

The scientific basis of traditional ayurvedic childcare practices and it's utility for enhances vyadhi kshamatwa (immunity) of new borns

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Abstract:

Infant, especially the neonate who is dependent on the mother for his existence and survival are more prone to disease, disability and death. The mortality and morbidity remain high during this period due to their easy vulnerability to infections and their neurological sequel. The immature child of this age group requires some type of help to overcome the ill effects of birth injuries and infections. So, there is an urgent need to study systematically, the utility, futility, scientific basis and possible dangers of a large number of traditional childcare practices. The blind faith in the traditional childcare practices of doubtful utility or harmful nature may lead to non-acceptance by modern system of medicine. All efforts may be made to accord right perspective to the prevalent traditional childcare practices in the country including Ayurveda in order to derive maximum benefit for the mankind. Here, it is such an initiative in the above direction by analysing the childcare practices envisaged by Ayurvedic system of medicine for enhancing the vyadhikshamatwa (Immunity) of the child. Bala and Vyadhikshamatwa, various childcare practices advised by Ayurveda for enhancement of 'vyadhi kshamatwa', Jathakarma as Prelacteal feed, Karna Vedana Samsakara (Ear piercing ceremony), Medicines mentioned by authors for enhancing sahaja bala (Natural Immunity), Prakara yogas for immunization (Maintenance of homeostasis) is clearly explained in my paper.

Biography:

Prof. Dr. G. Ramu has completed his M.D (Ayurveda) at the age of 30 from University and post graduate studies from Government Ayurveda College, University of Kerala, India. He is also completed master's degree in Psychology. He is the director of 'Sri Dhanwantari Keraleeya Ayurveda Vydyalayam Panchakarma and Research Centre. He has published more than 10 papers in reputed journals and has been serving as a Chief Ayurvedic Physician and Consultant.

[Joint event of World Heart Congress & Traditional Medicine 2020;](#)
Osaka, Japan- March 12-13, 2020

Abstract Citation:

Gokarapu Ramu, The scientific basis of traditional ayurvedic childcare practices and its utility for enhances vyadhi kshamatwa (immunity) of new borns, Traditional Medicine 2020, Joint event of World Heart Congress & Traditional Medicine 2020- Osaka, Japan- March 12-13, 2020