

Medhya Effect of Kushmanda Avaleha - As a Remedy for Slow Learners

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ABSTRACT

In today's India, every stage is a battle. In this competitive era everyone from children to adults want to win the race. But some children are lagging behind due to some of the factors like less memory power, low retention power etc. such a child are referred as slow learners. They may have potential to grow but due to some surrounding factors its effecting their mental growth and its effecting both their physical and psychological state. If parents and teachers find out the exact cause and try to find the solution for that then they may achieve something in the life. Those who are having an intelligence quotient (IQ) score between 71 to 84 are called as Slow learner. Their learning abilities, poor retention skill etc. making them to slower from other children and it will affect their academics too. This slow learner tags make children psychologically depressed, so its need to find out the remedy for them. Many medicinal plants explored in Ayurvedic classics that act on mental abilities, cognitive function and intelligence. Rasayana is a branch of Astanga Ayurveda mainly deals with nutrition at all levels from macro to micro-cellular level. Medhya rasayana is a type of Rasayana containing drugs that will act on brain and help to improve in memory, retention and enhance mental abilities. Kushmanda Avaleha is one among medhya rasayana it will improve the memory and retention power.

Key Words: Slow learners, Medhya Rasayana, Kushmanda Avaleha

INTRODUCTION

The slow learner is generally considered as a student who achieves a full-scale score between 71 to 84 on formal IQ testing¹. The prevalence of slow learners as low achievers was contributed to be 32.4 percentages. Finally, the studies have concluded that low achievers (slow learners) need to concentrate on their regularity of attending their classes so that to have a better performance in their subsequent internal examinations.

These children are considered as low, average, non-achievers etc. but in the reality, they have only problem that they need more time to grasp, understand and

remember. So, it's a duty of teachers and parents identify their problem, try to find out the solution and create the environment so that it will help to learn subject in the easier way. Finding the different activities, remedies, motivations make slow learners to handle the losing hope so that they fell comfort with other children.

In view of the above facts, it would be a significant endeavour in identifying slow learners in the class and understand their level of intelligence, level of occupational aspirations and academic achievement. It is important that slow learners are identified early so that timely interventions can be carried out. As per modern science there is

no such intervention are mentioned for slow learners. But as per Ayurveda Medhya Rasayanas can be given in slow learners as a memory enhancer. Kushmand is having Medhya effect², hence Kushmand Avaleha promotes the Intellect (Dhi), Retention power (Dhriti), memory (Smriti). It promotes the function of “Buddhi” and “Manas” by correcting the disturbance of “Rajas” and “Tamas”.³

Aim

- Analyze the Medhya effect of Kushmanda Avaleha in Slow learners

Objectives

1. To study concept of slow learners
2. To study the Medhya effect of Kushmanda Avaleha in Slow learners

MATERIAL AND METHODS

Extensive literary review was done from standard modern text books, research articles and internet about slow learners. Collected the elaborate concept of memory and Medhya effect of Kushmanda Avaleha from different Ayurvedic texts and previous work done journals.

Concept of Slow Learners

Knowledge of the level of slow learners is important to teachers because it will help teachers understand individual differences among their students and accordingly use differentiated instruction in the class. The teachers can begin with some changes that motivate these children to get on par with their peers. Patience is a critical aspect to consider when teaching a slow learner. Since these children have less grasping power, less memory and require more time to understand and learn the concepts. So, they need some innovative methods, positive motivation and some remedy in the form of medicine or supplement.

Understanding occupational aspirations is also essential as it will help slow learners plan for their future by considering a number of occupational choices. Counsellors, parents and teachers may be

better able to assist them in the exploration of occupational options, help them seek career-related information and obtain support for their career plans by developing a better understanding of their occupational aspirations.

It is also essential to understand the academic achievement of slow learners because it will help teachers and parents to examine the factors behind their success or failure and again for teachers to accordingly plan what works best for slow learners to achieve better academically and faster their success.

Besides, this research also needed to find out the remedial measures in order to help slow learners cope and come up in life and live normally as their normal counterparts.

In this competitive era, everyone wants to win the race, mainly school-going children have more competition among them. This tagline of slow learners making children psychologically depressed so that substandard levels of learning Skills (slow learning) i.e. relatively hampered reading, writing & mathematics are present in 8% of school-going children. When children live in impoverished or neglectful home environments, enriching preschool programs and other forms of early intervention can make an appreciable difference. The very act of attending school leads to small increases in IQ. Therefore, the main purpose of the present review work is to find the remedy for slow learners and help them to come out of those problems.

Medhya effect of Kushmanda Avaleha

Medhya Rasayanas are a type of Rasayana that mainly acts on functions of the brain. These medhya rasayanas especially help to improve memory and intellectual power through their specific action. The word meaning of medha is intellect or retention and regular practice of medhya rasayana will boost nourishment, health, memory, intellect, immunity and hence longevity.⁴ Medhya Rasayana is used either in polyherbal preparations or alone. In Ayurvedic classics, many medhya rasayanas

are described like Mandukaparni, Yastimadhu, Guduchi, Shankhapushpi, Brahmi, Vacha etc.

Kushmanda is one among medhya rasayana by its specific action. Kushmanda Ghrita shows a positive result in Chittodvega (anxiety disorders)⁵. It has a tissue-protective preventive effect on colchicine-induced Alzheimer's disease via direct and indirect antioxidant activity⁶.

Kushmanda Avaleha is mentioned as smriti vardhaka⁷ (increase in memory) and all the ingredients of Kushmanda Avaleha act on brain functions as well as improve the memory power of individuals.

DISCUSSION

The types of learners are fast learners, average learners and slow learners. This learning difficulty may be due to lack of memory power, family background, absentees from school, lack of interest in studies, psychological factors etc. slow learners due to their lack of attention, less grasping power and short memory learn the subject very slow and perform poor in the academics. They need to be motivated to attend classes regularly and need to teach be different innovative methods so that they can perform good in their academics.

The basic needs of being loved, accepted and recognized are not met and this leads to development of emotional problems and behaviour difficulties in slow learners. This may make the child aggressive, resentful or destructive on the one hand or withdrawn on the other. This paper aims at studying the problems of slow learners and help them to come out from those problems by enhancing their memory and thus improving their performance.

Obviously, the slow learner's problem is seen to be the major obstacle in the carrier of the above-mentioned population in India. On the other hand, where management of such prevalent psychological problem, which has wide impact of social imbalance, is concerned, even the modern psychiatry depends upon the educational intervention

compensation, strategies and motivational support.

The medication therapy is yet to be established with concert base and that is why rasayana chikitsa now becomes more important as far as medical intervention in management of above-mentioned psychological problem is concerned. In the Ayurvedic classics mentioned a set of rejuvenate measures that act on macro and micro level are called as rasayana. Some of these rasayanas are organ specific and Medhya Rasayanas act on Brain to improve the brain functions like memory etc. Certain recent studies conducted on the traditional remedies on scientific parameters have shown promising results which have been reviewed to provide a lead for further studies.

Children are at the age of growth and development both physically and psychologically so by regular practice of Medhya Rasayana in pediatric practice can help to attain better mental health and help in slow learners. Data available about Kushmanda Avaleha and its ingredients act on the basis of antioxidant, apoptogenic or essential trace elements present in them.

CONCLUSION

The memory is not only the problem of the slow learners, it is expected to find out the different causes of slow learners and meet a remedy for their poor academic performances. The Kushmanda Avaleha in Slow learners will act as Memory enhancer due to its Medhya effect. Thus, the research work is to be carried out to prove the efficacy of Kushmanda Avaleha in academic achievement of slow learners in relation to their level of memory enhancement.

Declaration by Authors

Ethical Approval: Not Applicable

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