

Importance of Sanskars in Our Life

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Introduction - 'Sanskar' word is derived from सम् + कृ + धन्, which means to do good, to purify, to beautify by avoiding our evils in life. To increase the value of moral values in our life is known as Sanskars.

Life is based on our physical as well as mental activities. India is known for the 'Sanskars' which are described in Vedas.

In 'Vyas Smriti' 16 Sanskars are described. These are as follows :

1) गर्भाधान, 2) पुंसवन, 3) सीमान्तोन्नयन, 4) जातकर्म, 5) नामकरण, 6) निष्क्रमण, 7) अन्नप्रा-रु39यान, 8) चूडाकर्म, 9) कर्मविध, 10) उपनयन, 11) वेदारम्भ, 12) के-रु39यान्त, 13) समावर्तन, 14) विवाह, 15) विवाहाग्निगृहण, 16) अग्निहोत्रगृहण ¹

The question arises what is the importance of Sanskars in our life. It is often said that spiritual lie education or the needs for spiritual values starts at old age. We say that when we get retired we will start reading religions books life the Gita, the Ramayan, the Mahabharat, The Bhagwat Puranas etc. This is a false myth because the need for spiritual education starts at an early age. The Sanskars become a part of our life if we are aware to give value based education since childhood.

So we can say that moral education, which includes the Sanskars starts with an early age.

The aim of religion is for humanity. The religious books include the stories of great ideals like Rama, Krishna and other such great avatars. The aim of all these books is to create a peaceful world, full of great Sanskars. The main motto of Indian philosophy is to love everyone in the Earth.

'सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः

सर्वे भद्राणि पश्यन्तु माकष्टिद् दुःख भागभवेत्॥'

The importance of 'Sanskars' can be easily seen in the society. The impact of 'Satya' or the 'Truth' and Ahimsa or Non violence in life was depicted by Mahatma Gandhi. 'Truth', Non violence, love for humanity, Brotherhood, Peace of humanity, Love for our motherland are the Sanskars that can be seen in the life of great people. The question arises how these moral values are inculcated in a person's life. One is from the family and second is from the society. The family is the first school of child which educates him to be a

good citizen. When he goes out in the society he earns some values from the society. Society also teaches him. Our country is famous for spiritual and moral values. We live in a country where our mother and motherland are given the utmost importance.

'अपि स्वर्णमयी लंका न मे लक्ष्मण रोचते
जननी जन्मभूमिश्च स्वर्गादपि गरीयसी।'²

Ram says to Lakshman that for him the golden Lanka is not as lovable as my mother or my motherland.

The Achar Vichar or the ethics of our lives depends on how we inculcate Sanskar in our children.

"Religion and culture" are taken in a very narrow scope. Religion is not for a person but it is for the welfare of the "human being". Religion is not only to follow a thinking but to accept it as a part of life. In Manusamhita the religion or the Dharma is described as :

'धृतिः क्षमादयोस्तेयं -रु39योचमिन्द्रियनिग्रहः
धीर्विद्या सत्यमक्रोधो दशकं धर्मलक्षणम्॥'³

This means that patience, to be with clam and controlled behavior, not to be influenced in robbery to have mental purity, truth and absence of anger are the indications of being religious.

Sanskars (Meaning) : Sanskar means to purify our external as well as our internal life. There are same ambiguity related to the number of Sanskars. GautamSmriti shows 48 Sanskars. According to Puran there are 16 Sanskars. Maharshi Vyas has depicted 16 Sanskars : -

1) गर्भाधान, 2) पुंसवन, 3) सीमान्तोन्नयन, 4) जातकर्म, 5) नामकरण, 6) निष्क्रमण, 7) अन्नप्रा-रु39यान, 8) चूणाकरण, 9) कर्मविध, 10) व्रतदे-रु39या (उपनयन), 11) वेदारम्भ, 12) के-रु39यान्त, 13) समावर्तन, 14) विवाह, 15) विवाहाग्निपरिग्रह, 16) त्रेताग्निसंग्रह

1. The Importance of Garbhadhan Sanskar during the Garbhadhan the effect of mantras and the prayer can be seen in the child that were become a good citizen.

2. Punsavan Sanskar : In our country the wish to get – a son this Sanskar is performed.

'पुत्राप्नो नरकात् त्रायते इति पुत्रः।'

अर्थात् पुम नामक नरक से त्राण (रक्षा) करता है, उसे पुत्र कहा जाता है।⁴

3. Seemantonnyan Sanskar : To protect the abdominal infant from any injury and to inculcate

good virtues in the infant, after four months he is able to learn indirectly through his parents.

Therefore parents are advised to give the infant a proper atmosphere and good healthy food to the mother.

4. **Jat Karm Sanskar** : During the birth of the newborn baby, this Sanskar is done. Here with a good needle, ghee and honey are placed on the tongue to increase the intelligence of the child.

5. **Naamkaran Sanskar** : After 10 or eleven days or after one year Naamkaran is done or the name of the child is declared.

6. **Nishakraman Sanskar** : This is done in fourth or sixth month of the child, the sun and the moon are worshipped and shown to the child. This darshan of the sun and the moon is considered good for the child.

7. **Annprashan Sanskar** : When the child is 6-7 months old, to strengthen his digestive system with a silver spoon some sweet is given to the child.

8. **Chudakaran Sanskar** : To increase the wisdom power in the child, the fifth or seventh year child, choti is kept on his centre of the head for the safety of his head.

9. **Karna Vedhan** : When the child is six months or till 16 years age, ears are pierced to get the effect of sunlight.

10. **Upnayan Sanskar** : To get the higher education Vidhivat yagyopavit dharan (यतोपवीतधारण) for the Veda studies or the Gayatri Jap.

11. **Vedarambh Sanskar** : After Uphayan a child gets the right for Veda Adhyayan.

विद्यया लुप्यते पापं विद्ययाऽऽयुः प्रवर्धते⁵

12. **Keshant Sanskar (Godaan)** : After completing his

Vedaadhyayan shaving kriya is done which is also known as Shamashru Sanskar (मश्रुसंस्कार)

केषानाम् अन्तः समीपस्थितः – मश्रुमाग इति

व्युत्पत्त्या केषान्तषब्देन मश्रुसंस्कार एव

13. **Samavartan (समावर्तन)** : After completing education returns to his home it is known as Samavartan, after that he is ready for marriage and to start a happy family life.

14. **Vivah Sanskar (विवाह संस्कार)** : The aim of marriage is to get a son for the welfare of our ancestors. In India marriage is not for one Janam it is for ages.

15. **Vivahagni parigrah (विवाहग्निपरिग्रह)** : Agni which is the witness of the marriage is considered pure is kept in home and yagya is performed every day.

16. **Antim Sanskar (अंतिम संस्कार)** : After the death of a person the dead body is kept on the floor after purifies it by gobar and the pure Gangajal, By Vedikmantras Antim Kriya is done in our country.

So these are the 16 Sanskars necessary for not only external but internal purification to become a good citizen. Thus the Sanskars are necessary for everyone.

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