



Stanyapanayana and Annaprashan Sanskaraa in child – A Literary review.

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Abstract- The official golden rule is only, newborn should be, wholly on the breast milk for the first 6 months. after 6 months Stanyapanayana should start. It is the process of gradually taken of the child from only breast feed and to breast feed along with another solid and nutrient food items. There are Various types of ancient methods described by acharya for this process.16 types of sanskaras are mentioned by acharyas in Ayurvedic samhitas, For the proper growth and development of the child. Annaprashana is one of the important sanskara. Out of the sixteen described Sanskaraas, 8 are for children. This article is analyzing Stanyapanayana and Annaprashana Sanskaraas' in detail.

Keywords- Stanyapanayana, Annaprashana ,Sanskaraa

Introduction

Stanyaapanayana is the process where child should be gradually (Step by step) taken off from the breast feed and to be feed with the another semisolids ,solid and nutrient food items.Weaning plays an important role in determining the nutritional status of a child. Poor weaning practices affects growth and development of the child resulting in malnutrition.

It is well known that the period of two years from the birth of child i is the “critical window” for the promotion of optimal growth, health, and development of the child.

In Ayurveda literature, the word sanskara also introduced as ‘Sanskaraao hi Gunantaradhanam’ means qualitative improvement is carried out by incorporating the specific qualities.⁽¹⁾ 16 types of Sanskaraa's are explained in ayurvedic literature. Annaprashana is one of the important sanskara as it is a important part of proper growth of the child.

Childhood undernutrition remains a major health problem in society, so for the prevention of nutritional deficiencies and to promote growth and development of child, Stanyapanayana and Annaprashana sanskara discussed here.

MATERIALS AND METHODS

The material was collected from the classical Ayurvedic text, magazines and research journals. Modern literature were also collected from modern text and research journals.

Stanyaapanayana

As Acharya Vagbhata have stated ,when the tooth eruption of child occurs the child should be gradually taken off from the breast feed and to be feed with the another food items⁽²⁾ since mothers milk is not sufficient to meet the energy requirement of the child, it is necessary to provide the additional nutritional supplementation by the age of 6 month.

Acharya Vagbhata have mentioned some ancient methods, for the detachment of the child from the breast milk, these are-

1. Snehasanskrantya (attraction to the other things).
2. Beebhatsa Darshanam (horrible scenes).

3. Yaawakasekam (Applying laksharasa).
4. Kritrimakshata Darshana (showing artificial injury).

MODERN PROSPECTIVE-

Weaning- Gradual introduction of semi solid and solids in the baby's diet apart from the breast milk , to meet their growing demands ,usually at 4 to 6 months.⁽³⁾

When should the weaning starts⁽³⁾

Early weaning- weaning before 4 months is harmful due to the reduction in BM intake and higher risk of infection and allergies from the weaning foods.

Late weaning- weaning after 6 months affects the optimal growth of child.

Commonly used weaning foods⁽³⁾

1. Different types of fruit juices and soups.
2. Boiled and meshed vegetables like potatoes and carrots.
3. Meshed fruits such as banana, cheekoo.
4. Pulses and cereals combination like khichadi.
5. Nachani , ragi , suji, etc.

Principles of weaning⁽⁴⁾

1. Weaning should be started gradually.
2. Always starts with the one food item at the time and continue for at least for a week.
3. Never starts multiple food items at a time.
4. Gradually increase the quantity, consistency and frequency of the feed.
5. Try to feed with the plate and spoon, never use the bottle.

Annaprashana sanskara-

According to Acharya Kashyapa Phalarasa (fruit juices) prashana should be done at the age of 6 months, Different types of fruit juices can be given at this age and Annaprashana should started at 10 months of age.

Acharya Sushruta described Annaprashan in 6 months of age, should be start with laghu and hitkar ahara⁽⁵⁾

According to Acharya Kashyapa Annaprashana should be done on the auspicious day on prajapatyanakshtra, after prying the Gods and brahmanes.

Food is advised to be mixed with lavana, as lavana rasa enhances the appetite and removes strotorodha. Food should be given in the semisolid form for the better deglutition in the child.

One who knows desha, agni, strength and period, observes the child is hungry, should give food according congeniality with the gap of one or two period⁽⁶⁾

Acharya Kashyapa have mentioned some yogas for the nourishment of child :-

1. Aavleha prepared with the combination of old, husk free and well washed sashti tandul, mixed with sneha and salt.
2. The powder of wheat and barley can also be given.
3. Ushnaleha cooked with vidanga, lavana and ghruta is beneficial for the child having diarrhea, should be mixed with kodrava.
4. If the child is having predominance of pitta the constitution should be mix with mrudvika honey and ghruta,
5. In case of vata predominance an appreciable amount of matulunga rasa and lavana should be added.

Acharya Vagbhata have advised that solid food should be offered to the child gradually simultaneously with discontinuing breastmilk.⁽⁷⁾

Conclusion-

With the increasing age of the child the ability of exclusive breastfeeding is inadequate to meet the macro and micronutrient, hence Timely introduction of Weaning foods is necessary during infancy for the developmental and nutritional needs of children. Sanskara described in Ayurvedic literature are based on the various stages of children's

growth and developments and hence provide a rational guideline toward their care during childhood. Infants and young children are at higher risk of malnutrition. To prevent mortality and morbidity of infants and young children due to malnutrition and infectious diseases Annaprashana sanskara is described in Ayurvedic texts. It gives positive aspect towards physical, mental and social development of the infants. As age increases demand of breastfeed gradually decreases and mother's supply will also gradually decreases. Therefore it is the right time when weaning should be started. Annaprashana sanskara is not only a religious ceremony, but also draws attention of parents to start supplementary feed for the proper growth and development of children.

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