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यन्कृष्णद्वारकोसमकल्पयन् ॥१॥ विश्वकर्मोणमाद्रुयपुरीहाटकनि
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नेयीमध्वकल्पयन् ॥ परिजातनर्देवतासोभोगायकल्पयन् ॥१२॥ या
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मस्तैस्त्वत्तुपिणा ॥ कल्पयन्मस्तैस्तु हरिद्वयनमस्तैस्तु ॥१८॥ गृहराजनम
स्तैस्तु मस्तैस्तु हरिद्वय ॥ वेदत्रयनमस्तैस्तु सर्वद्वयनमस्तैस्तु ॥१९॥ प्रसीद
त्तु हरिद्वयं च सुदृष्ट्वा मोदिवाकरः ॥२०॥ स्वस्त्यस्तु यमानोऽसौ दवदेवो दिवाकरः ॥२१॥
संभारो भैरवः परमेश्वरः जिनस्योऽसौ ॥२२॥ नरैश्च हि प्रयत्नोऽसौ यत्नोऽसौ



Role of Swasthavritta in School Health

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ABSTRACT:

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. Children are prone for the diseases such as malnutrition, infectious diseases, intestinal parasites, disease of skin, eye and ear, dental caries. *Swasthavritta* explains *Dinacharya, Rutucharya, Matravat Ahara, Kala Bhojana, Ashtavidhi Ahara Visheshyatana, Rasayana, Sadvritta* etc. and *Ayurveda* also explains N-number of the preparation for the prevention and management of this diseases which helps in better development of children for tomorrow.

Keywords : School health, *Ayurveda, Swasthavritta.*

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INTRODUCTION:

Aim of *Ayurveda* is *Swasthasya Swastha Rakshanam 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* avastha. 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 (*Kaumarbhrutya*). *Kashyapa Samhita* dealt with the diagnosis and treatment of various *Bal-Roga* like *Fakka Roga*, etc .² School health is the process that informs, motivates and helps people to adapt and maintain healthy lifestyle. The main health problems of the school going child are malnutrition, infectious diseases, intestinal parasites, disease of skin, eye and ear, dental caries. Incidence of skin diseases is about 24.62 ,³ 5.4 million childrens suffer from dental caries,⁴ Prevalence of allergic conjunctivits among children of age group 5-15 years was found to be 12.22% and prevalence of intestlnl worm infection was found to be 49.38% .³ In India 35.7% children were underweight, 38.4% were stunted and 21% were wasted .⁵ For the prevention of this disease *Swasthavritta* explains *Dinacharya*, *Rutucharya*, *Matravat Ahara*, *Kala Bhojana*, *Sadvritta*,etc. and N-number of the preparation for the management of this diseases. *Swasthavritta* plays important role in the prevention of this disease.

MATERIAL 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.

DISCUSSION:

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

To Increase the Immunity

- **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*.⁶ 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.
- **Rasayana**⁷: a) *Ajastrika 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. **B) Naimittika Rasayana** - 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.

Disease of Skin, Eye and Ear

In *Swasthavritta* many procedures are mentioned for the prevention and maintenance of health of these organs.

For skin health - Daily *Sarvanga Abhyanga* (oil massage) - Tila Taila in Shitarutu (cold climate), Narikela(coconut) Taila in Ushnarutu(hot season) is mentioned it prevents skin disorders and many Lepas are mentioned according to *rutu kumkuma lepa* in shitarutu, chana, ushira lepa in ushnarutu and daily *Snana* should advised.⁸

For eye health - Daily *Sarvanaga Abhyanga* (oil massage) it is *Dushtiprasadaka*¹⁰ (good for eye), *Padabhyanga*¹¹ (massage to foot) good for eye health, *Aschotana*, *Anjana* (*Sauviranjana*)¹² - Hita for eyes. Eyes becomes clear and lustre and prevents refractive errors, Tarpana with Ghrita gives nourishment to eyes.¹³

For ear health - *Karna Purana*¹⁴ prevent the ear disorders, gives nourishment to ear, increases the auditory sensation.

Dental Health

Children frequently suffer from dental disease two common dental disease are dental carries, periodontal diseases. Procedure for the prevention of this diseases are *Danta Dhavana* with *Arka*, *Nyagrodha*, *Khadira*, *Nimba*, etc or twig of *Madhura*, *Tikta* and *Kashaya Dravyas* prevents the diseases of tooth.¹⁵ *Kavala* and *Gandusha* with *Tila Taila* will enhances the strength of teeth root and prevent diseases of teeth.¹⁶

Healthy School Environment

Periodic *Dhupana* (fumigation) with *Dupana Dravyas* (fumigation) like *Nimbha* (*Azadirachta indica*), *Agaru* (*Aquallaria agullacha*), *kushta* (*Sassuria lappa*) etc.¹⁷ 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*, *Amalaki*, *Yava*, *Milk*, *Ghrita*, *Jangalamamsa*, *Madu*, *Goduma*, *Haritaki*, *Mrudvika*, *Patola*, *Sharkara*, *Dadima*.¹⁸

Current Days Food habits and Probable Disease Condition

Eating Too Much: Overeating, particularly eating unhealthy foods raises a risk of being overweight or obese. Overweight or obese children are more prone to develop type 2 diabetes, sleep apnoea, and hip joint problems. Long-term risks include heart problems and some cancers. Education regarding proper food and *Laghu Vyayama and Chankramana* is to advised as it improves the Agni and reduces the Meda.

Not Eating Enough: Children who adopt fad and crash diets do not get enough nutrients for appropriate growth and development. Severe under dieting can cause health problems as well as fatigue, poor concentration, a loss of bone density and muscle mass. Under nutrition leads to growth retardation and susceptibility to repeated infection. In *Ayurveda* it is considered as *Kuposhanajanya* which includes *Krishata, Phakkaroga, Balashosha*.

Supportive Management of Malnutrition

Brumhan ahar like *vidari, Yava, Godhuma, Pippali*, etc mentioned.⁸ Mother should take balanced diet during pregnancy.

Restricted Eating: Unless a child has a medically diagnosed food allergy or intolerance, they should not restrict foods such as dairy or gluten products. Nutritional deficits and other health difficulties may occur if a youngster follows a limited diet without sufficient planning and/or expert monitoring. A child who does not intake dairy for an extended period of time, may not be getting enough calcium, vitamin D, energy, and protein to maintain ideal bone mass. A poorly constructed long-term vegetarian diet can prevent a child from getting enough nutrients, particularly iron and vitamin B12. Girls who have started their periods are especially vulnerable.

Ahara for 2 Years-10 Years Duration: A child from the age of 2 years is considered in *Annada Awastha*.¹⁹ In this age child should be shifted on the cereals. All types of food with all forms i.e., *Lehya, Peya, Bhojya* etc. can be given during this age of life. Child should be fed well-cooked food made at home. Vegetables of all kinds, milk, nuts and seeds, whole grains, lentils, beans, and berries, among other foods, should be consumed.

Ahara for Above 10 Years: There must be a minimum of three meals (breakfast, lunch, and dinner) per day, separated by at least two and a half hours. Whole wheat bread and starches, fruits, vegetables, ghee, lentils, eggs, fish, meat, milk, and dry fruits should all be included in a daily serving.

Table 1: showing Pathya and Apathya for Dosha Balance in Children.²⁰

Dosha Dominance	To Recommend (Pathya)	To be Avoided (Apathya)
Vata	Raktashali, Godhuma, Jwar, Mudga, Masura, Soyabeen, Rohit Matsya, Mutton, Seasonal	Yavaka, Masha, Chicken

	fruits like Anjir, Angur, Khajur, guava, apple, Narikel, milk, ghee, buttermilk, Navneet/butter, paneer, cheese	
Pitta	Raktashali, Shastika Godhuma, Mudga, Masura, RohitMatshya, seasonal fruits like dry plum(ber), Khajur, musk melon, apple, rasin, fig, pomegranate, dairy products	Yavaka, Masha, Tuwar dal, Gomansa, chicken, eggs, banana, coconut, citrus fruits, milk, curd
Kapha	Raktashali, Yava, Mudga, Mangalya, Matsyamansa, chicken, eggs, seasonal fruits like pea nut, fox nut, cashew nut, all dairy products can be taken except buffalo milk/curd	Shastika shali-rice, Godhuma-wheat, Masha/black gram, Gomansa, Chilchim fish, banana, Dadima, Aoi(sheep) Dugdha/ curd/milk

According to Ritu⁹

Shita Ritu :

Ahara Dravyas predominant of Snigdha, Guru, Ushna , Madhura, Amla, Lavana Rasa, Shashtikshall , Nava Shali, Masha, Ikshu Rasa, Jaggery Khandekshu, Dugdha, Ushna Jala.

Ushna Ritu: Ahara Dravyas predominant of Laghu, Snigdha, Sita and Drava Guna and Madhura Rasa like Shali Dhanya, Godhuma, Panak made of sugar, Rasala, Ghrita, Dugdha, etc.

Varsha Ritu: Ahara Dravyas predominant of Ruksha, Laghu, Tikshna, Ushana and Kshara, Katu and Kashaya rasa like Puran Yava, Puran Godhum, Shastik shali, Mudga, Kulattha, Tikta Shaka like Patola, Karvellaka, Madhu, etc.

Ahara Vidhi Vidhana (Rules for Food Intake) :²¹

SI No.	Vidhi Vidhana	Ways to adopt	Upayoga
1	Ushnamasniyat	Always use hot food, freshly prepared food.	Swadya , Agni Udira Kshipra Jarana, Vata Anoloman
2	Snigdamashniyat	Always add ghee to your food,	Swadya, Agni Udiran, Kshipra Jaran, Vata Anuloman, Shareera Balaoriddhi , VarnaPrasadan Sukha Mala, Visarga, Samagni, Samyak Pachan , Indriya Dridatwa.

- 3 *Matravatashniyat* Quantity food should *Tridosha Hita, Ayu,*
according to your digestive *Vardhana*
capacity, avoid over eating.
- 4 *Jeerneashniyat* Eat when previously taken *Swastha Stits*
food is digested, after passing *Dosha, Agni*
bowel, when your stomach feels light. *Udirana, Sroto Vishuddhi,*
Udgar shuddhi, Sarva
Dhatu Vardhan.
- 5 *Veerya Aviruddha* Avoid mixing hot and cold food *Viruddha ahara*
Items. Janya Vyadhi.
- 6 *Iste Desha* Eat in a calm place which is *Mano Avighatakara*
conducive to your mind.
- 7 *Ista Sarvopakarana* Eat with all equipment's. *Mano Avighatakara.*
- 8 *Naatidrutamashniyath* Not to eat in hurry *To Avoid Umargr*
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* Eat with full concentration on food. *Sameekshya samyak*
By Considering wholesome diet prior to consumption. 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.

Aharavidhi Visheshayatana²²

Educating food handlers regarding proper cooking method, incorporation of
Asthavidha Ahara Visheshayatana while processing food, some food combination may
act as *Virudda* so proper Knowledge regarding *Virudda Ahara* while preparation of food
as heating curd, honey, fish + milk act as *Virudda*. *Virruda 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 *Dinacharya upkramas* avoid *Vegadhara* as it is a root cause for many
diseases.

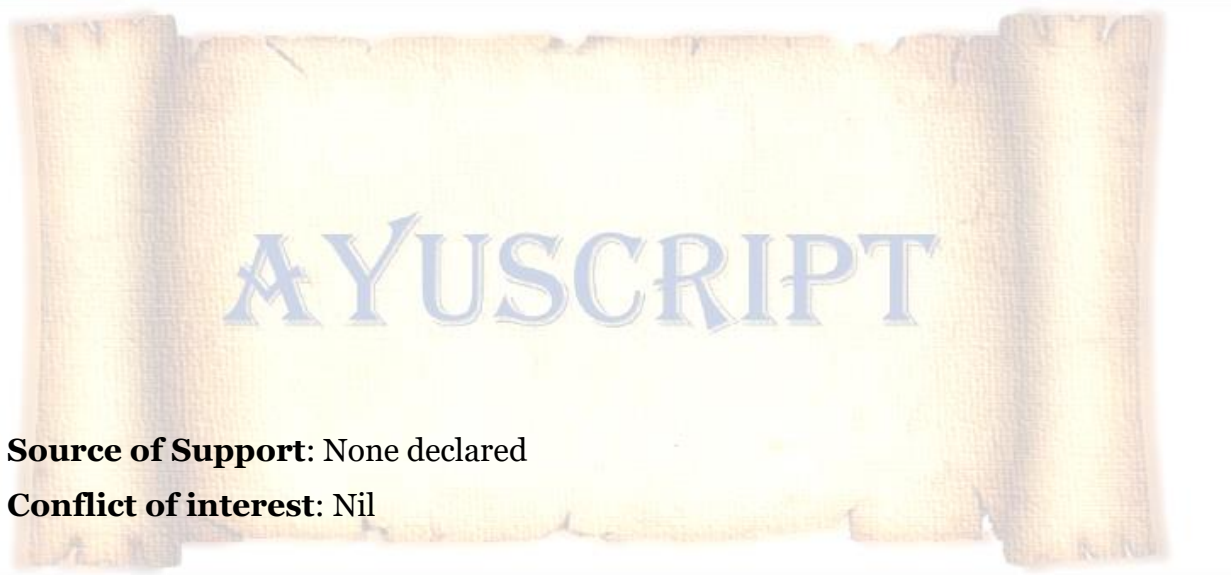
CONCLUSION:

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.

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