

Role of Ayurveda in School Health

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ABSTRACT

Aim: The children are more prone for many diseases due their transitional immune system. Good health linked to reduced drop out and great education performance and productivity. Child are prone for the diseases such as malnutrition, infectious diseases, intestinal parasites, disease of skin, eye and ear, dental caries. Ayurveda explains Dinacharya, Rutucharya, Matravat Ahara, Kala Bhojana, Sadvritta etc. and N-number of the preparation for the prevention and management of this diseases which helps in better development of children for tomorrow. **Methodology and Methods:** A Systematic review and critical analysis of Ayurvedic literature and related article published on national and international journal. **Results:** The review reviled school going children suffer with malnutrition, infectious diseases, intestinal parasites, disease of skin, eye and ear, dental caries. Ayurvedic health promotive procedures like Dantadhavana, Rasayana, Asthavidhi Ahara Vsheshayata etc. apt for school going children are discussed. **Conclusion:** Incorporating principals of Ayurveda in school health reduces the prevalence of health risk behaviour's and promote healthy behaviours among the children which will have positive effect on health and also helps in building vibrant future for nation with healthy and skilled citizens.

Keywords: School health, Ayurveda, Bala Roga, Problems of school children, Juvenile delinquency.

INTRODUCTION

Aim of Ayurveda is Swasthasya Swasta Rakshana Aturasya Vikara Prashamana (maintain the health of healthy individual and curing the disease of diseased one), according to Ayurveda age is classified into Bala, Madhyama and Jirna Ayasta. Whereas Bala is further divided into Ksheerada, Ksheerannada and Annada.¹ child health is given more importance and a separate branch is dedicated for the prevention and management of childhood diseases. Aim of this branch is better development of children for tomorrows. Good health linked to reduced drop out and great education performance and productivity. The children are more prone for many diseases due their transitional immune system. Kashyapa Samhita dealt with the diagnosis and treatment of various Bal-Roga like Bhaka Roga, Ulbakam, Mahapatmam, Pakka etc.

School health is the process that informs, motivates and helps people to adapt and maintain healthy lifestyle.² The main health problems of the school child are malnutrition, infectious diseases, intestinal parasites, disease of skin, eye and ear, dental caries.

For the prevention of this disease Ayurveda explains Dinacharya, Rutucharya, Matravat Ahara, Kala Bhojana, Sadvritta etc. and N-number of the preparation for the management of this diseases. Ayurveda plays important role in the prevention and cure of this disease.

METHODOLOGY AND METHODS

A Systematic review and critical analysis of Ayurvedic literature and related article published on national and international journal. The e-Samhithas and articles published regarding school health were the primary source for this research.

RESULTS AND DISCUSSION

The review reviled malnutrition, infectious diseases, intestinal parasites, disease of skin, eye and ear, dental caries are the main problem of school children here is the attempt to find the solution by Ayurveda for barriers that indereence the health of school going children.

To Increase the Immunity

As the children have transient immune system there are more prone to many diseases, so the aim is to increase the immunity of the child.

Swarnaprashana: An emerging ayurvedic vaccination for children in ever demanding competitive age of today. It contains Swarna (gold), Ghrita (ghee), Madhu (honey) and other Medhya Dravyas.³ It act at the level of nutrition, growth, development and immunity. On every month on Pushya Nakshatra Swarnaprashan camp can be conducted in school to improve the health of school children.

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Rasayana:⁴ Ajasvika Rasayana like Nitya ksheera Ghrita Abhyasa, Navanita etc. it provides proper nutrition which helps in the development of child and improves the immunity of children there by prevent many diseases. Naimittika Rasyana: Rasayana according to disease condition, Medya Rasayana like Mandukaparni, Yasthimadu, Guduchi etc. improves the memory and intellect, there by improves the academic performance, improves the mental health as mental health effect the physical health. Acharya Sharangadara specially mentioned Vacha, Swarna etc. for the age group of school going children.

Supportive Management of Malnutrition

Malnutrition generally refers to both under nutrition and over nutrition. Under nutrition leads to growth retardation and susceptibility to repeated infection. In India 35.7% under five children were underweight, 38.4% were stunted and 21% were wasted.⁵ In Ayurveda it is considered as Kuposhanjanya which includes Krishata, Phakkaroga, Parigarbhika, Balashosha for which Brmahana Ahara like Vidari, Yava, Godhuma, Pippali etc mentioned.⁶

Overnutrition: it is due to reduced physical activity and improper food habits. Education regarding proper food and Lagu Vyayama and Chankramana is to advised as it improves the Agni, reduces the Meda.

Disease of Skin, Eye and Ear

Children are more prone to skin, eye and ear disorders in Ayurveda many procedures are mentioned for the prevention and maintenance of health of these organs.

For skin health- daily Srvanga Abhyanga (oil massage) – Tila Taila in Shitavrutu (cold climate), Narikela(coconut) Taila in Ushnavrutu(hot season) is mentioned it prevents skin disorders and many Lepas are mentioned according to Rutu kumkuma lepa in shitarutu, chana, ushira lepa in ushnavruru and daily Snana should advised.⁷

For eye health- daily Sarvanaga Abhyanga (oil massage) it is Dushtiprasadaka⁸ (good for eye), Padabhyanga (massage to foot): good for eye health,⁹ Aschotana, Anjana: Savviranjana¹⁰- Hita for Akshi eye becomes clear and lustre and prevents refractive errors, Tarpana¹¹ with Ghrita gives nourishment to eye.

For ear health- Karna Purana¹² prevent the ear disorders, gives nourishment to ear, increases the auditory sensation.

Dental Health

Children frequency suffer from dental disease two common dental disease are dental carries, periodontal diseases. Procedure for the prevention of this diseases are Danta Davana: with Arka, Negroda, Kadira, Nimba etc or twig of Madhura, Tikta and Kashaya Dravyas prevents the diseases of tooth.¹³ Kavala and Gandusha with Tila Taila will enhances the strength of teeth root and prevent diseases of teeth.¹⁴

Healthy Full School Environment

Periodic Dhupana (fumigation) with Dupana Dravyas (fumigation) like Nimba (Azadirachta indica), Agaru (Aquallaria agullacha), kushta (Sassuria lappa) etc.¹⁵ which act as best disinfectant of school and helps in maintaining healthy environment. A small herbal garden in school including of plants of Nimba, Agaru, Kushta are grown so these plants used for Dhupana.

Nutrition Services

Educating child regarding importance of Kala Bhojana, Matravat Bhojana. Incorporating Nitya Sevaniya Dravyas, Rutu Anusar Ahara in Mid Day Meal programme which is considered as balanced diet in Ayurveda.

Nitya Sevaniya Dravyas: Shali, Mudga, Saindava, Amalaka, Yava, Divyodaka, Milk, Ghrita, Jangalamamsa, Madu, Goduma, Haritaki, Mrudvika, Patola, Sharkara, Dadhima.¹⁶

According to Rutu⁷

Shita Rutu	Ahara Dravyas predominant of Snigdha, Guru, Ushna Ushna, Madhura, Amla, Lavana Rasa like Sasthika Shali, Nava Shali, Masha, Ikshu Rasa, Jaggery, Khandhekshu, Dugdha, Dadi, Ushna Jala.
Ushna Rutu	Ahara Dravyas predominant of Laghu, Snigdha, Sita and Drava Guna and Madura rasa like shalidhanya, Godhuma, Pnaka made of sugar, Pancharasa Panaka, Rasala, Ghrita, Dugdha etc.
Varsha Rutu	Ahara Dravyas predominant of Ruksha, Laghu, Tikshna, Ushana and Kshara, Katu and Kashaya Rasa like Purana Yava, Purana Godhuma, Shastika Shali, Mudga, Kulatta, Tikta Shaka like Patola, Karavellaka, Madhu etc.

Ahara Vidhi Vidhana (Rules for Food Intake)¹⁷

SI No.	Vidhi Vidhana	Ways to adopt	Upayoga
1	Ushnamasniyat	Always use hot food, freshly prepared food.	Swadya, Agni Udira, Kshipra Jarana, Vata Anulomana, Shleshma Prihara.
2	Snigdamashniyat	Always add ghee to your food, use unctuous foods.	Swadya, Agni Udirana, Kshipra Jarana, Vata Anulomana, Shareera Upachaya, Indriya Dridatwa, Balavridhhi, Varna Prasada.
3	Matravatashniyat	Quantity food should according to your digestive capacity, avoid over eating.	Tridosha Hita, Ayu Vardhana, Sukha Mala Visarga, Samagni, Samyak Pachana.
4	Jeerneahniyat	Eat when previously taken food is digested, after passing bowel, when your stomach feels light .	Swasthana Stits Dosha, Agni Udirana, Sroto Vishuddhi, Udgara Shuddi, Sarva Shareera Dhatu Vardhana.
5	Veerya Aviruddha	Avoid mixing hot and cold food items.	Viruddha Ahara Janya Vyadhi Anutpadana.
6	Iste Desha	Eat in a calm place which is conducive to your mind.	Mano Avighatakara.
7	Ista Sarvopakarana	Eat with all equipment's.	Mano Avighatakara.
8	Naatidrutamashniyath	Not to eat in hurry .	To Avoid Umarga Gamana and Avasada.
9	Naativilambhitamashniyath	Not to eat very slowly.	To Avoid Artipti, Bahu Bhojana.

10	Ajalpana Ahasana	Not to talk, laugh while eating.	To Avoid Unmarga Gamana and Avasada.
11	Tanmana Bhunjeeta	Eat with full concentration on food.	To Avoid Unmarga Gamana and Avasada.
12	Atmanam Abhi Sameekshya Samyak	Eat with full concentration on food.	By Considering Wholesome Diet Prior To Consumption, One Can Attain all the Benefits of Ahara Sevana.

From the above factors its evident that not only quality of food but also the way of preparation and consumption of food play prime role in nutritional health.

Incorporating Aharavidhi Visheshayatana

Educating food handlers regarding proper cooking method, incorporation of Asthavidha Ahara Visheshayatana while processing food, some food combination may act as Viruddha so proper Knowledge regarding Viruddha Ahara while preparation of food as heating curd, honey, fish + milk act as Viruddha. Viruddha Ahara leads to anemia, skin diseases, diseases of intestine as children more prone to these diseases.

Maintenance of Personal Hygiene

Children should be educated regarding the importance of Dinacharya and encourage them to follow all the Dinacharyas, avoid Vegadhara as it is a root cause for many diseases.

Juvenile Delinquency^{2,18}

The Child Act, 1960 in India defines delinquent as “a child who has committed an offence” boy who has not attained the age of 16 and girl who as not attained the age of 18 years. It embraces all deviations from normal youthful behaviours and include the incorrigible, ungovernable, habitually disobedient. As per report by NCRB in 2018, rate of juvenile’s delinquency was 7.1 (per one lakh of population). School as prime factor in development and prevention of delinquent/criminal behaviour. Because so much of an adolescent’s time is spent in school, it would seen logical that some relationship exists between delinquent behaviour and what happening in classroom. Academic failure is often associated with the beginning of delinquency and escalation of serious offending other school related factor include social alienation, low commitment to school. School may prevent delinquency if they successfully socialize the child, in ayurveda many principles are mentioned under Sadvritta i.e psychosocial conduct like to avoid Dashavida Papakarma¹⁹ are the 10 sins that should not be committed by the body, the grab or the mind – violence, theft, infidelity, tale-bearing, being rude, speaking untruth, uttering rubbish, tendency to harm, longing for others belonging and atheism. One should lend as much help as possible to the poor, should always have empathy and oneness even towards small creatures, God is to be worshipped. Scholars, physicians, old ones, rulers, and the guests should be honoured. Not to hearth other, friendly with all ect. Will shape the behaviour of juveniles so incarceration of principles of Sadvritta in school health program can prevent juvenile delinquency.

CONCLUSION

Incorporating principals of Ayurveda in school health reduces the prevalence of health risk behaviours and promote healthy behaviours among the children which will have positive effect on health and also helps in building vibrant future for nation with healthy and skilled citizens.

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CONFLICT OF INTEREST

The authors declare that there is no conflict of interest.

ABBREVIATIONS

NCRB: National Crime Records Bureau.

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