

**PRE CONCEPTIONAL CARE IN AYURVEDA FOR THE PURPOSE OF BEEJSHUDDHI
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ABSTRACT

Fertility is the natural capability to produce offspring. Woman's fertility concerns are on the rise, and the world wide general fertility rate is lower than ever before. In this era of competition & stress, solutions are needed to strengthen the reproductive capacity of a woman who wishes to conceive.

Pregnancy Should Be By Choice, Not By Chance

This statement holds true for having a safe pregnancy and healthy progeny. Due to competitive life, the advance generation desire only one child and willing that their child should be physically, mentally & intellectually stronger than them. But in this stressful and busy society couples give more importance to carrier than family and so not paying attention towards proper marital age, sex timing, dincharya & rutucharya. As a result, they are more prone to physical & psychological problems for self and could convey to the next generation.

So, in the way of receiving a healthy progeny, a woman should be carefully monitored in all stages of pregnancy like- pre conceptional, conceptional, prenatal, intra natal and post-natal. Ayurveda broadens our vision to see that fertility is more than the physical act of becoming pregnant. In this way, it is understood that fertility is equally spiritual and emotional as it is physical. The regimen followed during pre-pregnancy period to achieve conception is called "Garbhadhana vidhi" specific guidelines have been described in Ayurveda for pre conceptional care. Such as- Rajaswalacharya (mode of living during menstruation), appropriate age of marriage & conception, factors essential for conception, normal & abnormal position for conception, normal & abnormal position for coitus etc.

INTRODUCTION

Ayurveda provides a holistic approach towards human health & deals with both preventive and curative aspect of life. it gives great importance to the physical, psychological and social preparation of both partners prior to conception. The birth of a healthy child is seen as equivalent to planting a tree, for which we need a seed, soil, time and the right nourishment. This approach

can be seen as the ultimate in preventative medicine with actions a few months prior to conception having lifelong effect for your child.

**Ayurvedic Preconceptional Care
Age for Marriage & Conception**

..... पञ्चविंशतिवर्षाय षोडशदशवर्षा

पत्नीमावहेत् ।

(सु. सं. शा. 10/53)

पञ्चविंशे ततो वर्षे पुमान्नारी तु षोडशे ।

समत्वागतवीर्यो तौ जानीयात् कुशलो

मिषक् ॥

(सु. सं. सू. 35/13)

Preconception care begins with the selection of the right partners. Ayurveda mentions male at the age of 25 and Female at the age of 16 are fully mature and eligible for conception, as both at this age are full of valour and vigour and born child Very young or old women should not be impregnated. If a woman below 16 is impregnated by a man of below 25 either she will not conceive. She will have intrauterine death of the foetus, If the child is born, it would not live long or will have weak organs, ill health, deformed body parts etc.

Atulya-Gotriya

Acharya Charak describes -For marriage the women should be belong to the same community but of different gotra (different family lineage) only then an intelligent and healthy child is born. The reason for this might be to reduce the risk of hereditary disease and to avoid congenital anomalies.

Consequences of Conception at Very Young/Old Age

अतिबालामतिवृद्धां..... वर्जयेत् ।
(च. सं. शा. 8/6)

Very young or old women should not be impregnated. If a woman below 16 is impregnated by a man of below 25 either she will not conceive. She will have intrauterine death of the foetus, If the child is born, it would not live long or will have weak organs, ill health, deformed body parts etc.

1. Early pregnancy increases the risk of NTD'S, IUGR, Preterm birth, Still birth etc.
2. Late pregnancy increases the risk of Down's syndrome, Eclampsia, Macrosomia, Hydramnios etc. Perinatal death's are 50% higher among children born to mother under 20 year's of age compared to mother aged 20-29 years.

Importance of Rutukalain Conception

अत्र सदैवर्तुः क्रमोचयापचये तु विशेषः
गर्भाधानाय न विशेषः ।

ऋतुत्वोपदर्शनरहितमन्ये ऋतुमिच्छन्ति ॥
(अ. सं. शा. 1/40, इन्दु टी.)

The significance of rutukala lies in the fact that it is favourable for conception.

Rutukala is a period of ovulation. Conception on successive days of rutukala promotes a child who has long life span, good health, fortune/Prosperity, energy and all these qualities will decline when there is conception post rutukala.

Rajaswalacharya (Regimen During Menstruation)

Ayurveda classics mentioned regimen during menstruation that is mode of living which reflects the social customs and stigma in those days, which are irrelevant today. The probable logic behind this kind of regimen was to ensure rest to women who worked very hard (like working in farms, grinding stone etc.) From the onset of menses till 3 days and nights. She must avoid sexual intercourse, day sleep and other strenuous work, she should eat meal made of ghrita, Sali, and milk and should avoid hot, pungent and salty food.

Rutumati Charya

Some other factor's essential for conception like Vayu, Unimpaired yoni (Apatyamarga), Hridaya (psychological well-being).

Garbh Sambhav Samagri (Factors Essential For Conception)

ध्रुवं चतुर्णां सान्निध्यात् गर्भः स्याद्
विधिपूर्वकं ।

ऋतुक्षेत्राम्बुबीजानां सामग्रयादडकुरो यथा ॥
(सु. सं. शा. 2/33)

Vata is known prana or life energy. The apana vata one of the five types of vata is naturally responsible for menses, secretion of semen and elimination of urine and stool. The pelvic area is the natural location of the vata dosha, therefore when vata gets aggravated it is unable to carry out its natural function and can create semen related disorders and irregularity in menstrual cycle. This can ultimately lead to many problems in conception.

Ayurveda describes four factors essential for conception - Rutu, Kshetra, Ambu, Bija.

- Rutu (Rutukala or ovulation period)
- Kshetra (garbhasaya or healthy uterus)
- Ambu (rasa dhatu or nourishment)
- Bija (Sukra and artava or healthy gametes)

When the four factors come together conception is bound to occur just like a seed germinates.

Vayu plays a very important role from maturation of gametes, Fertilization to Foetal nourishment also it functions as maturation and ejaculation of semen.

Vaayu

वायुस्तन्त्रयन्त्रधरः.....कर्ता
गर्भाकृतिनाम्...।
(सु. सं. सू. 12/8)

गर्भस्य खलु रस निमित्ता मारुताध्मान
निमित्ता च परिवृद्धिर्भवति ।
(सु. सं. शा. 4/57)

On Fourth day of menstruation the women should take head bath after abhyanga and should wear white clothes, garlands, flowers, pleasant state of mind with passion should indulge in cohabitation She should see her husband first, so will be the child. The psychological state of mind of the couple during rutukala would influence the outcome.

Preconceptional Yoga & Pranayam

- In the way to regulate apana vayu some pranayam and asana are indicated for both male and female.
- Pranayam- kapal bhati, naadi Shoshana, bhramari.
- Asana for male- sarvangasana, matsyasana, shirshak ana, ardha- matsyendrasana, bhujang asana, adhomukhdehavasana etc.

- Aasana for female- paschimottanasana, pavan mukadama, shavasana, bhujangasana, hastapadasana etc.

Hridaya

सौमनस्य गर्भधारणानां.....|

(च. सं. सू. 25/40)

Unimpaired sukra, artava, garbhasaya, ahara-vihara taken by both partners.

After menstruation the following karmas should be followed by the couple who yearns for a progeny.

Hridaya (happy/ pleasant state of mind) is chief among the factors responsible for conception. It can be considered vital for maintenance of pregnancy.

गर्भोपपत्तौ तु मनः स्त्रिया यं जन्तुं

वृजेत्तत्सदृशं प्रसूते |

(च. सं. शा. 2/25)

The mental state of the parents during conception, mental state of mother during pregnancy and the deeds of previous life of embryo or desires of garbha in previous life decides the mental state of the progeny.

Violence against girls and women results in adverse physical, psychological and reproductive consequences, as well as increased risk for premature delivery and low birth weight infants.

Concept of Garbhadhana (Conception)

स्त्री पुंसयोरव्यापन्न शुक्र

शोणितगर्भाशाययोः श्रेयसी

प्रजमिच्छतोस्तदर्थाभिनिवृत्तिकरं

कर्मापदेक्ष्यामः ||

(च. सं. शा. 8/3)

Ayurveda explains very clearly that garbhadhana (conception) by a couple is successful only in the presence of The women should say mantras and start the following karma. The couple has to undergo Sneha, sweda, sodhana (vaman, virechan) after restoring to natural state, asthapanam and anuvasana basti is given, by these procedures the deranged dosha and mala are eliminated from the body.

Then the man is given madhura drugs processed with milk and ghee.

- The Ghee (ghrta) has the property of nourishment

and strengthen the body. It makes the sperm healthy and vigour.

- Milk gives strength; nourishes the body. It increases the quality and quantity of sperm.
- The women are given tila, masa etc.
- Tila (sesamum oil)- It has property of garbhasaya shodhan & tridosha shamak.
- Masa (black gram) -It is balya, vrushya and promote vigour. It contains vitamins B, folic acid, magnesium, iron & calcium which are all essential factors for conception.

Grossly diet should consist of **Rasayana** (rejuvenator) and **Garbhashthapaka** (help in implantation & stabilization of pregnancy) properties. As per modern folic acid supplemented.

For a healthy conception Ayurveda describes **putresti yagya** which is a ritual that provide physical & psychological calmness to both partners as well as these surroundings.

After putresti yagya both should observe celibacy for one month. Male should be given ghrata kshira with Sali rice in the afternoon and women should be given taila and masa and then should indulge in sex at night.

तता अपराहणे पुमान्मासं बृहमचारी

सर्पिःस्निग्ध.....सामादिभिरभिविश्वास्य ||

(सु. सं. शा. 2/28)

The couple should be happy and cheerful at the prescribed time male should step in bed with his right foot and the female should step with her left foot and be on the right side of her husband.

The women should lie in supine position as it is the ideal position when doshas stay in their respective places accepting the bija.

Impact of Psychology on Pregnancy

It is believed that whatever a woman (shuddha snata) perceives will deliver (a child) of similar behaviour and physique usually, so it is necessary to providing education and psychosocial counseling before and during pregnancy.

CONCLUSION

Ayurveda focuses on the promotion of health & prevention of diseases. It deals with purification of the body, treatment of the illness & maintenance of healthy state of body and mind. The pre-conceptual care of the couple is not only for achieving a healthy pregnancy but it is also essential for receiving a physically, mentally & intellectually strong child. The ahara (dietary regimen), vihar (life style) & aushadh are mentioned in the text like shodhan karma, yoga, pranayama, criteria for marriage

like adequate age, different family lineage, sexual timing & positions that must be for proper purification (beej shodhan) and nourishment (beej poshana) of both partners. All the regimen and routine is mentioned before conception improves there physical & psychological health which definitely convey in their child & also may be implemented as an integral part in the community healthcare.

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