

SHODASHA BALA SAMSKARA – A REVIEW**Dr. Mrudul S. Ghatol^{1*}, Dr. Anil B. Kale² and Dr. Dattatraya G. Parde³**

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ABSTRACT

India is a country with a rich and diverse cultural heritage where Hindu Dharma is held in high esteem. Hindu Dharma is not a religion, but a way of life that has been perfected over thousands of years to help people lead prosperous lives. The unique relationship between samskaras (sacraments) and culture shapes a person's life by defining moments or goals that nurture, purify, and ensure dignity and possessions. The purpose of samskara is to improve culture as a whole. Samskaras are performed for the physical, **social**, and religious development of the individual. Ancient Hindu mythology described sixteen samskaras **per** person. This article describes the eight Samskaras for child growth and development along with their

medicinal significance: Jatakarma (birth rituals), Namkaran (naming a child), Nishakraman (first outing), Annaprashan (first feeding), Chudakarna (head shaving), Karnachedan (earlobe piercing), Upanayana (threading ceremony) and Vedarambha (beginning of formal education). Samskara is a rite of passage and virtually every culture in the world has such ceremonies. Rites of passage are ceremonies that commemorate significant events in a person's life. Samskara also raises awareness of the realization of social status and individual rights. The doctor can also assess the child's normal growth and development while performing the samskaras. The number of samskaras varies in different Hindu dharma granthas (textbooks), ranging from about 16 to 40, but the corresponding samskaras are 16 in number, ranging from the Garbhadan to the Anteysthi samskara. Of those 16, only 11 will be

in infancy. Ayurveda also describes different samskaras at different times in life to mark or announce the achievement of different milestones, thus ensuring adequate growth by distinguishing it from a developmentally delayed child.

KEYWORDS: Jatakarma, Nishkraman Samskara, Development; Developmental Delay.

INTRODUCTION

Samskaras are those religious rites and ceremonies that sanctify body, mind and intellect and make a person socially acceptable. In Ayurveda, the word samskara is represented as "Samskaraohi Gunaantradhyanam", which means qualitative improvement through the inclusion of certain properties (property transformation). Physician also can verify the right increase and improvement of the child at the same time as appearing those Samskaras. The upanishads point out Samskaras as a approach to develop and prosper in all 4 factors of human pursuit - Dharma(righteousness), Artha (wealth), Karma and Kama (paintings and pleasure), and Moksha (salvation).

Samskaras are the turning factors of existence and want to be celebrated. Samskaras are tremendous, time-examined gear in our conventional structures which assist carve out a tremendous personality. Apart from scriptural validation, records also proves to us the tremendous effectiveness of those methods.

The number one motive of Samskaras is to reap spirituality and assist realize moksha or the last union with the divine. It could be very clean that simply appearing those sacraments will now no longer result in moksha. However now no longer appearing those Samskaras might also additionally make it not possible to reap moksha. At a secondary degree the Samskaras are cultural occasions that offer activities for own circle of relatives and pals to get collectively and bond. And it's far this bonding that paperwork the basis for a non violent existence. At but some other degree they offer an identification to the character and hyperlink him to the society wherein she or he lives. They permit the character to apprehend the gravity of the numerous existence tiers and therefore stay a extra accountable existence. Number of Samskaras The wide variety of Samskara varies in specific Hindu Dharma Granthas, it's miles approximately sixteen-forty. In Grihya sutra there's bringing up of 18-21 Samskaras. While in Manusmriti, thirteen of them and in Gautama Grihya Sutra, forty of them are defined. While the sixteen Samskaras defined by Maharshi Dayananda are broadly

established and brought into attention by Ayurveda Acharyas. These sixteen Samskaras are frequently known as the Shodasa Samskaras.

They are.

1. Garbhadana (Sacrament of Impregnation or Conception)
2. Pumsavana
3. Simantonayana
4. Jatakarma (Birth ritual)
5. Namakarana (Naming ceremony)
6. Nishkrama (First trip or trip ceremony)
7. Annaprashana (feeding ceremony)
8. Chudakarma or Mundan (Shaving of head)
9. Karnavedhana (Piercing the earlobes)
10. Upanayana (Sacred thread initiation)
11. Vedarambha (Beginning of vedic study)
12. Samavartana (End of studentship)
13. Vivaha (Marriage Ceremony)
14. Vanprastha (Renouncing the residence holder's lifestyles)
15. Sanyasa (Leading the lifestyles of a monk)
16. Antyeshti (Death cremation)

CLASSIFICATION OF SAMSKARA

1) The samskara may be categorising given above which variety from conception (pre-birth) to funeral (post-death) ceremonies as

- a) Garbhashta (pre-natal) Samskaras-Garbhadan, Pumsavana, Simantonayana.
- b) Balyawathantargata (childhood) samskaras: Jatakarma, Namkarana, Nishakramna, Annaprashana, Chudakarma, Karnavedhan.
- c) Adhyyanartha (educational) Samskara: Vidyarambha, Upanayana, Vedarambha
- d) Grahasthartha (Marriage) Samskara: Vivaha

2) The samskara in Balyaawastha can be labeled follows.

A. Ksheerap kala.

- a. During Neonatal Period Jatakarma, Namkarana
- b. During Infantile Period: Nishakramana, Annaprashan, Karnavedhan

B. Ksheerannad/Annad kala:

- a. During Toddler Period Chudkarana Samskara
- b. During Preschool and School Age Upnayana Samskara, Vedarambha Samskara

Concept of Bala-Samsakara

1. Jatkarma Samskara: (Ceremony performed after birth or birth rituals) Jatkarma is the birth ceremony which helps the baby transcend from intrauterine lifestyles to more uterine lifestyles. It have to be carried out for clearing the mouth secretions which clears airway and forestalls aspiration. Placing cotton soaked in ghee on head continues temperature of the child which prevents warmness loss from child's head, which has the biggest floor area, for this reason stopping hypothermia. Only after the child is stabilised umbilical wire become cut, emphasizing on resuscitative measures. Tying the wire to child's neck with the aid of using thread prevents bleeding from wire and minimizes possibilities of infection. Swarnaprashan a kind of Lehan given to child with the aid of using Suvarna Bhasma, honey and ghee serves - the reason of each nutrients and immunization. This Lehana (licking of drugs preparations) additionally offers an possibility to doctor to evaluate the rooting and sucking reflex of neonate. Honey and ghee have a wealthy caloric value, offer electricity to child whose preceding supply of nutrients from placenta has stopped. This first feed initiates gastrointestinal actions and turns on the gut. Swarna Bhasma offers bodily protection to child, complements mind improvement and is in micro debris easily absorbable with the aid of using child's intestine. Use of Mantra in Jata Karma offers mental assist to dad and mom mainly mom. Breast feeding is to take delivery of on the primary day in an effort to make sure right nutrients and protecting immunoglobulin found in colostrum. Early initiation of breast feed additionally stimulates prolactin reflex. When the child sucks, the nerve finishing withinside the nipple convey message to the anterior pituitary which in flip launch prolactin and that acts at the alveolar glands withinside the breast to stimulate milk secretion.

The water filled earthen jar can also additionally serve cooling reason or upkeep of humidity in child's ward room.

2. Namakaran Samskara: (Naming rite of child)

Name of child has a big function in his/her identity. Generally suitable time for naming rite in tenth after beginning of toddler. This is the time when toddler has correctly handed the inclined early neonatal period (beginning to seven days) which bears most possibilities of having threat of infections, neonatal jaundice, sepsis, etc. As new born fitness is certainly the important thing to toddler fitness and survival, Namkaran Samskara has a big place. As the

call is given with the aid of using dad and mom, it enables broaden a parental bonding with child and information of parental responsibilities. With all suitable preparations at the day of naming rite, bathing of mom and child with medicated water additionally guarantees hygiene and disinfection. Lodhra used has Shothnashaka (decreased inflammation) and Vranaropaka (wound healing) homes and is labeled below Artava Sangrahaniya (controls immoderate vaginal bleeding).

3. Nishkrama Samskara

In this rite, child is taken out of Kumaragara or domestic first time. This empowers the child to evolve with outside environment. It is completed with the aid of using parents at fourth month in line with Vagbhata and Kashyapa. During this toddler is first time taken outdoor domestic ideally to a temple with Shankha Nada and chanting of Vedic mantras. The child has to take delivery of bath, carrying smooth clothes, ornamented, owning mustard, honey and Ghrita or Gorochana, together with Dhatri (moist nurse) have to be taken out of the house. Thereafter worshipping the Agni (burning fire) with Ghrita and Akshata have to be carried out. There after worshipping the Brahmana, God Vishnu, Skanda and different own circle of relative's gods with Gandha (fragrances), Pushpa (flowers), Dhupa (fumigations), Mala (garlands) etc. Then performing prayer with Brahmanas and taking their benefits and saluting the Guru, and then re-input personal house; the doctor have to narrate the chant for offering prayer for child.

4. Simantonayana

This Samskar, is carried out in fourth to 8 months of pregnancy. In Ayurvedic texts at some stage in duration of pregnancy, Acharyas suggested month sensible diverse dietetic routine and mode of conducts for pregnant female which ends up in ordinary improvement of foetus who has correct health, strength, voice, compactness etc. Acharya additionally suggested that if mom now no longer comply with right suggested life-style then it could result in Doshas vitiation which produce abnormalities of foetus (GarbhangVikriti), affecting its appearance, complexion and Indriyas (feel organ).

5. Annaprashana Samskara

Generally, paediatricians endorse breast feeding upto six months and supplementary meals may be commenced after six months. Similar principle additionally defined with the aid of using our Acharya. The meals are well mashed, have to be liquid shape to keep away from issue in deglutition. Cleaning with the aid of using Jal Achamana (water) suggests the

enormously advanced feel of oral hygiene. Starting the consumption of end result gives strength in addition to important nutrients and minerals to baby. This rite also can be beneficial for evaluation of developmental milestones like rolling over, Sitting with very own guide in tripod fashion, stranger tension and monosyllabic speech at 6th month. Teeth eruption in youngsters additionally begins round this age. Due to all this right dentition is likewise want for care. Similarly, Annaprashan at 10th month gives evaluation of bisyllabic speech, telling a phrase like bye-bye, immature pincer draw close and status with guide.

6. Karnavedhan (Piercing earlobes)

There are unique perspectives regarding this rite in Ayurvedic texts: A. According to Sushruta in sixth or 7th month.

B. According to Vagbhata in sixth 7th, 8th month. Abnormalities like huge sutures, microcephaly, macrocephaly, improved or depressed fontanelle etc. Palpation of scalp cautiously might also screen cranial defects or craniotabes. During scalp exam, look into any cutaneous abnormalities along with cutis aplasia or atypical hair whorls as they'll advocate an underlying genetic ailment and it additionally gives safety of the kid. C. There is a bankruptcy named "Chudakarniye" in Kashyapa Samhita (Kashyapa Samhita Sutrasthana 21, however there may be no direct reference to be had approximately performing this rite due to the fact bankruptcy is incomplete from beginning. According to Sushruta, in propitious Tithi (date), Muhurta and Nakshatra, after reciting auspicious hymns, the kid ought to be positioned withinside the lap of wetnurse or male attendant enticing and consoling him with toys; then the health practitioner pulling the ear together along with his left hand ought to pierce the ears withinside the center of the Karnapeetha in which the pores and skin is thinner (DaivakritaChidra) together along with his proper hand slowly and calmly via way of means of needle or any device in case of skinny and thick lobes respectively. In male infant first the proper ear ought to be pierced however in female infant, left ear ought to be pierced first after which the Pichuvarti ought to be positioned at that place, commonly carried out on auspicious day in iciness season.

Importance of Karnavedhan Samskara: According to Sushruta the kid's ears are pierced for the reason of Rakshanimit (safety from numerous diseases) and Bhushan-nimit (ornamentation).

7. Chudakarma Samskara

This Samskara includes shaving of the head, ideally if infant is son and carried out while solar is in Uttarayana. This rite is performed inside 1 year or may be performed until infant benefit three years. This Samskara is carried out so as to reap longevity, electricity and radiance. This Samskara includes first shaving of the kid's hair. The shaving blade ought to be harmless. According to Sushruta, the slicing of hairs, nail offers lightness, prosperity, braveness and happiness. The Samskara gives a threat for exam of the cranium and stimulate the hairgrowth. Detection of abnormalities like huge sutures, microcephaly, macrocephaly, improved or depressed fontanelle etc. Palpation of scalp cautiously might also screen cranial defects or craniotables. During scalp exam, look into any cutaneous abnormalities along with cutis aplasia or atypical hair whorls as they'll advocate an underlying genetic ailment and it additionally gives safety of the kid.

8. Vedarambha Samskara

The Samskara is variously named; it's far known as Vidyarambha, Akshararambha, Aksharasvikarana and Akshara Lekhana via way of means of specific writers. As the kid acquires capability, electricity to analyze and training ought to be started. Usually carried out at sixth year. This Samskara correlates with college age (6-12 years age). On the tongue of the kid the letters "Hari Sri Ganapataye Namah Avignamastu" and all of the alphabets are written with a piece of gold. The infant is made to write down the identical letters from "Hari Sri onwards with its index finger on uncooked rice in a bell steel vessel and the kid is made to utter every phrase while it's far written. Either the daddy of the kid or an eminent trainer officiates at this ritual. In this Samskara, every student, in step with his lineage, masters his very own department of the Vedas. It indicates the student's dedication to mastering and the trainer's to teaching, and includes a Homa and plenty of prayers. Starting formal training at 5 years is apt in cutting-edge technology additionally, as via way of means of this time a regular infant learns to walk, run, climb stairs, inform his call and gender, play cooperatively in a group, replica simple diagrams, use pencil, say song, poem, feed via way of means of himself and might visit toilet alone. Thus, a infant of this age can regulate properly if despatched to Gurukul (formal college). It is likewise time for evaluation of intellectual boom of infant.

9. Upanayana Samskara

This Samskara indicates religious rebirth it's why after the Upanayana Samskar is carried out, the younger emerge as a Dvija i.e. Twice born. The mind boom of the kid receives finished as much as the age of 5years. A thread tied across the waist can also additionally serve the reason of evaluation of the bodily boom and to rule out the malnutrition. This Thread round waist additionally serves the reason to envision the bodily boom. Assessment of adulthood of mind to carry out highbrow sports all through college going age is performed. It is likewise performed to provoke experience of obligation in addition to religious properly-being of the kid. The infant who has benefit the capability to analyze ought to be initiated to the study of hobby with the steerage beneath Guru.

DISCUSSION

Various Samskaras may be understood because the extensive cultural occasions in an individual's existence from start to death. These techniques or rituals owning sociocultural in addition to a few clinical rational at the back of it. Samskaras offer sound intellectual and bodily fitness and the self-assurance to stand existence's challenges. It indicates Growth and improvement and the ceremonial declaration of milestones carried out supplying with periodical screening. Samskaras can energize the body and revitalizes it and this assist to growth bodily electricity and resilience to work for longer duration of time. Samskara defined in Ayurvedic texts are primarily based totally on the numerous tiers of infant increase and tendencies and consequently offer a rational tenet closer to his care all through celebrating distinctive ceremonies from very theory to childhood. Garbha-Samskara manner imbedding desirable values (Samskara) withinside the foetus. It prevents headaches all through being pregnant hypertenSion, like post-partum being pregnant brought about haemorrhage. All process of GarbhaSamskara allows in each degree for the all-round improvement of a healthy, beautiful, social and clever progeny with longevity. It performs the prime root position in mom and baby fitness care machine of our nation. Ayurveda additionally describes distinctive Samskaras withinside the distinctive length of lifestyles to mark, or to announce attainment of various milestones for this reason making sure right boom and additionally to distinguish them from the kid with developmental delay. Introducing the more moderen colleges like Upaveshana or the protecting measures like Karnavedhana withinside the shape of Samskara to result in refinement withinside the boom interest of the kid. Each Samskara make the kid to accumulate a brand new skills and is known as as Gunantaradhanam.

CONCLUSION

Samskara are rites finished with an goal of offering fine potentials in a person. The youth Samskara intention at making ready the child for added uterine lifestyles successfully, increase right feeding habits, make certain good enough nutrition, save you diseases, adapt to surroundings for in addition survival, supply individual identity and teach the kid. It looks after now no longer best bodily fitness however additionally prevents numerous psychosocial discrepancies, imparts better sanctity to lifestyles, for this reason making him a accountable teenagers of excellent person who proves to be an asset to the society. Samskara defined in Ayurvedic texts are primarily based totally at the numerous tiers of baby boom and trends and therefore offer a rational tenet toward his care at some stage in celebrating distinctive ceremonies from very idea to youth.

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