

**Certificate Course  
in  
Kaumarbhritya "SUPRAJANAN "**

“A healthy and brilliant child is a National wealth” It is a well known fact that the future of Nation lies on its children. The healthier the child in body and mind, the brighter the prospects of a Nation. If they are weak and unhealthy, instead of being useful members of society they will be a burden on the economic, social and political progress of the country.

Ayurveda has recognized these many-many years ago, even before the birth of modern pediatrics. Giving birth to better progeny “SUPRAJA” was considered as duty of the married couple. This is why the care of the child should not begin, only when it sets foot into this world, but it should begin much before the conception. It should start from the purification of the seed ( sperm and ovum )and soil ( uterus) because ,while inside the womb, much can be done at this stage. It is also possible that the neglect at this stage may result in irretrievable loss. At this stage, the child is a part of mother's body, so the care of the child at this stage means the care of the mother.

The palnning use to start from Purification of Male and female before conception ( 90 days ) and structured management of pregnancy was done ,where every minute details were advised like type of clothing , type of diet based on stages of embryonic development along with yoga and paranyama techniques ,reading of perticular types of books , listening of perticular type of music ,chanting peculiar mantra etc so that the mother and baby is in perfect swasth ( healthy ) condition and baby is delivered normaly.

According to ayurveda "The combined semen and menstrual fluid in the uterus mixed with eight temperaments (*Prakritis*) and its sixteen modifications (*Vikaraas*) and domineered by the soul (*Aatma*) is called the foetus (*Garbhaastha Shishu*)". There is consciousness in the embryo. The vital force *Vaayu* divides the foetus into Humours (Three doshas), root principles (Dhaatus 7) excrements (Malas) limbs and organs ,the watery principles (*Aap*) keeps it in a moist state, the earth principle (*Pridhwi*) gives it a hard shape; the ether principle (*Aakaasha*) contributes to its growth and development.

The course is intended to train Medical Professionals ( National /International ) on how to plan for better progeny ( SUPRAJA ), the ancient concept from Kaumarbhritya focused on structured planning for child birth to have better progeny.

The doctors registering for the program will be trained to teach their patients the various yoga , pranayama techniques practiced during the pregnancy , simple dietary preparations to be prepared in the kitchen , Dinacharya – daily routine during the preganancy , the effects of reading books, listening good music and wearing perticular colour of clothings/jwellery etc. as recorded in the various Ayurvedic text books of kaumarbhritya .

Duration of Course	- 12 weeks
Educational Qualification for admission	- B.A.M.S , M.B.B.S, M.D Obstetrics/ Pediatrics or equivalent degree from India / abroad
Age Limit	- 23 yrs onwards
No. of seats	- 20 per batch

## Subjects For the certificate Course

Sr.No	Subject	Teaching Hrs.	Theory	Practical
1.	Ayurved Siddhant Evam Itihas		30	
2.	<u>Kaumarbhritya- Siddhanta</u>		70	
3.	Suprajanan sidhanta and various techniques		100	50
4.	<u>Navjata and Sadhyojat Shishu Paricharya (Neonatal Care)</u>		50	50
			250	100
		Total Marks	100	100

### List of recommended Books

1. Kashyap Samhita or Vridhajivakiya Tantra; text with english translation and commentary; edited by Prof. (Km.) P. V. Tewari with Dr. Neeraj Kumar, Dr. R. D. Sharma and Dr. Abhimanyu Kumar
2. Charak Samhita
3. Ayurvedic concepts of Human Embryology by Prof Abhimanyu Kumar
4. Embryology in Ayurveda by Prof.D.G.Thatte
5. Child Health Care in Ayurveda by Prof Abhimanyu Kumar
6. Care of the Newborn- edited by Dr. Meharbana Singh
7. Principles and Practice of Pediatrics in Ayurveda - edited by Prof CHS Shastri
8. Bal Chikitsadarsh edited by Dr. RD Sharma
9. Kaumarbhritya -edited by Dr. D.N. Mishra

## SYLLABUS

Time :-2 Hours Theory

Theory : 100 Marks

1 Hours Practicals

Practicals : 100 Marks

### Aims & Objectives

Students taking up course in **Kaumarbhritya "SUPRAJANAN "** must have basic knowledge of embryology , development of child . The syllabus is focused on how to do the structured planning for the pregnancy starting from purification of male and female to have healthy mixture of semen and ovum (*Bija*),to have conception at proper time -Ritu Kaala(*Ritu*), to have healthy womb (*Kshetra*), to provide balanced nutrient fluid (*Ambu*) and the proper observance of rules so that better progeny SUPRAJA is born.

It will focus on various fundamental principles in kaumarbhritya , basic difference between modern and ayurvedic pediatrics . The development of embryo as per ayurveda , effects of various panchmaha bhuta principles on the foetal growth .

- Definition of Ayu. And Ayurveda.
- Definition of Swastha according to ayurveda.
- Ashtanga Ayurved- The eight specialized branches of Ayurveda, Focus on kaumarbhritya concepts and definition.
- Basic principles & siddhantas of ayurveda (includes Triguna siddhanta and its

qualities, Panchamahabhuta & its qualities, relation of panchamahabhuta & Triguna, Introduction to Prakruti, its types & characteristics, introduction to Dosha-Dhatu-Mala Vigyanam)

- **Kaumarbhritya- Siddhanta (Fundamentals of Kaumarbhritya)**

Definitions, *Garbha Vigyaniya (Embryology)* & *Garbha Vriddhi Evam Vikasa (Fetal development)*, *Garbha Poshana (Fetal Circulation)*, *Changes in fetal circulation after birth*. *Garbhopaghatakar Bhava (Factors affecting fetus growth and development)*, *congenital anomalies*, *Beejabhagavayava Vikruti (Genetic defects)*, *Vaya vibhajan (classification of age)*, *Raksha Karma*, *Vyadhikshamatva* and *Vardhanopaya* (concept of Immunity, Immunization), Important milestones in Infancy and early childhood in the areas of gross motor, fine motor, language and personal-social development as per Ayurveda .

- **Concept of Suprajanana**

1. Dosha Shudhi karan through various techniques of Panchakarma , pranayama ,yoga ,life style management of male and females
2. After conception : Month on month guidance during 9 months of preganancy ----
  - 3.1 Diet : Traning on some healthy diet receipy for preganant women
  - 3.2 Water : Training on preaparation of Water by using gold and bronz for drinking during the pregnancy
  - 3.3 Clothing : Type of clothing , colour of clothing and type of jewellery to be worn during each month
  - 3.4 Yoga / Pranayama : Traning on Yogasana and pranayama techniques to be practiced during pregnancy
  - 3.5 Reading : Suggestions on type of books to be read
  - 3.6 Listening : Suggestions on Type of Mantra , instrumental music and songs to be heard
  - 3.7 Activities : Suggestions on type of perticular activities to be carried out for better develoment of foetus.
  - 3.8 Chanting : Suggestions on Mantra Chanting during the pregnancy
  - 3.9 Medicines : Prescription of drugs for mother for body, nervous system and saptadhatu poshan to have healthy baby
  - 4.0 Sanakara : Training of Garbha Sansakara's/ **Bala samskara** to be performed during preganancy

- **Navjata / Sadhvojat Shishu Paricharya (Neonatal Care) as per Ayurveda**  
**Neonatal care**

Definition – live birth, neonatal period, classification according to weight and gestation, delivery room management, Care of the newborn, Normal variations and clinical signs in the neonate, principles of feeding and temperature regulation ,Navjat Shishu Ahara (Neonatal feeding): *Stanya* (breast milk) and their properties, *Stanya Pariksha* (examination of milk), Breast Feeding, Problems in breast feeding, BFHI, IMS Act, etc  
*Navjata Shishu Kaksha Prabandhan (Nursery Management)*

**Practical Syllabus:**

<i>Sl. No.</i>	<i>Topic</i>	
1	Suprajanan sidhanta and various techniques	Sanskara's , pranayam, yoga techniques , kitchen

		preparations ,Jala preparations etc.
2	<u>Navjata and Sadhyojat Shishu Paricharya (Neonatal Care)</u>	Daily care of neonates – dhoop , swarnaprashan ,karnbhedan etc.