

**AYURVEDA AND MODERN PERSPECTIVE OF ATULYAGOTRIYA: AN APPROACH TO PREVENT CONGENITAL ANOMALIES****Dr. Vinod Patil<sup>\*1</sup>, Dr. Ashwini Shitre<sup>2</sup> and Dr. Pallavi Bhirud<sup>3</sup>**<sup>1</sup>PG Scholar, Kaumarbhrutya Department, DY Patil School of Ayurveda, Navi Mumbai Nerul Maharashtra, India.<sup>2</sup>Prof. & HOD of Kaumarbhrutya Department, DY Patil School of Ayurveda, Navi Mumbai Nerul Maharashtra, India.<sup>3</sup>Asso. Prof., Kaumarbhrutya Department, DY Patil School of Ayurveda, Navi Mumbai Nerul Maharashtra, India.**\*Corresponding Author: Dr. Vinod Patil**

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**ABSTRACT**

The health of child is one of the prime concerns for every nation and the presence of congenital anomalies in children is very crucial problem of whole world. Therefore medical science recommended that if parents belong from different clan then the chances of congenital anomalies decreases. The disorders such as; mental retardation, congenital anomalies and dysmorphism may be due to the autosomal recessive etiology. Ayurveda is the science of traditional medicinal system work around facts and logical consideration, Ayurveda covers physical, psychological, social and spiritual aspect of human beings life. Ayurveda described concept of Atulyagotriya marriage. Ayurveda believe that marriage between persons of Atulya gotriya may prevent any chances of congenital disorders. The traditional text of Ayurveda mentioned adverse effects of Tulyagotriya marriages (marriage in same gotriya). The literature study reveals that consanguineous marriages incidences differ from area to area or from culture to culture. As per modern science blood relatives may possess same genes since they have a common origination of their generations from where they inherited their genes. Modern science also believes that the closer relationship increases chances of same faulty gene in common. Considering the importance of childhood health & prevalence of congenital anomalies this article provides wise narration on concept of Atulyagotriya as per Ayurveda as well as modern science.

**KEYWORDS:** Ayurveda, Atulyagotriya, Tulyagotriyavivaha, Congenital anomalies.**INTRODUCTION**

Ayurveda is the ancient science of healthcare system not only deals with treatment of diseases but also describes the concepts of disease prevention and healthy living. Ayurveda also takes great consideration of physical, mental, psychological and social wellbeing. Ayurveda describe concept of Atulyagotriya means marital couples should belongs from different Gotriya, this concept believe birth of healthy child from such type of Atulyagotriya couples. The concept of modern medical science realizes that there are existences of some faulty gene copies in chromosomes of human being but two unrelated people will not carry the same faulty gene copy. Therefore modern it is suggested that the same belongings of married couple may possess similar faulty gene copy which leads genetic disorders in new born but if both partners belongs from different clan then the chances of genetic defects decreases.<sup>[1-4]</sup>

The traditional Indian literature such as; Veda's, Puranas and Samhita's share information regarding rituals, lifestyles & health care management. The Indian text always emphasized that marriage amongst different

belonging offer healthy offspring. Therefore Ayurveda recommended Atulyagotriya Vivaha to prevent prevalence of genetic disorders, the process of conception in volve Mahabhuta's and Rasa Dravyas and if both partners belongs from different gotriya then successful conception leads procreation of a healthy child. The literature associated with successful conception mentioned in Masa-Anumashika Vrudhikrama by Ayurveda scholars.<sup>[4-7]</sup>

**Ayurveda Perspective**

The traditional text of Ayurveda which deals with vyavaya mentioned that persons possess same gotra should avoided maithuna. The mating of same gotra partners resulted decrease in drushti, ayu, teja and dhatu. Kashyapa samhita described various aspect related to the mother and child health. The Ayurveda not only mentioned all factors related to conception but also described factors which need to be considered before conception to achieve good health of child etc. The kashyapa samhita in sharir sthana described concept of asaman gotriya; which prohibit mating of male and female having same gotra. The conception between

asamangotriya partners may results brilliant and disease free child. Ayurveda further described that congenital defects in the fetus depends upon upatapta beejabhaga of beeja. Beeja as shukra and shonita contains multiple beejabhaga and each beejabhaga may reproduce the individual entity like; means every beejabhaga produces different organs in the fetus. Vikruti in beejabhaga of shukra and shonita may causes defects in particular organs. Since specific organs develops from stree beeja and purusha beeja. The parts develops from matrubeesha are matruja which are; twak, rakta, mansa, meda, nabhi, hrudaya, kloma, yakruta, pleeha, vrukka, basti, purishadhana, amashaya, pakvashaya, uttarguda, adhoguda, kshudhranta, sthulantra, vasa and vapavahan. Similarly shukra (purusha beeja) is Pitruja bhava which are; kesha, shmashru, nakha, loma danta, asthi, sira, snayu, dhamani and shukra. When these beeja affected by any means it resulted defects in respective organ originating from them. The concept of Atulyagotriyavivaha originated from above mentioned aspect of beeja defects, it is believed that if both partners belong from same gotriya then they may have similar beeja defects which resulted congenital anomalies but if partners belongs from different gotriya then there may be chances of presence of one non defected beeja in either of partners and therefore chances of genetic disorders decreases.<sup>[5-8]</sup>

### Modern perspective

Humans being possess pairs of Chromosomes one comes from the father and the other comes from the mother, out of 46 Chromosomes 23 come from the mother and 23 from the father means both partner contributes significantly towards the genetic composition of child. The term consanguinity denotes shared blood; means descends from a common ancestor. A consanguineous couple means related to each other or possess biological relationship and marriage amongst such types of consanguineous couple may offer harmful. The prevalence of consanguinity is very less in USA, Russia, Australia and Europe and more in Arab countries, Turkey, Iran, Pakistan, Afghanistan and South India. Consanguinity may lead genetic disorders, mental retardation, congenital anomalies and dysmorphism.

The degree of close biological relationship also play significant role towards the consanguinity and there are genetic classification available for estimating the closeness of relationship which is as follows:

1. **First degree relatives:** Brothers and sisters, twins, parents and children.
2. **Second degree relatives:** Uncle and aunts, nephews and nieces and grandparents, etc.
3. **Third degree relatives:** First cousins, half uncles and aunts, half nephew and nieces.
4. **Fourth degree relatives:** Second cousins, great grandparents, great uncle, great nephews and nieces, etc.

It has been observed that children born from incestuous marriages may have mental defect and impaired hearing or vision problem. The other such types of genetic problems are; Atopy which is actually naturally occurring familial hypersensitivity or allergic reaction, similarly contact dermatitis and gastrointestinal reactions may also be inherited. The major consanguinity involves mental retardation & low intelligence. The modern science described various terms associated with consanguinity such as; exogamy, dual exogamy & linguistic exogamy:

### Exogamy

Exogamy means social arrangement where marriage allowed outside of social group. Exogamy considered two aspects biological and cultural. Biological exogamy related to non blood-related beings. Cultural exogamy involves marital relationship outside of a specific cultural group. Another term that is opposite to exogamy is endogamy; marriage within a social group.

### Dual exogamy

Dual exogamy is traditional marriages in modern societies and in classical societies. It may be matrilineal or patrilineal. It observed in western countries. The dual exogamy lasted for many generations, uniting the groups initially unrelated by blood into a single tribe.

### Linguistic exogamy

It is form of cultural exogamy in which marriage occurs amongst the persons belongs from different languages.<sup>[6-10]</sup>

## CONCLUSION

Consanguineous marriage is very common aspect which consider responsible for the genetic problems. The medical science recommended marriages amongst the non relatives (biological as well as cultural). The consanguineous couples means married partners from same belongings may have combinational genetic abnormalities. Therefore Ayurveda recommended non consanguineous marriage but large number of population unaware regarding the fact that children of consanguineous couples may be diseased than non-consanguineous couples children. The children of consanguineous couple may possess genetic disorder or congenital anomalies. Therefore it is essential to spread concept or logics of non consanguineous marriage considering this fact this article explored the modern and Ayurveda perspective of Atulyagotriyavivaha. The prevalence of congenital/genetic disorders (Janmajatavikara) due to the consanguineous marriages (Tulyagotriyavivaha) may be prevented by increasing awareness on Atulyagotriyavivaha.

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