

### **3.4. Kaumarbhritya (Ayurvedic Pediatrics)**

**Theory One Paper – 100 Marks**  
**Practical Viva Voce - 50 Marks**

**Paper I**

**100 Marks**

#### **Kaumarbhritya Parichaya Evum Balaka Paricharya (Introduction to Ayurvedic Pediatrics and Child Care)**

**Part A**

**50 Marks**

1. General introduction and scope of Kaumarbhritya (Ayurvedic Pediatrics), Definitions and terminologies used in Kaumarbhritya.
2. Scientific contribution of Kashyapa Samhita in Kaumarbhritya.
3. Vayobheda (Classification of age): Garbha, Bala, Kumara; Kshirada, Kshirannada & Annada etc. and modern classification of childhood period.
4. Prana Pratyagamanam (Neonatal Resuscitation): Methodology; complications and their management (Ayurvedic and modern view). Assessment of gestational age.
5. Navajata Shishu Paricharya (Neonatal Care): Care of the Jatmatra (Newly born child) and the Sadyojata, Care of the Samaya-purvajata Shishu (Preterm), Purnakalika Shishu (Full term), and Samaya-Paschatjata Shishu (Post term neonate), Nabhinala Chhedana (Cutting of umbilical cord), Complications of improper cutting of umbilical cord and its treatment, Rakshoghna Karma (Protective measures- Ayurvedic and modern view).
6. Navajata Shishu Parikshana (Examination of newborn): Ayu-Parikshana, Modern approach to Neonatal Examination
7. Navajat Shishu Poshana (infant feeding): Specific feeding schedule as per Ayurvedic texts and modern concept; Stanya-Sampat (Properties of normal breast milk) Stanyotpatti (Physiology of lactation), Stanya Sangathana (Composition of breast milk), Stanya Parikshana (Examination of breast milk), Stanya-Piyusha (Colostrum); Stanya-Pana-Vidhi (Techniques of breast feeding), Stanyakshaya-Stanyanasha (Inadequate production and absence of breast milk), Dhatri (wet nurse)- Stanyabhava dugdh Vyavastha (alternative feeding in the absence of breast milk), Various other milk feeding methods.
8. Stanyadosha (Vitiation of Breast milk), Stanya Shodhana (Purification of breast milk), Stanya Janana and Vardhanopakrama (Methods to enhance breast milk formation).
9. Garbha Vridhi Vikasa Krama: Samanya Parichaya (brief monthwise development of

fetus), Milestones of development during infancy and childhood including concepts of various Samskaras.

10. Poshana (Nutrition): Normal requirements of nutrients and common food sources.
11. Dantotpatti evum Danta Raksha Vidhi (Dentition and dental care): Danta-sampat (Characteristics of healthy teeth), Danta Nisheka evum Dantodbheda (Eruption of teeth), Dantodbhedjanya Vikara (Dentition disorders).
12. Vyadhikshamatva: General concepts of Bala (Immunity) and methods of Bala Vriddhi.
13. Prashan & Lehana: Indications, contra-indications, different drugs used in lehana
14. Knowledge of National Programs related to Child Health Care: Reproductive and Child Health (RCH) Program, Community Child Health Programs, Nutritional Programs, National Immunization Program and other programs incorporated by Govt. of India from time to time

## **Part B**

**50 Marks**

### **Samanya Chikitsa Siddhanta and Balaroga (General Principles of Treatment and Management of Pediatric Disorders)**

1. Bala Pariksha-vidhi Evam Shishu Vedana Parigyan (Examination of sick child and Diagnostic methods-Ayurvedic and modern). Samanya Chikitsa Siddhanta (General principles of treatment in children).
2. General Aushadhi Matra Nirdharana - for Ayurvedic and modern drugs preparations (drug doses according to age, weight and drug contents)
3. Specific therapeutic panchakarma procedures in children with special emphases on snehan, swedan and basti.
4. Prasava Kaleena Abhighata (Birth injuries): Shwasavrodha (Asphyxia neonatorum), Ulvaka, Upashirshaka (Caput Succidanum and Cephalohaematoma), Facial Paralysis, Erb's Paralysis, Bhagna (fractures).
5. Brief description of Sahajavyadhi (Congenital disorders): Sahaja Hridaya Vikara (Congenital Cardiac Disorders) Jalashirshaka (Hydrocephalus), Khandaoushtha (cleft lip), Khanda-Talu (cleft palate) Sanniruddha Guda (Anal stricture / imperforated anus), Pada Vikriti (Talipes equinovarus and valgus), Spina bifida, Meningocele, Meningomyelocele.
6. Brief knowledge of genetic disorders): Down syndrome, Turner Syndrome, Muscular dystrophy, Sickle-Cell Anemia, Thalassaemia, Sahaja Madhumeha (Juvenile diabetes).
7. Prasavottara Vyadhi (Neonatal disorders): Navajata Kamala (Neonatal Jaundice), Navajata Netrabhishyanda (Neonatal conjunctivitis), Nabhiroga (Umbilical disorders), Navajatshishu-raktavishmayata (Neonatal Septicemia)
8. Dushta Stanyapanajanya Vyadhi (Disorders due to Vitiated Milk): Lactose intolerance, Kshiralasaka, Kukunaka, Ahiputana (Napkin Rashes)
9. Kuposhanajanya Vyadhi (Nutritional disorders): Karshya, Phakka, Balashosha and Parigarbhika (Protein Energy Malnutrition), Vitamin and Micro-nutrient deficiency

disorders, Hyper-vitaminosis, failure to thrive.

10. Aupasargika Vyadhi (Infectious Diseases): Karnamula Shotha (Mumps), Romantika (Measles), Rubella, Masurika (Chicken Pox), Rohini (Diphtheria), Kukkura-Kasa (Whooping Cough), Dhanurvata (Tetanus), Krimiroga (Worm Infestations), Antrika Jwara (Typhoid), Mastisakavarnashotha (Meningitis), AIDS, Dengue, Malaria, Rajajakshma (Tuberculosis), Jivanujanya Yakrit Shotha (Hepatitis)
1. Srotas Vikara:
  - a) Pranavaha Srotas: Pratishtyaya (common cold), Kasa (Cough), Shwasa (Respiratory distress syndrome), Tamaka Shwasa (Bronchial Asthma), Utpuliika, Swasanaka Jwara (Pneumonia/Pneumonitis, Bronchiolitis), Gala shotha (Pharyngitis, Laryngitis), Talukantaka (Tonsillitis)
  - b) Annavaha\_ Srotas: Ajirna (Indigestion), Atisara (Diarrhoea), Chhardi (Vomiting), Vibandha (Constipation), Mukhapaka (Stomatitis), Gudapaka (Proctitis), Parikartika (Anal fissure), Udarsula (Infantile Colic), Pravahika (Dysentry), Gudabhransa (Rectal Prolapse). Ama and its disorders like Ama vata jwara (Rheumatic fever).
  - c) Rasavaha Srotas: Jwara (Fever), Pandu (Anemia), Mridbhakshanajanya Pandu (Anemia associated with clay eating/Pica).
  - d) Raktavaha Srotas: Kamala (Jaundice), Raktapitta (Haemorrhagic disorders), Yakritodara (Hepatomegaly).and Pieehodara (Splenomegaly)
  - e) Mamsa-Medovaha Srotas: Apachi (Lymphadenitis), Galaganda (Goitre), Gandamala (Cervical Lymphadenopathy).
  - f) Mutravaha Srotas: Shopha in Vrikka (Glomerulonephritis and Nephrotic syndrome)
2. Anya Bala Vikara (Miscellaneous Pediatric Disorders), Apasmara (Epilepsy), Akshepa (Convulsions), Nirudhaprakasha (Phimosis), Cerebral palsy.
3. Behavioral Disorders of Children, their management and counseling: Breath holding spell, Shayyamura (Bed wetting), Pica, Unmada, Autism, ADHD (Attention Deficit and Hyperactive Disorders), Jadatwa (Mental retardation).
4. Pran raksha vidhi (Life saving measures in children): Principles of management of Shock and Anaphylaxis, Poisoning, Foreign body in respiratory tract, Status epilepticus, Hemorrhage, Acute Renal Failure, Febrile Convulsion, Status Asthmaticus, Fluid and Electrolyte Management.
5. Balagraha: General description, classification, clinical features and management.

## **PRACTICAL**

### **Content of Practical / demonstration**

1. Clinical training of above mentioned disorders of children.
2. Exposure to -
  - a) Navajata Shishu Paricharya (Care of the newborn)
  - b) Pranapratyagamana Vidhi (Resuscitation procedure of new born)
  - c) Vaccination
  - d) Panchakarma Vidhi (Panchakarma procedures) especially Snehana, Swedana, Basti.
3. Knowledge of various equipments such as phototherapy unit, overhead radiant

- warmer, resuscitation equipments, Panchakarma equipments and their application
4. Knowledge of IV fluid administration, blood sampling
  5. Anthropometry measurements and their interpretation
  6. Various Ayurvedic & modern Procedures and investigations in pediatric practice

### **Distribution of Marks**

Clinical work: Pediatric and neonatal case records [1.0 case sheets of each]	10 Marks
Patient Examination	20 Marks
Spotting	05 Marks
Viva – voce	15 Marks
<b>Total</b>	<b>50 Marks</b>

### **Reference Books**

1. Kashyapa Samhita Complete Hindi translation by Satyapal Vidhyalankara English translation by Prof. Premvati Tiwari
  2. Principles & practice of Pediatrics in Ayurveda: Dr. CHS Shastry
  3. Child Health Care in Ayurveda: Prof. Abhimanyu Kumar
  4. Ayurvedic Concepts of human Embryology: Prof. Abhimanyu Kumar
  5. Kaumarbhritya by Prof. D.N. Mishra
  6. Kaumarbhritya Ke Antargata Balgraho Ka Kramika Evam Vaigyanika Adhyana by Prof. Chanchal Sharma
  7. Notes on Kaumarbhritya-by Dr. Dinesh K S
  8. Pran - Pratyagannanann-by Dr. B.M. Singh
  9. Ayurveda Dwara Matra Evam Shishu Paricharya by Dr. KS Patel,V.K.Kori & Raigopal
  10. Kaumarbhritya related references from Charaka Samhita, Sushruta Samhita Vagbhata etc.
  11. Clinical Methods in Paediatrics by Meharban Singh
  12. Pediatrics Emergencies by Meharban Singh
  13. Essential Pediatrics O,P. Ghai
  14. Text Book of Pediatrics Nelson
  15. Care of New Born by Meharban Singh
  16. Panchakarma in Pediatrics Dr. Yogita Srivas
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