



UNDERSTANDING THE IMPORTANCE AND APPLICATION OF JATAKARMOTTARA ADHYAYA OF KASHYAPA SAMHITA

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ABSTRACT:

Kashyapa Samhita is one of the treatises of *Ayurveda*, the basic text for ayurvedic pediatrics. *Balrog* is one of the disciplines amongst *Ashtanga Ayurveda* which deals with the scientific approach for nutrition, growth of body of children during the period of lactation and thereafter upto the age of sixteen. *Jatakarmottara Adhyaya* is one of the chapters from *Khilasthana* which guides regarding the *Shishu Paricharya* in his early ages of life. Though they are described in the form of rituals, they carry a scientific importance and are applicable in this era too. **Aims and Objectives:** the study was undertaken to understand the significance of *Jatakarmottara Adhyaya* of *Khilasthana* of *Kashyapa Samhita*. The study was aimed to understand the application of the knowledge of *Jatakarmottara Adhyaya* with scientific view. **Material and Methods:** review of concept from print copies of Samhitas, text books, recently published original research articles regarding the concepts, published material regarding the study concepts, academic databases like Scopus, Web of science, and search engines like Google etc. **Observations and Results:** the *Jatakarmottara Adhyaya* is 12th *Adhyaya* of *Khilasthana* of *Kashyapa Samhita*. It contains twenty three verses which are in the form of advices or suggestions about the pediatric nurturing from the birth upto the one year completion of his life. The discussion is about doing pediatric nourishment and rituals at the same time. **Conclusion:** The *Adhyaya* is very useful to follow the pediatric growth and development during first year of his life. The author *Acharya Kashyapa* have detailed out the foods to be given at intervals of first year of life of children. The baby is also made to have some rituals in the form of *Sanskara* which will help the baby for nutrition and mental growth too.

Key words: *Kashyapa Samhita*, *Jatakarmottara Adhyaya*, *Balrog*, pediatrics

INTRODUCTION:

The *Kaumara Bhritya* is the branch of *Ayurveda* which deals with the sciences of growth and development, diseases and treatment of the children up to the age of adolescence. The pediatrics is the branch of medicine that deals with the care of the children and adolescents. *Acharya Kashyapa* is the pioneer and only one ancient authors of *Ayurveda Kaumarbhritya*, who wrote *Kashyapa Samhita* which is comprising of science of child growth, development, diseases and the treatment of children diseases in *Khilasthana* of *Kashyapa Samhita*,

Acharya Kashyapa elaborated growth and development of child in his postnatal period up to the completion of infancy. This is described in the form of rituals and the milestones have also been covered by the way of dictating the same. This period of life is most important for the child with regards to acclimatization, physical growth, some milestones like eruption of teeth, height and weight gain as per age and detection of abnormalities may be congenital or genetic. *Acharya Kashyapa* also has given the remedies useful for the normal growth and development of infant as per the milestones occurring in his life. *Acharya* also suggests some rituals which are to be done at the certain ages of infant which may seem to be scientific when we compare them to the modern medical approaches. The presented study is the review and understanding of *Jatakarmottara Adhyaya* from *Khilasthana* of *Kashyapa Samhita* for its significance regarding growth and development and remedies useful in today's era and for the scientific consideration of various rituals performed in the infancy.

AIMS AND OBJECTIVES:

1. To review and understand the concept of *Jatakarmottara* given by *Acharya Kashyapa* in *Jatakarmottara Adhyaya*.
2. To review and understand rituals said to be performed by *Acharya Kashyapa* in *Jatakarmottara Adhyaya*.
3. To understand the usefulness of various remedies suggested by *Acharya Kashyapa* in *Jatakarmottara Adhyaya* for growth and development of the infant.

MATERIALS AND METHODS:

1. Materials:

Granthas like *Kashyapa Samhita*, Previous works done on concepts under the study like text books, original research articles, oral presentations, theses and other published works.

Academic databases like PubMed, Scopus, Google Scholar, search engines like Google etc.

2. Methods: reviewing and understanding the concepts under study.

OVERVIEW:

In *Jatakarmottara Adhyaya*, *Acharya Kashyapa* described the upbringing of newborn up to completion of his first year. During the infancy period, *Acharya Kashyapa* explained the rearing of baby with both perspectives-rituals and nourishments. The milestones of ages are also considered carefully while prescribing the various regimes as per growing periods or months.

In the fourth month of baby¹: he is worn new clothes given the *Siddharthaka Ghritha* and first time brought out of home and brought in temple. After doing rituals of worship, he is brought back to home. By entering in home, he should be blessed with some *Vedic* verses.²

In sixth month³: having worshiped the Gods, a platform has to be created in the middle of the home and nearby that platform, the toys of different animals' shape and toys liked by females are placed and worshiped to earth. After performing rituals, the baby is bathed and worn new clothes and brought towards east and made to sit for some time. He is made to touch the foodstuff kept in front of him. The food which has been touched or eaten or pulled by him first, that is destined to him. Then he is brought to the other place and reared with the toys daily.

The baby is not made to sit for longer periods and not be kept in the same sitting position⁴. It will cause heaviness, weakness in lumbar region, *Prisshtha-bhanga*, *Shrama*, *Jwara*, obstruction and *Adhmana* due to Mala-

Mutra-Avarodha. It also causes *Nirghata* and *Angabheda*. Sitting for longer periods causes the diseases born by insects and other reptile animals.

In the sixth month only, the baby is fed with different fruit juices. After dentition, in tenth month, after worshipping the Gods various food stuffs are kept in the middle of the room. The baby is made to sit facing west and perform *Aahuti* in *Agni*. After giving *Aahuti*, some food is fed to baby and some water is given following food. After the period of infancy, he is given the food in low quantities⁵.

Linctus made up of *Shali*, *Shashti*, and some liquid and salt is given to baby for good health and growth. Even the wheat or *Jawar* can also be given if compatible⁶.

Hot linctus is being given to baby made of *Vidanga Lawana* and *Ghee* for health benefits. In *Atisara*, this linctus is added with *Kodrava*⁷. In *Pittadhikya*, baby is given *Mrudwika*, *Mahalunga Rasa* and *Lawana Bhojana*⁸.

Satmya (edible / compatible) diet is given to baby as per *Desha*, *Agni* and *Bala* of baby, considering proper *Kala*⁹.

MODERN VIEW:

Growth in infancy:

Different tissues grow at different rates¹⁰. Various patterns are derived when we study the growth pattern of different tissues during the pediatric life¹¹. The eruption of teeth also follows a common pattern. The lower incisors are erupted first commonly. The eruption of teeth starts from six to ten month of age. The developmental milestones are also common with respect to age in months.

Development¹¹: The newborn holds the neck in third month. In fifth month, baby start to roll over. In the sixth month, baby start to sit with its own support. Baby start to sit without support from eighth month. In ninth month, child stands with support. In 12th month baby creeps, stands without support. After 15th month, baby walks alone.

Up to the sixth month palmar grasp remains immature. Intermediate grasp is seen at 8th month. By the completion of 1 year, mature grasp is seen. At around sixth month, baby recognizes strangers. At the same timing, baby can speak monosyllables.

DISCUSSION AND CONCLUSION:

Acharya Kashyapa in *Jatakarmottara Adhyaya* of *Khilasthana*, described the rearing of baby from fourth month. The baby before the completion of fourth month is not brought out of the house. It may be for the protection of baby from environmental factors.

Acharya Kashyapa elaborates the making of toys in the sixth month. Various shapes of toys have been explained which means that the toys with different shapes are to be given for learning of recognition. .

After the completion of sixth month, various fruit juices and light diet is prescribed by *Acharya Kashyapa* which clearly indicates that from the sixth month baby has got the power to digest light meals, soups and juices. Up to the completion of twelve months, the diet may be increased in quantity and some heavy ingredients like *Shali*, *Jawar* can also be fed to baby.

From the above consideration, it can be concluded that, sixth month of the infancy, and onwards the baby has to be given some exercises in the form of toys. The feeding must be increased and light diet with gradually increasing quality and quantity can be started.

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