1. Common Yoga Asanas for Children

Asana is a Sanskrit word that is translated to mean “state of being.” Asana is also translated to mean “pose” or “posture” as it related to the poses in the practice of yoga. Asana practice in yoga is rooted in bringing back the connection between body and mind. Yoga is more than just stretching or a way to exercise the body, it is now being recognized as a way to have a more fulfilling and spiritually connected life. The person participating in yoga asanas is able to hear what the body is trying to communicate to the mind. Yoga asanas for children are also effective in helping them to begin early understanding their own bodies and how to communicate and connect with them in a way that promotes wholeness.

**Children’s stress**

The lives of children can be just as stressful as adults. They have the pressures of school, friends, extracurricular activities as well as the dynamics of their home situation to deal with. This can lead to stress that children may not be as well equipped to cope with as an adult. Yoga asanas are a perfect way to naturally bring relaxation and calmness into what can be a lot of chaos in a child’s life. In addition, the yoga asanas for children can also bring additional flexibility, strength, balance and self-control into the life of a child.

Below are some common yoga asana for children:

* ***Tree pose*** – Standing with one foot firmly planted on the ground; raise the other leg to above or below the knee with sole of food flat against the leg. Have the child pretend they are an actual tree and extend their hands out as branches. *Excellent for balance.*
* ***Starfish pose*** – A variation of the relaxation pose where the child will lie on their back but instead of the arms and legs being close together, they are stretched out in the form of a star. The goal is to be very still and pretend as if one is lying on the bottom of the ocean unable to move. *Excellent for promoting relaxation and calm.*
* ***Candle pose*** – A variation of the shoulder stand typically performed in adult yoga classes, the candle pose is performed by lying on the back and placing the hands on the small of the back to push the legs in the air; the legs are moved in way that imitates the flickering flame of a candle. *Excellent for thyroid gland but should only be done for short time periods.*
* **Child’s pose** – This pose, appropriately named, is great for children and calls for sitting down on a mat in a kneeling position and moving forward until the forehead is on the ground with the arms on either to the side of the body. *Excellent for relaxing the mind and releasing any back tension.*

An adult should always be present when kids are performing the common yoga asanas for children to ensure they do not injure themselves by performing any poses improperly.

2. Ayurvedic ways to boost immunity in children

Ayurvedic medicine is said to be the oldest method of healing dating back more than two thousand years. Ayurvedic medicine is translated as the “science of life” and it is rooting in taking a holistic approach to healing. This holistic approach is also applied in boosting immunity in children.

**Beginning with a nutritious diet**

Food has to be at the top of the list of Ayurvedic ways to boost immunity in children. Ayurvedic healing methods are all about utilizing the resources already provided by nature to keep the body in perfect health.

Considering carefully what to feed a child will have a major impact on the immune system. A parent can choose to feed their children food that will either strengthen or weaken their developing immune system. Children should be eating foods that increase the *ojas* (vigor) which is the way to maintain a healthy immune system according to Ayurvedic principles.

**Choose Fresh & Raw**

Fresh fruits and vegetables that have not been processed in any way are viewed as “intelligent” foods. The goal is to keep the *ama* (undigested) cleared so that toxins are not continually built up in the body leading to a compromised immune system. If toxins are not released from the body, diseases and disorders will be able to thrive. Eating a diet that consists of fresh fruits, vegetables, legumes and light dairy products will work to provide the cells with “intelligent” nourishment.

Choosing whole organic foods with minimal processing will eliminate any accumulated toxins from the body. These are the foods with an increased amount of vitamin and minerals making them more nutritious than foods which have been frozen or canned. In addition, meat is not a recommended protein source because it is difficult to digest and creates more unwanted *ama* in the body.

**Spices for more than seasoning**

Ayurvedic principles of the ways to eat to boost immunity in children stresses the importance of spices which are used for more than just making food taste good. There are certain spices that are excellent in helping to boost the immune system in children.

The following spices are great for the immune system:

* Turmeric – Excellent detoxifier
* Pepper – Creates path for *ojas* to reach cells
* Cumin – Burns *ama* in the body

**Other ways to boost immunity in children:**

Herbal supplements – There are certain Ayurvedic herbal remedies which are beneficial in helping to boost immunity in children.

Sleep – Children need a minimum of 8 to 9 hours of sleep per night to help their bodies reset, restore and keep the immune system healthy and strong.

Water – Drinking plenty of water will keep the mucus membranes moist and any potential infections at bay.

Yoga – The practice of yoga has a calming effect on children and helps them become more spiritually connected. But yoga is also effective in strengthening the immune system.

It may be a good idea to combine more than one of the options listed above to see what works better for a particular child in regards to boosting their immunity naturally by utilising Ayurvedic principles.

3. Yoga to boost immunity in children

A child’s immune system begins developing in the womb. What the mother eats, the environment she is in and her overall health play a major part in whether or not a child is equipped with all that is necessary to grow up health, happy and disease free. Similarly, when a child is born, the breast milk of its mother is used to not only nourish the child, but help keep its delicate immune system strong and able to ward of antigens thanks to the antibodies provided by the mother.

But the immune system of a child can only depend on its mother for so long. Ultimately the immune system of a child needs to find ways to remain strong on its own. There are natural ways to make this happen. In fact, of the methods employed by parents to strengthen their child’s immune system, yoga may the last idea to come to mind, but it shouldn’t be. Yoga is an excellent way to boost immunity in children.

**Yoga for kids**

Yoga is translated as “spiritual discipline,” which is something everyone can benefit from. The same benefits that yoga has on an adult can be seen in children who participate regularly in the practice. Below is a list of some of the benefits children can experience through yoga:

* Reduced respiratory rate
* Pulse decreases
* Anxiety decreases
* Gastrointestinal balance
* Energy increased
* Balance improved
* Dexterity improved
* Improved posture
* Social skills improve
* Improved hand-eye coordination
* Boosts immunity

**Yoga and the immune system**

The immune system is made up of organs, cells and tissues that all work together in an effort to keep the body protected and able to fight off infection and disease. The white cells, which are responsible for defending the body, need the lymphatic system to move them around. The type of muscle contractions that are done as a part of the yoga practice helps those defensive white blood cells get through the lymph nodes of the body thereby boosting the immune system.

A parent’s #1 goal is to keep their child healthy so they will be able to thrive. Yoga’s help in boosting the immunity in children may be the single most important reason to introduce the practice to children.

Yoga poses that are great for children:

* *Butterfly* *pose*– Sit on the floor and allow knees to fall to the floor as soles of feet touch.
* *Tree pose* – Stand and focus on a point out front, lift foot up to leg with knee facing outward; the hands can come to the front in a prayer position or extend out as branches.
* *Camel pose* – This pose is not difficult and simply involves pretending to be a camel by reaching down to grab the ankles.

Yoga has been shown to help children learn to calm themselves, alleviate stress and regulate their emotions. They become more willing to eat nutritious foods and more frequently get excited about engaging in physical activity. All of these things make yoga the perfect practice to introduce to children; it not only makes them more relaxed and happy human beings, it helps them to remain healthy via a strengthened immune system.

4. Factors affecting the immunity of the children

The body’s immune system is faced with a large task, keeping the body healthy and disease free. A person without a strong immune system is more susceptible to germs that can lead to illness and compromise their overall health. A weak immune system is not as effective at attacking invading organisms that attack the body systems. This is true of the immune systems of children as well.

The immune system of a child is delicate and can be affected by several different factors, some which took place well before they were born. There is a reason why children catch more colds than adults and teens, the immune systems have not been exposed to as much and has not had the chance to become as strong.

The immune system can be divided into two categories:

*-Active Immunity*

Children receive an active immune system from vaccinations they receive as they grow. Antigens are introduced and the body creates antibodies to guard against those antigens; a memory is created within those T cells in order to combat a virus or bacteria if it is introduced to the body again. One must be exposed to an antigen in order to have active immunity. The active immunity in a child will continue to grow as they age and are exposed to more antigens in their environment.

*-Passive Immunity*

This is the immunity a child is born with. Includes innate immunity a child is born with as a member of the human species. Passive immunity is also affected by genetic factors in addition to the time spent in the mother’s womb. In the womb a mother transfers antibodies to the child providing protection for a certain amount of time; the same thing happens in breastfeeding where the antibodies are transferred via the mother’s milk. One does not have to be exposed to an antigen to have the antibodies that protect against a certain virus or bacteria with passive immunity.

How to keep a child’s immune system strong

* **Breastfeeding** – for children who are too young for solid foods, breast milk beats formula in every way. As stated earlier, mother’s milk contains antibodies which help strengthen the child’s passive immunity.
* **Whole foods** – eating food in its natural state which means it more sound nutritionally will be benefit the immune system.
* **Physical activity** – being active and getting the heart pumping is a good way to get and keep the immune system in tip top shape. Exercise is a good practice to get children in the habit of doing early as a way to protect them from disease.
* **Proper rest** – children need time to rest and recover from the demands of inhabiting an ever-changing and growing body.

Steps can be taken to help boost the immune system and reduce the effect of negative factors affecting immunity in children. Having a health immune system is the foundation that supports a child’s ability to successfully grow into a happy, healthy human being.

5. Management of skin disorders in children by Ayurveda

Ayurvedic medicine is not only practiced in India where it was birthed more than two thousand years ago, today people all around the world praise its benefits. It involves taking a holistic approach to being whole, balanced, happy and healthy. It makes perfect sense that once parents discover the benefits of looking for healing through the use of Ayurvedic medicine, they want to pass it on to their children.

Parents turn to management of skin disorders in children by Ayurveda methods for various reasons. For starters, there is no worry about the possible side effects a child might experience if using traditional western medicine.

According to Ayurvedic principles, a skin disorder in a child, points to a lack of balance in one or all three of the body’s *doshas*: kapha, vitta, and pitta. Each person is said to be born with their own unique combination of the three; and when a dosha is out of balance or aggravated, there are some common skin disorders which arise as a result.

Let’s take a look at the management of two common skin disorders in children by Ayurveda methods would be treated:

***Diaper rash*** – Very common in babies, Ayurvedic treatment for diaper rash may involve something as simple as adding a couple of teaspoons of Aloe Vera (Kumari) juice to the child’s drinking water. In fact, a small amount of Aloe Vera juice can be given daily to a child during their early development to help the top layer of skin remain healthy.

***Eczema*** – Along with psoriasis, eczema is a very common skin disorder in children. Ayurvedic treatments that call for doing a complete overhaul of the diet in children with these rashes are known to be effective. Avoiding foods that are salty, spicy and sour along with anything deep fried or fermented is advisable. Bitter herbs like Neem, Haridra (Turmeric) and Guduchi are also used as a part of managing skin disorders in children using Ayurvedic methods.

**Inside out healing**

Healing any skin disorder in children through Ayurvedic methods will typically involve a focused healing from the inside out rather than the outside in. Herbs, capsules, tonics and teas will be prescribed and are to be taken orally as a primary treatment of the skin disorder. This is seen as the way to attack and eliminate the root cause of the problem and achieve true healing for the disorder.

It is worth mentioning that parents will need to be creative when administering Ayurvedic herbal remedies to their children. An herbal capsule opened and poured into a glass of juice may be easier to give to a child than a cup of bitter tasting herbal tea. The treatment will never have a chance to be effective if parents aren’t creative in finding ways to get children to take the proper dosage for effective treatment of the skin disorder.

Topical ointments and oils may also be recommended, but keep in mind, they will likely only work in soothing the symptoms and not as a cure. These ointments are only to be used as a way to manage the severity of the symptoms, while the primary treatment works to heal the disorder from the inside out.

The specific Ayurvedic herbal supplements to be used will be determined by the child’s specific mind/body type. The goal is to eliminate the most common skin disorders in children through the use of Ayurvedic principles and natural remedies.

6. Learning disorders in children

Any child can be affected by a learning disorder and it doesn’t mean they should be labeled as “stupid.” The real issue with a child who has a certain learning disorder is how their brain works compared to what is considered ‘normal’. Learning disorders in children often affect those with an above average intellect; the problem is not that the brain can’t process the information, but rather in *how* that information gets processed.

The following is a list some common learning disorders in children:

**Dyslexia**

Children who suffer from dyslexia have a problem with their ability to read and spell. The dyslexic child has a problem processing letters with their corresponding sounds. This makes it harder to sound out words or recall how to say those seen repeatedly. Dyslexic children will typically read slower and get simple words mixed up due to their similarities. For example, the words “raw” and “war” might be interchanged for a child with dyslexia.

*Treatment:* Early detection is critical to helping a dyslexic child overcome the trouble with reading. Treatments include reading aloud to the child and having them do the same at home, consistent practice in recognizing sights and sounds of words.

**ADHD**

Attention deficit hyperactivity disorder or ADHD is characterized by children who have a hard time focusing on one thing, become easily bored and are extremely impulsive. The behaviors of a person with ADHD can certainly inhibit the ability to learn. Children with ADHD often have a hard time paying attention in class, turning in assignments on time, and frequently disrupt their class. This impedes the learning process for the child.

*Treatment:* Depending on the severity of the ADHD, treatment could be anything from exercising and eating a more nutritious diet to taking prescription medication.

**Dysgraphia**

A child with problems expressing themselves through the written word suffers from dsygraphia. The disorder is often difficult to diagnose because each state has set their own criteria for determining if dysgraphia is present in a child. The disorder is seen by children with very poor handwriting. The writing may be illegible, have a mix of upper and lower case letters, be missing entire words, or have inconsistent spacing.

*Treatment:* In school, teachers may allow a child to bring a tape recorder in to reduce the pressure to take notes quickly; oral exams may also be given in place of written ones. At home, parents should stay away from criticism and encourage the child. A word processor may be useful as well.

**Dyscalculia**

This is a learning disability characterized by a difficulty in understanding arithmetic. Dyscalculia is closely related to dyslexia, only the problem is with numbers instead of words. The disorder is genetic and those children affected by it cannot properly understand numbers or math problems. The disorder can affect a child with a high IQ, and those who have it often have issues with spatial reasoning, time and measurement also.

*Treatment:* A child with dyscalculia should have a distraction free environment where they can work on math. Software has been developed aimed at helping children with dyscalculia in addition to certain educational therapies which have shown to be useful in treating the disorder.

Learning disorders in children, once discovered, should not be used to label the child but rather as a tool to understand how they learn best and to find ways to promote continuing educational growth.

7. Ayurvedic Supplements to Aid the Growth

Ayurvedic medicine may have originated in India thousands of years ago, but today it is widely used around the globe. This particular method is native to India and falls in the category of Alternative Medicine in most parts of the world. The basic premise beyond Ayurvedic – meaning the “science of life” – is to utilize a holistic approach to healing. Ayurvedic supplements are therefore created using natural herbs.

Some look to Ayurvedic supplements because they do not feel they are an appropriate height or size. There are Ayurvedic treatments to aid growth just as there are for most any other issues a person may be dealing with. There are herbal supplements many people have reportedly taken and found their height had actually increased. Ayurvedic supplements to aid growth are better because they come from nature and are not manmade. The proper herbs are taken in order that a person can get balance back in an area where it had been lost and this can sometimes lead to growth in height.

**Who they’re good for**

Ayurvedic supplements for growth are best when used by someone who is markedly smaller than they should be for their age and gender. The person who is taking Ayurvedic supplements for growth must also be prepared to begin eating a more nutritious diet. The supplements combined with a well balanced diet will ultimately be more effective than utilizing supplementation alone.

**Possible Ingredients**

An Ayurvedic supplement for growth will likely contain a combination of natural compounds. Supplements for growth could contain herbs like Shatavari, Salam-Mishri, Ashwagandha, and Harad just to name a few.

**How they work**

It is said that metabolic activity is closely related to the body’s ability to grow. Supplements are therefore dedicated toward stimulating the metabolism using a specific herbal mixture to encourage growth. The Ayurvedic supplements are created to act in the same way traditional prescribed medicine would behave, minus the negative side effects.

There is a reason why a large part of the world relies on alternative treatments options for healing, they work. Turning to Ayurvedic healing methods is all about putting faith in nature’s ability to prevent illness and also heal it. Keep in mind, Ayurvedic supplements are put together using scientific methods and expert knowledge making these multi-herb combinations extremely powerful and proven effective.

**Quality matters**

The quality and potency of the herbs in an Ayurvedic supplement will play a part in how effective it will be. Because of this, it is important to research different companies and brands before selecting a specific Ayurvedic supplement to aid growth. Once a quality product has been procured, be sure to follow the instructions on how to take the supplement to ensure the best results will be received.

Ayurvedic treatments do not necessarily work rapidly, instead they steadily, over a period time help get the body back in balance. A person taking Ayurvedic supplements for growth should be patient because it may take some time before tangible results are seen.

8. Yoga therapy for Autism

Yoga has long been touted for its therapeutic benefits. Those with physical ailments, traumatic injuries and chemical or emotional imbalances have all found healing through the practice of yoga. Studies are even showing that young people with developmental disabilities like autism are being helped by yoga.

This article will focus on autism in children, but could apply to adults as well. Mixing less traditional therapies, like yoga, in with traditional therapies will, hopefully, help prevent children with autism from becoming adults with autism.

**Qualities of Autism**

Autistic children tend to focus more on objects rather than people. They have a difficult time connecting with others and building relationships due to their inability to communicate effectively. Autistic children like routine and repeated patterns and may show signs of anger if these patterns are interrupted. This can lead to frequent and uncontrollable outbursts.

Common symptoms of autism include:

* Being extremely sensitive to touch
* Being very sensitive to particular sights and sounds
* Inability to concentrate
* High anxiety level
* Impulsive and lacking self-control
* Lack of verbal communication skills
* Preoccupation with specific subjects or objects

**How yoga can help**

The practice of yoga promotes relaxation and calm. Autistic children often feel out of control, as if they are at war with their body; yoga helps to create peace to replace the war going on inside the autistic child. The child can be more in control and therefore experience less anxiety. Participants learn to become more connected to and comfortable with their own bodies. Yoga helps to ease the constant unrest those with autism are prone to feel.

Breathing properly is critical to the overall health and state of mind of the body and is a main focus in the yoga practice. Yoga helps people learn to inhale and exhale much deeper providing more oxygen to the cells and creating a more relaxed feeling overall as the nervous system is calmed. The main goal here is to help the child with autism get more control over their body so they are better able to control their behavior. In fact, yoga can be taken up by the entire family to promote bonding and social interaction between the autistic child and loved ones.

**Richer spiritual experience**

Yoga, for those affected by autism, also helps them connect with their own inner man and go deeper spiritually. The practice can help a person go from seeing themselves as a person with a problem to someone who has untapped spiritual gifts. Yoga can help them see they are more than just a person who is affected by autism.

A child with autism who is introduced to yoga will, over time, experience the following benefits:

* Reduced aggression
* Reduced anxiety
* Reduced obsessive behaviors
* Increased sensory integration
* Increase body awareness
* Improved focus
* Increased enjoyment from participating in yoga and socially connecting with others

The benefits of yoga therapy for autism are many. Children are able to slow themselves down both physically and mentally; yoga also allows the release of energy in a way that doesn’t involve competition, which is good for the autistic child.

9. Classical treatment of Sports Injuries

There are some sports injuries that occur frequently in sports. The list below will discuss some of the more common injuries, what classical treatment of sports injuries are available for them, and how those injuries can be prevented in the future.

Classic treatment of sports injuries #1: **Pulled Muscle**

*How it happens –* A pulled muscle can occur anywhere on the body. A muscle gets pulled when it is fatigued, overused or if an accident occurs while participating in a sport; the muscle fibers become stretched beyond their capacity thus resulting in a muscle tear.

*Treatment –* An ice pack periodically placed on the affected area in 20 minute increment will help reduce any swelling. The process should be repeated frequently over the first few days or until the swelling and pain is reduced. Allow enough time for the muscle to rest and heal.

*Prevention -* Always remember to include stretching as a part of the warm up and cool down period when participating in any physical activity to keep muscles loose and flexible. Keeping the muscles pliable will allow them to stretch further and prevent the tearing of muscle fibers. Yoga is also a good way to keep the body limber.

Classic treatment of sports injuries #2: **Achilles Tendinitis**

*How it happens –* The largest tendon on the body, which sits on the heel, can become inflamed from overuse. Frequent pronation of the foot and ankle, as seen in a sport like basketball, causes the Achilles tendon to shift off center.

*Treatment* – A person suffering from Achilles Tendinitis needs to rest their Achilles as much as possible which means limiting physical activity. Ice should be applied intermittently throughout the day. Toe raises are also effective in helping the tendon heal; begin by doing 3 sets of 10 toe raises with both feet together, and when ready, switch to single toe raises.

*Prevention* – Heel drops are the perfect for strengthening the Achilles tendon. Most fitness centers will have a machine for this, but at home a person can easily do the exercise off the back of a step. The exercise is completed by dropping the heel down toward the floor stretching out the calf muscle as much as possible; the exercise is repeated until the calf muscle is fatigued.

Classic treatment of sports injuries #3: **Torn Anterior Cruciate Ligament (ACL)**

*How it happens* – The ACL is torn when an athlete has their knee bent too far in one direction while the foot is firmly planted on the ground. The injury is common among those who play team contact sports and can be debilitating as it is one of the main ligaments necessary for stabilizing the knee.

*Treatment* – For an athlete, the most common recommended treatment for a torn ACL will be surgery. The patient can expect to be away from their sport for 6 to 9 months during which time a strict rehabilitation schedule must be adhered to.

*Prevention* – Training the muscles which stabilize the knee area will help prevent an ACL tear. Plyometric exercises are great because they promote increased balance and agility. A common plyometric exercise would be to hop from side to side over a small orange cone; the exercise could also be repeated from front to back.

There is no way to completely guard against getting a sports injury as an athlete, but there are things which can be done to decrease the chances of getting hurt. It is a good idea to research the most common injuries of a specific sport to find out ahead of time what can be done to guard against those injuries.

10. ADHD Signs and Symptoms

Attention Deficit Hyperactivity Disorder, commonly known as ADHD, is commonly associated with childhood, but it is a disorder that can extend into or even begin in adulthood.

ADHD signs and symptoms are based around behaviors that typically fall into one of three categories: impulsivity, inattention, and hyperactivity.

Now let’s take a look at the differences in ADHD signs and symptoms as seen in children versus adults.

Below is a list of ADHD signs and symptoms for those affected by the disorder in childhood:

* Has problems turning in class assignments and homework on time
* Gets easily bored participating in activities not found to be fun
* Is forgetful, easily distracted and constantly switches from one activity to another
* Constantly talks and fidgets while sitting in class or at the dinner table
* Has little or no patience
* Frequently blurts out inappropriate comments
* Does not like to wait their turn when playing a game
* Frequently interrupts activities and conversations of others

Below is a list of ADHD signs and symptoms for those affected by the disorder as adults:

* Problems getting organized – Those who are disorganized to the point of it having a negative impact on their daily life could be exhibiting signs of ADHD.
* Marriage/Relationship issues - While it is true that a person without ADHD could have problems in their marriage, those with the disorder typically have relationship issues stemming from ADHD.
* Poor concentration – Attention regulation is a critical component lacking in a person with attention deficit hyperactivity disorder.
* Procrastinates on beginning tasks – A person with ADHD will delay beginning tasks they know will require a significant amount of attention. This can lead to problems at work and in relationships.
* Not a good listener – A person with ADHD will often zone out when another person is speaking. This could also have a negative impact at work and in relationships due to the potential for misunderstandings and missed information.

There are some common treatments which have proven to be successful in the treatment of ADHD for anyone affected with the disorder:

* *Get enough sleep* - It is important for anyone with ADHD to get the proper amount of sleep each night. Getting a full 8 hours of sleep per night is desirable as a way to increase productivity and manage stress during waking hours.
* *Be active (exercise)* – Participating in sports, going running or walking, and visiting the gym would all be examples of activities that will help work off any excess energy. This way the body has a positive way to release anger or aggression.
* *Eat a well balanced diet* – Eating a diet full of whole foods that come in a variety of colors will help ensure the body and brain is being properly nourished in order to minimize ADHD signs and symptoms.
* *Implement time management* – Creating and sticking to a schedule and making lists are great ways to become more organized in prioritizing tasks so they can be completed.
* *Medication* – A physician may prescribe medication for ADHD as a last resort if other treatment options are not successful.

ADHD is a disorder that can disrupt the lives of both children and adults. With early detection and treatment, the problems which often arise in the life of someone dealing with the disorder can be avoided.