

SAMVARDHINI :- 01/12/2025
Volume - 7
Issue - 2
(ISSN ONLINE :- 2583-7176)
<https://samvardhini.in>



The Power of Parental Compassion: Fostering Emotional Well-being Through Samanya-Vishesha Siddhanta

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Abstract

Since a child's family is their main support system, it has a big impact on their learning and how they interact with others. Understanding the role of parental compassion in shaping a child's behavior through the lens of Samanya-Vishesha Siddhanta gives a fresh perspective on this ancient and widely applicable Ayurvedic concept. Applying this theory can help solve many modern problems. Parenting is a skill that many parents don't realize is important. It requires a lot of attention and care, and it directly affects a child's feelings, thoughts, and actions, as well as their overall growth and well-being. Poor parenting leads to problems like anxiety, stress, and other mental health issues. It also slows down a child's development. In today's world, where parents often work long hours and have little time with their children, kids might feel lonely and sad. This is a serious issue that needs more attention.

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Introduction:

In ancient India, parental compassion was seen as essential for a child's physical, mental, and spiritual health, as described by Ayurveda. The bond between parents and children was considered sacred and based on harmony, responsibility, and mutual respect. Parents were responsible for teaching their children about right behavior, offering emotional support, and helping them become independent.

Background of the Study:

The prevalence of depression among children is increasing. Around 0.08% of children aged 3-5 years, 1.7% between 6-11 years, 1.4% between 10-14 years, and 3.5% of those aged 15-19 show signs of depression. Studies show that depression among Indian children and teens varies between 1.2% and 21%. Many factors contribute to youth depression, including social media, school pressure, family issues, economic problems, lack of emotional support, trauma, and negative experiences.

Materials and Methods:

A detailed review was done on child psychology parallelly the concept of Saamaanya – Vishesha siddhaanta also with examples from Ayurveda Samhitaas. Later on, a correlation to identify the sambandha between basic principles in parental compassion was analyzed from the siddhaanta background.

How Lack of Parental Compassion Affects Children:

When parents lack compassion, it harms a child's emotional, psychological, and social growth. This can lead to low self-esteem, insecurity, anger, and suppressed emotions. Kids might become disobedient, disengaged, or start seeking attention. They may also suffer from anxiety, depression, long-term stress, and even turn to drugs or alcohol. This can also affect their school performance and weaken their immune system.

What Ayurveda Says About Parental Compassion:

Ayurveda strongly emphasizes Sadvrutta, which are moral principles that help maintain both physical and mental health. Sadvrutta promotes self-control and emotional balance, reducing anxiety and encouraging mindfulness. Parents should

follow these guidelines to support their children's emotional well-being. They should cultivate a balanced and positive mindset in their children from an early age. Without enough emotional support, a child's mind can become imbalanced, leading to mental issues like lethargy or aggression. A child's constitution (prakriti) is determined by the combination of the parents' sperm and egg. This is influenced by the mother's lifestyle, diet, and the environment, including weather, season, and surroundings. The mother's emotional and mental health during pregnancy plays a major role in shaping the child's prakriti. A special ritual called Garbha Sanskara is performed to support the child's physical, mental, and spiritual development. Positive thoughts and feelings from the mother during pregnancy, along with activities like chanting mantras and listening to calming music, help establish emotional balance. However, stress during pregnancy can lead to higher cortisol levels, which can affect the child's brain development and cause anxiety or emotional instability.

Types of Parenting:

In the 1960s, psychologist Diana Baumrind categorized parenting styles into two main aspects: control or demandingness and warmth or responsiveness. She identified three parenting styles: permissive, authoritarian, and authoritative. In the 1980s, Eleanor Maccoby and John Martin introduced a fourth style—uninvolved or neglectful. Demandingness refers to setting rules and enforcing discipline, while responsiveness means providing unconditional love and support. A child's emotional health depends on the balance between these two. Demandingness helps build self-discipline, while responsiveness boosts self-esteem and strengthens the parent-child bond.

Authoritative Parenting (Saatvika):

Authoritative parenting involves a balance of high expectations and warmth. It combines strict rules with nurturing support. This style is considered the most effective because it encourages open communication, allows children to express their thoughts and feelings, and helps them make decisions. Parents use reasoning and problem-solving to guide their children through mistakes instead of punishing them harshly. This approach helps children become more confident and less likely to act out. This parenting style reflects the Saatvika constitution, which

helps parents instill satva guna (qualities of purity, balance, and harmony) in their children. This promotes a healthy environment for growth and maintains a positive relationship between parents and children. There is a balance between rajo (passion) and tamo (inertia) gunas along with satva, ensuring a healthy connection between parents and their children.

Authoritarian parenting (Raajasika):

This style is marked by high demands and low responsiveness. Parents set strict rules and expect a lot from their children, often using punishment to enforce obedience. They rarely show warmth or support, and do not allow kids to express their feelings or opinions freely. There is very little room for discussion, and children are not given a chance to make their own choices. They are disciplined through harsh methods and harsh words. While this style can lead to good academic performance and well-behaved children, it can also make them feel anxious and low in self-esteem. Over time, this type of parenting can harm a child's emotional growth and self-confidence. This parenting style is linked to an imbalance in rajo guna, one of the two mental doshas, which leads to controlling and aggressive behavior. This can affect the child by creating a boss-servant relationship, resulting in feelings of loneliness, depression, and difficulty in making decisions on their own.

Permissive parenting (Saatvika-Raajasika):

This style is characterized by being very responsive but not very demanding. It involves giving a lot of love and care, while setting few rules or expectations. Children are allowed to express their thoughts and feelings without much restriction. They receive unconditional love, which helps build their self-esteem. However, this style can also lead to issues with responsibility and behavioral problems. This parenting style is caused by an imbalance between satva and rajo guna. Unlike authoritative parenting, where the balance is more even, this style leads to over comforting the child, which can result in ignorance. This can lead to children not valuing their parents' care in their later years.

Uninvolved parenting (Taamasika):

This type of parenting is marked by low levels of both demands and responsiveness. It's sometimes called neglectful parenting. Parents don't set clear rules or offer

love, support, or care. They don't hold high standards for themselves or for their children, and spend very little time with them. They often prioritize their own lives and careers over their children's well-being. Children of this type often feel lonely and depressed. They may struggle academically and have emotional issues. This style is linked to an imbalance in tamoguna, which makes people careless and uninterested in raising children. Children who are not given love, warmth, and trust are more likely to face depression and loneliness throughout their lives. They may also develop trust issues, feel like they don't belong, and have trouble making friends.

Samanya-Vishesha Siddhanta:

Ayurveda is based on several principles, one of which is Samanya-Vishesha Siddhanta. According to Nyaya darshana, Samanya and Vishesha are ranked fourth and fifth among the bhava padarthas. However, the Charaka Samhita places them first and second because Ayurveda focuses more on treatment than on achieving ultimate liberation, or moksha.

Samanya Siddhanta (Principle of Generality):

Samanya refers to universality. The purpose of this principle is to improve the ksheena dhatus (deficient tissues). It uses similar materials, qualities, and actions to treat reduced doshas, dhatus, and malas.

Vishesha Siddhanta (Principle of Peculiarity):

This principle aims to reduce the vriddha dhatus (excess tissues).

Types:

Dravya Samanya and Dravya Vishesha

Samanya increases similar things, while Vishesha decreases dissimilar ones. For example, blood transfusion is used to increase blood in the body, and blood-letting removes excess blood.

Guna Samanya and Guna Vishesha:

Samanya promotes unity, and Vishesha causes separation. For example, drinking milk

Karma Samanya and Karma Vishesha

Samanya implies equality, while Vishesha means inequality. For example, day sleeping increases kapha dosha and decreases vata dosha.

Discussion:

Krodha (Anger) and Pitta dosha Sambandha:

Anger is a natural emotion that helps trigger the fight-or-flight response during danger. However, excessive or improper anger can lead to an imbalance in Pitta dosha. On the other hand, when Pitta is inflamed, it can cause irritation, heat, and sharpness, leading to more anger. Pitta is associated with the Agni mahabhuta (fire element). When someone experiences rage, the teekshna (sharp) and ushna (hot) qualities of Pitta become stronger.

Reasons for increased anger in children:

Children often get angry or frustrated when they don't like something or can't get what they want. Severe punishment and lack of parental care can lead to aggression in children. Today, people often get upset over small matters, getting easily agitated about things that don't concern them. This can be due to heredity, trauma, or environment, but parenting style is the main factor.

Substantiation of 'Tulyarthata hi samanyam:

Two young parrots once got separated during a storm. One grew up in a rishi's ashram, where there was peace and kindness everywhere, so it became polite and friendly. The other grew up among bandits, hearing only harsh and angry words, which made it mean and violent. This story shows that our environment has a big impact on our feelings and actions. If we are around angry people, we might become angry too, but if we are in a calm setting, we can stay calm. Therefore, the people we surround ourselves with and the environment we live in greatly influence our personality and behavior. Parenting, in particular, plays a key role in shaping a child's behavior.

Importance of Samanya Vishesha siddhanta in parenting style:

Children often make mistakes because they are still learning and are affected by negative influences around them. Parents are responsible for helping correct these

mistakes. However, the way they do it can have a big impact on the child. Many parents punish their children harshly, which can make the child even angrier. This is because of guna samanya. Both parents and children end up feeling angry, annoyed, and hostile toward each other. Instead of solving the problem, this makes the situation worse. The child becomes insecure, which can lead to tamasika kaya. If parents change the way they correct their child's mistakes, things can improve. They should respond calmly and explain what went wrong. They should also encourage the child to think clearly, so they understand what is right and what is not. They should talk to the child in a friendly way. This helps calm the child's anger. The issue is guna vishesha. When parents show empathy, it inspires the child to face challenges and overcome fear. It's important to teach children that failure is a natural part of life, just like winning. If the child wins, parents should celebrate their success and express happiness. If the child loses, the parents should support them, encouraging them to grow and accept their failure rather than punishing or mocking them. This aligns with the saying 'Hrasa hetuh visheshah', where the vishesha guna reduces the impact of its opposite, similar to how a positive charge neutralizes a negative one.

Satvavajaya Chikitsa

A healthy family is the foundation of a healthy society. In a family, different people live together, and they learn to compromise and adjust with one another. No one is the same as another, just like no two people have the same taste. One person cannot force others to think or feel the same. True health can be achieved only by following shukladharma and indriyavijaya—staying focused and learning to control the mind to handle situations wisely. The mind must be trained properly to manage thoughts and emotions. This doesn't mean suppressing all emotions or attachments, but rather achieving a balance so that every word spoken and every action taken benefits both the individual and those around them. In Ayurveda, Satvavajaya focuses on the mental and emotional health of a person. Maintaining balance between the mind and body is essential for overall health. This can be achieved through Satvavajaya chikitsa and by avoiding Prajnaparadha, which is the misuse of wisdom. Teaching children these practices from a young age helps them build a bright future with a clear mind, free from disturbing thoughts, and

a strong control over their mind. When discussing pittasya upakrama, activities that calm the mind are recommended. Things like water, ghee, and milk have a calming effect on the mind and help with concentration. These are part of aachara rasaayana, which can be seen as an alternative to today's diet, as food has a big effect on the mind and emotions. The goal is to cultivate Satva guna in the mind, which reduces the effect of pitta dosha.

Expected Outcomes:

Through compassionate parenting, a child develops self-awareness, emotional resilience, and healthier relationships. This helps the child balance personal and professional life, follow good societal conduct, and gain confidence. This leads to a balanced mental state, which in turn reduces the impact of physical illness, making the child both physically and mentally stronger.

Practical Applications:

Practicing empathy and consideration helps a person develop daya (compassion), maitri (friendliness), and ahimsa (non-violence), which all improve satva guna. Recognizing individuality means accepting people as they are, rather than trying to change them according to our own views. Every person is unique, even twins have different DNA. So instead of expecting others to change, we should accept them and also ourselves. In Ayurveda, it is said that 'Purusham veekshya'—a doctor should treat each person individually, as no one is exactly the same. Open communication should be encouraged at home, school, and other places. This broadens our understanding and opens our perspectives on various topics. Even in ancient times, tadvidya sambhasha was used to share knowledge, ideas, and cultures. This practice can help overcome social anxiety and make people more confident in facing challenges.

Conclusion:

According to the principles of Ayurvedic Samanya Vishesh Siddhanta, this study highlights the importance of parental compassion in promoting children's emotional well-being. By applying this traditional wisdom, parents can create a caring and supportive environment that recognizes each child's unique needs and traits. According to this research, a parent's compassion, based on Samanya

Vishesha Siddhanta, can greatly influence a child's relationships, self-awareness, and emotional resilience. Incorporating these ideas into parenting approaches can help parents encourage a child's overall growth and well-being.

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