

Integrating Ayurvedic Remedies into Pediatric Treatment

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Abstract

A unique perspective on holistic medical treatment for children is offered by integrating Ayurvedic medicine with standard pediatric care. the basic principles, worries about hazards, and potential benefits of incorporating Ayurvedic therapies into pediatric healthcare. Pediatric healthcare must be comprehensive and individualized to address the vast array of children's medical needs. Ayurveda, a traditional medical practise with its roots in India, offers an option that has endured and continues to put the focus on the whole well-being of the child. exploring the potential benefits for children's health and development, the fundamental principles that guide treatment, the utilization of Ayurvedic drugs in pediatric care, and the critical safety issues.

keywords - Ayurvedic medicines, Pediatric care, Holistic healthcare, Individualized treatment, Doshas (Vata, Pitta, Kapha), Prakriti (constitution)

Introduction

The concept of holistic medical therapy for children is given a fresh perspective thru the incorporation of Ayurvedic medicine with mainstream pediatric care. the underlying concepts, concerns over the potential hazards, and potential benefits of incorporating Ayurvedic remedies into pediatric healthcare are discussed. It is necessary for pediatric healthcare to adopt an approach that is both comprehensive and individualized in order to cater to the wide range of medical needs that children have. Ayurveda, which is a traditional medical practise that began in India, offers an option that has passed the test of time and lays an emphasis on the overall health and happiness of the child. This is because Ayurveda places an emphasis on the child's overall well-being. pediatric care that makes use of Ayurvedic pharmaceuticals, the fundamental principles that guide therapy, the significant safety considerations, and the potential benefits for children's health and development are all topics that will be discussed.

Ayurvedic Pediatric Care: The Foundational Principles

When it comes to pediatric care, which is a delicate and nuanced subject, the health and safety of the children have always been and will continue to be the top priority. The practise of Ayurveda, which is a traditional medical system that has been around for thousands of years, provides a tried-and-true method that is profoundly anchored in holistic principles and individualized care. The provision of all-encompassing medical care for the younger members of our society was the motivation for the development of this system. Ayurvedic paediatric care is distinguished by its one-of-a-kind perspective, and as a consequence, it places a significant amount of significance on the guiding principles that stand at the foundation of its clinical application. The practice of Ayurveda, which is sometimes referred to as the "Science of Life,"

is founded on principles that recognize the one-of-a-kind characteristics of every child as well as the dynamic interaction of energies that takes place within their bodies. When it comes to Ayurvedic pediatric care, these precepts serve as a kind of navigational compass; they direct the manner in which treatment is provided and ensure that the child's health and well-being are always put at the forefront of consideration. The principles that govern Ayurvedic pediatric care, which provide insights into the holistic approach, the recognition of individual constitution (Prakriti), and the essential role that doshas (Vata, Pitta, and Kapha) play in a child's general health and well-being are referred to as the doshas. Ayurvedic pediatric care is more than just a collection of medicine; it is a philosophy that recognizes the delicate equilibrium that exists between the physical, mental, and emotional aspects of a child's health. As we proceed with our investigation of these principles, it becomes abundantly evident that Ayurvedic health care for children involves more than just a collection of treatments.

Maintaining a Healthy Dosha Blend for Children

When it comes to Ayurvedic pediatric care, one of the most essential variables that defines a child's overall health and well-being is the degree to which the three doshas (Vata, Pitta, and Kapha) are in harmony with one another. The three fundamental energies that govern the myriad actions and features of the body are referred to as the doshas in Ayurveda. It is vital to achieve and maintain a harmonious equilibrium between these doshas in order to continue the process of protecting and developing a child's overall health. Earth, water, fire, air, and ether are the five elements that make up an individual's constitution, according to the Ayurvedic philosophy. Each person's constitution is considered to be a unique combination of these elements. There are a number of various features and characteristics that are referred to as doshas, and each of these components adds a different set of their own. The degree of harmony or discord that exists between these three doshas has a substantial influence on the entire physical, mental, and emotional health of a kid. Consequently, in order to provide effective Ayurvedic pediatric therapy, it is necessary to have a comprehensive grasp of the function of the doshas as well as the state of their imbalances. within the framework of Ayurvedic medicine, the importance of ensuring that children have a healthy dosha balance at all times. As part of our investigation, we are going to look into the ways in which doshas influence the constitution, temperament, and vulnerability of a kid to a wide range of health issues. For the purpose of assessing whether or not children have doshic imbalances and reestablishing equilibrium thru the application of individualized treatments and therapies, we will also have a discussion on the practical application of Ayurvedic principles.

Significance of Dosha Balance in Child Health: According to the principles of Ayurveda, every individual is born with a distinct constitution, which is referred to as Prakriti and is established by the predominating doshas. This Prakriti is responsible for determining the child's physical traits, temperament, and vulnerability to a variety of health issues. Doshic imbalances can lead to a variety of health problems and disturbances, whereas a dosha constitution that is balanced aligns with the child's ability to achieve their optimal state of health.

- **Imbalance of the Vata Dosha** An excess of the Vata dosha in a kid might appear as irritability, anxiety, digestive difficulties, and susceptibility to dry skin and constipation.

- Imbalance of the Pitta Dosha: An inflamed Pitta dosha can result in irritation, inflammation, heat-related disorders, and skin conditions. Pitta is the fire element.
- Imbalance of Kapha Dosha: In youngsters, an imbalance in the Kapha dosha can cause lethargy, respiratory difficulties, weight gain, and emotional detachment, among other symptoms.

Assessing and Addressing Dosha Imbalances: When it comes to assessing and treating dosha imbalances in children, ayurvedic paediatric care takes a patient-centered, individualised approach. Ayurvedic practitioners will determine the prevalent doshas and imbalances through this method, which requires close study of the child's physical features, behaviour, and health difficulties. Once doshic imbalances have been identified, Ayurveda provides a number of therapeutic approaches to restore dosha equilibrium. These interventions include dietary adjustments, herbal formulations, lifestyle suggestions, and specific therapies. These therapies are adapted to the child's age, constitution, and current state of health in order to guarantee that they are both effective and safe. Ayurvedic paediatric care embraces a holistic perspective that seeks to address the root causes of health issues and promote not only physical, but also mental and emotional well-being in children. This becomes apparent when one considers the complexities of striking a balance between the doshas for the sake of a child's health. In the following parts, we will delve deeper into the practical application of Ayurvedic concepts and remedies for bringing harmony to the doshas and maintaining the health and energy of our younger generation.

Ayurvedic Medicines for Children

The administration of herbal remedies is given significant weight while discussing the Ayurvedic treatment of children. The age-old medical practise known as Ayurveda acknowledges the therapeutic potential of plants and other naturally occurring substances and makes use of this potential to improve the health and wellbeing of children. The term "Ayurvedic medicines for children" refers to a vast range of herbal preparations, nutritional supplements, and therapies that are carefully selected and prepared to address a wide spectrum of health conditions. Ayurvedic medicine is traditionally practised in India. These drugs are not only effective but also delicate, making them ideally suited for the sensitive nature of paediatric healthcare, which requires medications that are both effective and gentle. the realm of Ayurvedic medications for children, bringing light on the different types of formulations, their advantages, and considerations for the safe and effective administration of these medicines. A holistic approach that takes into consideration the individual constitution (Prakriti) and imbalances (Vikriti) of each child is offered by the practise of Ayurveda. This method is driven by the principles of tailored treatment and dosha balance.

- **Types of Ayurvedic Medicines for Children:** The term "Ayurvedic remedies for children" refers to a wide range of formulations, each of which contains its own special group of herbs and set of curative qualities. These are the following: Herbal Powders: Ayurvedic herbs are typically ground into a powder and blended with other ingredients to create preparations that can be easily consumed by mixing the powder with warm water, honey, or ghee. Powders such as Triphala, Trikatu, and Brahmi are frequently

used for the purpose of providing support for the digestive system, improving respiratory health, and fostering cognitive development.

- **Herbal Syrups and Tonics:** In order to make syrups and tonics, the active components of herbs are first extracted in a liquid state and then combined with other liquids. For the purpose of making them more pleasant for children, these are frequently sweetened with honey or jaggery. Some common examples include ashwagandharishta and chyawanprash, which are utilised to strengthen the immune system and overall vigour.
- **Herbal Ghee Preparations:** In order to increase the herbs' bioavailability, medicated ghee preparations, also known as Ghritas, blend clarified butter with medicinal herbs. These are taken orally and are used to assist a variety of health factors, including digestion and the health of the neurological system.
- **Herbal Tablets and Churnas** Tablets and churna (powder) forms of several Ayurvedic medicines for children are also available, giving parents with flexible dosing options for their children's unique medical conditions. Balarishta and Pippalyasava are two examples of traditional Ayurvedic medicines that can be used to treat diseases such as weakness and digestive issues.

Benefits of Ayurvedic Medicines for Children: Ayurvedic medicines for children offer a range of potential benefits, including:

- **Immunity Boosting:** Certain Ayurvedic preparations can help a child's immune system get stronger, making it easier for them to fight off infections and other ailments.
- **Health of the Digestive Tract** A number of Ayurvedic treatments promote healthy intestinal function and can help children who suffer from common digestive disorders such flatulence, constipation, and heartburn.
- **It is thought that certain herbal remedies might boost cognitive development and improve focus and concentration in youngsters.** This is especially true with regards to reading comprehension.
- **Well-Being on an Emotional Level** Ayurveda acknowledges the significance of maintaining a child's emotional health and offers treatments that encourage emotional equilibrium and resilience.

Herbs in Pediatric Formulations

The utilisation of herbs is at the core of Ayurvedic paediatric treatment, which makes use of the mild yet powerful qualities of plants to improve the health and well-being of children. Because of its deeply ingrained connection to nature and its emphasis on holistic principles, Ayurveda acknowledges the medicinal potential of a diverse range of herbs and blends them into preparations that are specifically formulated for the treatment of children. These herbs were chosen with great consideration, taking into account the distinctive make-up and specific dietary requirements of each child. the universe of herbs used in paediatric formulations, providing information about the various herbs that are frequently utilised in Ayurvedic remedies for children. Because each of these herbs possesses a unique set of characteristics, flavours, and therapeutic advantages, utilising them is an excellent way to address a variety of health conditions that may be experienced by children. It is becoming increasingly clear that

Ayurvedic paediatric treatment adopts a natural and holistic approach that is sensitive to the needs of our younger generation and looks out for their overall wellbeing.

Common Herbs in Ayurvedic Pediatric Formulations: In Ayurvedic medicine, children's remedies typically consist of a combination of different herbs, each of which is selected for its own set of curative qualities. The following is a list of some of the herbs that are frequently utilised in paediatric formulations:

- Ashwagandha (*Withania somnifera*) is a plant that is well-known for the adaptogenic characteristics that it possesses. Ashwagandha strengthens the neurological system, helps create resilience in children, and contributes to general vitality.
- Brahmi (*Bacopa monnieri*): Brahmi is renowned for its cognitive-enhancing properties, including its ability to boost concentration, memory, and mental clarity in children.
- Children can benefit from improved digestive health, regular bowel movements, and detoxification when they take Triphala, which is a combination of three fruits (*Amla*, *Bibhitaki*, and *Haritaki*).
- Guduchi (*Tinospora cordifolia*): Guduchi is well-known for the immune-increasing characteristics that it possesses, making it a helpful herb for enhancing a child's resistance to diseases. Guduchi is also known by its scientific name, *Tinospora cordifolia*.
- Tulsi, also known as Holy Basil, is revered for its adaptogenic and immune-enhancing properties, which help youngsters maintain a healthy emotional state and a vibrant sense of overall vigour.
- Curcuma longa (*Turmeric*): Thanks to its powerful anti-inflammatory and antioxidant qualities, turmeric can help treat a variety of health conditions and promote children's general well-being.
- Pippali (*Piper longum*): Pippali is a versatile plant that is used in Ayurvedic formulations because it helps with digestion, respiratory health, and overall vitality in youngsters. *Piper longum*.

Safety Considerations

When it comes to healthcare, the health and happiness of children are of the utmost importance, and ayurvedic paediatric care is not an exception to this rule. Ayurveda, which places an emphasis on holistic medicine and natural remedies, provides a method that is both kind and efficient for fostering the physical and mental well-being of children. In spite of this, the safety of patients continues to be the primary concern in the effort to improve health outcomes. the fundamental concerns of patient protection that drive Ayurvedic paediatric care. It acknowledges that, despite the fact that Ayurvedic treatments for children are, on the whole, safe and well tolerated, a cautious and responsible approach is nevertheless required in order to guarantee the highest possible level of health for young patients. Ayurveda, which is based on concepts that are founded in personalised treatment and dosha balance, is compatible with the overarching aim of protecting the health of children.

- When it comes to paediatric care, safety is of the utmost importance, and Ayurveda shares this concern. Ayurveda also emphasises the need of preventative measures.

Because children's bodies are still developing and they have their own set of unique sensitivities, any healthcare interventions, including Ayurvedic remedies, need to be administered with special care to ensure that they are done so in a way that is beneficial to their health and does not cause them any harm.

- Ayurvedic paediatric care is predicated on the central idea of customised treatment, and it also takes into account the child's age when providing this type of care. This strategy takes into account the fact that every child is an individual who may have different requirements depending on their age, make-up, and the state of their health. As a result, treatments are meticulously adapted to fulfil the individual requirements of the child, which ensures that they are both effective and safe.
- Instructions for Use, Including Dosage, are as Follows: The appropriate dosages and routes of administration are carefully outlined in Ayurveda for children of varying ages and stages of development. The utilisation of herbs is modified to correspond with the developmental stage and body weight of a child, hence reducing the potential for negative consequences.
- Control of Quality and Purity: When it comes to Ayurvedic paediatric care, the quality and purity of the herbs and herbal formulations used are of the utmost importance. It is quite necessary to make certain that the herbs used in the production process come from reliable suppliers, since this is the only way to ensure that the medicinal products that are intended for use by children are both secure and effective.

Conclusion

In the field of pediatric medicine, the use of Ayurvedic medicines presents itself as a strategy that is both holistic and individualized, and it possesses a tremendous amount of promise for improving the health and well-being of our children. As a holistic perspective that is compatible with the specific needs of our younger generation, Ayurveda, which is strongly rooted in ancient wisdom and natural remedies, offers a holistic perspective. Within the realm of child healthcare, ayurvedic pediatric care offers a substantial alternative alternative that is supplementary to the standard approach. This is due to the fact that Ayurvedic pediatric care lays an emphasis on providing individualized therapies, maintaining a balance of the doshas, and utilizing herbs for their therapeutic potential. Not only does this approach place a greater emphasis on the alleviation of symptoms, but it also lays a greater emphasis on the process of cultivating overall well-being. A child's physical, mental, and emotional aspects of their health are interdependent, and this is done in awareness of the interdependence of these aspects. In addition, the therapy that is provided to children is guarantyd to be both compassionate and successful because of the careful attention that is paid to safety concerns and the partnership and collaboration with experienced practitioners. When it comes to children, Ayurvedic medicines are a monument to the ageless wisdom of nature. They provide a way to nourish the health and vitality of our most valuable resource, which is our children. As we negotiate the intricate terrain of pediatric healthcare, the Ayurvedic medications for children serve as a testament to the wisdom that goes into providing care for children.

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