

# AYURVEDIC CARE OF THE NORMAL NEWBORN

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# INTRODUCTION

- Newborn-Child upto 28days of life
- Normal neonates-gestational age between 37-41 weeks.
- Neonatal mortality is highest during first 24hours,overall 65%.
- The current NMR is 39/1000(India) live births.



# TERMS:



**JAATAMATRA** (Jata +Matra)

- Jata refers to baby immediately after birth (A.H).

सध्य एव उत्भूतम् जातमात्रम्।

**SADHYOJATA** - सध्य एव जातः इति  
सध्योजात।

**NAVAJATA**

सद्योजातः एकः अन्वयः अत्र तिष्ठति।

# CLASSIFICATION

CHARAKA	SUSRUTHA	VAGBHATA
PRANAPRATYAGAMANA	MUKHAVISHODANA	ULBA PARIMARJANA
SNANA	PICHUDHARANA	PRANAPRATYAGAMANA
MUKHAVISHODANA	NALACHEDANA	NALACHEDANA
GARBHODAKAVAMANA	JAATAKARMA	SNANA
NALACHEDANA	SNANA	PICHUDHARANA
JATAKARMA		SUVARNAPRASHANA
RAKSHAKARMA		GARBHODAKA VAMANA
		JAATAKARMA









# **JAATAMATRA SISU PARICHARYA**

**ULBA  
PARIMARJANAM**



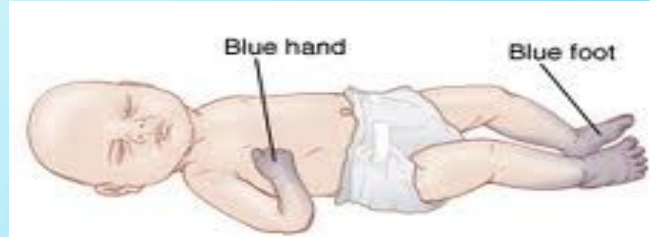


# PRAANA PRATYAGAMANAM

❖ PRAANA → Life

❖ Imp The efforts to establish a normal cardio-respiratory functioning from a compromised life threatening status

❖ Why?? - During fetal stage functions of panchavaayu are entirely dependent on





# Cont...

## 1. **Mukhakanthavishodhana (clearing the airway)**

अथास्य ताल्वोष्ठकण्ठजिह्वाप्रमार्जनमारभेताड्गुल्या सुपरिलिखितनखय  
सुप्रक्षालितोपधानकार्पाससपिचुमत्या

(C.S.Sa 8/43)

- ❖ The throat, pharynx, tongue and lips, should be cleared by fingers of attender covered with clean cotton guaze.
- ❖ **Precaution (Purvakarma)** -Nails should be trimmed and hands should be sterile.

Cont...

**BENEFITS:**



Conti ..

2. Stimulus to baby:

➤ शीतोदकेन उष्णोदकेन वा मुख  
परिषेकः।

(C.S.Sa 8/42)

➤ अश्मनोः सम्घट्टनम् कर्णयोर्मूले।  
(C.S.Sa 8/42)

IMP– स क्लेशविहतान् प्राणान् पुनरलभेत।

# Cont...

## 3.Fanning with Krishnakaapalikasoorpa

क्रुष्णकपालिका शूर्पेण चैनमभिनिष्पुणीयुर्यध्यचेष्टः  
स्यात् यावत् प्राणानाम् प्रत्यागमनम्॥

**Indicated in:** Acheshta child

(C.S.Sa 8/42)

**Duration:** Till respiration attains

**Materials used :**

क्रुष्णकपालिका ईषिका नलमुन्जवमशादिभवा  
तत् क्रतः।

शूर्पःक्रुष्णकपालिका शूर्पः.....







# ULBASHODHANAM

- ❖ During fetal period child is covered with a fine paste like substance called ULBA.
- ❖ Equated to VERNIX CASEOSA.
- ❖ Procedure

जातमात्रं विशोध्योल्वाद्दालं सैन्धवसर्पिषा

(A.H.U.1/1)

- ❖ Soon after birth, baby should be smeared with ghee mixed with saindhava.



# CONT...

- ❖ Ghritha acts like an insulator & thus give sufficient protection from hypothermia.
- ❖ Saindhava with stambha, bhandha, sanghata, vidhmapana and sukshma properties removes the ULBA which is slimy & sticky.
- ❖ This is not practised nowadays.



# GARBHODAKA VAMANAM

- ❖ Garbhodaka is compared with Amniotic fluid.

गर्भाम्भः सैन्धववता सर्पिषा वामयेत्ततः

(A.H.U.1/10)

- ❖ paste of ghrita and saindhava given for licking.

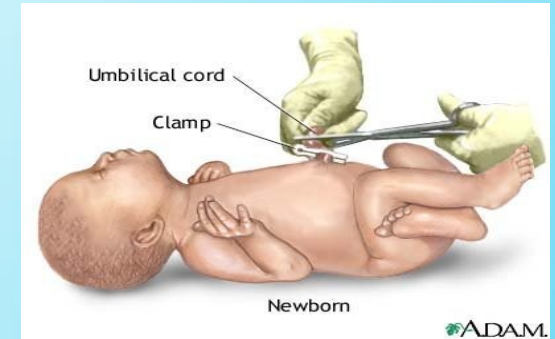
**Imp -Diseases like ulbakam can arise.**

# NAABHINALA CHEDANA VIDHI

## WHEN TO CUT?

- ❖ Baby gets devoid of prasoothiklesha.
- ❖ Attains proper respiratory & cardiovascular functions.

## MATERIALS REQUIRED





# PROCEDURE

SL.NO:	ACHARYA	DISTANCE
1.	Charaka	measure the cord 8 angulas from the umbilicus hold with two fingers and cut with Ardha-dharashastra
	Susrutha	Tie at 8 angula distance & cut
2.	Vagbhata (A.H)	Cut at 4 Angula
3.	Vagbhata (A.S)	Cut at 4 Angula



## Conti ...

- After the separation of umbilical cord the stump has to be smeared with Kushta taila.

**Benefits:**





# NAVAJAATA SISU PARICHARYA

- Includes procedures in addition to the Jaatamatra sisu paricharya namely:

SL. NO:	PROCEDURE
1.	TAILA PARISHEKAM
2.	SNAANAM
3.	PICHU DHARANAM
4.	UDAKA KUMBHA STHAAPANAM
5.	PRASANAM
6.	STANYAPANA
7.	SAMSKARAS
8.	RAKSHOGHNA KARMA

# TAILA PARISHEKA

प्रसूतिक्लेशितं चानु बलातैलेन सेचयेत्

- Most apt procedure which can be adopted here is Parisheka or Abhyanga With Bala thaila.
- Benifits-Removes prasotikelsa & mitigates vata.

(A.H.U.1/10)





# THE EFFECTS OF INFANT MASSAGE ON WEIGHT, HEIGHT, AND MOTHER-INFANT INTERACTION

- ❖ **AUTHOR** -Hae-Kyung Lee, RN, PhD
- ❖ **SOURCE**- Journal of Korean Academy of Nursing Vol. 36, No. 8
- ❖ **STUDY**- to test the effects of infant massage on weight and height of infant and mother-infant interaction with normal infants over a period of 4 weeks.
- ❖ **RESULT**
  - ✓ Facilitates the mother-infant interaction
  - ✓ Promotes building up the emotional tie between the mother and her infant.

# SNAANAM

- Commonly practised since ancient days & till recent past.
- Now-a-days, snana is not done immediately after birth, due to the fear of hypothermia.

**Benefits of ushnodaka snana:**





.....स्नापयेदनु ।  
क्षीरिव्रक्षकषायेण सर्वगन्धोदकेन वा ।  
कोष्णेन तप्तरजततपनीयनिमज्जनै ।  
(A.H.U.1/10)



Baby has to be bathed in  
luke warm kwatha of:

- ✓ ksheerivrikshas or
- ✓ Eladigana or
- ✓ Panchvalkala or
- ✓ leaves of kapitha or
- ✓ Sarvagandha dravyas or
- ✓ with hot water made by  
dipping heated metal bars of  
gold or silver.

# PICHUDHARANAM

- ❖ Pichu is the simplest & effective procedure one among Moordhataila.

**Procedure:**

शिरसि स्नेहपिचुना.....  
(A.H.U.1/10)

**Benefits:**





# UDAKA KUMBHA STHAAPANAM

- ❖ Hot Water pot (earthen pot) processed with mantras should be kept near the child's head.
- ❖ Acc to vaghbata,  
keep hot water pot at both sides of room entrance



[Click to enlarge](#)

# **BENEFITS**



# **JAATAKARMA SAMSKARA**

- Birth ceremony / care of new born.
- Charaka explains Jaatakarma as:





# PRASANAM

- ❖ The quantity which can be grasped by the tip of middle finger of attender and made to lick is termed as PRAASA.

## DRUGS & METHOD OF ADMINISTRATION

प्रथमे दिवसे तस्मात्त्रिकालं मधुसर्पिषी १२  
अनन्तामिश्रिते मन्त्रपाविते प्राशयेच्छिशुम्

द्वितीये लक्ष्मणासिद्धं तृतीये च घृतं ततः १३  
प्राङ्निषिद्धस्तनस्यास्य तत्पाणितलसम्मितम्  
स्तन्यानुपानं द्वौ कालौ नवनीतं प्रयोजयेत् १४

CONT...



# BENEFITS



# RESPONSE OF THE NEWBORN TO MADHU-GHRITA

**DR. KAMATH M. SETHUKUMAR, 1981, GUIDE**

**DR. SHASTRY C.H.S -KB-IPGT&RA, GAU, JAMNAGAR**

- **STUDY:** Madhu+Ghrita in equal quantities was administered for 7 days to newborn.
- **GROUPING:** Two groups (control & trial)
- **FOLLOW UP:** 3 Months
  
- **RESULT:**
  - ✓ Significant rise in anthropometrical measurements
  - ✓ Rise of Sr.T.Protein and globulin levels of treated babies.
  - ✓ Action in triggering the response of immunological system in newborn.

# EFFECT OF MADHU-GHRITA AND SWARNA-VACHA-MADHU-GHRITA ON NEONATES

AMRUTA S GAIKWAD, 2011-KB-IPGT&RA, GAU, JAMNAGAR

- **STUDY:** Assess the efficacy of Madhu-Ghrita and Swarnavachayukta Madhu-Ghrita on Neonates.
- **GROUPING:** GROUP A(Control), B & C
- **DOSE:** 5 drops in a single dose.— at morning
- **DURATION:** 4 Weeks
- **RESULT:**
  - ✓ Immunity increased
  - ✓ Episodes of recurrent URTI reduced
  - ✓ Achieved appropriate developmental milestones



# STANYAPANAM

- ❖ Acc. to Acharya Charaka Breast feeding should be started from the first day .

रसप्रसादो मधुरः पक्वाहारनिमित्तजः  
कृत्स्नदेहात् स्तनौ प्राप्तः स्तन्यमित्यभिधीयते १८

(Su.Ni.10/28)

- ❖ Special care has to be taken not only in maintaining the quality of stanya but also in the techniques of feeding



# Cont...



## Techniques of breast feeding

ततः प्रशस्तायाम् तिथौ शिरःस्नातमहतवाससमुदङ्मुखम्  
शिशुमुपवेशाय धात्रीम् प्राङ्मुखीम् चोपवेशाय दक्षिणम् स्तनम्  
धौतमीष्टपरिस्रुतमभिमज्य मन्त्रेणानेन पाययेत्॥

(SU.SA.10/25)

### Preparation of child:

- ❖ Baby has to be bathed & dressed with new clothes.
- ❖ Baby should be facing north.

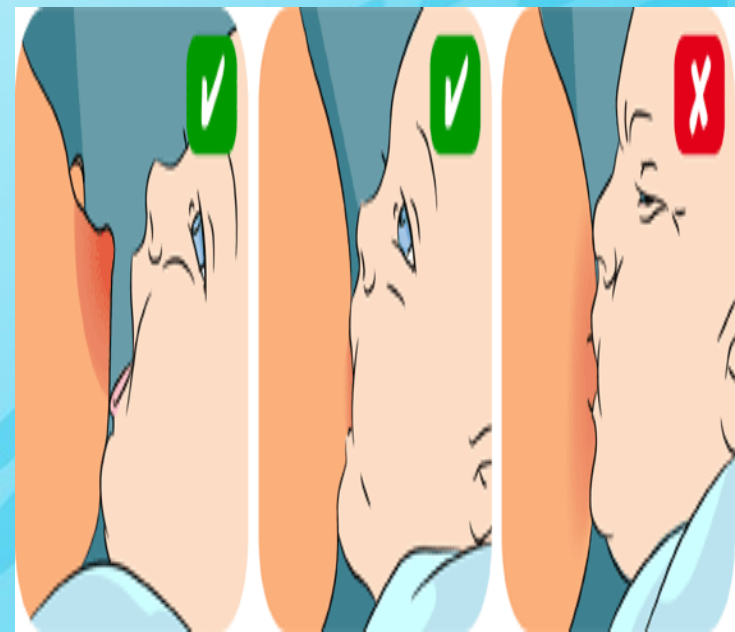
### Preparation of mother:

- ❖ Mother should face towards east.
- ❖ Little milk should be expressed out before feeding the baby.
- ❖ Initially right breast has to be given for feeding along with enchantment of mantras.



## Points to be taken care

- ❖ The baby should be hold in comfortable position.
- ❖ Head & neck should be facing the breast & should be supported in a straight line with his body.
- ❖ Both nipple and areola should remain inside the mouth of baby.



## Cont....

### **Burping:**

- All infants swallow some air while sucking.
- Holding infant erect over mother's shoulder making him sit up on the mother's lap & rubbing the shoulder helps in expelling wind.



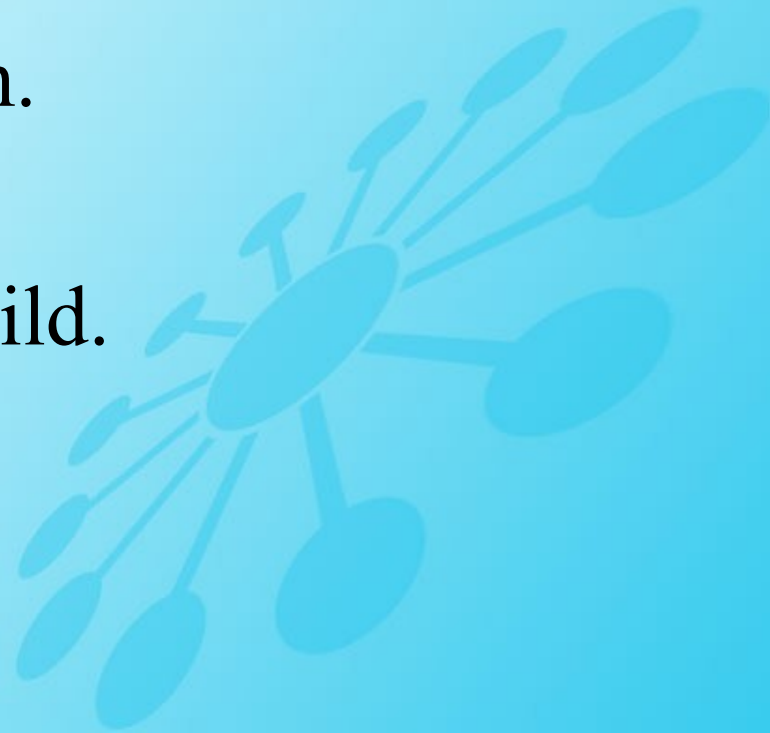
### **If not done:**

- Abdominal cramps or regurgitation of milk

# Cont...

## **Benefits of Stanyapana**

- ❖ Helps child and mother bonding
- ❖ Light for digestion
- ❖ Prevents jaundice
- ❖ Helps in thermo regulation.
- ❖ Boost immune system.
- ❖ Highly nutritious to the child.



# BREAST MILK AS THE GOLD STANDARD FOR PROTECTIVE NUTRIENTS

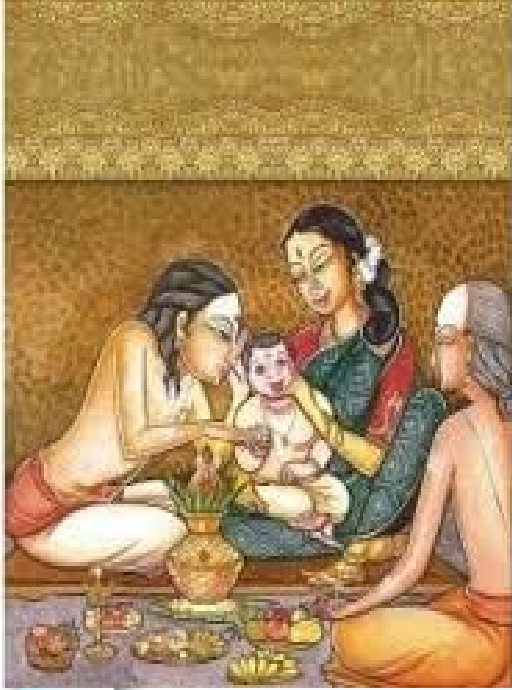
☐ **Author** -Walker A

☐ **Source**-Department of Nutrition, Harvard Medical School and Harvard School of Public Health, Boston, MA, USA.  
allan\_walker@hms.harvard.edu

☐ **Result:**

- ✓ composition of breast milk changes according to the newborns needs for passive protection.
- ✓ substances in breast milk actively stimulate development of the newborn's host defenses to provide continued mucosal protection after breastfeeding is terminated.
- ✓ components of breast milk can act individually or in concert to contain the neonatal immature anti-inflammatory response.

# NAMAKARANA SAMSKARA



**Time:**





# Cont...

## **Character of names:**

- Two names are given:



# Preparation of the Baby

- ❖ Mother & baby should take bath in water mixed with sarvagandha drugs.
- ❖ Wear light & clean cloth & ornaments.
- ❖ Should worship god & receive blessings from brahmanas
- ❖ Baby made to sit over pad of cloths with head towards east or north.
- ❖ Father should call name in child 's ear for three times.



# DOLASAYANA SAMSKARA

Child who is found to be physically doing well  
can be transferred to cradle

**Time (Dharmasindhusara):**



**Benefits:**

Sleeps comfortably with swinging movements

# RAKSHOGHNA KARMA

- General protective & curative measures.

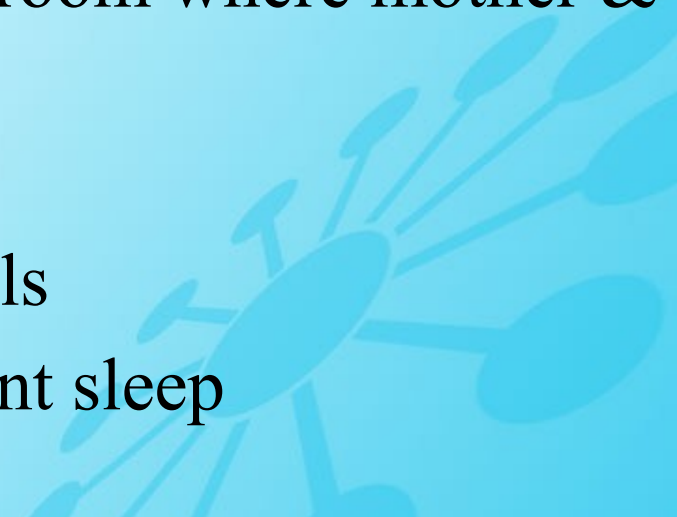
**Aims:**



## **RAKSHOGHNAKARMAS DEALT IN KAUMARABHRITYA:**

- ❖ Pottali made of Rakshoghna drugs like Vacha, Kustha, Hingu, Sarshapa, Atasi, Lasuna, Guggulu etc

### **where it should be tied?**

- ❖ Over the upper part of door of room where mother & baby live
  - ❖ To the neck of mother & child
  - ❖ To the water pots & other vessels
  - ❖ To the cot where mother & infant sleep
  - ❖ Either side of the door
- 



## Conti....

2. Branches of Aadani, Khadira, Karkandu, Peelu & Parushaka should be scattered outside the room (Ch.Sa.8)
3. Fire should be lit inside room with the fuel of Tinduka Kashta (Ch.Sa.8)
4. Dhoopana should be done with Guggulu (A.S.U.1)
5. Oblations to fire god is done twice a day with rice particles (Ch.Sa.8)

# BED & CLOTHS OF BABY

Should be:

- ❖ Mrudu, Laghu, Shuchi
- ❖ with fragrance
- ❖ devoid of sweat
- ❖ micro- organisms
- ❖ urine and fecal matter (ch.sa.8)



# ENVIRONMENTAL IMPACTS OF HOMAM- A CASE STUDY

- ❑ **AUTHOR** -Narayana Rao.M 1 , Sukruti Duvvuri 2, Hari Ram Naik 3, Gopi Kiran.M 3 and Manu Srivatsav.G 4
- ❑ **SOURCE**- 1JNTU, Hyderabad – 500085,2Sir MV Institute of Technology, Bangalore-560094, 3JNTU, Hyderabad – 500085, 4Amrita School of Engineering, Amrita University, Coimbatore – 641105
- ❑ **RESULT**-
  - ✓ Most economical, purifies environmental pollution
  - ✓ Removes harmful radiation
  - ✓ Emissions are non toxic & beneficial to the environment
  - ✓ Zinc Oxide present in the emissions has a curative effect on skin diseases.

# **PROCEDURE FOLLOWING IN OUR HOSPITAL**



# ROUTINE CARE AT THE TIME OF BIRTH



# Examination of

## Newborn

1. APGAR score
  2. Look for if any obvious external congenital abnormalities
  3. Weight
  4. Vitals
  5. Reflex
- } when baby becomes stable

After completion of examination;  
baby should be wrapped with clean cloth



given to mother for feeding.



# Routine care of Newborn

SL.NO:	ROUTINE CARE
1.	Keep baby clean & warm
2.	Exclusive breast feeding 2hourly followed by Burping
3.	Cord care
4.	Abhyanga with Balaashwagandha lakshadi thaila followed by snana
5.	Vaccination
6.	Kumarabharana leha
7.	Bonnison drops
8.	Opthacare drops

# **TRADITIONAL PRACTISES**

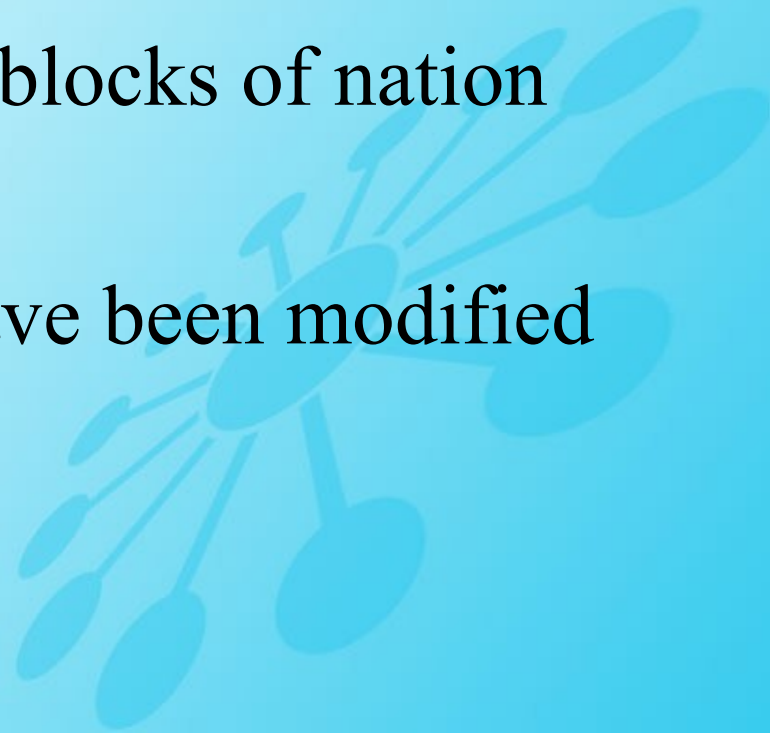


<b>1<sup>ST</sup> DAY</b>	<b>PRACTISE</b>		<b>SIGNIFICANCE</b>
	<b>ABHYANGA</b>	<b>Egg white</b>	<b>For strength(rich in protein)</b>
		<b>Tila Thaila</b>	<b>Good sleep</b>
	<b>DHOOPANA</b>	<b>With Sambrani, rakthachandana &amp; lasuna</b>	<b>Purification &amp; maintenance of temperature</b>
	<b>ANJANA</b>	<b>Home made anjana applied inside eyes &amp; over eyebrows</b>	<b>Avoid drishti, beauty of eyes, shapening of eyebrows, growth of eyelashes</b>

	<b>SKIN RASHES AFTER DELIVERY</b>	<b>Egg of hen (first one,white portion)+ coconut oil-for 3 days</b>	<b>Cloth tied over body of baby(1 hr) followed by bath with hot water</b>
		<b>Small coconut without water</b>	<b>Rubbed wit rakthachandana &amp; swethachandana &amp; applied(1 week)</b>
	<b>COUGH &amp; COLD</b>	<b>Thulasi swarasa 2-3drops</b>	<b>Same paste applied over chest</b>
		<b>Boil Nagakesara with breast milk</b>	<b>Apply on forehead</b>
	<b>DIGESTION</b>	<b>Jatiphala, vacha +breast milk</b>	<b>Apply paste over tongue</b>

# CONCLUSION

- ❖ Newborn care is very essential to reduce NMR.
- ❖ Children are the building blocks of nation
- ❖ Principles of Ayurveda have been modified suiting current needs





THANK YOU



# ?SIGNS OF HEALTHY NEWBORN

A loud cry immediately after birth along with proper cardiovascular functioning signifies establishment of praana pravritti.

मुखम् नेत्रे शरीरम् च पाणिपादम् तथैव च ।  
सरक्तम् द्रुश्यते यस्य स वै स्वस्तौ भविष्यति ॥

( Bhela Samhitha)