

Effect Of Ayurvedic Sanskar On Child's Development In This Modern Lifestyle**Vd. Vaibhav Jagannathrao Joshi¹ and Vd. Lalita Patole²**¹PG Scholar Dept. of kaumarbhriyac.s.m.s.s. Ayurvediccollege Aurangabad²Guide, Asso. Professor Dept. of Kaumarbhriyac.s.m.s.s. Ayurvediccollege Aurangabad**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

Childrans 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) Kumarvastha and Praudhavastha

1) GARBHAVASTHA

These sanskar are performed during prenatal period-

- a) Garbhadhan Sanskar
- 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 sanskar¹. Acharyacharak & Kashyap described method of 'Putresti Yagna'².

Significance in modern Life style :-

'Shodhana Karm' helps in purifying woman's reproductive system and improving quality of sperm for better progeny.

a) Punsavan Sanskar :-

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 charakadhanyamasha & gaurasarshapa should be taken with curd during pusya-nakshtra⁴.

According to sushrutajivaka, rishabhak, apamarga & sahachara paste should be taken with milk⁵.

Significance in modern life :-

This sanskar will develop excellent qualities in child.

b) SimantonayanSanskar :-

This sanskar is related to brain development in fetus which takes place in 5th or 6th month of pregnancy. Aacharya's have advised lifestyle for pregnant lady. If she follows those instructions fetal development will be normal with good health, strength, voice⁶ otherwise there might be some abnormalities in newborn.

2) BALYAVASTHA

a) JatkarmaSanskar :-

According to charakjatkarman 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 given⁷. Sushrutaacharya 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 started⁸.

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 secretions 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, undescended testies.
- First feed initiates movements of gastro intestinal tract.
- Ghrita increases smriti, medha, kanti, oja.
- Suvarnaprashan increases intellectual, digestive power and it is grahapahum⁹.

a) Namkaran Sanskar :-

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

According to charakaacharyanamkaran is of two types –

1. Nakshatrik
2. Abhiprayik

Name should consist of two or four letters¹⁰. It should start with 'Ghoshwant' alphabets and end with 'Ushmwant'.

Aacharyasushrut and vagbhat also says that this ceremony should be on 10th day¹¹.

Ashtangsanghrah says it can be done on 10th day, 12th day, or 100th day or 1 year later¹².

Significance :-

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

b) NishkramanSanskar :-

In this sanskar infant is taken out of the house for first time in fourth month¹³.

Significance :-

Reaction of baby to various stimuli can be observed.

Morning exposure to sunlight increases vitamin D synthesis.

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 retention¹⁴.

Vagbhata 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 kashyapapralprashan (fruit juices) should be started at 6th month & annaprashan should be started in 10th month¹⁵.
- 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 stopped¹⁶.

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 month¹⁷.

Sthan- Daivkrut hole

Karnavedhan post care- Aam tail parishek

During karnvedhan following 3 sira should not be pricked-

- Kalika
- Marmarika
- Lohitika

Significance-

- Rakshakarm (protection)
- Aabhushan (wearing ornaments)

It also provides artificial active immunity

f) Chudakarmsanskar

This sanskar is explained by aacharyakashyap in sutrasthan 21. In this sanskar hairs of child's scalp are treated.

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**Upanayan 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 achieving goals of life when persons son become educated and having job, that person should give whole responsibility to his son and he should do 'aadhyatmchnitan' and 'samajkalyan'.

Sanyas :-

After particular age of life one should sacrifice all 'moh-maya' and he should try for 'Moksh-prapti'.

Anyeshti Sanskar :-

In this sanskar After 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 habits

,he also learns to sacrifice things in life.it gives him a unique identity and educate child.

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