

## **SACRAMENT** **(SANSKAR 6)**

### **NEWLY BORN CHILD** **(JATAKARMA SANSKAR)**

This Sacrament is the one which binds the Sacraments performed prior to the birth of the child with the Sacrament performed after the birth of the child.

This is the fourth Sacrament and time to perform is the 10th month of the pregnancy when the pregnant mother is giving birth to her child.

The ideal full term pregnancy is 280 days. A child born at 280 days or after is known as a full term pregnancy and the child born is fully developed.

Now the reader will learn the way to perform this Sacrament.

1. Sprinkling the water- According to the temperature of local environment the husband of the pregnant woman sprinkles cold or warm water over the body of his wife who is in labour. He recites  
**“Om ejatu dashmasyo garbho jarayuna sah | yathayam vayurejati yatha samudra ejati | evayam dashmasyo asrajjarayuna sah ||” yajurved 8.28**  
and prays for the foetus (child) to come down the path of delivery, from Uterus to Vagina, smoothly along with the Placenta. Sprinkling of water act tries to calm his wife and helps her to cope with the labour pain. Presence of her husband next to her also helps her to cope with labour pain.
2. To cut the Umbilical cord- The Umbilical cord connects the Placenta in the womb of the mother to the navel of the foetus. This cord should be cut about eight fingers breadth away from the navel of the child after tying the cord with a strong string. One should cut the cord distal (below) the knot of the tied thread.
3. To write ‘**OM**’ on the tongue of the child- This Sacrament is carried out by a person who is aware and has knowledge of performing this Sacrament. This person may be the learned father or grandparents of the child or a priest who should recite the Mantras as written in this book. The father of the child writes ‘**OM**’ on the tongue of the newly born child with a small stick made of gold. He dips this gold stick in a mixture of honey and Ghee (clarified butter) and writes ‘**OM**’ with it. It is very important to make sure that this mixture has more honey and only little amount of Ghee in it. A mixture of Gold stick and plenty of honey and a little bit of Ghee acts as a medicine for the mouth of the child and keeps disease away. A mixture of equal amounts of honey and Ghee are harmful to the child.

By writing ‘**OM**’ on the tongue of the child the parents hope that their child will believe in existence of Almighty God as ‘**OM**’ is the best name of God. Ghee helps in stopping Epileptic fits, high fever, wind and acidity in the child. Honey

provides sweetness, increases the appetite of the child as well as helps in body building. Gold helps to increase intelligence, age and memory. The Gold stick should be of pure Gold. The father should not use his finger to write 'OM' on the tongue of the child. After writing 'OM' on the tongue of the child the father says "Vedo-asi" in the right ear of the child. This means your secret name is Veda.

The Vedas essentially mean four things- knowledge, thinking, authority and beneficial for mankind. Right at the beginning of life a child should be aware of knowledge, science, intelligence and belief in the power of Almighty God. **This is the aim of**

#### **performing this Sacrament.**

4. Labour Pain- It is usually seen and observed that a pregnant mother who has been active in her day to day life in the household usually delivers her child with out suffering too much labour pain. Pregnant women are working in forests usually give birth to their children while walking about. It is usually the pregnant mothers who live in urban cities suffer more labour pain and discomfort during their deliveries. Some of these mothers need Caesarian sections for delivery of their children. This is due to lack of exercise.

This is why it is recommended that a pregnant woman should stay active and continue with her normal physical routine including household work as much as possible so that she delivers her baby easily.

5. To smell the head of the child- It is quite alright for parents to smell the head of their child to show their affection and to bless the child. The father smells the head of the child and blesses the child for a long and healthy life. This Vedic culture was well established in the period of Ramayan and Mahabharat when children used to bow their heads and touch the feet of their parents and elders. The parents and elders used to bless the children by smelling their heads or putting their hands on the heads of these children.

Kissing the children cheeks or lips is not in Vedic culture. By kissing children the parents and elders can pass on their bacteria/viruses to children.

6. Breast feeding- The pregnant mother has readymade milk in her breasts for her child. By feeding her breast milk to her child she shows her affection to her child as well as nourishes her/him. This is a wonder of Almighty God. According to the Ayurvedic

books and Vedic culture the mother's milk is the best nourishment for the child and mothers should breast feed their newly born children. This is a birth right of a child. A mother's milk is full of antibodies which protect the child from various diseases.

7. A pot full of water- One should keep a reasonable size pot of water or a bucket full of water near the head side of the mother's bed in her room. This provides the necessary humidity for the mother and the child and also dissolves any harmful gases in the air. Household members should always make sure that there is

enough water in the pot. The water pot near the head of the mother also keeps her head and mind cool and healthy.

8. Oblation of Mustard seed- It is recommended to perform Havan in the morning and evening for at least ten days in the house where mother and newly born child are living. Yellow mustard seeds should be offered in Havan as oblation. In Ayurved the Mustard seed is described as good medicine for Eczema type skin diseases and to get rid of phlegm from the head region of the human body. This is why there is provision to offer mustard seed mixed with cooked rice as oblation in Havan Kund. The smell and smoke arising out of Havan Kund and breathed by the mother helps to keep her healthy. According to Ayurvedic books a Diya of Mustard oil /Castor oil can also be lit for about ten days in the house of mother and the child.

In this way by performing this Sacrament we wish for an intelligent, healthy and cultured child with a long life span. This Sacrament also purifies the household of the mother and newly born child.