

**ROLE OF AYURVEDA IN SOCIAL MEDIA ADDICTED CHILDREN'S WITH
CONCERNING "BLUE WHALE GAME"****Dr. Nagendra Thakre¹, Dr. Prashant Singh Bhadauria*²**¹M.D.Scholar, Dept. Of Kaumarbhritya, Rani Dullaiya Smriti Ayurved PG Mahavidhyalaya evam Chikitsalaya, Bhopal.²M.D.Scholar, Dept. Of Agad Tantra Evam Vidhi Vaidyak, Rani Dullaiya Smriti Ayurved PG Mahavidhyalaya evam Chikitsalaya, Bhopal.***Corresponding Author: Dr. Prashant Singh Bhadauria**

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ABSTRACT

Social media sites among the most common activity in children's & adolescent. Social networking websites made our lives so easier when it comes to keeping in touch. They happen to live across the world from us. Social media addiction can happen to anyone but children are especially prone to developing this problem. Social media sites including social networking sites such as Facebook, Twitter and many gaming sites. Most of the children's attracting towards this gaming sites very easily. Recently the most dangerous or addicted game is "Blue Whale" game or it is also named as "Suicidal" game. Blue Whale game became prominence in May 2016 through an article in Russia newspaper. In this game, a child's hurt themselves in real life. This 50 day challenge requires participants to receive instructions from an anonymous administrator & their final task is to commit suicide. Ayurveda plays an important role at this problem through medications like Medhya drugs such as Mandookparni, Brahmi etc or through medicated oils Shirodhara etc & meditation like various Yoga's & Pranayaam. Paediatrician also plays a major role to solve this problem by counselling the children's as well as their parents. Paediatrician are in a unique position to help families understand these sites & to encourage healthy use & urge parents to monitor for potential problems with Facebook depression & exposure to inappropriate content.

KEYWORDS: Social media, blue whale, suicidal game, medhya drugs, yoga.**INTRODUCTION**

Social media addiction among children's is a growing concern. It is a highly entertaining & informative medium. The internet offers children's & adolescents a way to escape painful fading or troubling situations, like addiction to drugs & alcohol.

There is nothing inherently bad with interacting with friends online or exchanging the photos, but for a lot of children's the line between the virtual world & offline reality can become quite blurred. The extensive research performed by the university of Amsterdam shows that approximately 5% of young teenagers fall into the group of addicted to social media. The analysis of children's behaviour was based on the same criteria that are used to determine whether a person suffers from gaming addiction. Social media addiction can be anyone in an online chat room, or play thrilling & challenging games against other players from all corners of the globe. In this series, the most popular & dangerous game is Blue Whale game or Suicidal game. There have been several reports of people being encouraged to commit suicide by following the Blue Whale challenge. The Blue Whale

challenge is an online game. The game is named so because sometimes whales beach themselves intentionally & die. A 19 year old college student who committed suicide in Madurai, victim of the 'Blue Whale' challenge in Tamil Nadu...wrote in a Note " Blue Whale is not a game but danger & once entered, you can never exit".

What is the blue whale online suicide game?

The Blue Whale suicide game is believed to be a social media group which is encouraging people to kill themselves. It's thought a group administrator assigns daily tasks to members, which they have to complete over 50 days. The horrific tasks include self harming, watching horror movie & waking up at unusual hours, & visit a railroad, cut a lips, done a secrete task & draw a whale scratch on arm. On the 50th day, the controlling manipulators behind the game reportedly instruct the youngsters to commit suicide.

How can children access this game?

Blue whale is not a freely downloadable game, application or software. Children cannot access it on

their smartphones through app stores or on social media platforms like Facebook. It is shared among secretive groups on social media networks. The creators seek out their players / victims & send them an invitation to join.

Which Type of Childrens Played This Game

Teenagers are any way undergoing internal struggle, facing questions like 'who am I'? 'Do people like me?' 'Do my friends find me good enough?' 'Am I lonely?' They are the best targets for such games that look out for vulnerable teens who seek acceptance, acknowledgement & attention for peers. Leading ahead such games that dare you with tasks offers a boost to self-esteem & sends positive strokes.

“Delhi Samir Parekh, Director, department of mental health & behavioural sciences, Fortis hospital”

Why Teenagers Attract Towards Social Media

Social media websites are created to play on human emotions, & one of the biggest buttons they push is the fear of missing out. No, human being wants to feel isolated from the rest of the society, & social networking websites make sure that this doesn't happen.

What Parents Can Do

Parents need to keep talking to the kids. Take interest in your child's activities. Give them space to share their feelings without neglecting them. Try to find out the reason behind unnatural behaviour. Monitor their digital behaviour & subtly keep an eye on their internet activity.

Role of Ayurveda to Overcome This Problems

According to the Ayurveda Acharya Charak mentioned "Psychosomatic disorders" may co-relate with the social media addiction symptoms.

In social media addiction the four type of treatment may help to fight with this.

1. **Ashwasana chikitsa** that can be co-relate with counselling of patient. Motivate the patient for meet friends, relatives so he feel that he is secure & feel happy and most importantly he engaged himself in the other and good things.
2. **Devyapasraya chikitsa** that can be co-relate with the spiritual approach so that the patient feel positivity in his life.
3. **Satvavjay chikitsa** that is to enhance the inner positivity.
4. **Yuktivyapasraya chikitsa** that is samana and shodhana.

According to Acharyas if u want a healthy body above mentioned chikitsa will give you inner strength and positivity and give you complete mental peace, but a physical ill body may not give you happiness and peace so the Yuktivyapasraya chikitsa will purify complete body.

Yuktivyapasraya chikitsa considered two types of chikitsa that is Shamana and Shodhana.

1. Shamana Chikitsa

According to Acharya Charak mansik roga, the Tridosha aggravated and flow all over the body and placed in mastiska and cause manovibram, stress & many more complications. So this wills shaman the doshas.

2. Shodhana Chikitsa

Shodhana means purification, here in manas roga all the tridosha aggravated and the specially the vata dosha contaminated the body. So Snehna, Swedna, Basti chikitsa with help to cure this problem and shiro basti this chikitsa will be really beneficial in social media addiction associate symptoms.

DISCUSSION

Now a days we all are so much surrounded by the smartphones, laptops, gages and many more devices those are so helpful but harmful as well. Specially in young age children, adolescents are very prone to addicted all this things. Parents are so busy in their work so they don't give time to their children, so these young minds involve themselves in other things like smartphones, laptops, and specially Facebook, twitter, whatsapp and other social networking sites to overcome their loneliness but unfortunately these sites do not give them good shelter. This networking sites webbed this young generation but children and adolescents are spends maximum time on social networking sites, later on this slow usage completely webbed them and lend up to the addiction. This addiction is as strong as alcohol, ciggrates and any other type of addiction. Anxiety, stress and depression and many symptoms are associated with this.

CONCLUSION

To concluded this, we reached on this point that the social media addiction are going to be the most dangerous addiction in upnext few years and this gonna be the most complicated to treat because we have treatment for a diseased person but the any kind of addiction including this will really tough to fight. If we really want positive result on patients so we have to console the patient to engage themselves in other positive activity as well as council the parents too because these young, adolescent only want love, care, support and importantly want their parents time for themselves, if parents will give them all these things their child definitely spent good and quality time with their family, friends, they definitely forget these networking sites for few time but slowly slowly this will really helpful to overcome from this. Besides as mentioned in Charaka Samhita the treatment of manogath vyadi chikitsa can be apply on this the results will really good.

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