

**APPLICABILITY OF YOGA IN THE MANAGEMENT OF
PAEDIATRIC AILMENTS****Aakanksha^{1*} and Vijayalaxmi M.²**

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ABSTRACT

The practise of yoga has been thought to date back to pre-vedic Indian traditions. Yoga is mentioned in the Rigveda as well as Upanishads. Yoga has a rich 5000-year history and because it is such a multifaceted practise, which has a past intertwined with religion, philosophy and of course exercise. We know that good health is considered to be the root of the objects of human life. Children are supple and are victim of physiological handicapped in many aspects of dhatu, sara, samhanana and bala making them susceptible for frequent infections. Children are prone to many infections because of less immunity. Due to various demands and standards in today's society children and adolescents experience strength and mental health challenges that have not been seen in generations past. There is a constant stimulation through

technology, internet and social media as well extensive media usage by children and adolescents in today's world. For the past number of years, schools have been cutting programmes such as life skill courses and physical education classes. When these stress management skills are not learned at an early age, it become harder to learn when children get older. Medical yoga is defined as the use of yoga practices for the prevention and potential treatment of medical conditions. Yoga chikitsa is the dynamic state of physical and mental ease coupled with spiritual well being. Yoga may help children, adolescents and young adults cope with stress by teaching them self-regulation skills to control emotions and stress at a young age. These practises would in turn help their well being and mental health, improve overall resiliency and help to positively keep their lives in balance. These aasan not

only increases your focus and concentration but also in treating respiratory disorders like asthma, allergy, psoriasis, behavioural diseases etc. In this present condition because of this pandemic children are sitting in home having continuous online classes also they can't go outside and play with their friends. So in this condition yoga can be very helpful and effective for children by bringing positivity in children, managing stress also in many factors.

KEYWORDS: Yoga, children, Pediatric ailments, Emotional balance.

INTRODUCTION

“Yoga is the practice of accessing and integrating all aspects of our true nature — body, mind, and spirit — in the pursuit of inner harmony.”

Yoga is not a religion, it is a way of living that aims towards a healthy mind in a healthy body. As children are suffering from day to day stress which includes school homework, pressure of becoming top in class, peer pressure. Children today are extremely busy, with their entire days filled with school, classes, extra curriculums, homework, competitions, etc. They also deal with several distractions, overstimulation, peer pressure, temptations, and so on, daily. While most of us may feel that these things may not be stressful for children, most of the time, they actually are! The busy bustling pace of our kids' lives can have a profound impact on their physical and mental well-being.

Yoga helps strengthen children's growing bodies and helps them improve their flexibility, which can reduce their chance of injury. Yoga can reduce challenging behaviors in the classroom by providing a physical outlet for children to express themselves. It helps manage stress and anxiety and keeps them relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality.

Yoga comes as a welcome relief, as it is something that children can practice anywhere, including breathing techniques and physical postures, because a dedicated and intentional yoga practice can be incredibly valuable for our children. It can help their concentration, emotional, social, physical, and mental wellbeing, and the way our children learn to act or react in situations, along with helping them in their own self-discovery.

Need of yoga

Yoga helps children in reducing their stress as a part of academic and daily activities. It also helps to calm their mind and body. It not only helps in curing diseases, but also in preventing

them. Many Aasanas are known to be beneficial for various conditions of children. When compared to adults, children suffers a lot from upper respiratory tract infections, gastrointestinal disorders, obesity, developmental disorders, lack of concentration, anger issues etc, Yoga plays a significant role in offering perfect solution to such problems. Yoga also provides strength to the body to fight against diseases. Regular practise of yoga can make children smart, confident and offers them the capacity to fight from the day to day stress and illnesses. Yoga has got an immense power that if we train our children to do yoga daily, then they can achieve a better healthy and happy life.

Benefits of yoga for kids

1. Upper respiratory tract infections

Upper respiratory tract infections, occur more frequently in children because of their immaturity and reduced immunity. Aasanas which are helpful in URTI are Pranayama, Kapalbhathi, Bhramri etc. Pranayama is the breathing process or the control of the motion of inhalation, exhalation and the retention of vital energy. Pranayama brings deeper benefits than the simple mechanical effect of exercising the lungs. Kapalbhathi cleans capillaries of the remotest part of the body. It aids in combating asthma, diabetes, and chronic bronchitis besides other nervous system disorders. . It also cleanses the nasal passages. Bhramari helps in clearing the throat and nasal passage and make them free from infections, also makes a positive impact on the mind, producing peace and joy.

2. Gastrointestinal disorders

Children suffer from various gastrointestinal diseases due to the changed lifestyle, consumption of junk foods etc. Common diseases includes constipation, Irritable bowel syndrome, hyperacidity etc. Naukasan helps the digestive system, gives strength to leg and arm muscles. Trikonasan stimulates the abdominal area. Balasana stretches hips, thighs and ankles. Paschimottanasana improves digestion. Children should include practise of these Yogasanas in their daily routine so that their digestion becomes better and will be free from gastrointestinal illnesses.

3. Obesity in children

Obesity is the most common condition in which children significantly gains weight in a fast manner, and end up in overweight for his or her age. Childhood obesity can lead to diabetes, high blood pressure and high cholesterol. As it comes under Lifestyle issues which means too little activity and too many calories from food and drinks — are the main contributors to

childhood obesity. Yoga can help children develop physical skills and capacities that allow them to feel more confident and find increasing pleasure in physically challenging activities. Ardha Chandraasana or the half-moon pose. This pose tones your buttocks, upper and inner thighs. The added stretch on the sides of the tummy help burn off waist fat. It also strengthens your core and helps with weight loss. Surya Namaskara is one of the incredible asanas by which children can lose weight and help forming the good shape of the body.

4. Developmental disorders

Developmental disabilities are a group of conditions that have impairment in different areas such as physical dysfunction, language and communication, or behaviors; including autism spectrum disorder (ASD), intellectual disability (ID), cerebral palsy (CP) and attention deficit hyperactive disorder (ADHD). Yoga can be beneficial for children who want to increase their flexibility, strength, awareness of the physical and mental aspect, and manage stress related symptoms. For children, candles are fascinating, especially a candle in a dark room. Tratak is a yogic concentration technique and a perfect practice for kids. This makes the flame an attractive concentration object. It helps Purifies the eyes, strengthens the eye muscles and improves vision and memory also helps with sleeping difficulties and bedwetting. Strengthens the ability to concentrate and calms the mind.

CONCLUSION

Apart from these above-mentioned benefits, there are also many emotional and social benefits to yoga. Yoga teaches children emotional regulation, discipline, mindfulness, increases their body awareness, determination, perseverance, self-regulation, independence, positivity, coping skills, and reduces impulsivity. Though yoga is typically regarded as an individual activity, there is also a social component to it that helps children share community experiences with others, hence improving social relationships. So children as well as adults these Yogasanas give supreme health to the body also helps children in making life better.

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