

The Upbringing of Children with the Help of Ayurveda Principles: A Narrative Review

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ABSTRACT

In the contemporary world, parenting faces unique challenges due to technological advancements and lifestyle changes, leading to the need for a holistic approach to child-rearing. Ayurveda, an ancient system of natural medicine, offers valuable insights into enhancing children's physical, mental, and emotional well-being. The present review explores how understanding a child's *Doshic* constitution (*Prakriti*) can guide parents in providing personalised care, including tailored nutrition, daily routines, and activities that support optimal health. Ayurvedic practices, such as herbal remedies and mindfulness techniques, can help address common childhood concerns and promote balance and resilience. By integrating these principles into modern parenting practices, Ayurveda provides a time-tested framework that fosters the overall well-being of children.

Keywords: Child upbringing, *Doshas*, Holistic healing, Holistic health, Mindful living, Personalised parenting, *Prakriti*, Well-being

INTRODUCTION

In an era characterised by rapid technological advancements and shifting societal norms, the age-old wisdom of Ayurveda has resurfaced as a guiding force in child-rearing. Modern parents are navigating a world markedly different from the one they experienced, filled with the constant presence of screens, packed schedules, and increasing stress levels. Amidst these challenges, Ayurveda offers a profound source of time-tested principles to support the physical, mental, and emotional well-being of children.

Ayurveda, the ancient Indian system of holistic medicine, emphasises not only the physical growth of a child but also the harmonious development of the entire being. Central to Ayurvedic thought is the concept of the *Doshas* (*Vata*, *Pitta*, and *Kapha*), which represent elemental forces that govern a child's constitution [1]. Understanding these *Doshas* allows parents to tailor their approach to meet the unique needs of their child [2]. This holistic perspective extends beyond nutrition to include lifestyle choices, daily routines, and emotional support, providing a comprehensive framework for balanced growth [3].

This article explores how Ayurvedic principles can be effectively integrated into modern child-rearing practices. Core aspects such as diet, sleep, mindful technology use, and stress management will be examined to provide practical strategies for fostering healthy development in today's digital age. By aligning with Ayurveda's timeless wisdom, parents can address the complexities of contemporary parenting while promoting physical vitality, mental clarity, emotional resilience, and spiritual growth in their children.

Ayurveda offers more than just guidelines; it presents a philosophy that celebrates the uniqueness of each child. With this approach, parents can cultivate deeper connections with their children, encouraging a balanced and flourishing future. The present article seeks to bridge ancient Ayurvedic wisdom with modern challenges, demonstrating how tradition and innovation can come together to support holistic child development.

The present review article aimed to investigate the incorporation of Ayurvedic philosophies, practices, and remedies into modern parenting and child-rearing methods. It intends to analyse the role of Ayurveda in promoting physical well-being in children, focusing on dietary guidelines, herbal remedies, and lifestyle practices that can enhance immunity, growth, and overall health.

REVIEW OF LITERATURE

The primary method employed in present review article involves an extensive literature review conducted to gather and synthesise information on the modern upbringing of children with Ayurvedic principles. Various electronic databases, including PubMed, Google Scholar, and Ayurveda-specific databases, were systematically searched for relevant articles, research papers, books, and scholarly publications. The search strategy employed a combination of keywords such as "Ayurveda," "children," "modern upbringing," "parenting," and related terms to identify pertinent literature.

DISCUSSION

Understanding *Prakriti*

Prakriti, in Ayurveda, refers to an individual's inherent and unchanging constitution. It is determined at the moment of conception and remains constant throughout a person's life [4]. *Prakriti* is primarily influenced by the combination of the three *Doshas*: *Vata*, *Pitta*, and *Kapha*. These *Doshas* represent different elemental combinations and qualities within the body [5,6].

Identifying a Child's *Prakriti*

Determining a child's *Prakriti* (constitution) is essential in Ayurveda because it provides insight into the child's natural tendencies, both physically and mentally. Each person is born with a unique balance of the three *Doshas*-*Vata*, *Pitta*, and *Kapha*-which influence various aspects of their health, behaviour, and temperament [7,8].

Practical Implications of *Prakriti* in Upbringing [9]

Understanding a child's *Prakriti* has several practical implications for modern parenting:

Dietary choices: Ayurveda recommends tailoring a child's diet to their *Prakriti*. For example, *Vata*-dominant children benefit from warming and grounding foods, while *Pitta*-dominant children thrive on cooling and soothing options.

Daily routine: The daily routine, or "*Dinacharya*," can be adjusted based on a child's *Prakriti*. *Vata*-dominant children may benefit from a more structured routine, while *Kapha*-dominant children may require stimulation and variety.

Holistic health: *Prakriti* guides parents in understanding their child's susceptibility to certain health conditions. This knowledge aids in

preventive health measures and the selection of appropriate herbal remedies.

Emotional well-being: Parents can use their understanding of *Prakriti* to adapt their approach to emotional well-being. For example, *Vata*-dominant children may need reassurance during times of anxiety, while *Pitta*-dominant children may benefit from cooling practices during moments of anger [10].

Balancing Doshas for Optimal Health

In the context of modern child upbringing with Ayurvedic principles, one of the fundamental aspects to consider is the concept of *Doshas* and their role in a child's well-being. Ayurveda identifies three primary *Doshas*-*Vata*, *Pitta*, and *Kapha*-and understanding a child's dominant *Dosha* is crucial for tailoring their upbringing [10].

1. Understanding the three Doshas [11]

Vata: *Vata Dosha* in children is characterised by traits such as creativity, sensitivity, and variability. *Vata* is rich in *rajo guna* and exhibits qualities like movement, agitation, and variability. When *Vata* becomes imbalanced due to improper diet, lifestyle, stress, etc., it aggravates *rajo guna* in the mind. This disturbed *Vata* stimulates excessive mental activity and disrupts normal cognitive functions, leading to restlessness and anxiety [12].

Pitta: The traits associated with *Pitta Dosha* in children include intelligence, leadership, and competitiveness. Excess heat generated by an aggravated *Pitta Dosha* disrupts the equilibrium of both the mind and body, leading to emotional imbalances. This heat intensifies mental focus and sharpness, but when excessive, it diminishes the mind's capacity for patience and tolerance. As a result, the individual may experience heightened feelings of agitation and frustration. This lack of emotional balance often triggers aggressive or hostile reactions, as the person feels overwhelmed and unable to cope with even minor disturbances [13].

Kapha: Composed of the earth (*Prithvi*) and water (*Jala*) elements, *Kapha Dosha* governs structure, stability, and lubrication in the body and mind. In children, *Kapha* is often dominant, especially during the early stages of life, contributing to growth, development, and nurturing qualities [14]. The qualities of *Kapha* in children manifest as stability, patience, calmness, and a tendency towards affection and attachment. These traits provide a solid foundation for physical and emotional development; however, when *Kapha* becomes excessive, it can lead to imbalances such as lethargy and emotional attachment [15].

2. Tailoring upbringing according to Doshas [16]

I Vata-dominant children: Nurturing *Vata*-dominant children requires an understanding of their inherent characteristics and tendencies. In Ayurveda, children with a *Vata* constitution tend to be active, creative, and quick learners; however, they can also be prone to restlessness, anxiety, and irregularity in eating and sleeping habits due to the mobile and light nature of *Vata Dosha*. To balance these qualities, it is important to focus on routines, grounding foods, and calming activities.

a. Warm and grounding foods: *Vata* is cold, dry, and light in nature, so *Vata*-dominant children benefit from warm, nourishing, and grounding foods that counterbalance these qualities. Foods that are moist, warm, and slightly oily are ideal for pacifying *Vata*. These include:

- **Warm, cooked meals** such as soups, stews, and porridges
- **Whole grains** like rice, quinoa, and oats
- **Root vegetables** such as sweet potatoes, carrots, and beets
- **Healthy fats** from ghee, olive oil, and avocados [17]

b. Routine and structure: Children with dominant *Vata* need a steady routine to feel secure and grounded. Regular meal times, sleep schedules, and consistent daily habits help to

soothe the fluctuating nature of *Vata*. Irregularities in routines can increase their natural restlessness and anxiety [17,18]. Parents can help by establishing a calming bedtime routine and ensuring that children get adequate rest to prevent mental and physical exhaustion.

c. Calming activities: *Vata*-dominant children tend to be energetic and curious, but this can also make them prone to overstimulation. Activities that help calm the mind and body are essential for maintaining balance. Gentle exercises such as yoga, walking in nature, and mindful breathing practices are beneficial for calming an overactive *Vata*. Additionally, creative activities like drawing, painting, or storytelling can help soothe their minds [19].

d. Massage and warmth: Daily oil massage (*Abhyanga*) with warm oils, such as coconut oil, is highly recommended to calm *Vata* and *Pitta* doshas [20]. This practice not only nourishes the skin but also helps to calm the nervous system, reduce anxiety, and improve sleep quality. Keeping children warm, both in terms of their environment and clothing, helps counteract *Vata*'s cold nature [21].

II Pitta-dominant children: Raising *Pitta*-dominant children requires an understanding of their fiery, sharp, and intense nature. *Pitta* is composed of fire (*Agni*) and water (*Jala*) elements, which govern digestion, metabolism, and transformation in the body. Children with a *Pitta* constitution are often intelligent, focused, and competitive; however, they can also be prone to irritability, impatience, and anger when *Pitta* is aggravated. By providing the right nurturing environment, diet, and routine, parents can help balance their *Pitta*-dominant child's fiery nature [22].

a. Cooling and pacifying foods: Since, *Pitta* is characterised by heat, it is important to provide cooling and soothing foods to prevent overheating and irritability. Foods that are sweet, bitter, and astringent in taste are ideal for balancing *Pitta*. These include:

- Cooling fruits like melons, grapes, and apples
- Leafy greens such as spinach, kale, and lettuce
- Dairy products like milk, butter, and ghee (in moderation)
- Cooling herbs and spices such as cilantro, mint, and fennel.

It's essential to avoid excessively spicy, salty, or oily foods, as these can increase heat in the body and lead to irritability, frustration, and impatience [23]. Cold drinks and light, hydrating foods can help cool down *Pitta*'s intensity.

b. Structured routine to reduce irritability: *Pitta*-dominant children thrive on structure and routine. They are often goal-oriented, ambitious, and competitive, but an overly intense focus can lead to frustration and burnout [24].

c. Encouraging calm and patience: *Pitta* children tend to be naturally competitive, driven, and sometimes perfectionistic. To manage these tendencies, it's important to teach them the value of patience and emotional regulation. Activities that promote calmness and help release tension, such as yoga, breathing exercises, or even playing in water (swimming), can soothe *Pitta*'s fiery energy [25].

d. Emotional management: *Sadhaka Pitta*, which governs emotions and the heart, can become imbalanced in *Pitta*-dominant children, leading to anger, jealousy, or impatience [26]. Teaching them mindfulness practices and encouraging a non competitive approach in social interactions can help curb excessive emotional intensity. Simple grounding techniques, such as spending time in nature or engaging in meditative practices, can help reduce emotional stress and provide calm.

III Kapha-dominant children: Raising *Kapha*-dominant children involves understanding their nurturing, stable nature while managing the potential challenges associated with excessive *Kapha*, such as lethargy and congestion [27].

a. **Incorporating stimulation and physical activity:** To counteract the tendency towards lethargy, it is essential to engage *Kapha*-dominant children in stimulating activities. Regular physical exercise can help invigorate their energy and prevent stagnation. Activities include:

- Outdoor play (running, cycling, or playing sports)
- Yoga or dance, which combines movement with fun
- Games that encourage physical interaction (such as tag or obstacle courses) [28]

b. **Providing light and warming foods:** To prevent *Kapha*'s heaviness, focus on light, warm, and stimulating foods. *Kapha*-dominant children benefit from:

- Spices such as ginger, black pepper, and turmeric, which stimulate digestion
- Light grains like quinoa and barley
- Fresh fruits and vegetables that are light and astringent, such as apples, pears, and leafy greens
- Avoiding heavy, oily, and sweet foods will help prevent lethargy and sluggishness [29]

c. **Encouraging mental stimulation:** *Kapha*-dominant children may also benefit from engaging in mentally stimulating activities to keep their minds active. Activities such as puzzles, reading, or creative projects can help develop their cognitive skills while preventing boredom. This mental engagement can enhance their natural nurturing qualities and encourage creativity [29].

d. **Establishing a flexible routine:** While *Kapha* children thrive on routine, it is important to introduce variety into their day. A flexible routine with diverse activities can help break the monotony and motivate them. Encourage exploration of new hobbies, classes, or experiences to stimulate their interest and prevent attachment to familiar, potentially lethargic habits [30].

e. **Creating a light and energetic environment:** The home environment can significantly impact *Kapha* children's energy levels. Keep their surroundings bright, airy, and clean, and ensure they spend time outdoors. Fresh air and sunlight can uplift their spirits and help prevent feelings of heaviness or lethargy [31].

Preventing respiratory issues in *Kapha*-dominant children: *Kapha* dosha's qualities can lead to an increased tendency for respiratory issues, such as colds, allergies, or congestion. Here are some strategies to help prevent these problems:

a. **Maintaining a clean environment:** Regularly cleaning the home and ensuring good ventilation helps reduce allergens and irritants that can exacerbate respiratory issues. Dust, mould, and pet dander can all contribute to *Kapha* aggravation, so maintaining a clean space is vital [32,33].

b. **Encouraging outdoor activities:** Spending time outside in fresh air can help strengthen the respiratory system. Outdoor activities not only improve physical health but also expose children to a variety of environmental stimuli, which supports their immune function [33].

c. **Using aromatic herbs and spices:** Incorporate warming and expectorant herbs into their diet to support respiratory health. Herbs like eucalyptus, peppermint, and thyme can be beneficial when included in cooking or as teas. These herbs help clear congestion and support lung health [34].

d. **Practicing breathing exercises:** Teaching *Kapha*-dominant children simple breathing exercises or practices such as *pranayama* can promote lung capacity and respiratory health. These techniques can help release tension and clear the airways, making them less susceptible to respiratory issues [35].

3. **Maintaining Dosha balance:** Maintaining *Dosha* balance in children's daily lives requires attention to diet, activities, and

routines that align with their constitution and the changing seasons. A balanced diet that suits their *Dosha*, incorporating the right tastes and qualities (light, warm, or cooling), is essential. Activities should be chosen to counterbalance each *Dosha*'s tendencies, promoting physical activity for *Kapha*, calming practices for *Vata*, and cooling activities for *Pitta*. Seasonal adjustments are important, as *Doshas* naturally fluctuate with the seasons. For instance, *Pitta* increases in summer, so cooling foods and calming routines should be emphasised, while *Kapha* may increase in winter, calling for more warmth and stimulation. Regular routines that include rest, play, and study in balanced proportions can help children maintain their *Dosha* balance throughout the year [36,37].

Nutrition and Diet

Nutrition and diet play a central role in Ayurvedic principles for the modern upbringing of children. Ayurveda, the ancient system of natural medicine, emphasises the importance of food as a means of nurturing a child's physical and mental well-being. Here, authors delve into the key aspects of nutrition and diet in Ayurveda for children's holistic development [37].

Understanding Ayurvedic Nutrition: The Six Tastes

Ayurveda categorises foods into six tastes: sweet, sour, salty, bitter, pungent, and astringent. Each taste has specific effects on the *Doshas* (*Vata*, *Pitta*, and *Kapha*) and contributes to overall balance. For example, sweet and sour tastes can calm *Vata Dosha*, while bitter and astringent tastes help balance *Pitta Dosha*. Parents can use this knowledge to create balanced and nourishing meals that cater to their child's doshic constitution [38].

Personalised Diets: *Prakriti*-based Nutrition

Ayurveda recognises that each child is unique, with their doshic constitution, or *Prakriti*. Parents can tailor their child's diet based on their *Prakriti*, ensuring that it aligns with their natural tendencies and promotes optimal health. *Vata*-dominant children may benefit from warm, grounding foods, while *Pitta*-dominant children thrive on cooling and hydrating options, and *Kapha*-dominant children require lighter, stimulating choices. The influence of different tastes on doshas and dietary preferences is illustrated in [Table/Fig-1,2] [39,40].

Taste [39]	Mahabhuta	Dosha effect	Functions	Emotions
Sweet (<i>Madhur</i>)	<i>Prithvi</i> and <i>Jala</i>	<i>Vata</i> , <i>Pitta</i> shaman, <i>Kapha</i> vrrddhi	<i>Dhatu</i> poshan, <i>ojas</i> building, nourishing	Love and attachment
Sour (<i>Amla</i>)	<i>Prithvi</i> and <i>Agni</i>	<i>Vata</i> shaman, <i>Pitta</i> , <i>Kapha</i> vrrddhi	<i>Ruchi</i> , <i>Agni</i> deepan, <i>pachan</i>	Envy
Salty (<i>Lavan</i>)	<i>Agni</i> and <i>Jala</i>	<i>Vata</i> shaman, <i>Pitta</i> , <i>Kapha</i> vrrddhi	<i>Ruchikar</i> , stimulates saliva	Greed
Pungent (<i>Katu</i>)	<i>Vayu</i> and <i>Agni</i>	<i>Kapha</i> shaman, <i>Vata</i> , <i>Pitta</i> vrrddhi	<i>Agni</i> deepan	Hate
Bitter (<i>Tikta</i>)	<i>Vayu</i> and <i>Akash</i>	<i>Pitta</i> , <i>Kapha</i> shaman, <i>Vata</i> vrrddhi	Cleans mouth	Sorrow
Astringent (<i>Kashaya</i>)	<i>Vayu</i> and <i>Prithvi</i>	<i>Pitta</i> , <i>Kapha</i> shaman, <i>Vata</i> vrrddhi	<i>Laghu</i> , absorption	Dryness

[Table/Fig-1]: Influence of tastes on doshas and emotions in ayurveda [39].

<i>Prakriti</i> [40]	Tastes preferred	Tastes to be avoided
<i>Vata prakriti</i>	Sweet, sour, salty	Pungent, bitter, astringent
<i>Pitta prakriti</i>	Sweet, bitter, astringent	Pungent, sour, salty
<i>Kapha prakriti</i>	Pungent, bitter, astringent	Sweet, sour, salty

[Table/Fig-2]: Dietary preferences based on *prakriti* in ayurveda [40].

Seasonal Eating: Adapting to Nature's Rhythms

Ayurveda advocates for seasonal eating to harmonise with nature's cycles. The foods available in different seasons provide the necessary nutrients and energy required to maintain balance [Table/Fig-3] [41].

Dosha [41]	Season	Seasonal eating adaptations
Vata	Winter	Warm, grounding foods like soups, stews, and cooked grains to balance the cold and dryness.
	Spring	Hydrating fruits and leafy greens to counteract dryness and promote digestion.
Pitta	Summer	Cooling foods such as cucumbers, melons, and leafy greens to maintain balance during hot weather.
	Fall	Warming soups with cooling spices to adapt to the dropping temperatures while maintaining internal balance.
Kapha	Spring	Lighter, stimulating foods like quinoa and vegetable to counteract heaviness and congestion.
	Summer	Hydrating foods and beverages to keep cool while avoiding heavy, oily foods that may exacerbate Kapha qualities.

[Table/Fig-3]: Vata, Pitta, and Kapha dominant children adapt to seasonal eating [41].

Herbs and Spices: Nature's Medicine Cabinet

Ayurveda harnesses the power of herbs and spices to enhance the nutritional value of meals and support overall health. Incorporating ingredients like turmeric, ginger, and *Tulsi* (holy basil) can boost immunity, aid digestion, and provide essential nutrients [42].

Mindful Eating: The Importance of How we Eat

Beyond what we eat, Ayurveda emphasises how we eat. Encouraging children to eat mindfully, in a calm and distraction-free environment, can improve digestion and absorption of nutrients. Chewing food thoroughly is also a fundamental Ayurvedic practice for promoting good digestion [43].

Dinacharya- Nurturing Healthy Routines

In the pursuit of nurturing healthy and balanced children, Ayurveda offers a profound approach known as "Dinacharya," which emphasises the significance of daily routines in maintaining overall well-being. Incorporating *Dinacharya* principles into modern child-rearing practices can lead to positive physical and mental outcomes. This approach encompasses a set of practices designed to align an individual with the natural rhythms of the day, promoting optimal health and vitality. For children, establishing a balanced daily routine is paramount [44]. The following are key aspects of a daily routine for children:

Waking Up Early (*Brahma Muhurta*)

In Ayurveda, the early hours of the morning, known as *Brahma Muhurta*, are considered auspicious for awakening. Encouraging children to rise early fosters a connection with nature's rhythms and provides a peaceful and focused start to the day.

Oral Care (*Danta Dhavana*)

Maintaining oral hygiene is crucial for children's overall health. Ayurveda recommends practices such as tongue scraping, oil pulling (*Gandusha*), and using natural toothpaste for dental care.

Oil Massage (*Abhyanga*)

Regular oil massage, or *Abhyanga*, not only nourishes a child's skin but also promotes healthy growth and emotional well-being. Ayurvedic oils chosen based on the child's *Dosha* can be used for this purpose.

Balanced Breakfast (*Sadvritta*)

A balanced breakfast sets the tone for the day. Ayurveda suggests incorporating all six tastes into the morning meal-sweet, sour, salty, bitter, pungent, and astringent-to ensure proper nourishment.

Structured Activities

Dinacharya includes structured activities for children, such as reading, playtime, and learning sessions. Creating a routine that balances physical and mental activities is essential for their holistic development.

Regular Mealtimes

Ayurveda places great importance on regular mealtimes to support digestion. Avoiding irregular snacking and ensuring that children eat at consistent intervals can prevent digestive issues.

Bedtime Routine (*Ratri Charya*)

A night regimen (*Ratri Charya*) is essential for promoting good health and well-being. Ayurvedic texts emphasise that a balanced approach to food, sleep, and activities at night can support physical and mental development. For instance, children should have a light and easily digestible dinner in the early evening to aid digestion, as their digestive fire is weaker at night. Proper sleep habits are crucial, ensuring that they sleep in a comfortable position and at the right time, as adequate rest nourishes the body, enhances immunity, and supports growth. Night-time activities such as excessive screen time or staying up late can lead to dryness and disturbed sleep patterns, disrupting their natural balance [45].

Holistic Healing According to Ayurveda [46]

In modern parenting solutions, it is imperative not to overlook the ancient wisdom of Ayurveda, which places significant emphasis on holistic healing. Ayurveda, with its roots deeply embedded in natural and time-tested practices, offers parents a comprehensive approach to ensuring the well-being of their children.

Ayurveda views health as a harmonious balance between the body, mind, and spirit. In the context of raising children, this means nurturing every facet of their being to ensure they grow up to be healthy and balanced individuals.

Physical well-being: Ayurveda provides a treasure trove of herbal remedies and therapies that can be tailored to address common childhood ailments. From the use of herbs like *Tulsi* (holy basil) to boost immunity to herbal formulations like *Chyawanprash*, which are renowned for promoting overall health, Ayurveda offers a wide array of natural healing options [Table/Fig-4] [47,48].

Herb name [48]	Usage/Preparation	Ailment	Reference
<i>Aadrak</i> (Zingiber officinale)	Milk processed with fresh ginger juice (100 Aadhak)	Vatic colic	Shu.chi.14/10
<i>Aamalki</i> (Embelica Officinalis)	Aamalki powder cooked with ghee, taken with milk	Kasa (Cough)	Shu.uttr.52/36
<i>Ashwagandha</i> (Withania somnifera)	Drink milk boiled with Ashwagandha	Shosh (Emaciation)	Shu.uttr.41/42
<i>Badar</i> (Ziziphus mauritiana)	Boiled Badar fruits mixed with jaggery and oil	Atisaar (Diarrhoea)	Su.uttr.40/133
<i>Brahmi</i> (Bacopa monnieri)	Juice of Brahmi sanctified by 1000 oblations according to strength	Rasayan yoga (Enhances brilliance/intellect)	Shu.uttr.47/55
<i>Chandan</i> (Santalum album)	Apply a thin paste of sandalwood	Relieves burning sensation	Shu.chi.28/5
<i>Guduchi</i> (Tinospora cordifolia)	Cold infusion of Guduchi mixed with honey	Sannipataj chhardi (All types of vomiting)	Shu.uttr.49/24
<i>Ikshu</i> (Saccharum officinarum)	Water mixed with sugarcane juice	Trishna (Thirst)	Shu.uttr.48/32

[Table/Fig-4]: Ayurvedic herbal remedies and their applications for childhood ailments [48].

Mental clarity: In the pursuit of academic excellence and cognitive development, children are often exposed to stress and pressure. Ayurveda advocates practices such as meditation and *yoga* as effective tools to enhance mental clarity and emotional resilience. These practices equip children with invaluable life skills to manage stress and maintain emotional equilibrium [49].

Spiritual growth: Ayurveda recognises the interconnectedness of the physical, mental, and spiritual realms. Encouraging children to connect with their inner selves and foster a sense of purpose can be an essential aspect of their holistic development. Ayurveda promotes the idea that spiritual growth and a sense of inner peace contribute to overall well-being [50].

Preventive Health Measures

Ayurveda places a strong emphasis on prevention as the cornerstone of holistic health. In this context, practices like *Panchakarma*, an Ayurvedic detoxification and rejuvenation therapy, hold immense value. While *Panchakarma* is traditionally performed on adults, its principles can be adapted to suit a child's needs under the guidance of Ayurvedic practitioners [51]. The goal is to prevent the accumulation of toxins (*Ama*) and maintain a balanced state of health.

Personalised Holistic Healing

In Ayurveda, the personalised approach to healing stands out as one of its most profound aspects. Each child is recognised as unique, with their *doshic* constitution (*Prakriti*) and specific health needs. Ayurveda tailors its healing practices to address these individual differences, fostering a more effective and holistic treatment plan. The concept of *Samanya Vishesh Siddhanta* (the principle of similarity and dissimilarity) is foundational in Ayurvedic healing [52].

This principle states that *Samanya* (similarity) helps in increasing or strengthening like elements in the body, while *Vishesh* (dissimilarity) works to reduce or oppose them. In practice, this means that a treatment approach is chosen based on whether a particular *Dosha* or condition needs to be increased or decreased. For example, to balance *Vata*, which is characterised by dryness and coldness, warm and grounding therapies would be beneficial [53]. In contrast, a *Pitta*-dominant child, who may experience heat-related issues, would require cooling and soothing treatments. By applying *Samanya Vishesh Siddhanta*, Ayurveda ensures that the treatment is aligned with the individual constitution and the nature of the imbalance, promoting both prevention and cure. This personalised care allows Ayurveda to address both physical and mental well-being, offering a balanced and holistic healing process tailored to the individual needs of the child.

Seasonal Adaptations

Ayurveda, the ancient science of life, recognises the profound impact of seasonal changes on an individual's health and well-being. Just as nature transforms from spring to winter, so too do our bodies and minds. For parents practising Ayurvedic principles in child-rearing, adapting to these seasonal shifts is essential to promote a child's optimal growth and vitality [54].

Emotional Well-being

In Ayurveda, emotional well-being is closely tied to the principles of "Satvik," "Rajasik," and "Tamasik," [55] which represent different states of mind and emotions. These concepts are essential to understanding emotional balance and nurturing it in children within the framework of Ayurveda. Emotional well-being in the context of these three *Gunas* (qualities) and how they relate to the modern upbringing of children with Ayurvedic principles is illustrated as follows:

- Satvik (Purity and Tranquility):** *Satvik* emotional well-being signifies a state of purity, calmness, and balance in a child's emotional life. In this state, children experience positive emotions such as love, compassion, joy, and contentment. They are emotionally stable, empathetic, and peaceful. *Satvik* emotions promote inner harmony and contribute to a sense of overall well-being. To foster *Satvik* emotional well-being in children, parents can encourage practices such as meditation, yoga, and exposure to uplifting and serene environments.

Promoting a wholesome and *Satvik* diet that includes fresh, organic, and nourishing foods can also support emotional balance [56].

- Rajasik (Activity and restlessness):** *Rajasik* emotions are associated with activity, restlessness, and sometimes turmoil. In children, this may manifest as agitation, impatience, competitiveness, and excessive ambition. While some degree of *Rajasik* energy can be positive for motivation and achievement, an excess can lead to stress and emotional instability. To manage *Rajasik* emotions, parents can guide children toward activities that channel their energy constructively while also teaching the importance of relaxation, balance, and moderation. Ayurveda recommends techniques like *pranayama* (breathing exercises) and mindfulness to calm *Rajasik* tendencies [57].
- Tamasik (Dullness and Inertia):** *Tamasik* emotional well-being is characterised by dullness, lethargy, and a lack of enthusiasm. In children, this may manifest as apathy, laziness, and indifference. A *Tamasik* state can hinder a child's growth and development. Parents can support children with *Tamasik* tendencies by encouraging physical activity, exposure to stimulating environments, and maintaining a healthy daily routine. Ayurveda recommends light and fresh foods, as well as regular exercise, to counter *Tamasik* qualities.

In the context of modern upbringing with Ayurvedic principles, emotional well-being involves recognising these three states of mind (*Satvik*, *Rajasik*, and *Tamasik*) and striving to maintain a balance between them. Ayurveda teaches that a well-balanced child experiences predominately *Satvik* emotions, supported by occasional *Rajasik* energy for motivation and creativity, while avoiding excessive *Tamasik* qualities that can hinder growth and progress [58].

Holistic discipline: It is essential to emphasise the significance of nurturing a child's physical, mental, and emotional well-being while addressing behaviours that may harm themselves or others. Holistic discipline in Ayurveda is rooted in the principles of balance, harmony, and respect for all living beings [Table/Fig-5] [59,60].

S. No.	Kaayika (Physical) [59,60]	Vaachika (Vocal)	Maansika (Psychological)
1	Himsa (Violence)	Paishunya (Fault-finding)	Vyapada (Quarrel)
2	Steya (Stealing)	Parushavachana (Abusive speech)	Abhidya (Jealousy)
3	Anyathakama (Unlawful sex activity)	Anrutvachana (Speaking untruth)	Drukviparyaya (Faulty view)
4	-	Sambhinna Aalapa (Speech causing dissension)	-

[Table/Fig-5]: Classification of 10 sins (doshas) in ayurvedic holistic discipline [59,60].

- Himsa (Violence):** In the context of holistic discipline, *Himsa* is regarded as a form of violence that includes behaviours intended to hurt or kill others. Ayurveda teaches that violence should be avoided in a child's upbringing, and parents should emphasise non violent conflict resolution and communication.
- Steya (Stealing):** *Steya*, or stealing, is considered an act of dishonesty in Ayurvedic upbringing. Teaching children about honesty, integrity, and respecting the property of others is essential.
- Anyathakama (Unlawful sexual activity):** In Ayurveda, *Anyathakama* refers to engaging in unlawful sexual activities, which includes any non-consensual or unnatural sexual acts. Parents are encouraged to educate their children about healthy relationships, consent, and respecting personal boundaries.
- Paishunya (Fault-finding):** Holistic discipline discourages fault-finding and encourages a positive and constructive approach to addressing mistakes or misbehaviour. It is essential to teach children how to communicate without scolding or belittling others.

5. **Parushavachana (Abusive speech):** Abusive or harsh speech is discouraged in Ayurvedic upbringing. Parents should promote gentle and respectful communication, emphasising the importance of kind words and expressions.
6. **Anrutvachana (Speaking untruth):** Truthfulness is a fundamental virtue in Ayurveda. Parents should instil the value of honesty and integrity in their children, promoting truthful communication.
7. **Sambhinna Aalapa (Speech causing dissension):** Ayurvedic principles emphasise maintaining harmony within the family and community. Speech that causes dissension or separation should be avoided, and children should be taught conflict-resolution skills.
8. **Vyapada (Quarrel):** Promote conflict resolution through non violent means, encouraging children to seek peaceful solutions to conflicts.
9. **Abhidya (Jealousy):** Teaching children to celebrate the success and good fortune of others rather than being jealous is an important aspect of holistic discipline.
10. **Drukviparyaya (Finding fault):** Encourage children to have faith and respect for elders, scriptures, and traditions. Misunderstandings and faithlessness should be addressed through open dialogue and understanding [59,60].

CONCLUSION(S)

Ayurveda, with its emphasis on individualised care based on a child's unique constitution, illuminates the path towards optimal physical and emotional health. The art of harmonising *Doshas*, mindful dietary choices, and daily routines enriched by yogic practices propels us towards a parenting paradigm that fuses tradition with modernity. Furthermore, Ayurveda's holistic healing practices offer gentle alternatives for treating childhood ailments, endowing our children with resilience and vitality. As we adapt our approach to the changing seasons, we synchronise our children's well-being with the natural world, instilling a sense of balance that transcends generations. In the realm of emotional wellness, Ayurveda promotes open dialogue, mindfulness, and familial bonds as cornerstones of parenting, and its discipline cultivates not just obedience but also empathy, responsibility, and ethical values. In this multifaceted landscape of contemporary parenting, Ayurveda stands as a beacon, guiding us towards a harmonious and balanced upbringing. It serves as a reminder that ancient wisdom can seamlessly coexist with the challenges of today's world. Through Ayurveda, we do not just raise children; we nurture holistic beings, prepared to thrive in a dynamic and ever-changing society. The journey is profound, the destination is holistic well-being, and Ayurveda is the timeless compass that ensures we stay the course.

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AUTHOR DECLARATION:

- Financial or Other Competing Interests: None
- Was informed consent obtained from the subjects involved in the study? No
- For any images presented appropriate consent has been obtained from the subjects. NA

PLAGIARISM CHECKING METHODS: [\[Jain H et al.\]](#)

- Plagiarism X-checker: Aug 12, 2024
- Manual Googling: Nov 18, 2024
- iThenticate Software: Feb 13, 2025 (8%)

ETYMOLOGY: Author Origin**EMENDATIONS:** 6

Date of Submission: **Aug 10, 2024**
Date of Peer Review: **Oct 08, 2024**
Date of Acceptance: **Feb 15, 2025**
Date of Publishing: **Jun 01, 2025**