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ROLE OF RASAYANA DRUGS IN PEDIATRIC CARE: AN ESSENTIAL NEED OF CURRENT SCENARIO

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Abstract:

Pediatrics is vitally involved with all elements of boom and improvement in kids permitting them to attain their complete potential. Children are desired now no longer handiest for Dad and Mom but for the state additionally, as they may be the destiny citizens. Lives embody the states of fitness and illnesses. Maintenance of a healthy life is very essential, specifically in today's era. The nutritional modifications and intake of junk and rapid meals have contributed plenty to all this. Amidst the COVID-19 outbreak, the pandemic has stirred questions about how powerful is the frame in combating infections. Naturally, the frame fights infections with the aid of activating its immune responses which set off cascades of mechanisms within side the frame to cast off the pathogen from the gadget. As per the Ayurveda, Rasayana allows for strengthening Oja, and Bala and as a result, will increase Vyadhikshamatva. The benefits of Rasayana are Long existence (good), strong reminiscence, intelligence, Best fitness, Youthfulness, Vivid complexion, and colour formidable voice and magnanimity, increased strength of the body and sense organ, perfection in speech and brilliance all acquired from the right Rasayana therapy. Guduchi, Mandookparni, Jyotishmati Shankhpushpi, etc. are foremost Rasayana dravya which may be employed for pediatric care as well as fitness restoration.

Keywords: Ayurveda, Kaumarbhritya, Kayachikitsa, Rasayana, Vyadhikshamatva

INTRODUCTION:

Kaumarbhritya is a department of Ayurveda that offers antenatal and postnatal care, numerous illnesses of infants, their remedy, and healthful upbringing of kids. Balyavastha (Childhood) is a totally vital duration of the improvement as it's miles the segment of bodily, intellectual, and emotional improvement of the child. It is the duration of the boom spurts and as a result, named it Vivardhamana Dhatu Awastha.¹ Development of an immune gadget is a non-stop procedure which begins offevolved from Balyavastha handiest. With growing pollution, fallacious lifestyle, Viruddh Ahara, and unhygienic conditions; the prevalence of infectious illnesses is likewise

growing. Children being the susceptible group; are without problems uncovered to numerous pathogens and as a result get affected badly. This publicity of illnesses on the side at an early age; can have an effect on the complete existence and once in a while bring about chronic disorders. Thus improvement of a sturdy immune gadget is the want of the hour as we're seeing within the corona pandemic segment additionally. In all the clinical associations, governments are suggesting making the immune gadget sturdy in order that the character may be covered from viral contamination associations; governments are suggesting to make the immune system strong so that the person can be protected from viral infection.

Taking Rasayana helps boost immunity, protecting the individual from opportunistic infections. The feasible mechanisms with the aid of using which may have mode of action that Rasayana may be interpreted with cutting-edge elements are; Nutritive function, Immuno modulatory motion, Antioxidant motion, Anti-growing old impact; Neuro-defensive motion, Haemopoietic impact, etc. In recent years several researches were achieved to discover Ayurvedic treasure for advantage of not unusual place human beings to enhance fitness with the aid of using the use of one-of-a-kind Ayurvedic drugs. The choice of Rasayana According to want, Rasayanadravya may be administered with the aid of thinking about different factors which include age-enhanced reminiscence.² Medhya Rasayana capsules (NOOTROPICS DRUGS) are existence-selling, sickness-alleviating, and promote strength, and intelligence.

SR.NO	DRUG	FORMULATION USED
1.	Mandukaparni	Swarasa (juice)
2.	Yashtimadhu	Churna (powder)
3.	Guduchi	Swarasa (juice)
4.	Shankhapushpi	Kalka (Paste)
5.	vacha	Churna (powder)

The most elegant Rasayanadravyas utilized in pediatric care are Mandukaparni, Yastimadhu, Guduchi, and Shankhapushpi. Vacha as Medhya Rasayana to improve mental and physical athletics Vacha is used on newborns to boost their defenses against common infectious illnesses. This drug gives antioxidant, immune-modulatory, and digestive houses. These capsules now no longer assist in remedying Bal-Roga however additionally enhance the process of physical and intellectual improvement. These Ayurvedic medications strengthen kids by balancing Dosha, enhancing Dhatu qualities, and potentiating Agni.⁽³⁻⁵⁾

THE DIFFERENT FORMS RASAYANAS PROVIDE THERAPEUTIC ROLE AS STATED BELOW:

- ❖ Enhancing the quality of Prana (life force) with Pranakamya Rasayana supports breathing and circulation.
- ❖ Medhakamya Rasayanais used to market memory, intellect, and intellectual health.
- ❖ Srikamya Rasayana brightens skin and enhances the physical look.
- ❖ Naimittikarasayana saves you reasons for illnesses.

RASAYANA FORMULATIONS USED FOR CHILDREN:

1. Svaran Bhasm
2. Panchgavya Ghrita
3. Brahmi Ghrita
4. Samvardhana Ghrita
5. Abhaya Ghrita, etc

PRECAUTIONS:

Rasayana composition must be used with notable precautions in kids to keep away from fitness problems. To reduce the risk of overdose, youngsters should not use Rasayana excessively. For kids, the Rasayana must be employed according to medical recommendations. The only time the remedy is truly needed is when it is used. There are a few dravyathatare only for kids, different Rasayana must now no longer be used. ⁽⁶⁻⁸⁾

DISCUSSION:

It might also additionally, in the long run, be main to the fulfillment of complete impact as said with the aid of using Acharya Charak "Labhopayo Hi Shastanam Rasadinam Rasayanam". In order for Rasayana Dravya to perform at the level of Rasa with the help of boosting, it produces the Rasayana effects indicated in the time period of Vayasthapana and Ayushkara, Medhakara, and Urjaskara. Poshak Rasa's specific nutritional values. Rasayana Dravyas are likely to have houses in Madhura, Guru, Snigdha, and Sheeta. These houses serve as Rasayana to the extent of Rasa by selling the dietary charge of Rasa, which eventually helps obtain the fine quality of Dhatus.

So, RASAYANAS have Anabolic, Anti-Stress and Adaptogenic, Immunomodulatory, Nootropic, and Anti-oxidant impacts.

CONCLUSION:

Rasayana gives Dhatu Poshana outcomes and enhances the qualities of Rasa Dhatu. Rasayana's Dhatuvardhak motion releases blockages in micro channels and permits the entry of Dhatunirmana and Shrota Shodhana. Rasayana will raise Satvaguna, sell Ojas, and enhance Mana's excellence. The indications and symptoms of Bala Roga can be improved by using rasayana formulations, such as Brahmi Ghrta, Cyavanaprasa, Satavari Ghrta, Dhatri Rasayana, and Vasanta

Kusumakara, among others. Rasayana Chikitsa supports children's memory and strength, boosts immunity, improves circulation, and guards against oxidative damage. Medhyarasayanans enhance Agni, amplify Dhatus, enhance Ojas, provide rejuvenation, and support children's in intellectual development.

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