



He has made the Govt. Ayurveda college Hospital for women and children at Trivandrum a destination centre for children suffering from developmental problems. As a continuation of his vision and mission about developing Kaumarabhritya (the branch of Ayurveda Pediatrics), after retiring from govt. service, has formed a centre for providing Child development programs by the name, Snehalayam Ayurveda.



### Services at Snehalayam Ayurveda

#### Child Development Centre

- ◆ Ayurvedic treatment modalities modified for children
- ◆ Physiotherapy
- ◆ Speech therapy
- ◆ Applied Behavior Analysis Therapy
- ◆ Counselling

#### Snehalayam Group of Institutions

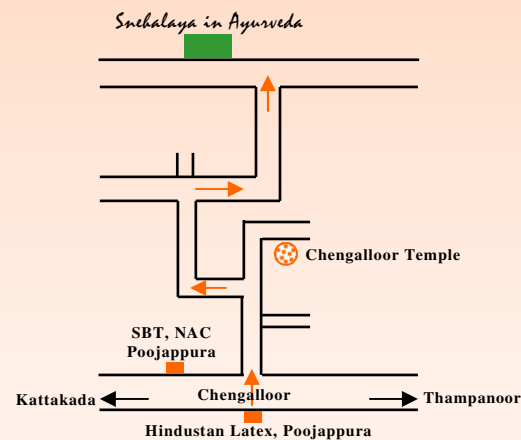
- ◆ Child Development Centre
- ◆ Pancha karma Centre
- ◆ Mother and Child Care Centre



### Medical Director

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#### Route Map

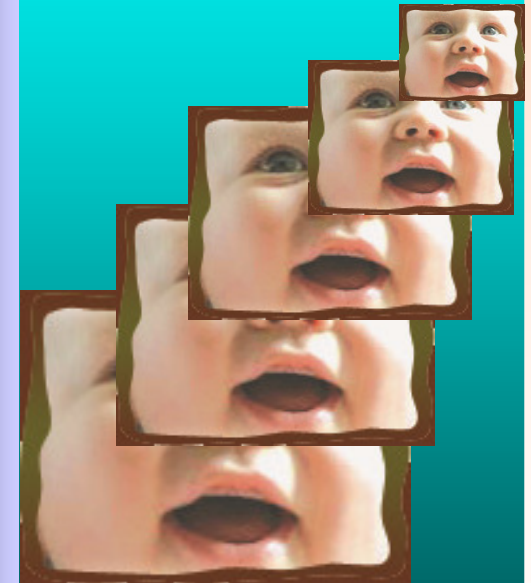


#### Address for Communication

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### Child Development Centre

Mythri Nagar, Poojappura,  
Thiruvananthapuram -12



*"The Great Wall that protects Children from Disease"*

**M**ay be you passed an elementary school and saw kids swinging on the monkey bars. This is the scenario you are contemplating what it means to be a human primate. Thus a slow but continuous and progressive growth and development is the hallmark of human primate. This comparatively slow paced growth and development takes place in five different stages such as in utero, infancy, childhood, juvenile and adulthood.



## Ayurvedic perspective of child development

Ayurveda identified the relation of adaptive organs and features of human development such as teeth, eyes and ears, arms and legs and fingers and toes with growth, sensory cognition, gross motor function and fine motor function respectively. Ayurveda classified the primate period into Kshherada (Period of breast feeding), Ksheerannada (period of liquid and solid diet) and Annada (period of solid diet). It has assessed the stages of development by celebrating the mile stones of development such as Dantolpathi (Eruption of Teeth), Upavesanam (Sitting), Pada gamanam (Walking), Pragja (Cognition), Seelam (Behavior) etc.

## Growth and developmental problems in children

Growth and developmental problems in children can occur at various stages of development. Majority of such developmental problems are due to genetic factors. Ayurveda has included them under Sahaja rogas. Problems may also arise during pregnancy due to intra uterine growth and developmental restriction. They are termed as Garbha sosam and Vikruta garbha (congenital malformations). Perinatal insult and injuries may also result in developmental sequelae. Infections and injuries after birth can also cause developmental problems in children. The common developmental problems of children include the following



- Cerebral palsy
- Ataxia
- Epilepsy and seizures
- Encephalopathy and Meningitic sequelae
- Childhood Autism
- Genetic disorders
- Chromosomal aberrations
- Congenital disorders
- Other Neuro developmental problems

## Ayurveda : Best available treatment for developmental problems

Most of the developmental problems of children have no effective treatment in modern medicine. But Ayurveda can provide cure or tremendous improvement in many of the disabling conditions. Ayurvedic pancha karma therapy supplemented with physiotherapy, speech therapy, applied behaviour analysis therapy and counselling can bring back the affected children to normalcy.

## Snehalayam Ayurveda and Child development programs

Kerala is considered the warehouse of Ayurveda treatment. Kerala traditional physicians were having a reputation in Bala chikitsa also. But the invasion of modern medicine in the last century has shadowed the traditional bala chikitsa and it has been limited to a few families of Malabar physicians. Those who involved in bala chikitsa also neglected the developmental problems of children leaving them to destiny and fate. The revival of bala chikitsa in present era was carried out by certain academic institutions of Kerala. Among these, the Trivandrum school of thought has provided most valuable and effective treatment modalities for managing developmental problems of children under the superior guidance of Dr. Ramachandran. He has dedicated his entire service for the development of the Indian version of paediatrics in academic, clinical and research fields.