



ISSN 2456-3110

Vol 1 · Issue 2

July-Aug 2016

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS



Charaka
Publications

Indexed

Influence of Parent's Lifestyle in Children Behaviour – An Ayurveda Perspective

Sujata P. Dhoke, Hitesh A.Vyas¹, Mahesh K. Vyas², Mohankrishna Dwivedi³, Mithilesh Kumar Sah⁴
 PhD. Scholar, ¹Associate Professor, ²Professor & HOD, Dept. of Basic Principles, IPGT & RA, Jamnagar, Gujarat, India.
³Lecture, Dept. of RS & BK, P. A. M. College Hospital and Research Center, Lucknow, ⁴Lecture, Dept. of Sharira Kriya, National Ayurveda Research and Training Center, Kirtipur, Kathmandu, Nepal.

ABSTRACT

Role of parents is very crucial as children adopt the behavior and lifestyle which are followed by their parents in pediatrics population. In pediatric age group the world of children is only their parents, so if parents have no time for them, they feel lonely and anxious. Also parents over expectation, careless nature towards their child are the causes of psychological disorders in pediatric age group. Aim - To establish the relationship between parent's behaviour and children psychology. Material and Methods - Literature review of psychology of children from classics by considering its different aspects, scholarly articles and information on internet has been referred thoroughly. Discussion and Conclusion - Overburden of parents expectation, loneliness, parents unhealthy relationship are responsible for increasing stress which leads to persistence of disease of pediatric age. Whatever the etiological factors including the genetic predisposition and course of disease pathology, the physical, mental, social and spiritual well-being of the parents, proper nutrition of the mother during pregnancy and after birth of child and practice of a wholesome regimen, play a prime role in achieving a healthy offspring. All the protocol mentioned in classics are very cost effective and easy to administer even in today's life style, and therefore have very crucial role to prevent the psychological diseases in pediatric age group.

Key words: Mental diseases, parents behaviour, paediatric age groups, psychology.

INTRODUCTION

In pediatric population, it is evident that children adopt the food habits and lifestyle pattern which are followed by their parents. Parents are the world of children in Pediatric age group, so if parents have less time for them, they feel loneliness, insecure and

anxious. Also Parents over anticipation, slipshod nature towards their child are the main causes of psychological disorders in pediatric age group.

Behaviour genetics studies have also made substantial contributions to our understanding of the factors that underlie the variation among children in their intellectual and personality characteristics. Studies of twins and adopted children have shown beyond reasonable doubt that a wide range of children's attributes are influenced substantially by the genes they inherit from their biological parents and when genetic factors are strong, this does not mean that environmental ones, including parenting must be weak. The relation between the two is not a zero-sum game, and the additive assumption is untenable.

A crucially important contribution of behaviour genetics has been to draw our attention to the unlikeness of siblings. While we may have been

Address for correspondence:

Vd. Sujata P. Dhoke
 PhD. Scholar, Dept. of Basic Principles, IPGT & RA, Gujarat Ayurved University, Jamnagar-3610088, India.
 E-mail: sujubasic@gmail.com

Submission Date : 13/08/2016 Accepted Date: 28/08/2016

Access this article online



Website: www.jaims.in

DOI: 10.21760/jaims.v1i2.3666

marginally aware of sibling disparities, the traditional studies of childhood socialization included only one child per family, and there was an implicit assumption that parents treated their various children much alike and that the effects of what they did would be similar.^[1]

The unlikeness of siblings continues to be something we do not fully understand. It has been interpreted to mean that aspects of environment which siblings share;

1. Amount of inter-parental conflict.
2. Good or poor neighbourhoods.
3. Poverty or affluence.
4. Level of parental education or the "cultural" level of the home environment.
5. Household organization or disorganization.
6. The amount of good humour characterizing the family atmosphere.

All these things must have very little influence on children's development. This interpretation flies in the face of the large body of research on risk factors, which repeatedly finds strong relationships between these aspects of family functioning and children's outcomes. There are strong mental factors pushing siblings toward differentiation from one another, including perhaps competition for parental attention or other resources, 'niche picking,' counter identification and differential perceptions of the sibling relationship on the part of the participants in it. Such factors could function as counter forces, working against parental inputs that might otherwise make siblings more alike. But this is speculation. Much remains to be learned about this complex matter. Many factors other than parent's actions influence how children grow and develop.

As children grow beyond the preschool years, they are exposed more and more to other adult socialization agents like teachers, coaches and of course friends and larger peer groups. Within the matrix of factors that affect children's development, it is clear that parenting effects are real, though they often combine

with genetic effects in influencing an outcome. The effort to partition the causal factors influencing children's development into two separate 'nature' and 'nurture' components, and that we withdraw from asking ourselves which is more important. The two are inextricably interwoven all along the pathway from birth to maturity.

In Ayurveda Science

Acharya Vagbhata has mentioned seven types of *Manasa Prakriti*. Just like *Sharira Prakriti* which formed from the *Tridosha*, even from the *Triguna* such as *Sattva* etc., The seven constitutions are; three from the predominance of each *Guna* separately (*Sattvika*, *Rajasa* and *Tamasa*), three from the combination of any two *Guna* (*Sattva* and *Rajas*; *Sattva* and *Tamas*; *Rajas* and *Tamas*) and one from the combination of all three properties in equal proportions. Further he also added there are many types by different combination of less or more degrees of the qualities like *Sattva* and others.^[2] The predominance of *Rajas* and *Tamas Guna* causes many psychological disorders in children. So there is necessity of healthy and positive atmosphere which creates more increase in *Satva Guna* to children for healthy childhood.

Manasika Prakriti

Regarding the *Prakriti*, there are two aspects;

- a. Physical
- b. Mental.

In *Samhita* period, Acharya Charaka, Acharya Sushruta and Acharya Kashyapa have mentioned the types and symptoms of *Manasika Prakriti* on the bases of the three *Guna* (*Mahaguna*) i.e. *Sattva*, *Rajas* and *Tamas*. Among these three, *Rajas* and *Tamas* are considered as *Manas Dosha*^[3] (like *Vata*, *Pitta* and *Kapha* are *Sharira Dosha*) because they spoil the *Manas* while *Sattva* is virtuous it is not regard as *Raja* and *Tama*.

In paediatric age group, Parents play very crucial role. Their behaviour towards children is very important for growth and development for them. The integrating

personality that develops from the interaction of *Ahamkara* and environment is ego; which it takes share from the mother ego. Before initiation a child may follow its inclination in behaviour, speech and eating.^[4] The child is the worse who is no bringer of renown. The parents especially the father is responsible for the crimes of the child. Unseasonable chatter below 5 years has no roots; from 5-7 years when under the tuition of father if innocently done no root in him; but when sinful it has root in the father; from 8-15 year even if one is innocent during ritual the person is at sin, for it shows in –attention by improper talking. Thus for man and woman until 15 years of age there is no committal of the sin of running about uncovered and the sin of unseasonable chatter arises only after 15 years of age.^[5] If parents have no time for their homework, play and their query the children going in frustration easily this creates many mental problems.

Effect of diet and regimen of parents on the child

The ancient sages of Ayurveda have explained the role of parents in development of the child in a great detail. And it starts much before the birth of the child and even the conception. The physical, mental, social and spiritual well-being of the parents, proper nutrition of the mother during pregnancy and after birth of child, and practice of a wholesome regimen, play a prime role in achieving a healthy offspring. It is told very clearly that whatever diet and regimen the parent adopts, the child will develop the same qualities.^[6] Even the mental faculty of the child is influenced by the mental faculty of parents.^[7]

Viruddha Ahara is an important aspect of today's improper dietary habits. This can lead to several diseases; therefore, it is important to avoid such incompatibility of food to maintain healthy life. *Viruddh Ahara* (incompatible food) is one of the potent causative factors for several diseases not only to the consumer but also to the future generation. Defective progeny is one of the complications mentioned due to the effect of unwholesome dietary habits.^[8] During the pregnancy month wise regimen is described in Ayurveda in order to achieve normal

delivery and excellent healthy progeny. Use of alcohol and fish is told as absolutely contraindicated and it is proved that maternal alcohol ingestion in pregnancy may have deleterious effects on the CNS and other organs of the developing embryo and foetus, depending on the dose, duration and developmental stage of the embryo at exposure.^[9] Some large long-lived fish contain high levels of methyl mercury that may harm an unborn baby's developing nervous system.^[10]

Parents role during infancy and later stages of life

The early stages of life are crucial phase of development; it is the time when child learns the basics of his/her life which act as foundation of his/her future life. The role of parents and surroundings play an important role to shape the physical and psychological status of child. Construction of specific play house for the child which should be pleasant for all seasons, have enough space, should have various toys for entertainment etc. is well described in Ayurveda.^[11] Always parents or an affectionate taker care should be available in this place to protect and fulfil the demands of the child. The child should never be frightened by the name of demons, animals or such ugly frightening imaginary characters.^[12] This may have a long term negative impact even in later stages of life in the psychology of the person. The people who come to see the child should be close and well-wisher of the family. Child should never be in the company of wrong people. It is told that the proper care by the parents is essential from the stage of childhood up to the young age, till he/she becomes well versed in managing the life's need and indulges in fulfilment of *Dharma, Artha* etc. which are the fundamental aims of life.^[13]

Ideal ethics for healthy living for children

In Ayurveda, the word *Kumaragara* is used for children rooms. In ancient time, *Kumaragara* was prepared for the care of a child after the birth till the age of 16 years as evident from the word *Kumara-a* child up to 16 years of age.

Ayurveda classics mentioned the detail about construction of *kumaragara*.^[14]

1. Be constructed with the advice of expert architect.
2. Be praiseworthy or auspicious, pleasing or delightful, well lighted with sunrays, sheltered from the wind, having air entry from one end or place, strong enough; having measures to prevent entry of noxious animal, mosquitoes, insects and rat.
3. Be well planned divided into water place, *Ulukhala*, urinal-latrine place, bathroom and kitchen.
4. Have pleasant environment as per season.
5. Have comfortable cot, sitting place and bedding.
6. Be treated very well with *Raksha Vidhana, Bali, Mangal, Homa* and *Prayaschita*.
7. Be equipped with auspicious, old *Vaidya* and well wishers or affectionate persons.

CONCLUSION

Proper physical and psychological preparation of the parents is an essential prerequisite for achieving the healthy progeny. Healthy lifestyle of the parents and proper care by them to the growing child is an essential aspect of child's psychological. Ayurveda has dealt in great details about the role of parents and their duties for achieving healthy child and thus structuring the healthy family, society and nation.

REFERENCES

1. Annu. Rev. Psychol. 2000;51:1-27. Downloaded from www.annualreviews.org Access provided by 14.139.122.194 on 06/29/16.
2. Jyotirmitra. Ashtanga Samgraha of Vagbhata with the Shashilekha Commentary by Indu, Sha.8/19-20 Reprint edited, Chaukhamba Surbharati Prakashana, Varanasi, 2012:330.
3. Y.T. Acharya. Charaka Samhita, reprint ed., Sutrasthana, Chapter 1, Sutra 56, Chakrapani Commentary, Chaukhamba Orientalia, Varanasi, 2007:15.
4. Secrete Loss of Aryas, Gautam Adhyaya 21(s,b,i.part-2)
5. Pahalavi Tects (s,b,i.part-24)
6. Y.T. Acharya, Narayana Ram Acharya, Kavyatirtha. Sushruta Samhita, reprint ed., Sharirasthana, Chapter 2, Sutra 46, Chaukhamba Surabharati Prakashana, Varanasi, 2008:349.
7. Y.T. Acharya, Charaka Samhita, reprint ed., Sharirasthana, Chapter 8, Sutra 16, Chakrapani Commentary, Chaukhamba Orientalia, Varanasi, 2007:342.
8. Y.T. Acharya, Charaka Samhita, reprint ed., Sharirasthana, Chapter 26, Sutra 103, Chakrapani Commentary Chaukhamba Orientalia, Varanasi, 2007:151.
9. Asher Ornoy, Zivanit Ergaz. Alcohol Abuse in Pregnant Women: Effects on the Fetus and Newborn, Mode of Action and Maternal Treatment, Int. J. Environ. Res. Public Health, 7, 364-379; doi: 10.3390/ijerph7020364, 2010:364-79.
10. Kamini Dhiman, Abhimanayu Kumar, K. S. Dhiman. Shad Garbhakara Bhavas vis-a-vis congenital and genetic disorders, Ayu. Apr-Jun; 31(2):2010:175-184. doi: 10.4103/0974-8520.72384 PMID: PMC3215361.
11. Y.T. Acharya. Charaka Samhita, reprint ed., Sharirasthana, Chapter 8, Sutra 59-63, Chakrapani Commentary, Chaukhamba Orientalia, Varanasi, 2007:351-52.
12. Y.T. Acharya. Charaka Samhita, reprint ed., Sharirasthana, Chapter 8, Sutra 64, Chakrapani Commentary, Chaukhamba Orientalia, Varanasi, 2007:351.
13. Y.T. Acharya. Charaka Samhita, reprint ed., Sharirasthana, Chapter 8, Sutra 66, Chakrapani Commentary, Chaukhamba Orientalia, Varanasi, 2007:352.
14. B.M.Singh. Text book of Balroga Kaumarbhritya Part-I, Chaukhamba Orientalia, Varanasi, 2006:161.

How to cite this article: SP Dhoke, HA Vyas, MK Vyas, MK Dwivedi, MK Sah. Influence of parent's lifestyle in children behaviour – An Ayurveda Perspective. J Ayurveda Integr Med Sci 2016;2:55-58.

<http://dx.doi.org/10.21760/jaims.v1i2.3666>

Source of Support: Nil, **Conflict of Interest:** None declared.