

Paediatric Care Through Ayurveda During Covid-19 Pandemic

Paediatric General Instructions

- ✓ **Ensure strict compliance of Covid-19 norms**
- ✓ **Maintenance of Hygiene**
- ✓ **Set proper routine for your family.**
- ✓ **Diet-** Consume homemade fresh food.
 - Don't overfeed your child.
 - Avoid excessive oily, refrigerated and junk food.
 - Add medicated water, green gram/ horse gram soup, medicated milk (golden milk) to your diet plan.
- ✓ **Physical activity-** child should be engaged in yoga and playful activities.
- ✓ **Isolation-** follow isolation norms in case of family member tested positive.
 - If child is dependent, check for temperature, pulse, O2 saturation at regular intervals.
 - If the child is Positive ensure minimal designated care takers.
 - Parents shall mask their face strictly.
- ✓ **Administer Suvarnaprashan, Amrutaprashan** on daily basis to boost immunity of your child.
- ✓ **Do not delay For Covid-19 testing.**

Preventive Measures

BREAST FED CHILD

Exclusive breast feeding for 6 months along with appropriate care.

Nursing mother should take necessary precautions.

If baby is on top fed then add Medicated water/Milk processed with vidang, shunthi, Pippali, etc.

Oil application at paranasal and chest area.

Abhyanga with coconut/ Tila oil /kshirbala oil

Dhoopana with powder of vacha, Balshepa to child care room.

CHILD FROM 6 MONTHS TO 5 YEARS

Follow general norms of Covid .

If baby is capable to mask face, parent shall train the child.

Practise Kavala (holding fluids) /Gandush (gargling with water added with pinch of salt, Haridra and Triphala twice a day

CHILD FROM 5 YEARS TO 16 YEARS

Let the child be engaged in physical activities and provide healthy environment for mental well being.

Follow all covid guidelines along with beneficial therapies like Nasya, Snehan and Swedan .

GROUPING OF PATIENTS

MILD

- ✓ Running nose.
- ✓ Mild fever,
- ✓ Sore throat,
- ✓ Cough,
- ✓ Gastrointestinal symptoms

MODERATE TO SEVERE

- ✓ Fast breathing,
- ✓ Breathlessness
- ✓ High grade fever,
- ✓ Excessive cough,
- ✓ Vomiting,
- ✓ Lethargy
- ✓ Loose motions,
- ✓ Refusal to feed.
- ✓ Spo2 < 95%

RED ALERT

- ✓ Excessive cry
- ✓ Irritability
- ✓ Refusal to feed
- ✓ Red eyes/rash over the body
- ✓ Fever lasting more than 4 to 5 days
- ✓ Lethargic child.
- * Keep watch on above mentioned signs and symptoms, one should seek medical advice urgently.

GENERAL DISCLAIMER

*Parents/guardians need to consult a registered Ayurveda practitioner for following these measures and guidelines.

**Child with Co-morbidities are supposed to continue their existing therapies along with paediatric general instructions

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