

MANI DHARAN (GEMS): UNIQUE PROCEDURE IN NEONATE- A CRITICAL REVIEW

¹*Dr. Sheikh Mosin Sheikh Dilavar, ²Dr. Pacharane Kishor Dnyandeo, ³Dr. Ankush Dattatraya Khedkar, ⁴Dr. Sagar Babasaheb Ghalme, ⁵Dr. Madhuri Sadashiv Todkari, Dr. Samrat Sunil Jadhav

¹Assistant Professor In Kaumarbhritya Department At PMT's Ayurved College, Shevgaon.

²Professor and HOD In Kaumarbhritya Department At PMT's Ayurved College, Shevgaon.

³Assistant Professor In Rachana Sharir Department At PMT's Ayurved College, Shevgaon.

⁴Assistant Professor In Shalakyatantra Department At PMT's Ayurved College, Shevgaon.

⁵Assistant Professor In Kriya Sharir Department At PMT's Ayurved College, Shevgaon.

⁶Assistant Professor In Kaychikitsa Department At PMT's Ayurved College, Shevgaon.

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INTRODUCTION

Ayurveda is not merely a science of therapeutics based on herbal, animal, and mineral resources of medicament but deals with philosophy of life and living being. For treatment charaka classified the treatment principle in,

1. Daivavyapasrya,
2. Yuktivyapasraya,
3. Sattavajaya chikitsa.

Daivavyapasrya consist of Mantra, Mangal, Manidharan, etc.

Traditional Indian medicine Ayurveda considers 'Ayu' or life as a combination of Shareera, Indriya, Satwa and Atma. Dhatu saamya or Arogya means a healthy status of all these four factors. For Dhatu saamya kriya, Acharya Charaka mentions three types of Aushadha-Daivavyapashraya, Yuktivyapashraya and Satwavajaya. Commenting on this, Acharya Chakrapani explains that Daivavyapashraya is told first because of its power to cure the diseases instantaneously and the mode of action can't be ascertained through a general logic. In this era, a system similar to contemporary science like colleges, UG/PG courses, clinics and hospitals, pharma companies, medical representatives and soon have been created. Because of westernization in every aspects of Indian society from educational

*Corresponding Author

**Dr. Sheikh Mosin Sheikh
Dilavar**

Assistant Professor In
Kaumarbhritya Department At
PMT's Ayurved College,
Shevgaon.

system to medicine, people believe facts only if they are perceived directly and explained scientifically. This led to the degradation of Daivavya pashraya chikitsa procedures in the form of dying practices. Knowingly or unknowingly Daivavya pashraya Chikitsa is being carried out in different parts of the country as a part of religious beliefs, but it's beyond that and focuses on Spirituality. So documentation of such practices which are becoming extinct and a detailed study on Daivavyapashraya Chikitsa is essential. It also provides an area for extensive research.

Navjatshishu paricharya described in Ayurvedic samhitas as well as in modern text i.e. Care of new born. In ancient text Acharya gives prime importance to Navjatshisu paricharya and in this various procedure described. "MANIDHARAN" is one of them. This procedure can be considered as a part of raksha karma. Description of 9 types of manis (amulets) are available in vedic literature. These amulets will have both medical and spiritual effects. They protect the child from Drusthi Dosha. Positive effect of this procedure is due to Prabhava.

Vedas advocate wearing Manis for prevention of disease, increasing strength, destroying enemies, and for happy long life. Charaka opines that amulets made of various stone; horn of a live rhinoceros, deer, or nilgaya are made into lockets and worn around the neck. Different herbs like Andri, Brahmi, Jivaka, etc are tied into pottali and tied around the neck of baby. May protects the child from various evil powers and infections.

AIM AND OBJECTIVES

- To review the utility of manidharana in children.

Review of Literature

Navjatshishu paricharya described in Ayurvedic samhitas as well as in modern text i.e. Care of new born. In ancient text Acharya gives prime importance to Navjatshisu paricharya and in this various procedure described. "MANIDHARAN" is one of them. This procedure can be considered as a part of raksha karma. Description of 9 types of manis (amulets) are available in vedic literature. These amulets will have both medical and spiritual effects. They protect the child from Drusthi Dosha. Positive effect of this procedure is due to Prabhava.

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herbs like Andri, Brahmi, Jivaka, etc are tied into pottali and tied around the neck of baby. May protects the child from various evil powers and infections.

Certain flints stones derived from volcanic rocks are used in musculoskeletal disorders. Various stones are advocated to use in rutucharya of various prakruti.

Therapeutic uses of various gems like munga (coral), mauktika, vaidurya etc has been mentioned in ras shastra treatises.

Every gems have peculiar spectrum of light with different wavelengths.

Certain spectrum of light from the gems stabilizes the psychological behavioural problem. Helio therapy uv therapy verlux light box therapy.

Nowadays radioactive elements with specific radiation of light have been used for diagnostic and therapeutic purpose.

In ayurveda uses of gems as manidharan in jatmatra paricharya is advocated . Newborns are vulnerable as their immunity is less to various illness from bacteria viruses algae and fungi etc. So manidharana will be proven beneficial to infants as the peculiar spectrum of light decreases the growth of bacteria and viruses.

Traditional practices

It includes procedures with regard to the cure of diseases followed as a part of religious beliefs having no reference in Vedas or Samhitas.

- Gastric irritation - keeping salt pepper and tamarind on pepper leaves and reciting particular mantras. another practice is using water, some use Bhasmas.
- Drushti dosha - Red chilly, salt, onion peels etc are kept in hand and the whole body is circled by this along with Mantra recitation. then these substances are put in fire.
- Bala grahas - Vartis dipped in oil are lighted and placed over Bakula leaf and whole body of new born baby is circled, mean while a small pot with water mixed with turmeric and Sudha churna is also kept beside.
- Sprains- A big banana leaf is taken and the part of body having the sprain is kept over that, Roof tiles are arranged around that. Along with recitation of mantras hit is given on the tiles, which in turn causes the organ to move. It is told that it cures the disease.

- In Kodungallur temple a Samadhi of Vysoori', a medieval shrine deity for small pox, chicken pox, mumps and other contagious diseases. Devotees offer auspicious turmeric powder which gives credence to the influence of the Goddess
- An Oblation of cooked rice on the Sivalinga is done to get relief from stomach ailments.
- A special Ayurvedic prasadam (sanctified food) issued to devotees at the Dhanwanthari Temple, a mixture of curd, turmeric powder, pepper and salt which is considered as a remedy for all kind of ailments

Science behind the Mystic & Spiritual healing (Daivavyapashraya chikitsa)

Creation consists of vibrations at various frequencies and amplitudes giving rise to the phenomenon of the world. Mantras are energy-based sounds or Shabda. Mantras are tools of power and tools for power. When Mantra is repeatedly uttered it tunes to a particular frequency and this frequency establishes a contact with the cosmic energy and drags it into human body and surroundings. Mantras are used in healing practices but are much more than ritualistic as they are infused with powerful energy and meanings. The reality behind the use of mantras is that words carry power through energy. Chanting of mantras creates thought-energy waves. Thus it balances the energies and also increases the level of a certain type of energy, which promotes certain actions and events.

Many studies are being carried out in different parts of the world which indirectly proves the effect of Mantra, Mani Dharana etc. Mantric chanting, as observed years ago by Dr. Herbert Benson, helps induce the "relaxation" response, causing reduction of heart beat, brain waves and respiration. Dr. Ranjiv Singh found that the chanting of specific mantras caused the release of the hormone melatonin and also plays an important role in the healing process. He has found that there are many benefits including shrinkage of tumors and enhanced sleep because of this.

DISCUSSION

- Manidharana plays therapeutics and protective role in neonates.
- Various light therapy are used in various ailments nowadays.
- Acharyas rightly advocated use of gems in various prakrutis in rutucharya.
- Gems used as source of niragni sweda in musculoskeletal disorders.
- Gems have certain pathways to act over the body via touch sensory reflex pathways.

CONCLUSION

- ▶ Beauty and attraction of individual depends upon health and colour of skin so Ayurveda advocates uses of specific gems which gives a blissful life by improving immune system of individual
- ▶ A clinical trial to be carried out with gems therapy along with other procedure of jatmatra paricharya as gems uses will show that it is a safe remedy with significant capacity to control growth of infections organisms around the neonates.
- ▶ This is a preliminary efforts to study which is needed to prove the immune modulating effect of gems.

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