

## Role of Ayurveda in School Health

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### Abstract:

*Ayurveda is believed to be the oldest medical science of human civilization. Some of the contemporary concepts of today can be understood by the same age old principles and practices of Ayurveda. School health as a discipline is mainly seen as a part of or a similar stream of community medicine. However, the classical text of Ayurveda also describe certain principles of public health in its own parlances. Though the classical texts of Ayurveda describes many principles such as immunity, nutrition etc. School health is a new approach to health care which integrates at the community level of all factors requires for improving health status of population while it integrates promotive, preventing and curative services. The present document will focus on the concept of school health in brief with respect to Ayurveda.*

**Keywords:** Ayurveda, School Health

### Introduction:

The main aim of Ayurveda is well being of entire universe "SarveSantuNiramaya". Ayurveda stressed up on health of society and community, which will finally evolve as the health of universe from this we can that it is clear that one of main aim of Ayurveda is the promotion of school health care. The presentation of Ayurveda is in such a manner, as to make the people aware of health and its importance that is possible only through health education. School health is the process that informs, motivates and helps people to adapt and maintain healthy life style. It advocates behavioural, personal, social, economic and environmental changes. Objective of health education are to liberate children ignorance and to make himself reliant daily duties, seasonal conduct, proper food etc helps an individual to be in a balanced state of body, mind and spiritual elements.

By practicing these Ayurvedic health principles, the somo-psyco-spiritual well being of children can be achieved.

### Discussion:

The beginning of school health service in India date back to 1909 in Baroda city, in 1961 the 5 year plan many state provided for school health and school feeding program.

A comprehensive school health program is an organized set of policies, procedures and activities designed to protect and promote the health and well being of students and staff which has traditionally included health services, healthful environment and health education. Major components of school health program are:

- comprehensive school health education
- physical education and activity
- school health services
- school counselling, social services
- healthy and safe school environment
- childhood is considered as most important phase of life.

Kaumarbhritya is one of most important branch among Ashtang Ayurveda as it deals with prevention and cure of childhood diseases. The aim of this branch is better development of children tomorrows future. "A healthy and brilliant child is a national wealth". Tomorrow's nation is built on today's healthy child. The children are prone for many diseases because of their immature immune system. There is wide scope for Ayurveda in school health in like-

- 1- To increase the immunity of child
- 2- Excellent supportive management of malnutrition
- 3- Management of allergic disorders like respiratory allergies
- 4- To provide best mental health care
- 5- Dietary and behavioural guidelines

- To increase immunity of child Swarnaprashan – an emerging Ayurvedic vaccination for children in ever demanding competitive age of today, there is always a need to excel including children. This in turn requires best of health and intelligence.... Swarnaprashana is one such rasayana mentioned in ayurveda to promote immunity and memory of children.

- Management of malnutrition- Malnutrition generally refer both to under nutrition and over nutrition but we use the term to refer solely to a deficiency of nutrition. Mal nutrition causes more children than any other age group as they may lead to growth (both physical and mental) retardation and susceptibility to repeat infections. More than one third of the world's children live in India. Among these half of them under 3 are malnourished. Ayurveda describes malnourishment under Apatarpanjanyavyadhikarshya.

- Protein energy malnutrition treatment and management: Vidarikandadichurna used with milk and honey. Talamkhana with goat milk is useful in malnutrition. LajaAdiyog is also used in malnutrition. Rasayanchikitsa, which is used to promot physical and mental health and to provide defence against diseases. Panchkarma therapy: combination of khhirpaka and kshhirbasti in karshnya is recommended.

- Management of allergic disorders- Allergic reactions manifest themselves in the form of commonly seen skin and respiratory disorders like eczema, hives, asthma and food allergies. Ayurvedic allergy treatment focuses on pacifying the imbalanced dosha, restoring digestion with Ayurvedic preparation and advising supportivr diet and lifestyle changes. Rasayanachikitsa and Pranayam is also mainstream of treatment.

- Mental health care- Treatment in Ayurveda focuses on treating both the mental illness and physical illness because they are inter related. Studies being conducted by Ayurvedic practitioners on the effect of the treatment

or specific medicine on disorders such as depression, anxiety etc have shown visible results.

- Dietary and behavioural guidelines- During childhood undernutrition causes children to have less energy and less interest for learning, which negatively influences cognitive development and academic performance. Under nutrition will also effect physical growth rate, body weight and height. Ayurveda describes importance of food in three sub pillars of life. Low cost highly effective verified Ayurvedic nutrition therapy can be used with daily food of children as therapeutic supplementary as improvement in digestion and rejuvenation as it is proved to be effective in increasing weight, haemoglobin level, nutritional grade level and immunity which in minimizes frequently illness in these children.

**Conclusion:**

In this paper, we have elaborated the role of Ayurveda for better development of children by changing the lifestyle and dietary pattern of the school-going children. Ayurveda has always emphasized to maintain the health and prevent the diseases by following proper diet and lifestyle regimen rather than treatment and cure of the diseases. For this purpose, Ayurveda has explained school health under Preventive, Curative and Promotive aspects under the Kaumarbhritya. The aim of this branch of Ayurveda is better development of children, tomorrow's future, a healthy and brilliant child, which is Nation's wealth.

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