

- Rice is considered to a very low allergen food and Ideal for child. Rice is rich in carbohydrates and good source of Vit B complex, Easy to digest, rejuvenates body when used with milk. Wheat is good supply of carbohydrates for energy.
- Acharya Vagbhata mentioned some specific type of food preparations called Modaka.

Mentioned Madoka preparations are as follows(18):

- Modaka prepared by using powder of Priyal Yastimadhu, Madhu, Laja and Sita. It is a combination of protein, carbohydrates and is mentioned in general for improving the infant's nutritional status.
- Modaka prepared by Bilva, Ela, Sita, Laja. This preparation is indicated in infants with weak digestive capacity
- Prepared by Dhataki, Pushpa, Sharkara, Laja. This preparation is indicated in indigestion and who repeatedly suffer from Atisara.

ANNADA:-

Child from the age of the 2 years is considered in Annada Avastha(6). In this Avastha child should be shifted on the cereals. All type of food with all form Lehya, Peya, Bhojya etc can be given in this Avastha of children life. Young children below 5 years should be given bulky foods, rich in energy and proteins such as legumes, pulses, nuts, edible oil/ghee, sugar, milk and eggs. Vegetables including green leafy vegetables and locally available seasonal fruits should be part of their daily menu. Older children and adolescents should consume plenty of milk to fulfil the high calcium requirement, oil/ghee should be consumed Food should be taken in proper place, without talking with full concentration.

GHEE :-

In Ayurvedic literature, ghee is considered beneficial for the body. It helps to build the sapta dhatus in our body. That is not all it is rich in antioxidants, fat soluble vitamins like vitamins A, E, and D. It also purifies the vata, pitta, and kapha doshas which get aggravated in our bodies. Incorporate ghee in child diet, ghee helps in improving memory, concentration, boosts digestion, relieves constipation, strengthens immunity, complexion, colour.(20)

FRESH FRUITS:-

Fresh fruits are abundant in essential nutrients and vitamins which contribute to their health growth as well as development and can help to reduce the risk of some diseases such as cancer and heart diseases Pomegranate is good for heart, improves

intelligence, immunity and body strength Grapes are rich source of micronutrient minerals like copper, iron and manganese, Vit C, supports immune system. Bananas are rich source of carbohydrates, help power muscles. Apple boosts immunity and keeps bone and teeth strong and healthy.

VEGETABLES:-

Vegetables are a great source of essential nutrients that the child needs for development. Vegetables are low in calories and fat. Vegetables benefits child in many ways like improves nutrition, decreases obesity risk, helps the digestive system function properly, and prevents constipation. Fruits and vegetables will further enhance nutritional quality of food providing minerals.

Discussion:-

Ayurveda diet for children eliminates toxins and thereby provides overall nourishment and energy required. Malnutrition in babies and young children is a widely discussed topic globally as it is the single cause of the hike in infant mortality rate all over the world. The Poor quality of diet, Poor maternal health, and natural disaster conflicts are also important concerns to be addressed to find a solution for malnutrition in babies and young children. Ayurveda can address the poor eating habits, stunted growth, and nutritional malabsorption of children by consuming a well-balanced diet and maintaining regular physical activity that can help resolve the condition. The given diet for children eliminates toxins and thereby provides overall nourishment and energy required. The consequences of malnutrition cannot be readily gained back as it affects one's mental development, poor school performance, and reduced intellectual ability. The consequences of malnutrition have increased in recent years and hence strict action is taken into account not only to save lives but also to prevent children from becoming malnourished. We can Consume freshly prepared organic food for better development of growth issues. Feed your child with dietary products such as cow's milk, ghee, yogurt, and paneer for brain nourishment. Include whole grains, seasonal fresh fruits, and leafy vegetables while planning healthy food for kids .We should Avoid all types of junk, canned, frozen foodstuff that hampers one's easy metabolism. These all things are very Important for diet and nutrition in balayavsatha.

CONCLUSION :-

As we know that Ayurveda is the science of life. Ahara is very important substance for formation and maintenance of life at different stages. Hence Ahara plays very important role in children life also According to Ayurvedic dietary concept different

Ahara Kalpana described at different age group of child. Healthy childhood is the foundation for healthy life. Nutrition is the basic need for healthy life. Any failure during this period may lead to physical and mental adverse effects. Provision of extra food and health care during pregnancy is necessary. Exclusive breast feeding upto 6 months and encourage breast feeding till 2 years. After 6 months feed, homemade semisolid food to avoid malnutrition, provide plenty of fruits and vegetables. After two years start normal diet. Add fresh fruits and dry fruits, vegetables, ghee in their routine diet for proper growth and development.

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