

SCIENTIFIC ASPECT OF SANSKARA, BALGRAH AND SUVARNA PRASHAN: AN
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Article Received on 21/03/2022

Article Revised on 11/04/2022

Article Accepted on 01/05/2022

ABSTRACT

Ayurveda described Kaumarbhrutya as branch that works around diseases of children and their pathological management. This branch helps to manage health issues related to the children and maintain growth and development in children. Ayurveda describes concepts of Sanskar as religious rites and ceremonies for sanctifying body and mind to make person devoted for his/her community. Ayurveda described total sixteen Sanskar or rites that are practiced from the birth of child, these Sanskars are performed from Vedic period and this practice imparts mental as well as spiritual ethics in children. Ayurveda described several practices related to the health restoration of children and "Swarnaprashana" is one of them. This practice improves intellect, metabolism, strength, complexion, immunity and life span, etc in children. Present article explores Ayurveda perspective on Sanskara, Balgrah and Suvarna Prashan and their impact on children.

KEYWORDS: Ayurveda, Sanskara, Balgrah, Suvarna Prashan.

INTRODUCTION

Ayurveda defines *Sanskara* as process that imparts positive change in *Dravya*, *Shareera*, *Mana* and in the *Aatma*. *Sanskara* are specific conduct mainly practices for children to acquire skill, fitness and new qualities, etc. Children become full-fledged member of the specific religious community with the help of *Sanskara*.^[1-3] The major sixteen types of *Sanskara* which practiced anciently are as follows

- *Garbhadhana Sanskar*
- *Punsavana Sanskar*
- *Simantonayana Sanskar*
- *Jaatkarma Sanskar*
- *Namkarana Sanskar*
- *Niskramana Sanskar*
- *Annaprashana Sanskar*
- *Chudakarana Sanskar*
- *Karnvedhana Sanskar*
- *Upanayana Sanskar*
- *Vedarambha Sanskar*
- *Samavartana Sanskar*
- *Vivah Sanskar*
- *Vanprastha Sanskar*
- *Sanyasa Sanskar*
- *Antyesthi Sanskar*

Sanskara start from conception and that after practices during childhood, young age and continued till death. *Sanskara* as ritual practice helps towards the growth and development process of body.^[3-6]

Importance of Sanskar

- Provides ways to examine the baby
- Gives energy after birth
- Boost immune responses and maintain haemostatic of body
- Provides way of neonatal care
- Connects body with mind and establish synchronization with nature
- Helps to establish spiritual connection with religion
- Stimulates glands and prevent respiratory infections
- Removes impurities, brings delightfulness, lightness and prosperity, etc.
- Gives courage, happiness and open up minute channels of body
- Provides mental strength to controls emotions, aggression, anger and grief
- Imparts social and moral behavior, provides way to respect elders

Balagraha

The *Graha rogas* described separately from other general disorders, these disorders affect large number of pediatric population. *Bala graha* caused by many known or unknown factors, some of them clearly mentioned in ancient *Vedas*. The literal meaning of term *Balagraha* is depicted in **Figure 1** which indicates *Grahas* as class of evil demons that affect children and causes many clinical features.

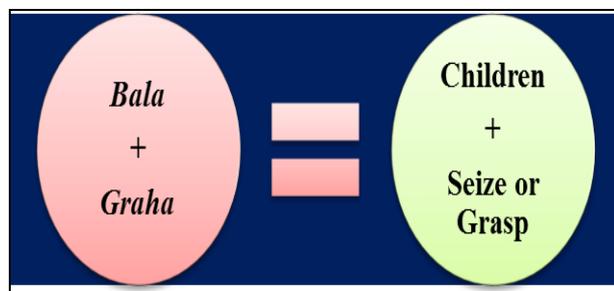


Figure 1: Literal meaning of term *Balagraha*.

These *Grahas* may come by super natural power, the disorders mainly caused by *Grahas* not due to the vitiation of *Doshas*. *Grahas* syndromes caused by demons and may be infectious may be like micro-organisms. The lack of hygiene and diminish state of immunity increase susceptibility of children towards *Bala grahas*. As per *Sushruta* *Grahas* enter into the body as like an image in a mirror or soul enters into the body. The violation of lifestyle rules and improper care of children increase their susceptibility towards the microorganism. Psychological aspect like misconduct with priest & saints, disobeying elders & teachers and roaming around inauspicious places, etc may also cause consequences of *Graha rogas*.

As per Ayurveda *Shuhci* and *Shuddhi* can helps to prevent and cure *Graha rogas*. The maintenance of absolute hygienic condition and boosting up immunity, etc. are major approaches to prevent and treat *Graha rogas*. *Abhyanga*, *Snana*, *Dhupana* and *Rasa aushadies*, etc. can also be used to improve general strength and immunity of children which resist prevalence of *Graha rogas*. *Sanskar* like; *Garbhadhana Sanskar*, *Annaprashana Sanskar* and *Karnvedhana Sanskar*, etc. also considered useful for proving strength and immunity thus give resistance power against *Graha rogas*. The good conduct of life, daily routine, healthy diet, spiritual conduct, good moral behavior and optimum social conduct need to be inculcating in children for avoiding prevalence of childhood diseases including *Graha rogas*.^[6-8]

Swarnprasan

Ayurveda described *Swarnaprashana* as process of administration of medicated gold to the children. *Swarna* improves intellect, metabolism, digestion, strength, complexion, immunity and life span, etc. *Swarnaprashana* in children gives *Lehana* and

Jatakarma Samskara as supplementary feeds for newborn care.^[9-11]

Ingredients of Swarnaprashana

- ❖ *Vacha*
- ❖ *Brahmi*
- ❖ *Shankhpushpi*
- ❖ *Sonth*
- ❖ *Honey*
- ❖ *Ghrit*
- ❖ *Swarn Bhasma*

Benefits of Swarnaprashana

- ✓ Increases immunity power and provides resistance against infections.
- ✓ Builds up strength physically as well as mentally.
- ✓ Regulates process of growth and development in children.
- ✓ Improves intellect, grasping power, memory and sharpness of mind, etc.
- ✓ It boosts digestive power and improves digestion.
- ✓ Reduces aggressiveness, irritability and mental disturbance.

CONCLUSION

As per Ayurveda *Sanskar* gives positive energy to the *Dravya*, *Shareera*, *Mana* and *Aatma*. *Sanskar* imparts skill, fitness and new qualities, etc. in children and helps to know about specific religious community. The major sixteen types of *Sanskar* which practiced anciently are; *Garbhadhana Sanskar*, *Punsavana Sanskar*, *Simantonayana Sanskar*, *Jaatkarma Sanskar*, *Namkarana Sanskar*, *Niskramana Sanskar*, *Annaprashana Sanskar*, *Chudakarana Sanskar*, *Karnvedhana Sanskar*, *Upanayana Sanskar*, *Vedarambha Sanskar*, *Samavartana Sanskar*, *Vivah Sanskar*, *Vanprastha Sanskar*, *Sanyasa Sanskar* and *Antyesthi Sanskar*. These *Sanskar* also helps to prevent consequences of *Graha rogas* which may arises due to the effects of *Graha*. As per Ayurveda *Shuhci* and *Shuddhi* can helps to prevent and cure *Graha rogas*. *Swarnprasan* is another important aspect of Ayurveda pediatric in which processed medicated gold administration to the children which improves intellect, metabolism, digestion, strength, complexion, immunity and life span, etc.

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