Effect Of Ayurvedic Sanskar On Child’s Development In This Modern Lifestyle

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Abstract

Sanskar are important ceremony of child’s life. Sanskar mark different stages of child’s life. Every child should follow ayurvedic Sanskar for acquiring new skills and good habits.

‘‘SANSKARO HI GUNANTARADHANAM’’

It means by following Sanskar child can improve his good qualities. In this modern life style everyone is running behind western culture which is harmful for their health and future. Sanskar gives us purification of soul. Sanskar also provides immunity against diseases. Sanskar helps child in proper growth and development.

Key words – Sanskar, Gunantaradhanam

Introduction

Children are future of Nation. If child is physically and mentally sound then his Growth and development will be proper. Every parent expects that their child should be healthy, intelligent and beautiful but they are not awake of taking special care while child is growing up. Ayurvedic Sanskar helps in child’s health and purify his mind. Sanskar teaches child importance of sacrifice.

We can not change child’s character and nature totally but by following Ayurvedic Sanskar growing child acquires new skills.

Sanskar provide required mental support during process of maturity. Sanskar also provides immunity against diseases due to modern life style.

Material and Methods :-

Literary material is collected from classical ‘Ayurvedic Grantha’, different text books of pediatrics.

Numbers of Sanskar :-

Numbers of Sanskar varies within different Granthas. It is about 16-40. But at present 16 Sanskar are in practice. These Sanskar are useful for normal Growth and development of child.

Classification of Sanskar :-

1) Garbhavastha
2) Balyavastha
3) Kumaravastha and Praudhavastha

1) GARBHAVASTHA

These sanskar are performed during prenatal period-

a) Garbhadhansanskar
b) Punsavana Sanskar
c) Simantonayan Sanskar

a) Garbhadhansanskar :

This Sanskar is performed on parents. The Aim of this Sanskar is to obtain a better progeny. Parents should purify their body by taking shodhana procedures. In this Modern day-to-day life style parents eat junk food, their schedule is hectic which is not good for quality progeny. 25 years old male and 16 years old female with good health and complete viryatva should follow this sanskar ¹.

“Acharyacharak&Kashyap descried method of ‘Putresti Yagna’ ².

Significance in modern Life style :

‘ShodhanaKarm’ helps in purifying woman’s reproductive system and improving quality of sperm for better progeny.

a) PunsavanSanskar :

This sanskar is done to achieve healthy progeny. This sanskar is done in or before ‘vyakt bhav’ ³ i.e. in second month of pregnancy. According to charakadhanayamasha&gaurasarshapa should be taken with curd during pusya-nakshtra ⁴.

According to sushrutajivaka, rishabhak, apamarga&sahachara paste should be taken with milk ⁵.

Significance in modern life :

This sanskar will develop excellent qualities in child.
b) **Simantonyan Sanskar :-**

This sanskar is related to brain development in fetus which takes place in 5th or 6th month of pregnancy. Acharya’s have advised lifestyle for pregnant lady. If she follows those instructions fetal development will be normal with good health, strength, voice otherwise there might be some abnormalities in newborn.

2) **Balyavastha**

a) **Jatkar Sanskar :-**

According to charak jatkar sanskar should be performed after cutting umbilical cord. Firstly neonate should be given feeding of ‘honey & ghrita’ (ghee), then milk from right breast should be given. Sushrutacharya says to give honey & ghrita mixed with ananta powder three times on first day. Ghrita with lakshmana on second & third day. Honey on fourth day after that breast feeding should be started.

**Significance in modern life :-**

- The rooting & sucking reflex is evaluated by giving honey & ghee.
- Honey & ghrita are rich in carbohydrates & destiny so they will give energy to baby.
- It promotes breast secreations and helps mother in reducing post partum hemorrhage.
- We can examine baby in this sanskar for any anomalies like cleft lip- cleft palate, fissured tongue, undessended testies.
- First feed initiates movements of gastro intestinal tract.
- Ghrit increases smriti, medha, kanti, oja.
- Suvarnaprashan increases intellectual, digestive power and it is grahapahum.

b) **Namkar Sanskar :-**

According to charak this sanskar should be done on 10th day of life life.

According to charakaacharyanamkaran is of two types –

1. Nakshatrik
2. Abhiprayik

Name should consist of two or four letters. It should start with ‘Ghoshwant’ alphabets and end with ‘Ushmawant’. Aacharyasushrut and vagbhat also says that this ceremony should be on 10th day.

Ashtangasangrah says it can be done on 10th day, 12th day, or 100th day or 1 year later.

**Significance :-**

- It provides unique identity, name has impact on person for whole of his life.

b) **Nishkraman Sanskar :-**

In this sanskar infant is taken out of the house for first time in fourth month.

**Significance :-**

- Reaction of baby to various stimuli can be observed.
- Morning exposure to sunlight increases vitamin D synsythesis.

c) **Upaveshansanskar :-**

According to kashyapa it should be done on sixth month. In this sanskar baby is not allowed to sit for longer period of time as he may develop kyphosis, lumbar region weakness, constipation, urine retention.

Vagbhat said baby should be placed on ground in 5th month. Sushrut also says baby should gradually increase time of sitting.

**Significance :-**

- It is useful for evaluating child’s physical, neurological growth.

d) **Annaprashan / Phalprashansanskar :-**

- According to kashyapaphalprashan (fruit juices) should be started at 6th month & annaprashan should be started in 10th month.
- According to sushrut light & health food should be given to child at six months.
- According to vagbhat on 6th month solid food should be gradually given to child and breast feeding should be stopped.

**Significance :-**

- Fruit juices contains Vitamin C which is absent in mothers milk.
- As child is growing his appetite also increases which is not fulfilled by breast milk, so fruit juices should be given.
- It provides essential nutrients such as iron.
- Different types of tastes are introduced to child.
- Digestive system attains maturity.
- Juices acts as laxative.

e) **Karnavedhansanskar :-**

According to sushrut this sanskar is done in 6th or 7th month.

Sthan- Daivkrut hole
Karnavedhan post care- Aam tail parishek
During karvichdan following 3 sira should not be pricked-
   a) Kalika
   b) Marmarika
   c) Lohitika

Significance-  
1) Rakshakarm (protection)  
2) Aabhushan (wearing ornaments)
   It also provides artificial active immunity

f) Chudakarmasanskar
   This sanskar is explained by aacharyakasheyap in sutrasthan 21. In this sanskar hairs of child’s scalp are treamed.
   Age – 1 to 3 years

Significance- 
This sanskar will help in examining child’s anterior fontanel which closes approximately at the age of 2 years.
For examining any structural abnormality of head.

3) Kaumaravstha & Praudhavastha
   Upnanayan sanskar :-
   After this sanskarchid enters into Aadhyatmikjivan.
   Age- 7 to 8 years

   Vedarambh Sanskar :-
   In this sanskar writing and reading skills of child are improved.
   Age- 5 years

   Samavartan Sanskar :-
   After completing education send off is given.

   Vivah Sanskar :-
   In this sanskar marriage is done.
   This is important ceremony of life.

   Vanprasth Sanskar :-
   After achiving goals of life when persons son become educated and having job , that person should give whole responsibility to his son and he should do ‘aadhyaatmchnitan’ and ‘samajkalyan’.

   Sanyas :-
   After percular age of life one should sacrify all ‘moh-maya’ and he should try for ‘Moksh-prapti’.

   Anyeshti Sanskar :-
   In this sanskarAfter death body is converted into ‘Panch-tatva’.

Conclusion :-
   Sanskar are useful for child not only in modern day to day life but also intra uterine life. Because of sanskars child develops proper habbits .he also learns to sacrify things in life.it gives him a unique identity and educate child.

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