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The Science Behind Observing Shradhs

According to the Vedas, every individual has three debts to be paid off - firstly, of the Devtas (Dev Rin), secondly of Guru and teachers (Rishi Rin) and, thirdly, of Ancestors (Pitra Rin). From the scientific point of view, Devtas represent people with Daivik qualities; teachers the ones who have taught us and Pitra, three generations of our ancestors. Rin from scientific point of view would mean unfinished desires or tasks.

The rituals scientifically would mean detaching oneself from the guilt of unfinished tasks of our ancestors by detoxifying our mind.

Debt means desires of our ancestors that had not been fulfilled during their lifetime. The responsibility to fulfil them automatically falls onto the eldest son in the family and they need to be carried out. If not, it is a sign of guilt disorder in the family and may present with loss of wealth, loss of direction and courage and health. The resultant problems faced were called Pitra Dosh in mythology.

In the rituals, Tarpan of Jal (water) is offered to ancestors. Jal in mythology means flow of thoughts and offering Jal in mythology equates to confession and getting connected. Tarpan is always done with an aim to purify the mind and wash off the guilt.

Tarpan is always done after the desires of our ancestors have been fulfilled by the person performing the Shradh. Tarpan and Arpan on the day of Shradh mean getting connected to our consciousness and informing that all the unfinished tasks are over, so that we can get rid of the long persisting guilt from our mind. Offering and making food which was liked by our ancestors on that day is just to remember and pay respect to them.

Confession is only possible in a Satwik state of mind, which requires eating of Satwik food for a few days. The ritual of offering Satwik food to Brahmins during the Shradh means making only Satwik food on that day, so that everyone in the family is forced to eat Satwik food during Shradhs.

Pind Daan denotes medicinal ways of detaching oneself from the guilt. All the four offerings (black sesame, Kusha grass, Jwar and boiled or roasted rice) in Ayurveda have been described to detoxify the mind and making it Satwik by removing Rajas and Tamas.

If the guilt does not go by repeated Shradhs, then one is required to go for a spiritual vacation during Shradh period, so that he is away from the worldly desires for a few days before the Shradh and this is what going to Gaya means. This spiritual retreat works like an incubation period to the disturbed mind and gets rid of the disturbed mind and allows the undisturbed state of mind to confess and purify.

It is said that once a Shradh is successfully performed or Gaya Shradh is performed, there is no need to perform Shradh rituals thereafter. Once the guilt is over, there is no need for further detoxification of the mind. After that the only ritual that needs to be performed is remembrance, which is usually performed on the death anniversary of the deceased ancestor, usually by doing some charity on their names.

One is not supposed to do auspicious things during Shradh as during this period, the mind is in a process of detoxification.

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Key Factors Tied to Higher Infection Risk in Alcoholic Hepatitis

Among patients hospitalized with alcohol-associated hepatitis (AAH), certain factors could signal high infection risk, suggests a retrospective cohort study. Investigators evaluated the outcomes of around 300 patients hospitalized for AAH over the past 2 decades. It was noted that ascites at the time of admission (hazard ratio [HR] 2.06, 95% confidence interval [CI] 1.26-3.36) and corticosteroid use (HR 1.70, 95% CI 1.05-2.75) were significant risk factors for a bacterial infection. Additionally, higher Model for End-Stage Liver Disease (MELD) scores (HR 1.05 per point, 95% CI 1.02-1.09) and white blood cell count (WBC) at the time of admission (HR 1.02 per unit, 95% CI 1.00-1.05) also predicted infection risk to a significant level. The findings are published in *Hepatology Communications*.

(*Source: Medpage Today*)