

i.e. daily regimen, seasonal regimen, sadvrutta, swasthavrutta along with shamana chikitsa will help in effective management of this condition.

Conclusion :

It can be concluded that in our classics various simple and safe herbal formulations have been explained for Chardi which can easily be incorporated in day today life of pregnant woman and they are easy to prepare, easily available

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Significance of Cry in Heath and Disease in An Infant

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Abstract :

Cry is a useful tool to know healthiness as well as in diagnosis of acute disease in children. It is a simple method to assess the pathological condition in children at large which gives some clue regarding serious disease. It is better to know physiological cry to rule out pathological condition to save the morbidity and mortality of children.

Cry of the children is a physiological phenomenon which needs to differentiate from abnormal or pathological conditions. Examination of a child with cry indicates about the status of a child to think about intervention or serious nature of the disease. How cry is a very good indicator of a child's well being, it has been emphasized not only in modern Pediatrics but similar importance was laid in ancient Pediatric orkaumarabhritiya Department to evaluate the vedana or diseases through examination only by different Acharyas to take appropriate measure at the right time. Present article cover all the aspects of cry in healthy and unhealthy children during infancy from ancient and modern parlance.

Key Words : Physiological Cry, Pathological Cry, Kaumarabhritiya, Vedana, Health Disease etc.

Very often we donot know why our little kid is in tears and disturbed. Good thing about it is that the babies indication about his