

## PUNSWAN SACRAMENT

Punswan Sacrament is the second sacrament.

This Sacrament is performed in 2nd or 3rd month of the pregnancy.

This Sacrament is important in three aspects.

- 1. The pregnancy should continue without any hinderance.**
- 2. The foetus (baby) should be safe in mother's womb.**
- 3. The husband should stay away from meeting his wife like a bachelor.**

Once a couple know that wife is expecting both should behave in a loving and friendly manner and stay away from sex. This will help the safety, health and complete development of the baby in mother's womb.

Swami Dayanand recommended that the husband should stay a celibate (bachelor) from the time it is known that his wife is pregnant till two months after the child is born. It is better for the health of husband and wife if they can stay a celibate till they are planning the next child. It is up to the couple how they would like to live their life. The semen of the husband will be rich in sperm count if he stays celibate for long time. This will help husband and wife to stay healthy as well.

The pregnant mother is also guided to eat healthy and nutritious food and how to live a healthy life style for example day to day behaviour, sleeping hours, speech, reading, thinking, prayer and meditation to Almighty God. She is supposed to follow these things till she gives birth to the child and thereafter as well so that the child develops in to a healthy, well cultured and talented individual.

Now let us try to understand the ceremony of Punswan Sacrament.

1. Havan Yajna (Agni Homa) - According to the Punswan Sacrament While performing Havan Yajna, in the middle of the ceremony, the husband should touch the left side front of chest of his wife where her heart resides. Husband should recite the Mantras, in a quiet place, as following.  
**ओ३म् आ ते गर्भो योनिमेतु पुमान् बाण इवेषुधिम् । मन्येऽहं मां तद्विद्वांसं माहं पौत्रमघं नियाम् ॥**  
The quite place offers the environment in which husband and wife can express their mutual love and trust in each other. The husband says, with the help of the Mantras, to his wife that he will protect her and the child with all his love and confidence and ability. He says to his wife that our child will grow to the full term of nine months and only then take birth in form of a healthy and well developed child. By reciting Mantras husband and wife take vows to live with self-control, love, co-operation and serve to each other.
2. Inhalation of powder of Banyan tree and Giloy leaves (Tinospora Cordifolia) – One should make a powder of delicate and tender leaves of Banyan tree and Giloy plant. The expecting mother should inhale this powder through her right side nostril. The Banyan tree leaves have lot of medicinal values for example it helps to resolve the clinical problems associated with a pregnant uterus, Diabetes, Eczema, Gum problems and pyorrhoea of teeth, bad breath and oral ulcers, Leucorrhoea, pimples and acne, bruises, Haemorrhoids, swelling, Lumbago and Rheumatism. Giloy is anti- inflammatory, anti-Diabetic, antipyretic (Fever), anti-arthritic, Diuretic and Detoxifying in nature. Gigolo also helps with digestion of food.
3. Husband recites Mantras while keeping his hand on the abdomen of his wife. By doing this act

the husband accepts that pregnancy is a very unique, priceless condition and it is his duty to protect his pregnant wife. Their child is going to be bright like Sun and Moon. He prays to the Almighty God to protect his pregnant wife and the child in every situation. The prayers to God will only work when both husband and wife also work hard towards the protection of pregnant wife and child.

4. In Charak and Sushrut Ayurvedic books there are some herbal drugs described as useful during pregnancy. Maharishi Dayanand Saraswati has advised these herbs on the basis of these books. But we strongly advise to expecting mothers to use these herbal medicines only on advice of a trained Ayurvedic Doctor (Vaidya). The present Allopathic system of Pre Natal and Ante Natal check-up of pregnant mothers is a very good system. This system checks the well-being of the mother and child on a regular basis and must be followed.
5. To say good bye to the guests invited for this Sacrament –  
This is a very important part of this Sacrament. One gets respect by offering respect to others. This type of congregation also teaches to all members of society how to behave with each other, mutual affection, service and cooperation and help to each other.
6. To eat nutritious and balanced diet and live a healthy life style -This has been mentioned earlier. To eat a balanced diet on time and to live a healthy life style is very important for a pregnant woman. Maharishi Dayanand Sarswati has recommended that a pregnant mother should drink milk mixed with Giloy powder, dry ginger powder and Brahmi (Bacopa Monnieri). Brahmi promotes comfort and reduces stress and protects against toxic compounds. The pregnant mother should avoid too much sleep, too loud speaking, not to speak untrue and to avoid eating too sour, spicy and hot food. She should eat small amounts of food at a time so that she can digest it properly. She should try to avoid being angry, jealous and greedy. She should try to stay happy as much as possible.

These are instructions given to the expecting mother by Maharishi Dayanand Saraswati in Punswan Sacrament. In order to get a well cultured, well-mannered and a healthy child it is very important to follow the advice given in Punswan Sacrament.