



## An overview on Kaumarabhritya The branch of child care in Ayurveda



*Dr. Visal S Kumar, Assistant Professor, Department of Kaumarabhritya*

Ayurveda is the ancient Indian medicine system, scientifically time tested and aimed at the individual's holistic well-being. Owing to the unique combination of all essential factors needed for preserving health and managing diseases, it is designated as the science of life.

Ayurveda has been divided into eight clinical branches, often referred to as Ashtangas of Ayurveda. All aspects of health, i.e. preventive, promotive, protective, rehabilitative and curative of every specialization, were given detailed Ayurvedic classics description.

Among the eight branches of Ayurveda, Kaumarabhritya or Bala Chikitsa, the pediatric speciality deals with children's special care. It is concerned with supporting or maintaining the optimal health status of the growth and

development of children. It includes complete antenatal care (care during the pregnancy period), postnatal care (care of the baby after delivery) and pediatric care (prevention and management of all the childhood diseases).

A child should be born and brought up in unimpaired circumstances. The physical, mental, social, biological and economical factors should be made pleasing by his caretakers. Then only he will be competent enough to fit into the family and society. The word "Bharanam" (in Kaumarabhritya) carries all these dimensions. A child after proper care will show all the positive features of a healthy kid.

Kaumarabhritya physicians are doctors who are specialized in treating children of the age group from newborn to adolescence. Kaumarabhritya speciality aims to reduce infant and child death rate, control the spread of infectious disease, promote healthy lifestyles for long disease-free life, and help ease the problems of children and adolescents. It is different from adult medicine in more than one ways. The smaller body of an infant or neonate, or child is substantially different from that of an adult. So treating the children is not like treating a miniature adult. Children are minors, and in most cases, they cannot make decisions for themselves. An effective guardianship is equally essential for a child to stay healthy mentally and physically.

### How can Kaumarabhritya physician help your child?

Paediatricians have diverse roles that may include prevention, screening, diagnosis, and health conditions in children and adolescents. They may be involved with acute, chronic and preventive medical care, with an overall physical, mental, emotional and social health of an individual from birth to adolescence.

### Assessment of a child's health, growth and development:

Pediatricians address your child health issues and easily understand how different illnesses and conditions can affect a child's health, general wellness and intellectual ability.

The child's growth and development, factors and hazards related to the same are the main issues in the early years of one's life. The practice of Kaumarabhritya starts right from the birth of the baby up to he becomes capable of independent existence. This is the time of maximum development of the child, and any delay or abnormality in it should be assessed early and addressed promptly.

The initial stages of life (natal and postnatal) with healthy practices such as proper newborn care, early and exclusive breastfeeding, healthy weaning foods are the foundation for the baby's future health status. The Navajata Shishu Paricharya (newborn care), the concept of Prashana, Bala Samskaras, Stanya (breast milk) are well described in Ayurvedic classics. Thus Kaumarabhritya is the first hand of

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support offered by the science of Ayurveda to a newborn on his arrival to this new world, to guide him towards a healthy living throughout the future.

Educating parents about expected growth and development during a particular age is significant. This would help every parent identify the child's growth and development and address any underlying health condition to prevent the adverse effects in the latter part of a kid's life.

**Diagnosing and treating diseases in children:** Children are the future of society; hence it is crucial to prevent the killer diseases in them and uplift the quality of life in those children with different disabilities.

Specific problems during the perinatal and postnatal period may cause permanent physical or mental disabilities of a child; a good number of them are preventable.

The curative aspects of Kaumarabhritya deal with the diseases in two main heads:

1. Exclusive pediatric diseases like Phakka Roga (a type of walking disorder), Ksheeralasaka (lactose intolerance or milk allergy), Ahiputana (Diaper rash), etc.
2. Pediatric management of the common diseases like fever, cough, skin diseases, infectious diseases etc., taking into consideration the factors like age and strength of the child.

It also includes diagnosing and treating several conditions among children, including various injuries, infections (Graha Roga concept in Ayurveda), genetic and congenital disorders, various organ diseases, and dysfunctions.

Kaumarabhritya is concerned about the immediate management of the ill child and long-term effects on quality of life,

disability, and survival. It includes the prevention, early detection and management of problems including developmental delays and disorders (as seen in cerebral palsy), various behaviour problems, deficiency disorders, functional disabilities and mental disorders.

In some children, any underlying health condition that is not treated at the initial stage may affect their everyday well-being in the long run. Chronic health conditions and congenital disorders should be treated in childhood under specialists' supervision to help the child lead a better life. Certain mental and behavioural health conditions like Attention Deficit Hyperactivity Disorder (ADHD), Autism etc., when identified and treated at the right time, would help the child enjoy his lifestyle like any other child.

**Child nutrition and immunity:** Child health and food is always the prime focus of every parent. A good number of Indian children are suffering from nutritional deficiency disorders and are immune-compromised. Nutritional deficiency (Iron and Vitamin B) anaemia, protein-energy malnutrition, etc. are still prevalent in India and cause repeated infections and other morbidities in the pediatric population. Improper nutrition affects not only the child's physical growth and health but also their psychosocial, emotional, behavioural and intellectual development. A Kaumarabhritya physician can advise the parents with the best child nutrition tips and diet that help the child meet his nutritional requirements and achieve on-time growth and development.

Various immunity-enhancing drugs mentioned in Ayurveda and programs like Swarnaprashana\* are well enough to keep the children's good immune status. Kaumarabhritya contributes to improving several health outcomes for infants, children, and adolescent age groups, such as increasing immunity,

reducing mortality and infection, and encouraging healthy lifestyle choices to maintain good health.

### Points to be considered while treating a child:

Charaka Samhita, the classical text of Ayurveda, explains that Ayurveda's purpose is to protect or preserve the health of the healthy people and alleviate the disorders of the diseased. So in simple terms, Ayurveda has two different aspects:

1. The preventive aspect
2. The curative aspect.

The preventive aspect deals with methods, recommendations, and ways of life, which can boost the strength and resistance of human beings physically, mentally, and emotionally to protect themselves from diseases if adopted and followed regularly. Example - Dinacharya (daily regimens), Ritucharya (seasonal regimens), Achara Rasayana (code of conduct), Sadvritta (good conduct) etc. and practices like Swarna prashana to improve the immunity of children.

The curative aspect deals with providing relief to the diseased. Ayurveda recommends using several single and compound drugs, treatment procedures and even some alterations to dietary habits and lifestyle (Pathya and Apathya), for an affected individual to get back to his/her state of good health.

- Kaumarabhritya is an exceptional branch of Ayurveda that requires modifications in treatment compared to an adult standard. The success of treatment depends on consideration of different facets like deranged Doshas, the disease's pathogenesis, the severity of the disease, consideration of the system involved, geographical consideration, seasonal variation, and disease stage.



- During the early part of life, the child is Ksheerapa (taking only breast milk) and depends on the mother for all day to day needs and activities. Maximum disorders in the infancy period are due to the intake of vitiated breast milk or lack of breastfeeding and a few other mother diseases. Hence, treatment for the mother is the first line of management in such cases. Even before conception, the mother's psychosomatic health during pregnancy, delivery and lactation periods, respectively, influence the achievement of conception, its maintenance, growth, and development of the child. Future of the nation vis-à-vis health of the child taxes on the mother, thus a compact and comprehensive program for maintenance of mother and child's health both together has to be formulated; present days of reproductive and child health program is quite near to concept of Kaumarabhritya.
- Expert physicians should carefully administer the medicine in small quantities (minimum dosage), preferably in a palatable form, as children should accept the medicine. Hence, giving a palatable and acceptable form of treatment is essential and challenging too. Generally, in children, syrups, Choornas (powder formulations) and Ghruta (ghee preparations) are preferred over Kasayas, Arishtas and Gutikas (tablets).
- Bala (child)'s very definition indicates that they have immature and incomplete Dhatus; they are delicate, does not withstand the drastic procedures, weak and have the predominance of Kapha Dosha. Thus they should be treated with Mridu Aushadhas.
- Panchakarma - the five therapeutic cleansing procedures (Vamana,

Virechana, Vasthi, Nasya and Rakta Mokshana) shall be a useful tool in managing chronic and dreadful diseases. But many Panchakarma procedures due to their drastic nature are not readily advisable in small children, and it has to be performed judiciously and carefully.

- The selection of ideal Rasayana in acute and chronic diseases is a boon to an Ayurvedic paediatrician. Various commonly used Rasayana in pediaTric age group includes Chyavana-prasha, Agasthya Rasayana, Brahma Rasayana etc.
- Hence it becomes very essential to reschedule the dosage, drugs, mode of administration, time and frequency of medications according to respective conditions and age of the child, as the children are said to be very immature, delicate and intolerable to drastic procedures and lack of optimum level of Deha Dhatus.
- In children, instead of loading medicine, it is better to modify their diet to full-fill the purpose of food and treatment to overcome limitations in drug administration. For example, in mild complaints of loose bowels in a child, juice of Dadima (pomegranate) serves the purpose of both food and medicine. Likewise, a small quantity of buttermilk with salt is quite helpful in mild gastric upset. Food is even referred to as Maha Aushadha (supreme medication) by Acharaya Kasyapa in his treatise Kasyapa Samhita. Those who take the congenial diet will always have good health, while those who don't will lose their health.

## Conclusion

Good health has been the cornerstone of a happy human existence. It is not merely giving birth to a progeny that matters. Instead, more important is that the progeny should be capable both mentally and physically – to be an active participant of the society. Child health and nutrition is always a prime focus of attention for every parent. Kaumarabhritya branch of Ayurveda provides medical care for children who are acutely or chronically ill and preventive health services for healthy children. Today's children are the future of the family and the nation; hence it is our responsibility to provide them with the best care. Ayurveda could be a better choice of medicine in enhancing optimal growth and development, preserving positive health, preventing and treating various disorders in children.

(Swarna Prashana\* is a unique and proven therapy of Ayurveda for children to enhance immunity and intellect and promote children's overall growth and development.

Swarna Prashana campaign is routinely organized by JSS Ayurveda Medical College & Hospital, on every Pushya Nakshatra in and around various Mysore centres.)

JSS Mahavidyapeetha

Rajiv Gandhi University Of Health Sciences, Bengaluru

SILVER JUBILEE CELEBRATION – CME ZONAL EVENT, BENGALURU ZONE

## Two Days CME on Gastrointestinal Disorders - “ANALA-2021”

19<sup>TH</sup> & 20<sup>TH</sup> FEBRUARY 2021

Hosted By : JSS Ayurveda Medical College, Mysuru

Co-hosted By : SDM Institute of Ayurveda & Hospital Bengaluru

A two-day Conference on 19<sup>th</sup> & 20<sup>th</sup> February was hosted by JSS Ayurveda Medical College, Mysuru and co-hosted by SDM Institute of Ayurveda & Hospital Bengaluru.

On 19<sup>th</sup>, the Conference was inaugurated at 10 am through invocation by Dr. Chaitra S and Dr. Tejaswini K R.

The dignitaries and delegates were welcomed by Dr. Sarbeswar Kar, Principal JSSAMC and the Convener of ANALA - 2021, followed by the inaugural programme by lighting the lamp.

Dr. Rajesh A. Udupudi, Dean and Organising Secretary, briefed the events of 2 days program, which covered eight academic scientific sessions from National and International famed resource persons.

The Chief Guest for the inaugural ceremony of ANALA – 2021 was Dr. B.S. Seethalakshmi, District AYUSH Officer, Mysuru, has been introduced by Dr. Deepa C Patil, Event Organizer. In her inaugural speech, Madam conveyed the importance of the Conference with the topic GIT Disorders, which is the need of the hour and wished the Conference a grand success.

Dr. Ganesh Puttur, Principal, Sri Sri Ayurveda Medical College, Bengaluru, was another guest who highlighted that the delegates should imbibe the knowledge that the experts will share in this field.

Dr Santosh Arjunagi, HOD, Department of Shalya Tantra, SDMIAH, Bengaluru and the Organising Secretary of ANALA 2021 conveyed his greetings.

Sri R Mahesh, Director, Medical Education, JSSMVP, Presided over the function and said the importance of Ayurveda in preventing diseases, especially in this Covid – Pandemic.

Vote of Thanks was rendered by Dr. Beena M. D, HOD, of Kayachikitsa and Event Organizer, ANALA-2021.

After the inauguration, the Key Note Address was delivered by Dr Vanitha Murali Kumar, Former President, CCIM and Director, Sri Sairam Ayurveda College, Chennai, Tamilnadu and Chairman, Dhanwantralaya Ayurveda Hospital, Chennai. She has encouraged the students for doing evidence-based practise and research in Ayurveda.

The Inaugural ceremony was mastered by Dr. Krishna Prasad, Dr. Pooja and Dr. Aiyanna.

2nd Scientific session was started at noon by Dr. Sameer Naik, Professor and HOD, Krishna Ayurveda Medical College, Sankeshwar, Karnataka, spoke on the topic – 'Diagnosis and Management of Kamala'. Sir has



highlighted many simple and effective treatment in Kamala, like the combination of Trikatu churna, Madhu and Lemon juice, specifically in obstructive Jaundice.

3rd Scientific session was started at 2:00 pm by Dr. Ravishankar Pervaje, Consultant Surgeon, Sushrutha Ayurveda Hospital, Puttur, Karnataka. He spoke on the topic – 'Diagnosis and Management of Shoola and Gulma in GIT Disorders' with clinical case specified regarding different clinical condition wherein shoola can be managed.

4th Scientific session was started at 3:00 pm by Dr. Madhav Diggavi, Professor and HOD Panchakarma, Government Taranath Ayurveda Medical College, Bellary, Karnataka. He spoke on the topic – 'Diagnosis and Management of Amlapitta' and explained the clinical condition with modern correlation and evidence-based practice.



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5th Scientific session was started at 4:00pm by Dr. Gurubasavaraj, Senior Physician and Professor, JSSAMC, Mysuru. He spoke on the topic – 'Shamanaoushadees in Annavaha Srotas,' wherein the different clinical conditions of GIT were discussed with examples of specific drugs and how these conditions can be managed at OPD level.

Panel Discussion was held at 5:00 pm, the panellists were Dr. B. Gurubasavaraj, Dr. Lakshmi Narayan Shenoy, Dr. Rajesh A Udupudi, Dr. Siddesh Aradhyamath, Dr. Shivaprasad Huded and session was moderated by Dr. Beena M.D. Event Organizer, ANALA-2021.

Cultural events followed the session in the evening.

## DAY-2 : 20th February 2021

6th Scientific session was started at 10:00 am by Dr. Nikhila B. Hiremath, Teacher of Indian Culture High Commission of India Windhoek, Namibia. She spoke on the topic – 'Pathyapathya and Anupama in GIT disorders' with special diets with day-to-day examples.

7th Scientific session was started at 10:00 am by Dr. Sanjay M. Kadlimatti, Principal, BLDEA'S AVS Ayurveda Mahavidyalaya Vijayapura, Karnataka, and spoke on the topic "Diagnosis and Management of Grahani". The specific

practice of Takra Bassti.

8th Scientific session was started at 11:00 Am by Dr. Chandramouleshwaran P, Professor and HOD, Coimbatore Ayurveda College, Sulur, Tamil Nadu, spoke on the topic – 'Significance of Shodhana in GIT disorders' explained the case studies.

Panel Discussion was held at 2:00 pm and the panellists were Dr. Nikhila B. Hiremath, Dr. Chandramouleswaran, Dr. Santosh Arjunagi, Dr. Sanjay Kadlimatti, Dr. Shivaprasad Huded, Dr. Siddesh Aradhyamath and the session was moderated by Dr. Veena G. Rao, Professor and Head, Dept of Panchakarma JSSAMC, Mysuru.

All the sessions were lively with the active participation and interaction of delegates. All the comprehensive aspects of GIT disorders were put forth during the session to make this Conference more significant.

The second-day scientific session was mastered by Dr. Sandhya Rani and Dr. Visal Kumar.

The Valedictory Ceremony of the Conference was conducted on 20th February 2021 from 3:00 pm. The program was started with the invocation by Dr. Tejaswini K R and Dr. Chaitra S.

The dignitaries and delegates were welcomed by Dr. Rajesh A. Udupudi, Dean, JSSAMC.

Dr Suma, Assistant Professor, Dept of Panchakarma, presented the ANALA - 2021 2 days Conference Report.

Delegates from different colleges rendered their views. They expressed their utmost gratitude and satisfaction in every aspect of the Conference, including stay, food, hospitality and knowledge shared by eminent resource persons.

The chief guest for the Valedictory Ceremony of ANALA – 2021 was Dr. Gajanana Hegde, Principal, Govt. Ayurveda Medical College Mysuru has appreciated the enthusiasm of delegates to stay back till the Valedictory, which shows the success of the ANALA conference and congratulated the Institution for the way it has executed made ANALA – 2021 a grand success.

Presidential Address by Dr. Sabeswar Kar, Principal, JSSAMC, and thanked the RGUHS for giving this opportunity to Host this Conference on GIT Disorders.

Dr Komala A, Assistant Professor, Dept of Kayachikitsa, rendered the vote of thanks.

Overall, this GASTRO-INTESTINAL DISORDERS ANALA-2021 was a grand success by the sincere effort of ANALA-2021 team and with the support of Management, Principal, Staff and Students.



## A report on workshop for ASHA workers on the eve of WORLD PREGNANCY AWARENESS WEEK-2021

Pregnancy awareness week is observed place on February of every year. In view of this Department of Prasooti Tantra & Stree Roga JSSAMCH conducted an Ayurveda awareness programme for ASHA workers on 24.02.2021. In this workshop, 25 ASHA workers participated in the program.

Dr Sarbeshwar Kar, Principal, JSSAMCH, addressed the importance of motherhood and its relevance during pregnancy. He also spoke about the facilities available in our esteemed hospital.

Dr Krishna Prasad, Resident Medical Officer, JSSAMCH, addressed the gathering about the importance of knowing Ayurveda antenatal care to ASHA workers. He informed about the

special treatment mentioned in Ayurveda during pregnancy. He also spoke in detail about the complete facilities available in JSSAMCH for antenatal care, labour and postnatal care.

Dr Usha, HOD, Dept of Prasooti Tantra and Stree Roga and her doctors' team conducted the workshop for ASHA workers. Dr Usha gave a presentation about following Ayurveda Health Care advice during Ante-Natal Care and their benefits. She also addressed certain general medications and home remedies for pregnancy-related problems.

Dr Vidya Narayan welcomed the guest and gathering. Dr Tejaswini K.R rendered a vote of thanks.



Visit to Herbal Garden.



The program was presided by Dr. Sarbeshwar Kar, Principal and Superintendent, JSSAMCH



## Patients Speak

"Here is what our patients have to say about their experiences with our services."

I want to express my extreme gratitude for the care I received at your hospital. Your facilities and staff gave me excellent care and made me feel as comfortable as I could be. Everyone was friendly, kind and caring, from nursing to housekeeping all the departments.

-Nazia Firdose

Service and treatment are excellent. Thank you for taking care. I got a fabulous experience here as the doctors and staff are the best. All staff, nurses and doctors are excellent. It was a very positive experience from admission until discharge.

Good maintenance of rooms. Nice gesture by the nursing staff. Overall had an excellent experience and felt at home. Good jobs. Cheers! Special thanks to Dr. Sathish Pai, sir, for everything.

- Lakshminarayan Jena

To all of you, in Jss Ayurveda Hospital, I am Rema Gopinathan, who got discharged on 01.02.2021. I came to your place and met your Administrator, her positive and kind words made my decision to get admitted there instantly. I want to thank all of you and say a few feelings I felt.

The first thing that impressed me was the friendly and open nature and atmosphere of the place, right from the nurses, therapists, housekeeping staff and the intern children, all efficient and smiling. The rooms were very pleasant, allowing a sunny and breezy atmosphere (Very imp. to me) and the care, my stay was homely.

Thank You Dr. Beena, Dr. Shruthi patiently explaining and clearing all my doubts and all other Dr's and Staffs and Mr. Mallikarjun enquiring every day about our needs and Mrs. Nanditha and all staffs for making my stay worthwhile at the same time most comfortable. Thank You Again.

- Rema Gopinathan

## YOGA AND SATHVIK DIET



According to the oldest scripture Gheranda Samhita.

*“Mithaharam vinayastu yogarambham tu karayet Nanarogabhavantasya kinchid yogo na sidhyate”*

If he doesn't follow mitahara (limited diet), the person who practices Yoga will undoubtedly suffer from different diseases and will not succeed in attaining liberation and powers.



According to sage Charaka, who has written Ayurveda text called '*Charaka Samhita*',

*“Ahara sambhavam vastu rogascha ahara sambhavaha”*

The body and its diseases both are influenced and originated by food.

**According to Hatha Yoga Pradeepika by Swathmarama, the food of a yogi**

*Dr. Aparna Surendra, Naturopathy & Yoga Physician, JSS Ayurveda Hospital*

**should be:**

1. Nutritious, wholesome, fresh.
2. Moderately sweet and oily.
3. Soft, light.
4. It should nourish all organs.
5. One should not overeat.
6. One should take food after offering it to God mentally (Shivarpanam, gratitude and contentment).
7. One should be mentally calm and happy.
8. Food intake should be so that the solid food should fill only half the stomach, a quarter of the stomach should be filled with liquid except water, and the rest should be left empty to facilitate digestion.
9. One should sit on the floor in Padmasana or Sukhasana to eat.

This type of food is known as Satvik ahara, or food that increases Satva or energy.

*“Annapoorne Sadapoorne Shankara Pranavallabhe Jnana Vairagya Siddhyartam Bhikshamdehi Cha Parvati”*

The Goddess of food is known as 'Annapoorna', the wife of Lord Ishwara. This sloka refers to that Goddess. One must chant this sloka before eating food by addressing the Goddess to give alms of food, but not to enjoy or fill the stomach, but to attain Jnana (knowledge) and vairagya (detachment). The food that

a yogi eats helps him attain Siddhi (success), as it helps him use his body and mind to reach his goal of knowledge and detachment.

**Food to be avoided by a Yogi according to Hatha Yoga pradeepika is:**

- Spicy, highly acidic, excessively hot/cold.
- Anything with intense and robust taste (e.g. too spicy, sweet, pungent, oily.).
- Alcohol, smoking, coffee, tea.
- Non-vegetarian food.
- Onion and Garlic (as they are stimulants).
- Dry or dried and stored food.
- Food with more salt or more acids.
- Under or overripe food.

**According to sage Charaka, one has to eat:**

1. According to place, time of the day, the age of body and season.
2. Little less than his wish.



3. Depending on the type of his work. One must have such food in a fixed quantity which can be digested by his works.

When food is taken after following all the above-said rules, it becomes "Shareera poshaka" (nourishes the body) and "Prana palaka" (protects prana or energy). If it is not done, the same food can become poisonous and can bring about various diseases.

**Human existence is made up of five koshas, known as the "Pancha kosha theory".**

1. Annamaya Kosha – consists of the body.
2. Pranamaya Kosha – consists of the prana.
3. Manomaya Kosha – about the mind and sense organs.
4. Vijnanamaya Kosha – pertaining to Buddhi (intellect) and Ego ('I'ness).
5. Anandamaya Kosha – represents the soul where pure bliss is experienced

At the level of Annamaya kosha, as the name itself suggests (Anna-food, Maya-formation), for its proper manifestation and functioning, Food is considered as significant necessity and requirement. The type, nature, intake of food influences the body, Annamaya kosha. Hence Mitahara (limited food) and Satvic ahara (that which increases energy or Satva in the body) is selected to feed the body or Annamaya Kosha.

*"Ahara Shuddhyo Satva Shuddhihi*

*Satva Shuddhim Dhruva Smriti*

*Smriti Lambe Sarva Granteenam Vipra Mokshaha."*

By the purity of food follows the purification of inner nature. By the purification of internal nature, the memory becomes firm and sharp; by strengthening the memory, there will be loosening of all ties and bondages. One will get Moksha or liberation.

"Thrayah Upasthambhah – Ahara Swapno  
Brahmacharyamiti"

According to sage Charaka, three pillars of life are – Food, Sleep and Continence/ Abstinence.

According to Lord Krishna in Bhagavad Gita, the person who over eats or does excess fasting or eats very less will never attain success in Yoga. If one follows limited Satvic food, he will attain Yoga Siddhi (Success)

## Dhanyaka (Dhaniya)

**Botanical Name: Coriandrum sativum**

**Family: Apiaceae**



1. **In Indigestion:-** 20ml decoction prepared from 5 grams of coarse coriander powder with a pinch of Ginger powder should be taken twice a day.
2. **In Heart Burn:-** 5-gram coriander coarse powder is soaked in 1 glass of water overnight, filtered in the early morning and consumed on an empty stomach.
3. **Mouth Ulcers:-** Essential oil of Dhanyaka can be applied externally.

