



## Reflections on the Vedic Lessons for Girl Child Protection

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### **Abstract**

*Ancient Indian Vedic thought is considered superior because it embodies countless positive & progressive reflections. The Vedic Indian had implicitly understood the essence of children rearing & the imperative steps to be taken during their childhood in molding them into good citizens. Children were considered as precious possessions & an element of the prospect generation. Great care was given to their nurturing & their childhood was made fine through good quality edification & forever friendly & conducive environment. But today children have become easy target for atrocities especially girl child in India has been an objective of several astonishing violence. The birth of girl child is being considered an annoyance. A girl child is born here only to die a heinous death. Several atrocious & appalling & inexcusable crimes are reported against girl child. The very specie is in danger & on the brink of extinct. The current Indian societal scenario has been condemned by whole world over the intensifying atrocities on women. But ancient Indian thought placed women on a high pedestal. But today the scene has been changed beyond repair. Hence this paper spotlights the significance of ancient Indian perception towards providing girl child steps towards providing her share of good childhood. This paper & addresses the issues behind the conceptions ruling girl child protection. We can draw precise energy from Vedic traditions to ensure that girl child obtain their equitable position in society & stimulates them to become harbingers of righteousness.*

**Keywords;** Girl child, Samskaras, Education, Healthy environment, parental responsibilities

**Introduction-** Great care was given to their rearing & their childhood was made great through good education & good environment. They were sent to gurukulas away from their homes where they were given good education through great masters in who promoted their intelligence abilities skills merit & aptitudes. The conception of child rearing was a great event passing through honored principles which can be listed as below.

**The Concept of Universal Education:** The Vedic scriptures relate to the concept of universal education which

formed the very groundwork of good society. Proper education was given to both boys & girls without prejudice. They were sent to gurukulas away from their homes to gain knowledge of several key aspects of a high-quality living. The return of the child from gurukulas meant the end of the adolescence. With this good educational background boys became good bread earners while girls became good home makers.

**The Concept Of 16 Samskaras:** The Vedic scriptures place stress on key significance on 16 samskaras for better childhood. These samskaras had a great



beginning for the child birth. Whether a boy or a girl, the child was welcomed irrespective of its sex. There were no parental inhibitions about the birth of girl child.

**The Concept of Choice the Teachers:**

The Vedic scriptures insisted that Male gurus would teach boys while female children will be taught by female gurus. Schooling did not start before the age of five years which made children accustom themselves to formal education at home amidst children of the same age. This also accorded them parental proximity & motivated them to learn all good things even before their schooling started. Science has proven that a child's brain will be fully grown by 5 years.

**The Concept of Prayer:** The Vedic scriptures promoted good habits. Good emphasize was given on cleanliness prayer dhyana yoga prathana upasana sandhyopasana agnihotra. He must bathe and be clean, pray, and do sandhyopasana and agnihotra and learn Vedas. He should sleep alone and be sexually continent. He should give up, umbrella, shoes, sex, anger, greed, desires, fears, grief, jealousy, and animosity and enmity, music, dance, and singing. He should also give up wine, meat, perfume, necklace (ornaments), sour and spicy food, and violence to all living beings. He must not gamble, speak ill of others, tell lies, stare at women, harm others, take shelter of others, and accumulate material possessions like food.

**The Concept of Good Food:** the Vedic scriptures accorded support for good nutritious food to children. Feeding with breast milk eating nutritious food while in pregnancy avoiding spicy food was all considered even before the birth of a child. The literature explains the karmic dangers of meat eating & animal slaughter. Ancient Indian knew the

necessary food dietaries for child development even when the child was in the womb.

Several food and behavioural precautions are listed for the mother. The custom of Garbha Sanskar always favoured a natural delivery. Because other types of delivery would prove traumatic for the baby, compared to the shock of sudden exposure to the outside environment through caesarean section. Exercises and external applications during labour facilitated a simple and less painful delivery. Some of the essential steps after delivery included oiling the baby, sipping a touch of gold infused honey to boost nervous system activity of the new born. All these methods were very fruitful for the development of the child as a healthy child with good physical & mental growth.

**The Concept of breast Feeding:** The Vedic literature not only stipulated good food for the mother during pregnancy it also laid down strict dictum for feeding the baby through breast milk. The mother would regain her strength after the delivery through an easily digestible and nutritious diet, and loses excess weight through basic yoga. The date powder, shatavari kalpa and dhatri rasayan must be continued to help the production of good and adequate breast milk. Until the child is two years old, it needs regular oil massages to help growth while he or she can start eating other food after it is six months old, it must be breast fed until it is a year old. not place the baby's bed under direct light avoid loud and disturbing noises Introduce new foods gradually, and allow the baby to start eating by itself at a certain age even if it creates a mess. Charak Samhita (verses 8/52:957, 8/46:950) The Yajurveda (verse 17/87 says importance of breast milk



**The concept of friendly environment:** The Vedic scriptures supported good environ for the child to develop. What is more important is that the young child was spoken to gently and with clear pronunciation, and was taught good habits and moral values. Children were spoken to by their parents teachers neighbors in a gentle voice scolding beating torturing punishing etc were almost unheard of. Admonishment & reprimanding was avoided.

**The concept of punishment:** The Vedic scriptures condemn the children with bad qualities. If Children are exhibited the dreadful traits such as jealousy , ferociousness, violent behavior, idleness , lethargy etc they were punished.

**The concept of good values:** The Vedic scriptures promoted great emphasis on nurturing good values. Pronouncing **OM** was the key to all ills at studying. It gave them focused attentiveness & concentration. The basic family values such as respecting elders, taking care of the parents in old age . Respecting teachers, serving the poor & the needy& passing on the cultural heritage to next generations were made only by a girl child.

**The concept of parental responsibilities:** Parental responsibilities were emphasized by the Vedic scriptures. Vedic culture recognizes the ideal of motherhood as the highest for a woman. The Vedic culture offers the best facility for children to grow up in a good condition because the basic idea of raising children was to beget a good futuristic generation. **Vedic scriptures** and tradition from the earliest times have condemned the practice of abortion, except when the life of the mother is in danger. Hindu scriptures refer to abortion with the

terms garbha batta (womb killing) and bhrunaghna ( killing the undeveloped soul or embryo slayer). *A Rig Vedic hymn [7.36.9, Rv P, 2469] begs for protection of fetuses.*

**The concept of best practices:** The Vedic scriptures allow several best practices for children such as waking up early in the morning, recitation of Vedas, respecting elders, serving the needy . helping the poor, supporting the helpless etc

**The concept of virtuousness:** According to the Vedic scriptures , Girl or Brahmacharini should have control over her senses any sexual bolder steps were considered as sinful. Indulgence in materialistic senses was aborted through good education the loss of Veerya was considered detrimental to boy's health. Virtuousness & purity of behavior was filled through schooling good environment & other support systems.

**The concept of care & concern:** The Vedic scriptures show great care &concern for young children.“May this song of praise reach you, O Maruts, and Visnu guardian of the future infant . May they vouchsafe the singer strength for offspring . Preserve us evermore, ye Gods, with blessings. The Atharva Veda (6.113.2 HE, 43) lists the fetus slayer, bhrunaghna, among the greatest of sinners (6.113.2).The Bhaghavad geetha says when the family is ruined the timeless laws of family duty perish& when the duty is lost chaos overwhelms the family

### Conclusion

Constant supervision over the childhood learning was emphasized through samskaras. This was the reason why they were sent to gurukulas away from their homes. There were great masters who



promoted the children with astute abilities, learning skills, meritorious propensities & scholarly aptitudes. These aptitudes helped the children to grow up with self confidence & self esteem. The basic family values were conceptualized even before their birth providing girl child, her share of good childhood & addressed the problems behind girl child protection. We can draw right energy from Vedic traditions to ensure that women get their rightful place in society & motivate them to become harbingers of righteousness.

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