

IMPORTANCE OF SAMSKARA IN CHILDREN ACCORDING TO AYURVEDA-A REVIEW

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ABSTRACT

Samskara (Sacraments) are a religious customs (rite), rituals sacrifices a religious ceremony. Samskara also build a wakefulness of the attainment of social status and rights for the individual. In Ayurveda, the word samskara also introduced as “Samskaro hi Gunaantradhyanum” means qualitative improvement is carried out by incorporating the specific qualities. The number of samskara varies in different Hindu dharma granthas, it is about 16-40, but the applicable samskara are 16 (shodash) in number which spreads from garbhadan to anteysthi samskara. In the present paper, it can be concluded that the samskara described in Ayurvedic texts are based on the various milestones of child growth and developments and hence provide a rational guideline toward his care from very conception to adolescence.

KEYWORDS: Samskara, Sacraments, Milestone, Growth and development.

INTRODUCTION

In Hindu culture it is believe that every aspect of life is sacred, so due to this reason each important stage, from conception to anteyeshti (death cremation) is distinguished as special rituals. The samskara are performed for the physical, social, and religious development of the individual. The sacrament composed of worships of Gods and words spoken as mantras by the vaidya as per Ayurvedic texts. The sacraments occur at important events and give value to

a person's life. Any process which brings continuous positive change in a given material (Dravya), physical body (Shareera), intellectual capacity (Mana) and the personality (Aatma) is called samskara. Different meaning of the word samskara can be applicable in medical science - Addition of new qualities, skilful activities, bringing fitness, selfproductive and impression creating quality etc. Samskara are highly individualistic and got its impact on producing qualitative society. This samskara means religious purificatory rites and ceremonies for sanctifying the body, mind and intellect of an individual so that he may become a full-fledged member of the community.

Types

- Gautama Grahya Sutra (8.14-24) = 40 samskara.
- Maharshi Angira = 25 samskara
- Dayanand Saraswati = 16 samskara

Garbhasth Jiivana	1. Garbhadhana samskara 2. Punsavana samskara 3. Simantonayana samskara
Baalyakala	4. Jaatkarma samskara 5. Namkarana samskara 6. Niskramana samskara 7. Annaprashana samskara 8. Chudakarana samskara 9. Karnvedhana samskara 10. Upanayana samskara 11. Vedarambha samskara
Yuva & Vradhdhavastha	12. Samavartana samskara 13. Vivah samskara 14. Vanprastha samskara 15. Sanyasa samskara 16. Antyesthi samskara

Relation of samskara with growth & development

- In paediatrics, we have two words with respect to maturation of the body that is growth & development. samskara start from conception and continued till death. Same as development (growth is limited by age).
- In child, many samskara are performed at particular age to assess, recheck the expected level of development to that age and announcement of developmental status of the child to all family members from time to time.
- Timing of different samskara match with certain milestone of development so in this function a physician will be pr. Who check the baby and give essential advices & reminding the parents about the development of the child. When we analyse all qualities it looks that they are factors indicating positive growth & development.
- Madhu + Ghrita + Ananta licking helps to check and initiate sucking, rooting and swallowing reflexes which should exist in co-ordination.

Importance of jaatkarm samskara: This provides an opportunity to examine the baby immediately after birth.

Mixtures of this content will primary immunization response.

- Keeping water filled in a pot is the cost effect method of maintain temperature & humidity.
- Initiation of feeding from right breast. First 2-4 day colostrum (20-40ml) is secreted which is most imp. For the baby (rich in immunoglobulin and protein).

Importance of naamkaran samskara

- Naming of the baby usually occurs on the completion of 10th day or 11th day, 100th day & 1yr.
- The name is decided astrologically on the basis of the time and place of birth of the child. Which is indicate social and communicable condition in society has its impact on the person throughout the life by identification.
- First 10 day are considered as high-risk period of newborn. Baby can die within a week in case of major congenital abnormalities, Rh incompatibility, severe birth asphyxia etc. so after completion of these periods Naamkaran Samskara is advised.
- This also indicates the end of early neonatal phase.
- It also important for maintaining medical records and to prevent neonatal exchange in nurseries.
- Status of the umbilical cord- falls and wound healing will be completed by 10th days. Neonatal jaundice & cephalic hematoma proceed to ending.

Importance of niskraman samskara

- Till completion of 4th months, baby is suspected to various infections as immune system is functionally immature. So, it's risky to expose the child to an external world. In this time immune system may be upgrade.
- Baby when taken outside usually gets exposed to strong rays of the sun. Hence, disappearance of physiological photophobia and complete development of eye and vision are the important Criteria for external exposure which will be attend by this time so in Niskraman Samskara. The child is taken out of the house for the first time.

Following factors in and around the temple helps to assess the developmental mile stones at 4th month of age

1. Red or different colour of flags, clothes = Colour vision / Accomodation.
2. Ringing of the bells, Mantras = Response to sound like cooing with pleasure.
3. Looking at the god or many unknown people = Head control & react to social contact by a smile or laugh and produce sound.
4. Bowing head to Gurus= Range of movement of neck.

Importance of annaprashana samskara

- Dugdhapana in the 1st month, phalaprashana in the 6th month and Annaprashana in the 10th month suggests slow weaning from breast milk with an introduction of family pad food system gradually.
- As the infancy proceed calorific requirement of the baby increases due to increased activity and rapid growth of baby. So, providing higher calorific supply, along with breast milk is essential but tolerance, digestive capacity, gastric upset, Satmyata have been kept in mind throughout the process.
- Secretion of pepsin- which are main digestive enzyme hens at the time of 6th -7th month, Fruit juice, cereals water, rice water are introduced to the child.
- Allow vitamin C is helpful for absorption of iron (for hemopoitic purpose) and other micro nutrients to bless the child with a good digestive system. it may be helpful to produce urine & stool in a proper way.
- This time Baby start sitting, scrolling, approaches objects with one hand and transfers rattle from one to the other hand and speaks monosyllables like ma, pa, ba and ah-goo sound like milestones.

Importance of karnavedhana samskara

Piercing the ear lobules in 6th, 7th, 8th or 12th month. Local inflammation, which occurs after Karnavedhana created by wound which, may act as a buffering mechanism for stimulation of the body immune system. This looks like a acupuncture method stimulation of adrenal glands intern reduces the respiratory infections. Ornaments worn after Karnavedhana exerts continuous pressure Injury can precipitate local lymph gland lymphadenitis stimulating cell mediated immunity prevent Graha Rogas (micro-organism). While piercing the ear usually baby cries and vocabulary of the child can be indirectly tested as by 7 th, 8th, 9th

month infant start verbalization word like ma, pa, da, ba etc. This time start primary dentation.

Importance of chudakarm samskara

Chudakarm Samskara should be done according to, Manu Smriti (2/140) = 1st year or max. 3-5 year. Parashkar Grahyasutra (2/1/1) = 1st year. Aaswalayan Grahyasutra (1/17/1) = 3rd year. For protection of the child from Grahass (infections) This is a procedure adopted for examination of the skull, assessment of bone growth of the cranium and to identify the deformities of the skull at the age of the 1 year. In this procedure, does not shaving of the whole scalp hairs, instead a tuft of long hair is left, which is called Shikha. It acts as a center point for receiving the energy from the environment. Anatomically this corresponds to the occipital region, where pineal gland is situated. As we know, pineal gland will be highly active in dark and cool atmosphere. Acharya Sushruta says- This procedure removes impurities, strength promoting and brings delightfulness, lightness, prosperity, courage, happiness to the child. Acharya Kashyapa in Arunshika Chikitsa, explains Mundan as the first line of treatment. That time conform diagnosis of Fakka Roga (rickets). In this time that's Chudakarm / Mundan Samskara change conditionally because heavy work load & hectic lifestyle. Some community it has done early & someone is delay. Shaving is good to prevent certain skin problems like cradle cap, which is later converted into seborrheic dermatitis due to collection to sweat in scalp area by obstructing the sweat glands. If untreated, this becomes predisposing factor for psoriasis also.

Importance of upnayan samskara: 1. Upnayan= Up (Near) +Nayan (Bringing). This Samskara performed before initiation of education or 5 th year of age. This is interpreted as parents bringing the child near the teacher and knowledge brings the child near to Brahmatwa (ultimate truth). Hence, the student is called 'Brahmachari'. 2. Actual intention of this Samskara is education for attainment of Brahmagyana so child joins as a student under a teacher to attain it. They are provided with a sacred girdle which is made up of Munja grass, Moorva fibres and hempen threads. 3. Individual, who is born in this world will have 3 Rinas, 1) Daiva Rina 2) Pitra Rina 3) Samaj Rina. Student will realise regarding his responsibilities in life through this samskara. And realized about the aim for which he is born & motivated to render social service with accountability (Samaj Rina). 4. He is educated to control his emotions, anger, aggression, grief and advised to behave maturely and responsibly. He is also educated to take care to him-self, parents and society so this samskara important for personal

and social achievements of future. 5. This samskara, child will be sent to Gurukul where he studies under the guidance of a teacher.

Importance of vedarambhbha samskara: This is a special samskara performed in the 5th year of life. Basically, this indicates closure of preschool age to school age. Initiation to primary education by holding the right hand of the child & the father practices the child to write the letter. The child made to learn alphabets and general numbers & starts the process of learning the Vedas. During his study period, he will be completely away from his home environment, so that he can concentrate totally on his study

“काक चेष्टा बको ध्यानं, श्वान निद्रा तथैवच।

अल्पहारी गृह त्यागी, विद्यार्थी पंच लक्षणं ॥ ”

In early childhood, child is very active, interested, creative, faithful to teacher, with help of teacher to mould him all required knowledge of one specific field. Like this by 16-18 years, he will be a master of one field with all possible knowledge of other fields. Professional course will be completed by 18th year and he will be available to the society for service or to render his duty.

DISCUSSION AND CONCLUSION

These samskara are step points of life from where life enters in new phase. These samskara establish baby and atmosphere to accomplish with situations. Each samskara has its own value, many times we can prove it by observing its effect but also quite difficult to evaluate on subjective parameters. All these samskara are performed since Vedic period. Weather we conclude logic behind it or not it has some importance in development of Baby. In Present Era, there is need of understand its effect on scientific basis and simply its concept to adopt these in society easily and we got the ideal baby for this society. Hence word samskara suggests concept of growth and development and examination of developmental milestones of a growing child.

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