

Concept of Dhatri as A Care Taker in Todays Modern Era**Dr.Priyanka Hrishikesh Lonkar.**

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Abstract

Ayurveda is a very vast science and it is divided into eight branches. Kaumarbhritya is one of the special branch of ashtang ayurveda that mainly focuses on pediatric issues. It covers all aspects of child growth and development from neonatal phase to adolescence. Ayurveda translates as the science of life and it addresses all aspects of life including consciousness/mind, physiology, behavior and environment. In ayurveda the idea of dhatri (care taker) is referenced by various Acharyas like Kashyapa, Charaka and Sushruta. The concept of dhatri (care taker) not only to supply milk to the child but also be provided with an affectionate, experienced and nurturing support. Today's children are tomorrow's future of the nation. Child's growth and development is very important that's why child should be in safe hands. Dhatri should be thoroughly examined and selected before giving her responsibility to take care of child. Our Acharyas have given importance to the qualities of dhatri. They mention in detail which qualities should be in dhatri. Dhatri should be fulfilled before being appointed as a post of dhatri (care taker).

Key words- dhatri, children, qualities

Introduction

Ayurveda is one of the oldest sciences of life which explains in detail the nourishment of new born and infant. If mother is unable to feed her child due to physical and psychological disorders or any other reason then alternative arrangement to take care of child is necessary, for that ayurveda advises to keep dhatri (care taker). Ayurvedic classis emphasises on appointment of dhatri after thorough physical and psychological examination. Acharya Sushruta advises not to change the dhatri too frequently as this practise will be not congenial for the child quality. Acharya Kashyapa advises that dhatri (care taker) should be with similar satwa (psychological entities) that off child has to be selected, as the opposite satwa is forbidden because she will produce uneasiness and troubles the child. The dhatri with identical satwa will give nourishment, longevity, strength and pleasure to the child. Physical as well as psychological status of dhatri should be taken in consideration as they influence not quality and quantity of milk but also behavior on child's development. Here are mentioned her qualities in detail that you should look for in the dhatri who take care of your child.

1. Samaan varnam- dhatri should be from same race and caste as that of child. In ancient India varnas are mainly 4 types such as Brahmana, Kshatriya, Vaishya and Shudra. If child is from Brahmana varnas then dhatri also should be from Brahmana varnas. If the child from Kshatriya then dhatri should be from Kshatriya. If child from Vaishya varnas then dhatri should be from Vaishya. If the child from Shudra varnas then dhatri should be from shudra varnas. This implies similar sociocultural backgrounds with the family which facilitates easier mingling with kid as well as family members.
2. Youvanasthaam- dhatri should be a middle aged woman. If dhatri is youngster, she will not be responsible enough to take care of the child because in young girl all dhatus are not well developed. On other hand if the dhatri is an old woman then her all dhatus are weak, less energy so she will be not able to do job of nursing the child properly. Dhatri should be in reproductive age (proper hormonal balance).
3. Nibhrutaam- dhatri should not be fickle in nature. She should be trustable and calm in nature. Because in the absence of family

- members, she is the only one who take care of child.
4. Anatura- dhatri should be healthy by both phisically and mentally also free from any disease. If she is not physically and mentally fit then not able to take care of child. On other hand she may transmit the disease to child and make child diseased .so she shoulde be free from any disease.
 5. Avyngam- dhatri should not have any deficiet body parts or excessive body parts. She should not be handicapped.
 6. Avyasanam/Nirvyasana- Dhatri should not have habits of drinking alcohol,smoking etc. If she is in alcoholic stage then can not be able to handle child properly. Child also starts learning or falls into habits of these things. So its bad impact on childs health and behavior.
 7. Aviroopam- Dhatri should be beautiful in look. If she is ugly and unpleasant then child may be scared. Child should be attracted towards the dhatri.
 8. Ajugupsita- Dhatri should not be disguised in nature. If child get diseased, irritated ,aggressive sometime then dhatri should be remain calm and handle the child in all these condition according to child mood. If child is suffuring from diarrhea,vomiting etc in that time dhatri should not get annoyed with these things and also should not get averted. She should nurse and feed the child unconditionally.
 9. Desha Jateeya- Dhatri should have been from same country in which child is born. If she is from different country then her lifestyle, language, culture etc also be different from childs country. It is not easily suitable for both child and dhatri.
 10. Akshudram- Dhatri should not be wild, wicked or witch. She should be high thinker, positive thinker. So child also thinks positively.
 11. Akshudra Karmini- Dhatri should not be carries black magic on child. If she is kshudra or wicked may manipulate ,hypnotize or kidnap the child for ransom.
 12. Kulw jaatam- dhatri should be from a good noble family. Dhatri can invoke similar good qualities in the child and generate good impact on childs development.
 13. Vatsala- Dhatri should have affectionate towards the child. She should be good and well in protectng the child.
 14. Aroga- Dhatri should be free from any disease. If she has any infectious disease then it can be transmit towards the child.
 15. Jeevad Vatsaam- dhatri should have her own living kids. If she is breastfeeding mother then would have love and compassion towards th child. If she has a child then she would know and she has practise how to take care,how to feed and how to attend all the necessities of the child with love. ifdhattris child is dead then she is not mentally prepared to take care of child. She can be compare that child with her own child. So that can be imapct on child growth and development.
 16. Dogdhree- Dhatri should have plenty amount of breast milk.if the child is exclusively on breast milk then child should get breast milk in sufficient quantity for his nourishment.
 17. Dogdhree- Dhatri should produce breast milk in more quantity. If child mother has no sufficient milk flow then child can not get a
 18. Apramatta- Dhatri should be mentally stable and balanced. She should neither be too anxious nor depressed.
 19. Ashayini- Dhatri should be very active in nature. Children are more active than adults. They cant keep quite for more time. If dhatri is lazy then she cant be handle the child.
 20. Anuchharshayini- Dhatri should be cleanness lover. She should be clean all area where child is playing,eating etc.
 21. Anantyavashayini-Dhatri should be characterfull and dignified in nature.If she is characterless then its impact on child also.
 22. Kushalupchara- Dhatri should be alert in very situation. If child is crying due to hungry then she should be know why child is crying. Child can not express what he needs,so dhatri should be in position to understand the unexplained language and emotions of the

child to attend its necessities. She should not be sleep while child is awake.

23. Shuchim Ashuchi Dweshini- Dhatri should be clean and loves to keep her surroundings clean. She should have hates untidiness and uncleanness. Untidiness its the open invitation to virus, bacteria etc. Child easily get infected through that.
24. Alolupam- Dhatri should not be greedy in nature.. if she is greedy then she can take child food to eatself her. She can also steal childs jwellery,clothes etc.
25. Jitendriya- Dhatri should be jitendriya in nature. Means she has to control herself. If she is geting pregnant then she can not handle child well and that impact on child haealth.
26. Shuklaambara- Dhatri should wear white clean clothes. White representative of claenliness, sanctity, purity and goodness.
27. Ashtadosh Rahita- Dhatri should be devoid of 8 physical deformities such as Ati hrisva (too short), ati dirgha (too tall), ati shweta (too white or fair), ati krushna (too dark), ati loma (too much body hairs), aloma (too less body hairs),ati sthula(too fat), ati krusha (too thin). They are said to have wide array of health issues apart from seen weirdly and rejected by society.

Conclusion

Now a days families are becoming increasingly nuclear so leaving the child with grandparents and relatives isn't always an option. In this nuclear family both mother and father are working. So there is need to kept someone to take care of child after parents going to work. In ayurveda our acharyas described concept of dhatri who take care of child in absence of mother. So for todays condition, we can compare dhatri as a care taker. It is only viable option for parents to care care for their child while they are working. In this article all the qualities of dhatri as a care taker are explained. Children outcomes are influenced by the multiple environments they encounter, including both family and child care settings.

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