



INTRODUCTION TO KAUMARBHRITYA

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Definitions of Kaumarbhritya

कौमारभृत्यं नाम कुमारभरणधात्रीक्षीरदोषसंशोधनार्थं दुष्टस्तन्यग्रहसमुत्थानाञ्च व्याधीनामुपशमनार्थं च । (सु.सु. 1/6)

Means –

- Kaumarabhritya is one among the eight branches of Ayurveda and it deals in detail about Kumar Bharana which includes Poshana and Dharana i.e. nutrition as well as growth and developmental aspects of a child, Dhatri, different types of milk like breast milk, animal and its vitiation, defects as well as treatment.
- It deals in detail regarding different Grahas, its vitiations and treatment.
- It also deals with Stanya and Stanya Dusti with its treatment.

Definitions of Kaumarbhritya

कौमारभृत्यमिति कुमाराणाम् भृतिः धारणम् पोषणम् च तस्येदमिति कौमारभृत्यम् ।
(चक्रपाणि)

Means –

- One which is concerned with Dharana i.e. holding, supporting or maintenance of optimal healthy status of growth and developmental aspect of the child.
- One which deals with nutritional aspect of the child and which is required for all round development of the child.

Definitions of Kaumarbhritya

गर्भोपक्रमविज्ञानं सूतिकोपक्रमस्तथा ।

बालानां रोगशमनी क्रिया बालचिकित्सम्॥ (हा.सं.2/17)

- **Garbhopakrama-** Kaumarabhritya explains topics related to Garbhopakrama as health status of fetus in antenatal period determines its future health status. This includes study of embryology, antenatal hazards, monthwise development of fetus, diet and regimen of a pregnant lady.

Definitions of Kaumarbhritya

Suthikopakrama- Sutika is post natal period, where baby is in contact with the Sutika mother and completely depends on her for breast milk. Stanya Dusti of different kinds and different systemic disorders of Sutika will have hazardous effect on the growing baby. Hence, for the welfare of the baby one should also take care of mother.

Bala Roga Shamani- Dealing exclusively with disorders of Bala, like different systemic disorders, Graha Roga, Kuposhanajanya Vyadhi etc.

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तत्र बालमपरिपक्वधातुमजातव्यञ्जनं सुकुमारमक्लेशसहमसंपूर्णबलं
श्लेष्मधातुप्रायमाषोडशवर्षम् ॥ (च.वि. 8/122)

- Bala (बाल) is one, who is having immaturity of Dhatus, non-development of secondary sexual characteristics, delicate body tissues with inability to withstand stress and medicines. Bala is that stage of life, where strength of the body is not at its maximum level and with predominance of Kapha Dosha. This period extends till sixteen years of life.

Scope and importance of Kaumarbhritya

कौमारभृत्य का आधार ग्रंथ - काश्यप संहिता

- काश्यप संहिता - प्रथम स्थान
- आचार्य वाग्भट्ट- द्वितीय स्थान
- आचार्य सुश्रुत- पंचम स्थान
- आचार्य चरक- षष्ठम स्थान

Scope and importance of Kaumarbhritya

'कौमारभृत्यमष्टानां तन्त्राणामाद्यमुच्यते । आयुर्वेदस्य महतो देवानामिव हव्यपः।
अनेन हि संवर्धितमितरे चिकित्सन्ति । बालस्य हृद्यमौषधम्मन्यत् । प्रमाणमन्यदन्य
उपक्रमोऽन्ये च विशेषाः ।

(का.वि. 61)

Kashyapa considered Kaumarabhritya as the main branch among eight branches of Ayurveda and explained it with first preference. Its importance has been compared with Agni Devata among the Devatas.

Scope and importance of Kaumarbhritya

- Agni Devata (अग्निदेवता) receives all offerings given during, Homa (होम), Havana (हवन), which will be later carried to all other Devatas. So, in the absence of Agni rest of the Devatas can't get their offerings.
- Hence, Agni acts as a mediator. Similarly all other medical branches will have a scope of getting patients if physicians of Kaumarabhritya looks after the baby, treats the disease of Bala, makes them grow and survive up to 16 years (Today's children are citizens of tommorrow).
- Again, treatment of Bala is quite specific, as medicines should be Hridya in comparison to other medical fields. Meanwhile quantity, dose of medicine and certain treatment procedures are also different.

Scope and importance of Kaumarbhritya

लोकेस्मिंस्त्रयो दुष्करकारिणः । भिषग्धात्री च बालश्च त एव सुखःदुखिताः । परिज्ञानं
विना वाताद्यौषधकल्पने शिशोः ।

भिषक्कौमारभृत्यस्तैः कारणैर्नित्यंदुःखितः । का.चि. धात्री चिकित्सित अध्याय

Why physician of Kaumarabhritya is great? It has been told that, physician of Kaumarabhritya always stands different from other doctors due to challenges that he faces

Cont..

There are mainly three people in the world who performs their duty under stress. They are-

1. भिषक् (Physician of Kaumarabhritya).
2. धात्री or माता (one who looks after and takes care of the baby).
3. बालक (who is dependent on others).

and these three always experiences happiness and sadness (सुःख and दुःख).

Terminologies used in Kaumarbhritya

- बालक

निरुक्ति- बल्यते बलते वा |बल संचलने (अमरकोष)

जिसमे बल का आधान हो, बल का संचालन हो

- शिशु

निरुक्ति- अतिशय शयनेन इति शिशु । जो ज़्यादा सोता है ।

- कुमार

निरुक्ति- कुमारयति क्रीडयति । जो क्रीड़ा करता है

Cont..

- नवजात

1st month of new born (birth to 28 days)

- सद्योजात

First 24 hr after birth

- जातमात्र

After birth till cutting of umbilical cord

Cont...

- **P**ediatrics word-American origin
- **P**aediatrics word- British origin

Pais means child

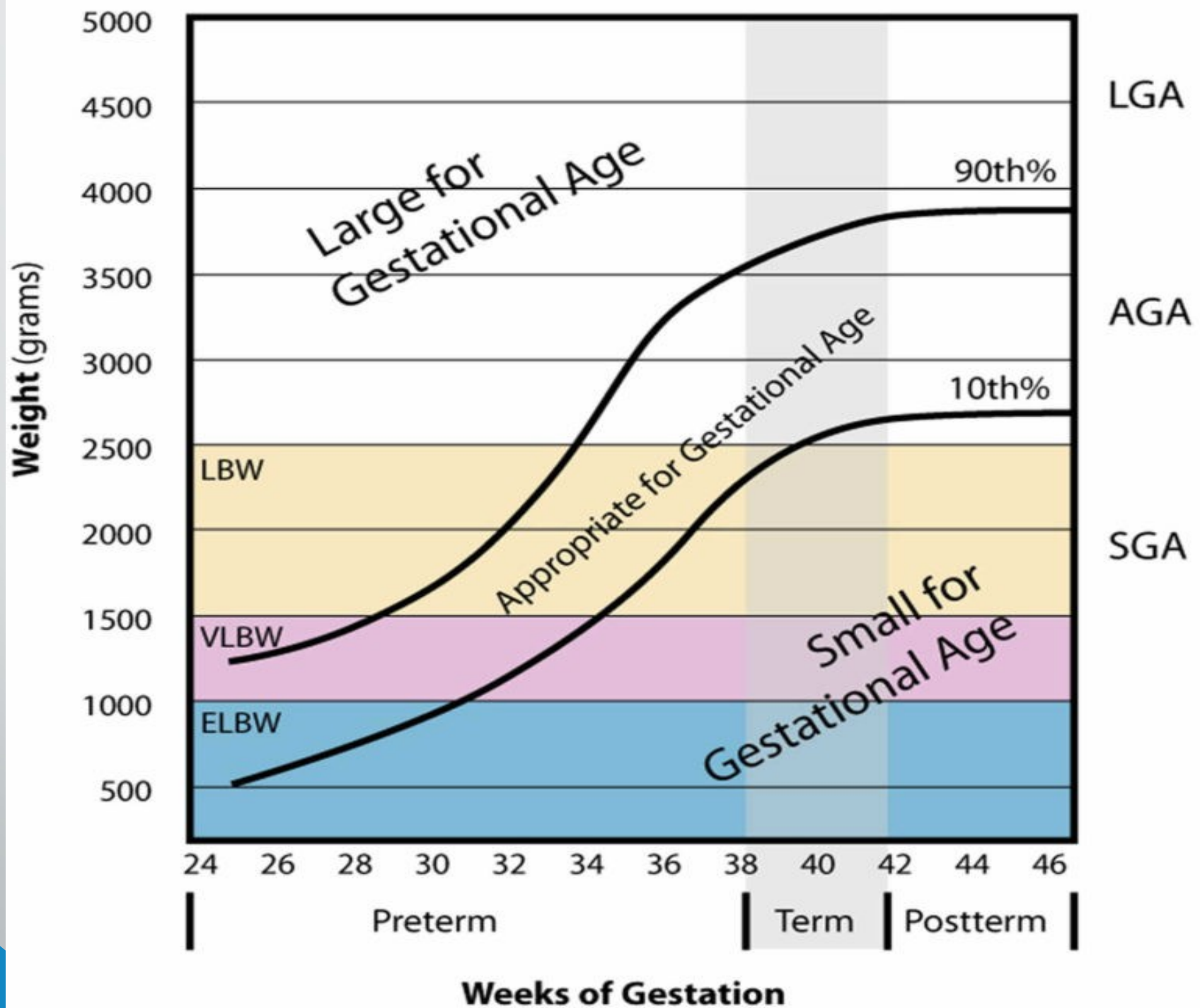
Iatros means doctor or healer

Perinatal period – 28th week of gestation to 7 days after birth

Extended perinatal period – 22nd week of gestation to 7 days after birth

Cont...

- Gestational age- the duration of gestation is measured from 1st day of last menstrual period and gestation period or age is expressed in completed weeks and days
- ✓ Adequate for gestational age (AGA) - babies with birth weight of between 10th and 90th percentile for that gestational age
- ✓ Small for gestational age (SGA) –babies with birth weight of less than 10th percentile for that gestational age
- ✓ Large for gestational age (LGA) –babies with birth weight of more than 90th percentile for that gestational age



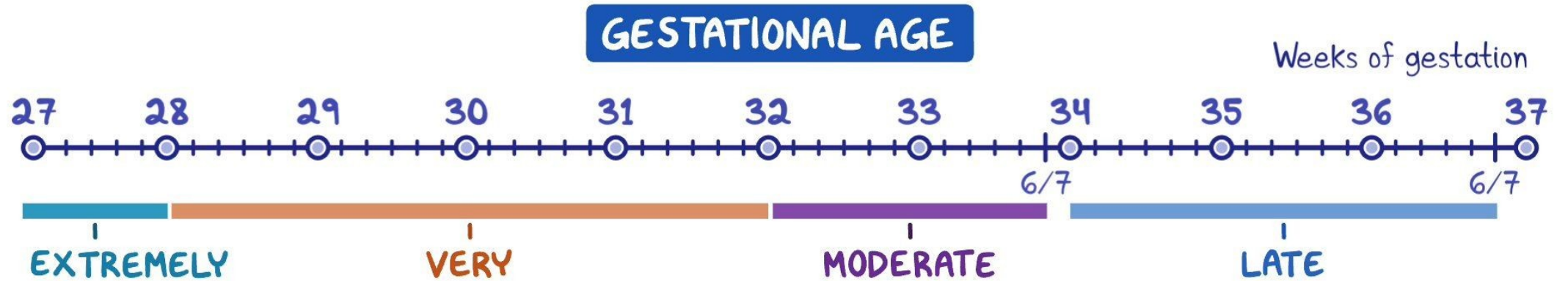
Cont...

- Term baby – born between 37-41 week
- Pre term baby – born before 37 week
- Post term baby – born after 41 week

Cont...

- Average weight of new born baby at birth in india - 2.9 kg (in range 2500-3500g)
- Low birth weight (LBW)- birth weight less than 2500 g
- High risk low birth weight - birth weight less than 2000 g
- Very low birth weight (VLBW) – BIRTH WEIGHT LESS THAN 1500G
- Extreme low birth weight (ELBW)- birth weight less than 1000g
- Micro premie – birth weight less than 800 g

PRETERM INFANT: Before 37 COMPLETED WEEKS of GESTATION



BIRTH WEIGHT



LOW: < 2500 g

VERY LOW: < 1500 g

EXTREMELY LOW: < 1000 g

Cont...

- **Fetal death –**

Intrauterine death of a fetus before delivery from the mother, regardless of the duration of pregnancy. Fetal deaths do not include induced terminations of pregnancy (abortions).

Classification-

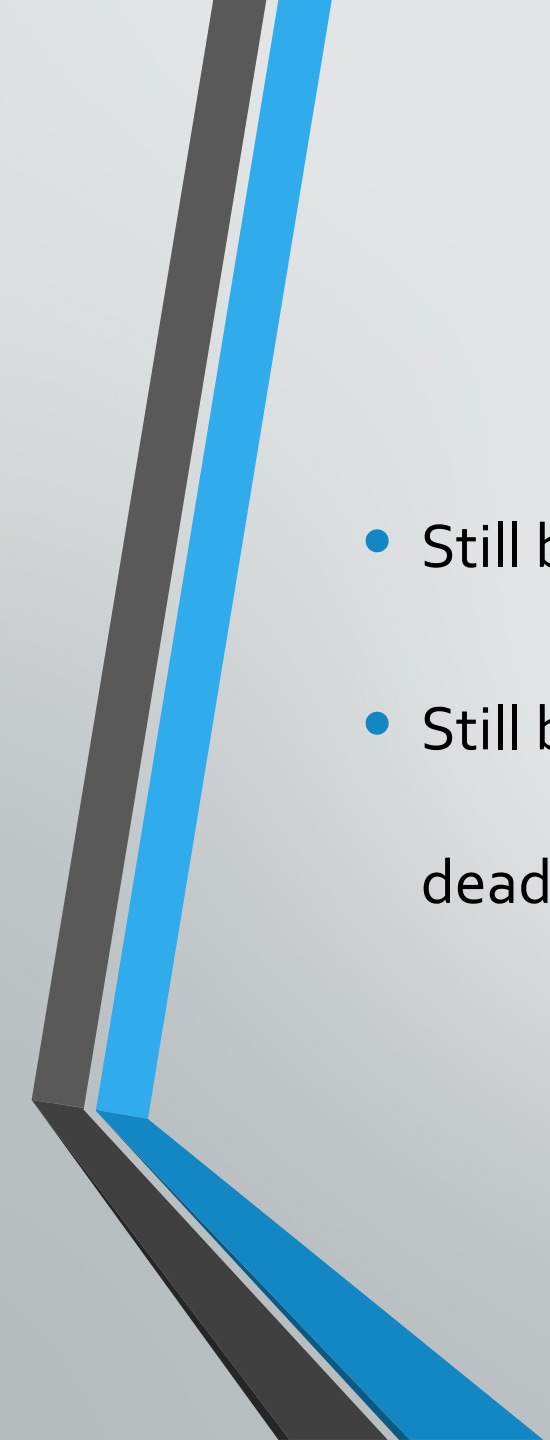
Early fetal death- Death of fetus having birth weight of less than 500 g or gestation of less than 22 week or CHL of less than 25 cm

Intermediate fetal death – fetus having birth weight between 500 to 1000g or gestation between 22 to 28 week or CHL between 25 – 35 cm

Late fetal death or Still birth- Death of fetus having birth weight of 1000 g or more and gestation of 28 weeks or more or crown heel length (CHL) more than 35 cm

Cont...

- **Abortion:** Intentional termination of a pregnancy, typically performed in the first trimester, and can be a legal medical procedure.
- **Miscarriage:** Natural loss of a pregnancy, occurring spontaneously at any time during pregnancy, and is not a medical procedure.

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- Still birth - during pregnancy death of fetus after 20 weeks of gestation
 - Still born – death of fetus at the time of birth or just prior to delivery baby is dead

Child Mortality Indicators: Definition

Mortality among young children can be subdivided by age group

Category	Includes deaths that occur:
Neonatal mortality	During the first 28 days of life
Post-neonatal mortality	At ages 1 to 11 months
Infant mortality	Between birth and exact age 1
Child mortality	At ages 1 to 4 years
Under-five mortality	Between birth and exact age 5

