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ABSTRACT

Abhyanga increases the strength, nourishes body, improves skin texture and accelerates the healthy growth and development of newborn. Increased weight gain, reduced pain, enhanced attentiveness, reduced depression and enhanced immune function (increased natural killer cells and natural killer cell activity) are some advantages of newborn massage. During Abhyanga prevent harmful and painful practices and social taboos, like stretching of limbs, pulling of ear and nasal cartilages etc should not be practiced. Oil which is suitable for baby according to local conditions should be use. Bala Taila is one of the best oil among the all oil preparations in Ayurveda.

A full term/ LBW, 35 days old female baby having complaints of failure to weight gain, excessive cry treated with Bala tail abhangya along with normal routine care for one month. Improvements were noted in weight, skin texture and activity of the baby. The details of the findings are presented in this case study report.

KEYWORDS: Ayurveda, Abhyanga, Bala Taila, Newborn care, Newborn & Oil massage, Navajat Paricharya.

INTRODUCTION

Ayurveda – the science of life describes ‘Abhyanga’ as daily routine practice in Dinacharya[1]; to be followed for maintenance of health. In Indian culture Abhyanga for newborn baby is practiced too at many places as daily routine. Ayurveda emphasized on Abhyanga for prevention of aging process and healthy life. According to different geographical conditions and variation in climatic conditions one has to make difference in the procedure. For example in the cold climatic conditions oil used for Abhyanga should be taken as warm and vice versa. Bala Taila, Lakshadi Taila, Ashwagandhadi Taila, Balaashwagandhadi Taila are different kinds of oil used for Abhyanga. Bala Taila is the best remedy for newborn Abhyanga.[2] From Ayurveda perspective Sesame oil is considered as best among all vegetable oils. When oil is medicated with decoctions, milk, minerals, herbal powders and meat soup etc, it is called as Siddhath Taila. Hence Bala Taila; which is a siddhatail kalpana widely used for Abhyang in newborns; having holistic approach for newborn care [3] Bala Taila increases the strength and nutrition of tissues and helpful to prevent hypothermia. Hence, in this case study Bala tail is selected for abhangya.

CASE DISCUSSION

A full term/ LBW, 35 days old female baby with complains of-
1. Failure to weight gain.
2. Excessive cry.
3. Feeding not well.

BIRTH HISTORY

Primip mother/ full term normal delivered baby/ cried immediately after birth/ with liquor moderate meconium stained/ Birth weight 2.4 kg.

History of NICU admission was for neonatal seizures on 2nd day of life. NICU care was given for neonatal seizures upto seven days of life.

Weight on NICU admission-2.4 kg (DOA-21/10/2016)
Weight on NICU discharge-2.4kg (DOD- 29/10/2016)
Baby was CNS exam wise normal for that age at the time of discharge.

EEG was done at the age of one month on 22/11/16 which showed no significant abnormality.

ROP screening was done at the age of one month on 26/11/2016 which showed mature retina, no ophthalmic abnormality noted.

The baby was examined in detail for failure to weight gain before starting the study.
ANTHROPOMETRIC MEASUREMENT

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>2.6kg</td>
</tr>
<tr>
<td>Head circumference</td>
<td>34.5cm</td>
</tr>
<tr>
<td>Chest circumference</td>
<td>31cm</td>
</tr>
<tr>
<td>Length</td>
<td>51cm</td>
</tr>
<tr>
<td>Mid arm circumference</td>
<td>8cm</td>
</tr>
<tr>
<td>Thigh circumference</td>
<td>12.5cm</td>
</tr>
</tbody>
</table>

REFLEXES
- Sucking & Swallowing reflex - Present & Normal
- Moro’s reflex – Present, bilaterally symmetrical & Normal

Sleeping pattern: interrupted & short span of sleep during day and night time.
Activity: moderate activity with movement of all four limbs.
Muscle tone: good
Skin: dry, loss of turgor.
Feeding pattern: improper feeding; in spite of adequate lactation to mother.
Stool pattern: 2-3 episodes watery per day.
Urine pattern: 7-8 episodes per day.

<table>
<thead>
<tr>
<th>Follow up date</th>
<th>Weight (kg)</th>
<th>Activity</th>
<th>Skin</th>
<th>Sleeping pattern</th>
<th>Head circumference (cm)</th>
<th>Chest circumference (cm)</th>
<th>Midarm circumference (cm)</th>
<th>Thigh circumference (cm)</th>
<th>Length (cm)</th>
<th>Management</th>
</tr>
</thead>
<tbody>
<tr>
<td>26/11/16</td>
<td>2.600</td>
<td>Good activity with improper feeding</td>
<td>Pink, dry, loss of elasticity</td>
<td>Interrupted sleep</td>
<td>34.5</td>
<td>31</td>
<td>8</td>
<td>12.5</td>
<td>51</td>
<td>Bala tail abhyanga with breast feeding &amp; normal routine care</td>
</tr>
<tr>
<td>03/12/16</td>
<td>2.860</td>
<td>Feeding well with improved activity</td>
<td>Pink, increased lusture rejunation</td>
<td>Low episodes of interrupted sleep</td>
<td>34.5</td>
<td>33</td>
<td>9</td>
<td>14.5</td>
<td>51</td>
<td>Bala tail abhyanga with breast feeding &amp; normal routine care</td>
</tr>
<tr>
<td>26/12/16</td>
<td>3.608</td>
<td>Good feeding with improved activity</td>
<td>Pink, fair, rejunation</td>
<td>Continuous sound sleep</td>
<td>35</td>
<td>35</td>
<td>11.5</td>
<td>15.5</td>
<td>54</td>
<td>Bala tail abhyanga with breast feeding &amp; normal routine care</td>
</tr>
</tbody>
</table>

TYPE OF STUDY: - A case study.

CENTER OF STUDY: OPD, Department of Kaumarbhritya, Sane Guruji Arogya Kendra, Malwadi, Hadapsar Pune 28.

MANAGEMENT DETAILS
Bala tail Abhangya was given to the baby twice a day; in the morning abhangya was done before bath and at night Abhyanga was done at the time of sleeping.
Follow up: every 15 days interval.

Assessment criteria for evaluation of the baby
1. Head circumference
2. Chest circumference
3. Mid arm circumference(MAC)
4. Thigh circumference
5. Weight
6. Sleeping pattern
7. Activity
8. Skin

Abhyanga method - Comfortable, lukewarm massage oil (BalaTail) used. [Mother was trained and advised to store the oil in a plastic flip-top and warm it by holding the container under running hot water for a few minutes] Mother was trained for massage as: dip her fingertips into the warm oil and apply lightly to the entire body; Wait for 4-5 minutes to let some of the oil absorbed by skin, massage the entire body, applying even pressure with the whole hand-palm fingers. Apply light pressure on sensitive area such as abdomen or heart. Use more oil &spend more time where nerve ending are concentrated such as soles of the feet; Palms of the hands along the base of the fingernails. Circular motions over rounded areas such as head or joints &straight strokes on straight areas such as arms & legs .after massage relax for 10-15 min. [4]

DISCUSSION
Newborn care is one of the important basic cares and massage has been practiced in the past and present. It is effective and economically cheaper method is essential considering the economic status of the individuals. Prevention of neonatal morbidity is also a factor that has
to be born in mind. The classical texts of Ayurveda, the care of newborn includes abhyanga, snana, jatakarma, etc. as part of routine care of newborn.[9]

In this present case study shows that guru, snigdha properties of Balatala may take care of dhatupushhti. Jeevaneeya (life promoting action) gana dravya indicative of their capability to bring out cell division i.e. they generate the healthier tissues. Twak (skin) is the updhatu of mansa dhatu, during abhyangya (application of oil) on the skin nourishes the cells and improves subcutaneous fat (brown fat) on the body, which helps to maintain temperature and gain the body weight. Abhyanga increases in vagal activity, which in turn may lead to increased gastric motility and thereby weight gain.[8] By applying bala taila on the body, it regulates thermal control i.e. maintains body temperature (controls thermal loss) and improves circulation; thereby weight gain.

‘Abhangaymchareet Nityam’: Vata is predominant in the skin (sparsh ashraya); Bala tail abhyang is vatashamak, it cleans the skin from any dirt (mraujaprad), improves the body complexion (varampadr), restores the natural immunity (vayadhikshmatva) Balatala is the best vatashamaka, thereby skin color, tone, texture improved.[9]

Head is the major part of the body for heat loss for the infant body, when oil apply on the head that is shiroabhangya prevent heat loss. The open anterior and posterior fontanels on the scalp; provides way for percolation of the oil which nourishes the majja dhatu (CNS system); which helps to growth and development of the baby. The balal tail abhyang improves physical strength, promotes excellence of body tissues which is dhatuposhan, relaxes muscle and useful in eliminating fatigue i.e. shramahar thereby induces sound sleep and improvement in daily activity. During abhyangya more oil and more time spend on the neuromuscular junctions thereby increases stimulation to muscle fibers and nerve endings so improves circulation in the body, relaxes muscle which induced sound sleep help to improve growth and development of the baby.

Some research on baia tail abhyanga showed that, Balatala contains Go-dugdha has the property of jeevana i.e. it will supply essential requirements, oxygen and nutrients etc. to all the vital tissues by improving the posture and encourages deep breathing and gas exchange. One of the ingredients of Balatala, Saindhav lavana is srotoshodhaka and may help for the generation of healthy impulses.[6] Also ingredients of Balatala Yava, agaru by virtue of their lekhana properties removes unwanted deposits from skin.[8]

CONCLUSION

Abhyanga (Massage) is one of entity of newborn care as per ancient Acharyas; which is very scientific and very effective to gain weight, reduces pain, enhances immunity and accelerates the healthy growth and development of baby. With proper selection of oil and with certain precaution under medical supervision and advice one can practice Abhyanga from birth to infantile age without any harm is the key massage to modern health world.

REFERENCES