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## Resemblance of Navapatrika Used In Durga-puja With Socio-medical Reason: A Short Essay

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Word sanatana is used in *Rigveda* 4<sup>th</sup> Mandala, 20<sup>th</sup> Sukta, 6<sup>th</sup> chhanda as which is known from ancient time. In 3<sup>rd</sup> Mandala, 54<sup>th</sup> Sukta, 9<sup>th</sup> chhanda also, the word is related with its origin. Sanatana dharma is religion of people based on truth and duties towards humanity and nature. Symbolic representations of gods are after various powers and rituals are based on scientific necessities. The *Devi Bhagwata Mahapurana* suggests Adishakti as original creator, observer and destroyer of universe or everything or even gods. She is truth. She is nature. She is without form or she is with every form. Her various forms are related or attached with specific need of human being. So people please respective forms of Maa Adishakti on individual day of Navaratra (9 nights), usually celebrated in Chaitra and Ashwin month every year.

*Navapatrika* (nine leaves of plants) wrapped in red sari are installed on Mahasaptami in Durga Pandala to represent nine forms of Maa during Navaratra. Interestingly same number of planets (Navagraha) is also suggested in Indian astrology including medical astrology related with different requirements of human beings as per Sanatana dharma. These representations in plant forms have socio-economic impacts as well as medicinal significance hidden with uses. The name of plants, their representations and uses can be summarized as:

Banana (*Musa paradisiaca* Linn.): Brahmani: She is with power of Brahma, that's creative power. Nutritive values of fruits, anthelmintic property of root, blood purifying capacity, stem and root, uses of sap of stem in nervous affections viz., hysteria, epilepsy etc. and antioxidants properties of all parts indicate creative power.

Kachvi (*Colocasia esculenta* Schott.): Kali: She is destroyer of evils. Leaf juice of Kachvi is used as expectorant, stimulant, otalgia etc. or anti-microbial, which may give rise to infectious diseases.

Turmeric (*Curcuma longa* Linn.): Durga: She is said to remove the wrong thought and evil inside us. Rhizome of turmeric is used as blood purifier, tonic, stimulant etc. With blood purification many blood generated diseases can be controlled.

Jayanti (*Hordeum vulgare* Linn.): Kartiki: She is symbolism of perfection. The grains of plant are used as dietary intake and are applied in cases of painful and atonic dyspepsia. Better digestion helps in working with happy mind to bring perfection.

Bilva (*Aegle marmelos* Corr.): Shiva: Maa is adorable to lord Shiva, a power to look after the balance of universe. Leaves of plant are soaked in water to relieve pain and discomfort of stomach. The leaf extract has been shown with anti-spermatogenic effect too. So, this is used to creation and inhibition both.

Dadima (*Punica granatum* Linn.): Raktadantika: Clinical research shows that pomegranates (Dadima) have the potential to thin the blood, increase blood flow to the heart, reduce blood pressure, reduce plaque in the arteries, and reduce bad cholesterol while increasing good cholesterol. It's relation with blood related problems gives such resemblance.

Ashoka (*Saraca indica* Linn.): Shokarahita: The bark is used in gynecological problems especially in uterine affections, menorrhageal problems and as anti-depressant, so this is shokarahita like Maa Durga removes shoka.

Manaka (*Arum indicum* Roxb.): Chamunda: She represents yogini and tantric power. Many of people are fearsome of this form of goddess. Fear brings swelling and inability to move. According to Bhavprakash, the underground stem is useful in anasarca. The powder is mixed with rice, water and milk and mixture is given as diet.

Rice (*Oryza sativa* Linn.): Lakshmi: She is symbolism of prosperity. Rice also resembles same as India was dependent upon agriculture and better yield represented prosperities.

If any religious act is not affected or changed under influence of time or due to some interference of local reasons, then that must be scientific and should have impacts on socio-economy, only exploration is required with deep and proper thought to bring scientific logics.

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