

# जातकर्मसंस्कार

## *Jātakarma Saṁskāra* (The Birth Ceremony)

The *Jātakarma Saṁskāra* (ceremony) is performed just after the birth of the child. Before the birth, three ceremonies are performed. The Birth Ceremony is the fourth

This part of the ceremony is short, the rest is for the father and the family and that is the choice of the family.

### *Jātakarma Saṁskāra:*

Practical part with mantras and meaning.  
Cleansing/washing of the mother in the labour-room:—

At the time of delivery, sprinkle water over the body of the mother chanting the following mantra:—

ओं एजतु दशमास्या गर्भो जरायणा सह।

यथायं वायुरेजति यथा समद्रऽएजति।

एवायं दशमास्याऽअस्त्रज्जरायणा सह॥२८॥

*Aum Ejatu daśamāsyō garbho jarāyuṇā saha.*

*Yathāyam vāyurejati yathā samudra'ejati.*

*Evāyaṁ daśamāsyō' asrajjarāyuṇā saha.* Yaj. 8, 28.

May the foetus of the tenth month stir with its membrane-cover just as this wind moves, just as the sea moves. And may this foetus of the tenth month be born safe and sound with the membrane cover.

Sprinkle water again with the following mantra:—

ओम् अवैतु पृश्निशेवलः शुने जराय्वत्तवे ।

नैव मांसेन पीवरीं न कस्मिंश्चनायतनमव जरायु पद्यताम् ॥

*Om Avaitu pṛśniśevalam śune jarāyvattave; Naiva mān'sena peevarīm na kasminścanāyatanamava jarāyu padyatām.* – P.G.S.1/16/2.

O lady capable of giving birth! By the grace of God may the amniotic sac which has many forms and which is a strong protective cover come out safely and wholly! May God protect the pregnant woman! May the gestation sac fall off without hurting any part of the mother's womb! Sprinkle water again.

ओम् कुमारं जातं पुराऽन्धैरालम्भात् सर्पिर्मधुनी हिरण्यनिकाषं हिरण्येन प्राशयेत् ॥

*Om Kumāram jātam purā'nyairālbhāt sarpirmadhuni hirānyanikāṣam hirānyena prāśayet.* – A.G.S. 1/15/1.

When the baby has been delivered, first of all the midwife and other ladies should remove the amniotic sac from the body of the baby and clean its mouth, nose, ears and eyes etc. Clean the baby's body with a soft towel and then tie the navel cord at a point about nine inches from its root and cut it carefully. Then, the baby should be given a wash with lukewarm water and after cleaning of its body with a soft towel, the baby should be clothed in clean and comfortable clothes.

Thereafter, the father should arrange for a Havan outside the room where the baby was born.

### **General Part:**

Start the Havan and follow the normal procedure upto the four *Āghārāvājyabhāga Āhutis* followed by four *Vyāhṛti Āhutis*,—all told eight *Āhutis*.

### **Special Part:**

*Ajyāhutis*:- With the following *mantrās* give another two special *Āhutis* with ghee.

ओं यातिरश्ची निपद्यते अहं विधरणी इति। तां त्वा घृतस्य धारया यजे  
संराधनीमहम्। संराधिन्यै देव्यै देष्ट्र्यै स्वाहा ॥ इदं संराधिन्यै इदन्न मम ॥

*Om Yātiraścī nipadyate aham vidharaṇī iti; Tām tvā  
ghṛtasya dhārayā yaje samrāadhanīmaham; Samrādhinyai  
devyai deṣṭryai svāhā. Idam Samrdhinyai idamna mama. –*

Mantra Br. 1/5/6, G.G.S.2/7/15

O lady! I, your husband know pretty well that you are my unfailing companion and that you are the custodian of our family. May I make you happy by providing you with all the needs and always give you respect just like offerings of ghee poured in plenty in the yajna fire! O lady skilled in domestic affairs! May you always provide us with desired objects! May this offering be fruitful for her, who is virtuous, a real divine soul.

ओं विपश्चित् पुच्छमभरत् तद्भाता पुनराहरत्।

परेहि त्वं विपश्चित् पुमानयं जनिष्यतेऽसौ नाम स्वाहा ॥ इदं धात्रे इदन्न मम ॥

*Om Vipaścīt pucchamabharat taddhātā punarāharat;  
Parehi tvam vipaścīt pumānayaṃ janiṣyate'sau nāma  
svāhā. Idam Dhātre Idamna Mama. –Mantra Br. 1/5/7,  
G.G.S.2/7/16.*

The learned men admire the progeny to be an honour for the family. God the Sustainer of the universe also praises the children as admirable for the family. O learned and virtuous men! Visit us delightfully and preach and advise us so that my husband who is admired for his virility may procreate admirable children!

***Pūrṇāhuti:-***

Now offer three ahutis to complete the Havan with the following— repeat thrice:—

ओं सर्व वै पूर्णस्वाहा।

*Aum Sarvamvai pūrṇam svāhā.*

## *After the completion of the Havan*

Thereafter, the father should mix ghee and honey in appropriate quantity, then take a *Śalāka*, i.e., a thin long piece of gold, dip it in honey and write Om on the baby's tongue.

After this, say "वेदोऽसि"-“you are Veda”—first in the right ear and then in the left.

Then the baby has to be given a feed of honey mixed with ghee. This has to be done seven times with a golden *Śalāka*, with the following mantras:—

१. ओं प्र ते ददामि मधुनो घृतस्य वेदं सवित्रा प्रसूतं मघोनाम् ।

आयुष्मान् गुप्तो देवताभिः शतं जीव शरदो लोके अस्मिन् ॥ १ ॥

*Om Pra te dadāmi madhuno ghṛtasya vedam savitrā prasūtam maghonām; Yuṣmān gupto devatābhiḥ śatam jīva śarado loke asmin. - A.G.S.1/15/1.*

O my child! I am giving you a mixture of ghee and honey. I know well the properties of ghee and honey which God has produced just as He has given birth to the universe! May you be blessed by the learned and in their protection may you live and grow in this world for a hundred years!

२. ओं मेधां ते मित्रावरुणौ मेधामग्निदधातु ते ।

मेधां ते अश्विनौ देवावाधत्तां पुष्करस्त्रजौ ॥ १ ॥

*Om Medhām te mitrāvaruṇau medhām-agnirdadhātu te; Medhām te aśvinau devāvādhattām puṣkarasrajau.*

*Go. 2,7,21*

Here is a blessing and a prayer for the child: May the Lord distil the virtues of the earth and the ocean to give you, dear baby, the sharpness of intellect and deep wisdom of the mind! May Lord Agni give you the vision to go forward! May the power of cosmic dynamics give you intellectual insight! May the powers of Mother Nature give you the beauty and fragrance of the mind.

३. ओं भूस्त्वयि दधामि ॥ ३ ॥

*Om Bhūstvayi dadhāmi.*

४. ओं भुवस्त्वयि दधामि ॥ ४ ॥

*Om Bhuvastvayi dadhāmi.*

५. ओं स्वस्त्वयि दधामि ॥ ५ ॥

*Om Svastvayi dadhāmi.*

६. ओं भूर्भुवः स्वस्सर्वं त्वयि दधामि ॥ ६ ॥

*Om Bhūrbhuvah svassarvam tvayi dadhāmi. - P.G.S. 1/16/8.*

O my child! May you have faith in God who is *Bhūh*, the giver of life; *bhuvah*, the remover of suffering, and *svah*, the source of real happiness! May you attain the three worlds through right knowledge!

७. ओं सदसस्पतिमद्भुतं प्रियमिन्द्रस्य काम्यम् ।

सनिं मेधामयासिषः स्वाहा ॥ ७ ॥

*Om Sadasaspatimadbhutam priyamindrasya kāmyam;*

*Sanim medhāmayāsiṣam svāhā. – Yaju. 32/13, G.G.S. 2/7/21.*

May the baby be blessed with the wisdom of discrimination by God, who is wonderful and the friend of the soul; the Lord of all assembled masses of the universe!

***Nine mantras to be chanted into both the ears of the baby:***

First into the right ear:

१. ओं मेधां ते देवः सविता मेधां देवी सरस्वती ।

मेधां ते अश्विनौ देवावाधत्तां पुष्करस्त्रजौ ॥ १ ॥

*Om Medhām te devaḥ savitā medhām devī sarasvatī;*

*Medhām te aśvinau devāvādhattām puṣkarasrajau.*

A.G.S.1/15/2.

O my child! May God the Divine Inspirer bless you with firm wisdom! May God, the Omniscient, bless you with steady wisdom! May the sun and the moon or the male and female principles which bring in the beauty and grace of culture bless you!

२. ओम् अग्निरायुष्मान्त्स वनस्पतिभिरायुष्माँस्तेन

त्वाऽऽयुषाऽऽयुष्मन्तं करोमि ॥ २ ॥

*Om Agnerāyushmāntsa vanaspatibhir-āyushmānstena*

*Tvā'yushā'yushmantam karomi.*

O my child! *Agni* (Sun) gives life. It gives life and you get this life and energy through the lord of greenery. I bless you to get that long life from the light of sun.

३. ओं सोम आयुष्मान्त्स ओषधीभिरायुष्माँस्तेन

त्वाऽऽयुषाऽऽयुष्मन्तं करोमि ॥ ३ ॥

*Om Soma āyushmāntsa oṣadhībhirāyushmānstena*

*Tvā'yushā'yushmantam karomi.*

O my child! The *Soma* (moon) gives life. It gives life and energy when it fills the medicinal plants with the curative elements through its cool rays of light. I bless you to get that long life from the life of the moon.

४. ओं ब्रह्मऽऽयुष्मत् तद् ब्राह्मणैरायुष्मत् तेन

त्वाऽऽयुषाऽऽयुष्मन्तं करोमि॥ ४॥

*Om Brahma''āyusmat tad brāhmaṇairāyusmattena  
Tvā''yuṣā''yusmantam karomi.*

O my child! *Brahma* (right knowledge) revealed in the Vedas is the source of life. You get this life giving knowledge when it is studied and taught by the learned and virtuous men. I bless you to get that long life knowledge from the divine message of the Vedas.

५. ओं देवा आयुष्मन्तस्तेऽमृतेनायुष्मन्तस्तेन

त्वाऽऽयुषाऽऽयुष्मन्तं करोमि॥ ५॥

*Om Devā āyusmantaste'mṛtenāyusmantastena  
Tvā''yuṣā''yusmantam karomi.*

O my child! The *Devās* (learned and the virtuous men) are sources of life! They get this power through right conduct, study and by the performance of *Yajñās* in the service of Immortality. I bless you to get that long life from the lives of the devas.

६. ओम् ऋषय आयुष्मन्तस्ते व्रतैरायुष्मन्तस्तेन

त्वाऽऽयुषाऽऽयुष्मन्तं करोमि॥ ६॥

*Om Rṣaya āyusmantaste vratairāyusmāntastena  
Tvā''yuṣā''yusmantam karomi.*

O my child! The *Rṣis* (seers) are the sources of life! They get this power by observing vows and by the discipline of austerity. I bless you to get that long life from the lives and discipline of the rishis.

७. ओं पितर आयुष्मन्तस्ते स्वधाभिरायुष्मन्तस्तेन

त्वाऽऽयुषाऽऽयुष्मन्तं करोमि॥ ७॥

*Om Pitara āyusmantaste svadhābhirāyusmantastena  
Tvā'yusā'yusmantam karomi.*

O my child! The *Pitaras* (the mother, the father and the seniors) give life! They get this power from the service we do to them and they do to humanity. I bless you to get that long life from the lives of the *pitara*s.

८. ओं यज्ञ आयुष्मान्त्स दक्षिणाभिरायुष्माँस्तेन  
त्वाऽऽयुषाऽऽयुष्मन्तं करोमि॥ ८॥

*Om Yajña āyusmāntsa dakṣiṇābhirāyusmānstena  
Tvā'yusā'yusmantam karomi.*

O my child! *Yajña* is the source of life. It gets this power from 'dakṣiṇa', gratitude and munificence, whereby the *Purohitas* are respected with rewards and gifts and whereby their advice is followed. I bless you to get that long life from the life of *Yajña*.

९. ओं समुद्र आयुष्मान्त्स स्रवन्तीभिरायुष्माँस्तेन  
त्वाऽऽयुषाऽऽयुष्मन्तं करोमि॥ ९॥

*Om Samudra āyusmāntsa sravantībhirāyusmānstena  
Tvā'yusā'yusmantam karomi. - P.G.S. 1/16/6.*

O my child! The *Samudra* (ocean) is the source of life. It gets this power as long as the rivers flow and merge into it. I bless you to get that long life from the life of the ocean and the rivers.

Now, as said before, these nine mantras should be chanted into the left ear.

**The Main Idea:**—The father, in these mantras, counts on the powers of nature, literature and tradition, and on the God Almighty to bless the baby with long life. These powers also live on and live by certain causes and energies of Divinity, nature and the human world. The father invokes all these powers and commits

himself too to the life, health and education of the child. These mantras get recorded on the mind and they will serve him/her as the beacon of heavenly light.

**Three Mantras of Blessing:**

Then the father should gently put his hands on the baby's shoulders— no pressure at all—and chant the following mantras:—

ओं इन्द्र श्रेष्ठानि ऋविस्त्रणानि धेहि चित्ति दक्षस्य सुभगत्वमस्मे ।

पोषं रयीणामरिष्टिं तनूनां स्वाद्धानं वाचः सुदिनत्वमह्नाम् ॥ ६ ॥

*Om Indra śreṣṭhāni draviṇāni dhehi cittim dakṣasya subhagatvam-asme. Poṣaṁ rayīṇām-arīṣṭim tanūnām svādmānaṁ vācaḥ sudinatvamahnām.* Rg. 2, 21, 6

Indra, lord of the world, bless us with the best of strength and power, high intelligence and awareness, beauty and delicacy of art and expertise, abundance of wealth and prosperity, health and security of senses and body, sweetness of speech and style, and peace and brightness of days and nights. Rg. 2, 21, 6

ओं अस्मे प्र यस्त्रन्धि मघवन्नृजीषि ऋन्द्रस्त्र रायो विश्ववारस्य भूरेस्त्रः ।

अस्मे शतं शरदो जीवसे धा अस्मे वीराञ्छश्वत इन्द्र शिप्रिन् ॥ १० ॥

*Om Asme pra yandhi maghavannṛjīṣinnindra rāyo viśvavārasya bhūreḥ. Asme śataṁ śarado jīvase dhā asme vīrāñchaśvata indra śiprin.* Rg. 3, 36, 10

Indra, lord of honour and excellence of prosperity, lover of purity and excellence of naturalness, ruler and protector of the world, give us abundance of the wealth of universal character and value. O lord of grandeur and handsomeness, bear and bring for us a full life of hundred years, and bless us with an unbroken line of brave progeny.

Rg. 3, 36, 10

ओं ओम् अश्मा भव परशुर्भव हिरण्यमस्तृतं भव ।

वेदो वै पुत्र नामासि स जीव शरदः शतम् ॥ ३ ॥

*Om Aśmā bhava paraśurbhava hiraṇyam-astrtam bhava;  
Vedo vai putra nāmāsi sa jīva śaradaḥ śatam. - A.G.S. 1/15/3.*

O my child! By the grace of God may you be firm and strong like the rock. Be the axe (sharp witted) and shine like gold. You are my child and I see me in you. May you live a hundred years and more!

**To note:**—It is a wonderful mantra. It uses four metaphors to bless the child: *aśmā* (granite), *paraśu* (an axe), *hiraṇyam* (gold), and Veda (knowledge eternal). Granite is hard, it does not break under pressure. The axe, of the best tempered steel, cuts sharp and sure. Gold is gold, precious, bright, incorruptible, hence invincible. Veda is eternal, universal knowledge. Hence the prayer and the blessing: The child should never break down under pressures, should be strong and sharp as an axe and cut his/her way across all difficulties and oppositions, whatever. He/she should live a golden incorruptible life of virtue, and should possess the Vedic knowledge, culture and virtue. The hardness/firmness of body, sharpness of intelligence, incorruptibility of the heart, and the light of the soul—What more could one want? And a life like this for a hundred years!

*Now the father to chant the following mantra thrice:*

ओं त्र्यायुषं जमदग्नेः कश्यपस्य त्र्यायुषम्।

यद्देषु त्र्यायुषं तन्नाऽस्तु त्र्यायुषम्॥६२॥

*Om Tryāyuṣaṁ jamadagneḥ kaśyapasya tryāyuṣam.*

*Yaddeveṣu tryāyuṣaṁ tanno' astu tryāyuṣam. Yaj. 3, 62.*

Bless us with the threefold life — of the body, mind and spirit, for the three stages of life - childhood, youth, and age, upto 300-400 years, for all the *āśrams* (functional periods), and all the *varṇas* (professional communities). Give us the threefold life of the eye, internal and external, of knowledge of the body, mind and soul, and of the world. Give us the threefold life of creativity for service, growth and spirituality. Give us the threefold life of the devas, the learned, wise, generous people, for excellence, contribution and removal of ignorance, injustice and poverty.

### ***The mother to be given a wash:***

The mother should be given a wash after the delivery with the chant of the following five mantras (from the father's point of view):—

ओं वेद ते भूमि हृदयं दिवि चन्द्रमसि श्रितम् ।

वेदाहं तन्मां तद्विद्यात् पश्येम शरदः शतं जीवेम शरदः शतः शृणुयाम शरदः  
शतम् ॥ १ ॥

***Om Veda te bhūmi hṛdayam divi candramasi śrtam;  
Vedāham tanmām tadvidyāt paśyema śaradaḥ śatam  
jīvema śaradaḥ śatam śṛṇuyāma śaradaḥ śatam. – P.G.S.  
1/16/17.***

O lady you are the *bhūmi*! Like the earth, you are endowed with fertility. I know your heart; your delightful feelings, like the moon that gives delight! Let your feelings know mine also! May I and you both of us see, live and hear what is good for a hundred years!

ओं यत्ते सुसीमे हृदयः हितमन्तः प्रजापतौ ।

वेदाहं मन्ये तद् ब्रह्म माहं पौत्रमघं निगाम् ॥ २ ॥

***Om Yatte susīme hṛdayam hitamantaḥ prajāpatau;  
Vedāham manye tad-brahma māham pautramagham nigām. -  
S.veda Br 1/5/10.***

O lady! I know pretty well your heart full of motherly love for the child. I fully realise this. May God, the Lord of all creatures, protect me against the pain caused by the absence of progeny!

ओं यत् पृथिव्या अनामृतं दिवि चन्द्रमसि श्रितम् ।

वेदामृतस्येह नाम माहं पौत्रमघः रिषम् ॥ ३ ॥

***Om Yatpṛthivyā anāmṛtam divi candramasi śṛtam;  
Vedāmṛtasyeha nāma māham pautramagham riṣam.***

- Sama.veda, Br 1/5/11.

O lady! Whatever on earth is not immortal, whatever on the moon is not immortal, but here in the home, you and I and the baby, I know this love is immortal. I know it well to be the means to realise God. May God protect me! May we and the baby never come to harm.

ओं इन्द्राग्नी शर्म यच्छतं प्रजायै मे प्रजापतिः ।

यथायं न प्रमीयते पुत्रो जनित्र्या अधि ॥ ४ ॥

***Om Indrāgnī śarma yacchatam prajāyai me prajāpatih;  
Yathāyam na pramiyate putro janitryā adhi.*** - Samaveda Br 1/5/12.

May the sun and the fire which sustain the world, bless us with peace and joy; bless my child and all people with happiness! May this baby in the lap of its mother live! May it never come to harm!

ओं यददश्चन्द्रमसि कृष्णं पृथिव्या हृदयं श्रितम् ।

तदहं विद्वांस्तत् पश्यन् माहं पौत्रमघं रुदम् ॥ ५ ॥

***Om Yadadaścandramasi kṛṣṇam pṛthivyā hṛdayam śṛtam;  
Tadaham vidvāṃstat paśyan māham pautramagham  
rudam.*** - Samaveda Br 1/5/13. G.G.S. 2/8/ 4-7.

I can see the black shadow of the earth on the moon. I understand it well. Looking at it, I pray, I may never face the pain caused by the loss of a child!

Read the following mantras and give blessings to the baby (father's point of view):

ओं कोऽसि कतमोऽस्येषोऽस्यमृतोऽसि ।

आहस्पत्यं मासं प्रविशासौ ॥ ६ ॥

*Om Ko'si katamo'syeṣo'syamṛto'si;*

*Āhaspatyam māsam praviśāsau.* - Gobhilya. G.S 2/8/13.

O Child! Who are you? Which one are you?

You are the *ātman* (immaterial) by nature! You are immortal! O my child! May you enter the month which is created by the Sun, father of time; enter the world of light through time!

ओं स त्वाह्ने परिददात्वहस्त्वा रात्र्यै परिददातु रात्रिस्त्वाहोरात्राभ्यां परिददात्वहोरात्रे  
त्वार्द्धमासेभ्यः परिदत्तामर्द्धमासास्त्वा मासेभ्यः परिददतु मासास्त्वर्तुभ्यः  
परिददत्वृतवस्त्वा संवत्सराय परिददतु संवत्सरस्त्वायुषे जरायै परिददात्वसौ ॥ ७ ॥

*Om Sa tvāhane paridadātvahastvā rātryai paridadātu  
rātris-tvāhorātrābhyām paridadātvahorātre  
tvārdhamāsebhyah paridadatām-ardhamāsāstvā  
māsebhyah paridadatu māsās-tvartubhyah  
paridadatvṛtavastvā samvatsarāya paridadatu  
samvatsarastvāyūṣe jarāyai paridadātu asau.*

- Sama.veda Br 1/5/14, 15. G.G. S. 2/8/13, 14.

O my child! By the grace of God, may the sun give you on to the day! May the day give you on to the night! May the night give you on to the day-night cycle! May the day-and-night give you on to the fortnight and may the fortnight give you on to the month! May the month give you on to the season and may the seasons give you on to the year, and may the year lead you on to full long age! O my child! May you live long!

Again read the following mantras, and smell the head of the baby. Like this, everytime when coming home do smell the head of the child so that love may grow among the child, the mother and the father.

ओं अङ्गादङ्गात् सस्त्रवसि हृदयादधिजायसे ।

प्राणं ते प्राणेन सन्दधामि जीव मे यावदायुषम् ॥ ८ ॥

*Om Aṅgād-aṅgāt-samsravasi hṛdayād-adhijāyase;  
Prāṇam te prāṇena sam dadhāmi jīva me yāvadāyusaṃ.*

–Samaveda Br. 1/5/16.

O my child! You are the fruition of each part of my body! You are the essence of my heart! You are part and parcel of my body and heart! So I join your breath and energy with mine! May you live your full span of life as prescribed for man!

ओं अङ्गादङ्गात् सम्भवसि हृदयादधिजायसे ।

वेदो वै पुत्र नामासि स जीव शरदः शतम् ॥ ९ ॥

*Om Aṅgād-aṅgāt-sambhavasi hṛdayād-adhijāyase; Vedo  
vai putra nāmāsi sa jīva śaradaḥ śatam.* – Samaveda Br. 1/5/17.

O my child! You are the essence of my heart and body! Certainly you are the *Veda*. Live a long life! Live for the well-known one hundred years!

ओं अश्मा भव परशुर्भव हिरण्यमस्तृतं भव ।

आत्माऽसि पुत्र मा मृथाः स जीव शरदः शतम् ॥ १० ॥

*Om Aśmā bhava paraśurbhava hiraṇyamastṛtam bhava;  
Ātmā'si putra mā mrthāḥ sa jīva śaradaḥ śatam.*

– Samaveda Br. 1/15.

O my child! Be firm and strong like the rock! Be like the axe to destroy injustice! Shine like gold with knowledge and noble acts! You are my spirit! Suffer not immature death! Live a full hundred years!

ओं पशूनां त्वा हिङ्कारेणाभिजिघ्राम्यसौ ॥ ११ ॥

*Om Paśūnām tvā hiṅkāreṇābhijigrāmyasau.*

- G.G.S.2/8/ 21, 22.

O my child! I smell your head just as the cow with yearning smells its calf.

***In praise of the Mother:***

The husband should speak the following in appreciation and praise of the mother, celebrating the birth of the baby.

ओम् इडासि मैत्रावरुणी वीरे वीरमजीजनथाः ।

सा त्वं वीरवती भव याऽस्मान् वीरवतोऽकरत् ॥

***Om Idāsi maitrāvaruṇī vīre vīramajījanathāḥ; Sā tvam vīravatī bhava yā'smān-vīravato'karat.*** – P.G.S. 1,16/19.

O brave lady! You are the wisdom that keeps the friends and the wise together! You have given birth to a brave child and you have thus made me the father of a brave child. May God bless you to be always the mother of brave children!

***Breast-feeding the baby:***

With words of prayer and praise to God, help the mother to cheer up—because delivery involves a lot of strain—Then wash the breasts with warm and fragrant water. Now help the baby take the right breast, with a chant of the following mantra:—

ओं इमं३स्तनमूर्ज॑स्वन्तं धयापां प्रपीनमग्ने सरिरस्य मध्ये।

उत्सं॑ जुषस्व मधमन्तमर्वन्त्समुद्रियः३सदनमाविशस्व॥८७॥

***Om Imaṁ stanam-ūrjasvantaṁ dhayāpāṁ prapīnam-agne sarirasya madhye. Utsaṁ juṣasva madhumantam-arvantsamudriyaṁ sadanamā- viśasva.*** Yaju. 17, 87

Dear baby, agni, light and power of life, in the midst of this world, drink of this nature's motherly fount of energy replete with the nectar of life. Foremost

among the fastest heroes, drink deep at this fountain head of honey-sweets. Enter this oceanic fount of yajna, (expand and go round the world).

The child is the darling of God, placed in the paradise of the home where the mother's breast flows with milk and honey.

After this, let the baby be helped to the left breast with a chant of the following:—

यस्ते स्तनः शशयो यो मयोभूर्येन विश्वा पुष्यसि वार्याणि ।

यो रत्नधा वसुविद्यः सुदत्रः सरस्वति तमिह धातवे कः ॥ ४९ ॥

*Om Yaste stanah śaśayo yo mayobhūryena viśvā puṣyasi vāryāṇi. Yo ratnadhā vasuvid yaḥ sudatraḥ sarasvati tamihā dhātave kaḥ.* Rg. 1, 164, 49

*Sarasvati*, divine mother of the life, wealth and knowledge of the world, that abundant and inexhaustible treasure of knowledge of yours which is blissful, with which you fill and replenish the cherished resources of the world, which holds the jewels of the earth and brings and provides the wealths of existence, and which gives all the gifts and blessings of life: that treasure, O mother, pray open for your darling child, who needs nourishment for body, mind and soul.

***Placing a pitcher of Water on the head-side:***

Place a pitcher full of clean water on the head-side of the mother's bed, and let it be there for ten days. Place the pitcher chanting the following mantra:-

ओम् आपो देवेषु जाग्रथ यथा देवेषु जाग्रथ ।

एवमस्यां सूतिकायां सपुत्रिकायां जाग्रथ ॥

*Om Āpo deveṣu jāgratha yathā deveṣu jāgratha;  
Evamasyām sutikāyām saputrikāyām jāgratha.*

– P.G.S.1/16/22.

O water! You are always effective in nature among all material powers! You are of great value to the *devas*, the learned and virtuous people! Be so here also, in this house where the baby has taken birth!

***Havan in the Room for ten days:***

In the mother's room, let there be havan for ten days morning and evening. The ahutis have to be given with boiled rice and mustard, with the chanting of the following two mantras:—

ओं शण्डामर्का उपवीरः शौण्डिकेय उल्खलः । मलिम्लचो द्रोणासश्च्यवनो  
नश्यतादितः स्वाहा ॥ इदं शण्डामर्काभ्यामुपवीराय शौण्डिकेयायोलखलाय  
मलिम्लचाय द्रोणेभ्यश्च्यवनाय । इदं न मम ॥ १ ॥

*Om Śaṇḍāmarkā upavīrah śauṇḍikeya ulūkhalah; Malim-  
luco droṇāsaścyavano naśyatāditaḥ svāhā. Idam śaṇḍā-  
markābhyāmupavīrāya śaundikeyāyolūkhalāya malimlu-  
cāya droṇebhyaścyavanāya. Idamna mama. - P.G.S 1/16/22.*

O God, Supreme Protector! By your grace may the germs which cause diseases, give pain and which spread among those who neglect hygiene in polluted environment and which affect the respiratory organs and which cause general debility in the body, let not all those affect the baby and the mother. May they be destroyed completely!

ओम् आलिखन्ननिमिषः किंवदन्त उपश्रुतिर्हर्यक्षः कुम्भीशत्रुः  
पात्रपाणिर्नृमणिर्हन्त्रीमुखः सर्षपारुणश्च्यवनो नश्यतादितः स्वाहा ॥  
इदमालिखतेऽनिमिषाय किंवदद्भ्य उपश्रुतये हर्यक्षाय कुम्भीशत्रवे पात्र-पाणये  
नृमणये हन्त्रीमुखाय सर्षपारुणाय च्यवनाय इदं न मम ॥ २ ॥

*Om Ālikhannanimiṣaḥ kimvadanta upaśrutir-haryakṣaḥ  
kumbhīśatruḥ pātrapāṇir-nṛmanir-hantrīmukhaḥ  
sarṣapā-runāś-cyavano naśyatāditaḥ svāhā.*

*Idamālikhate'nimiṣāya kimvadad-bhya upaśrutaye  
haryakṣāya kumbhīśatrave pātrapāṇaye nṛmaṇaye  
hantrīmukhāya sarṣapāruṇāya-cyavanāya, Idamnana  
mama. - P.G.S.1/13/23.*

O God! Protect this maternity place and the baby! Keep away from this house, those who cause injuries and damage to the lives of others; those who have greedy mind; those who like to spread rumours; those who are boastful; those who exploit others to fill their coffers; those who are lazy and always live on begging; those who are always in anger; the hypocrites and those who lead others on the path of sin!

Perform homa daily and for ten days with these two mantras.

*Blessing on the tenth day: Three mantrās*

After ten days havan with rice and mustard: Good people, honest, virtuous, senior, learned and wise should gather outside the mother's bedroom, while the father should be in the room with the mother and child, and they should all chant the following mantras of blessing:—

ओं मा नो॑ हासिषु॒र्ऋषयो॑ दैव्या॒ ये त॒नूपा॒ ये नस्त॒न्व॑ स्त॒नूजाः॑ ।

अम॑र्त्या॒ मर्त्याँ॑ अ॒भि नः॑ सच॒ध्वमा॑यु॒र्धत्त॑ प्र॒तरं जी॒वसे॑ नः ॥ ३ ॥

*Om Mā no hāsiṣur-ṛṣayo daivyā ye tanūpā ye nastanva  
stanūjāḥ. Amartyā martyāñ abhi naḥ sacadhvam-  
āyurdhatta prataram jīvase naḥ. Ath. 6,41,3*

May the divine senses of perception and volition, those powers which nourish and sustain our body, those that are born of our body system, never forsake us. May the immortal divinities ever abide with us, the mortals. May they nourish and sustain us and give us good health and long age for a happy life. Ath. 6,41,3

ओं इ॒मं जी॒वेभ्यः॑ परि॒धिं द॑धामि॒ मैषां॑ नु॒ गा॒दप॑रो॒ अर्थ॑मे॒तम् ।

श॒तं जी॒वन्तः श॒रदः॑ पु॒रु॒ची॒स्ति॒रो मृ॒त्युं द॑धतां पर्व॒तेन॑ ॥ २३ ॥

*Om Imaṁ jīvebhyaḥ paridhiṁ dadhāmi maiṣāṁ nu  
gādaparo arthametam. Śataṁ jīvantaḥ śaradaḥ  
purūcīstiro mr̥tyuṁ dadhatāṁ parvatena.* Atharv. 12, 2, 23

I set this border line of order and discipline for the living people. Let none of them trespass this border line into the other territory of death. Let them so live a long age of full hundred years, bearing though the fact of death within, with adamantine walls of resistance by the discipline of health.

Broadly speaking, a hundred years is the minimum limit of man's life. No cause can or ought to shorten this limit. If there be any cause which is likely to stand in the way of full age, it has to be fought out patiently and potently. We should learn the art, discipline and science of longevity, and our health, care should be so efficient and effective that the whole system is firm as a mountain. Let death be not allowed to cross and violate our health system. The Vaidic love of life and fight against disease is a message of health, happiness and hope.

ओं वि॒वस्वा॒न्नो अ॒भयं॑ कृ॒णोतु॑ यः सु॒त्रामा॑ जी॒रदानुः॑ सु॒दानुः॑ ।

इ॒हेमे वी॒रा ब॒हवो॑ भवन्तु गो॒म॒द॒श्व॒व॒न्म॒य्य॒स्तु पु॒ष्टम् ॥ ६१ ॥

*Om Vivasvānno abhayaṁ kṛṇotu yaḥ sutrāmā jīradānuḥ  
sudānuḥ. Itheme vīrā bahavo bhavantu gomad-aśvavan-  
mayyastu puṣtam.* Atharv. 18, 3, 61

Let the self-refulgent lord of the world who is all-protective, giver of life energy, and all-beneficent, grant us freedom from fear. Let all these brave heroes be many and for me, and may there be growth and progress in lands, cows and horses, and culture, and let there be great achievements of health and prosperity for me and all.