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Speech Delay is most common in children nowadays

In ancient times, our grandparents used to follow typical natural way of caring the needs of a child. All they used were more of natural products than chemical based for the growth of child.



One of major step followed was to feed Gurbach Jadd/ Vasa Kommu/ Acorus Calamus for initiating good speech ability in a child. This stem was needed to babies on Tuesdays and Sundays in mother's milk.

Vasa is feed to baby after the 1st bath on 12th day in week. Weekly only thrice it is fed and named as :

Budhwar - Budhi Vasa
Mangalwar - Vaak Vasa
Ravi Vaar - Aayush Vasa

This stem is burnt and rubbed against the grinding stone in mother's milk or warm water to get a paste



The procedure to make it is in the link

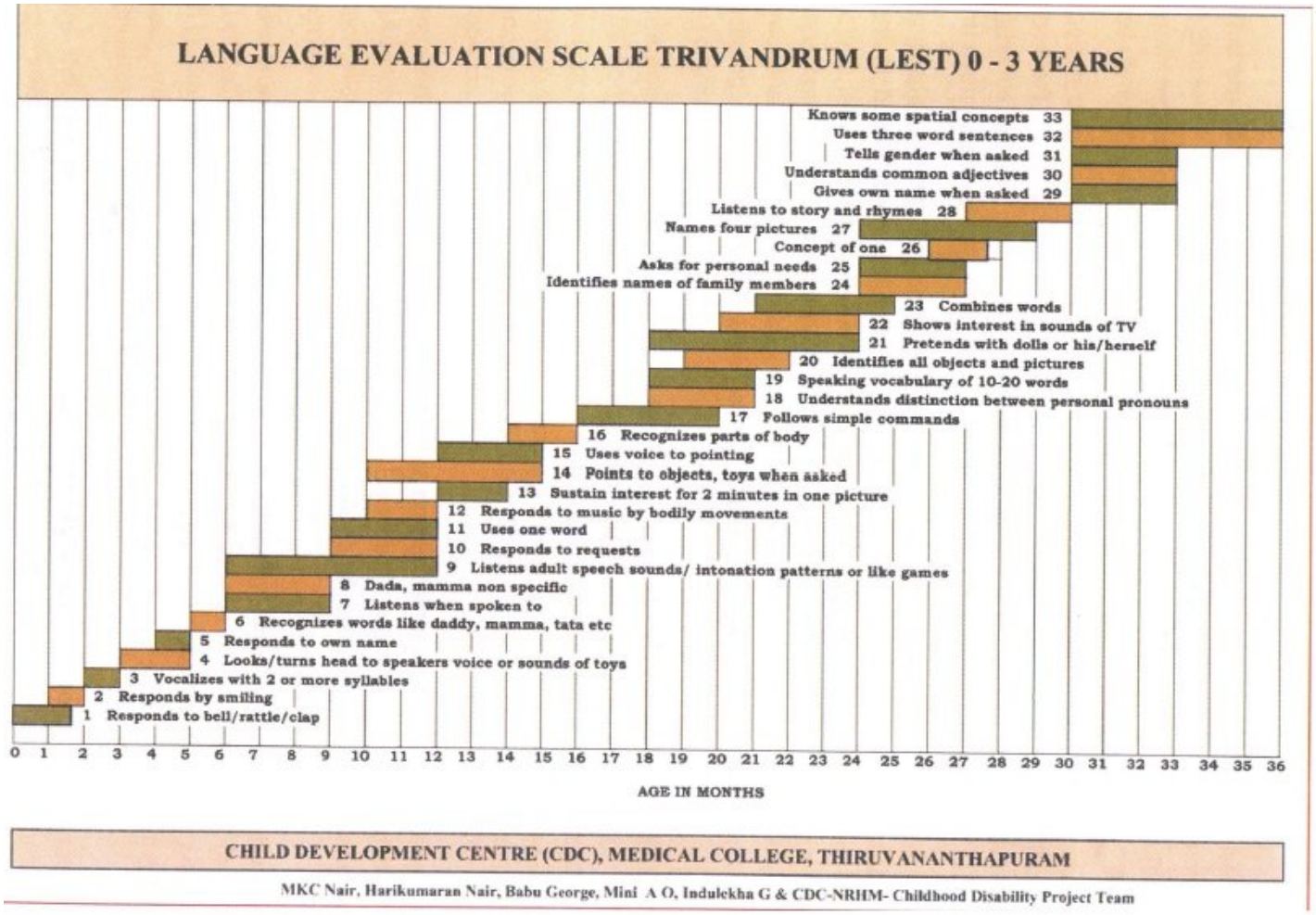
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It should not be given daily to the child. Other main benefits are

1. It clears the phlegm in child's throat caused due to continuous milk intake. It clears the tracts and breathing is effortless.
2. Digestion

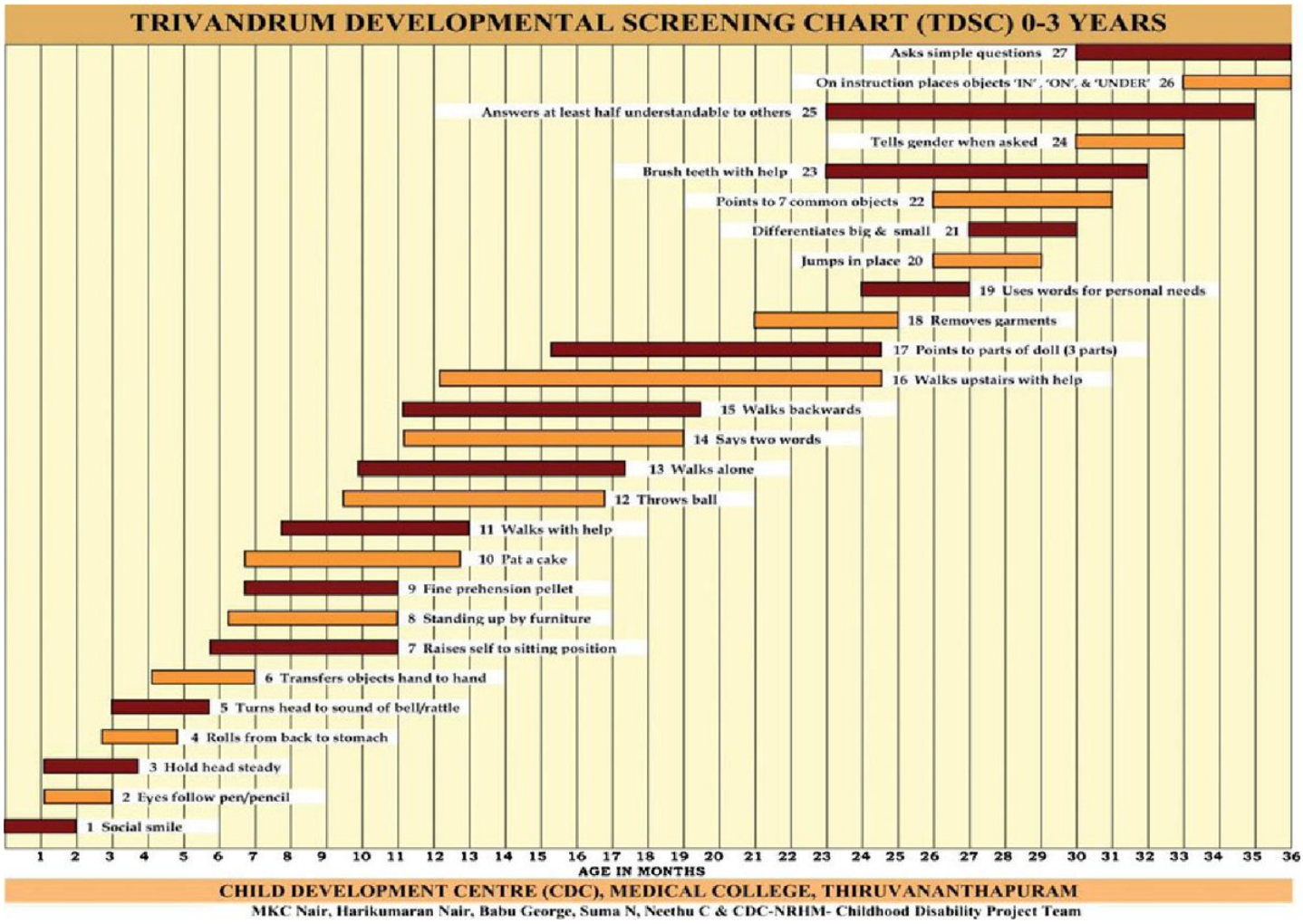
For children who haven't got their speech and is delayed than usual should feed this vasa on these days in week atleast for 6months. Don't get carried away with this dialogue
"Some gain speech little late"

This is a most important scale followed by all the Doctors and Research centers across India, and more or less abroad. This is Trivandrum Scales for evaluating children. If there is more delay in development of these milestones try to analyze child for anything else too.



Motor development scales for children based on the Years of child.

For motor development child should be given oil massages using Gingely and mustard oil and butter are for good muscular movement. Giving Abhyangan snaan is important for the children initial days for motor skills



Observing fine motor skills and head balance while child starts to sit or crawl is also a major factor. How they are holding our fingers and the strength too. Observing lip movements, suckling of milk and movement of eyelids are all basic for analyzing child development.

Mainly how the child is responding to sounds and environments is key in understanding the sensory response. A mother and father should invest time in making a charter and check for the growth in a child.

Sunrays are very important source vitamin D and nourishment of baby's skin. Ensure the baby sits in the mild sunrays early morning bare body. Oil massages can be given during this period, and 15 min is more than enough. Avoid cold water bath and evening baths.

Trying to feed naturally made organic food, mashed vegetables, protein powders ensure the baby develops immunity from a young age. Anna is very important for growing baby as they need energy deposits for their activities.

Speech delay is major concern to which this ancient method helps a lot to change the children and gain actively speech and overall health too. Vasa was a preventive and most important in ancient days which is lost practice across India. A rare cases states do follow this now ■■

https://t.co/4FIacfY1ia

Help Your Children \U0001f64f\U0001f3fc

Our ancestors used to suggest us to put our children on a spiritual path since they are in learning stage.
Shaiva/Shakta and Vaishnavites have different practices to enhance the medha shakti of children since childhood.

— Hindu Media Wiki (@HinduMediaWiki) September 19, 2020

Hayagreeva Maddi - A kheer made of Channa dal, jaggery, desi cow ghee and milk is fed to children on fridays after offering to Lord Hayagreeva. This ensures memory strengthening in a child

