

## ROLE OF COUNSELING IN BIRTH OF A HEALTHY PROGENY- A REVIEW ARTICLE

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**INTRODUCTION**

Nature has provided the right of reproduction to the living being, as they must be able to preserve their species. As far as human being is concerned they are fully involved in the awareness of better progeny. All the references are available in our ancient text as far as healthy progeny is concerned.

Reproduction is a natural biological phenomenon. Aim of the human being is not just to have children but have children with as many good qualities as possible.

In classical texts, we get sufficient references regarding oogenesis and have a systemic description of various factors responsible for better progeny. Also the method to achieve progeny of long life, intellect and health body is prescribed.

Planning for better progeny starts even before marriage. Right from the Vedic period, the ancient scholars have very good study about the concept of healthy progeny.

In this review article we are going to study the role of counseling for better & healthy progeny. It can be said that counseling can improve the quality of progeny.

**AIM:** To review the literature about counseling and various treatments for better and healthy progeny.

**OBJECTIVES**

1. To review classical text about fertilization & factors responsible for it.
2. To review about role of counseling for better progeny.

**Importance of counseling in birth of a healthy progeny –**

According to Sushrut the four vital components are responsible for the ideal conception i.e. Ritu, Kshetra, Ambu and Beej. These are also called as Garbha Upadak Bhav.

- Ritu means ovulation period- time of conception.
- Kshetra means Garbhashaya-Female genital organ.
- Ambu means Nutrition to the foetus.
- Beej means healthy sperm and ovum.

In other words, we can say that, if these above four factors are involved in the formation of foetus, are qualitative, healthy and undamaged, then the offspring born will be Arogyavan, Satvavaan which can be called as an Ideal birth.<sup>[1]</sup>

In *Charak Sharir Sthan, and Ashtang Sangrah*, we get sufficient references regarding eugenesis and have a systemic description of various factors responsible for better progeny. Also the method to achieve progeny of long life, intellect and health body is prescribed.

According to *Charak* by the excellence of sperm, ovum, the uterus and time by management with a whole some diet. The normal fetus gets delivered in a fully developed state in time and with ease. When there is cohabitation of man having undamaged sperm and woman having undamaged ovum, genital tract, uterus during the *Ritu Kaal* (Opportune period) and consequently, the conscious (self) impelled by mind descends into the zygote situated in the uterus, the embryo is formed.<sup>[2]</sup>

Planning for better progeny starts even before marriage. Right from the Vedic period, the ancient scholars have very good study about the concept of healthy progeny.

Following are the methods applied for development of healthy progeny.

1. Pre marriage counseling
2. Pre conception counseling
3. Counseling during ANC.

### Pre marriage counseling

For qualitative and healthy sperm and ovum, i.e. *Shuddha Beej*, following factors are to be taken into consideration.

#### 1) Age of Male/Female.

According to *Acharya Sushrut and Vagbhata*, the most favorable age for procreation period and transmission of mental abilities and good qualities for the offspring is 25 years for male and 16 years for female.<sup>[3]</sup> But in present era, due to change in the lifestyle, the age of the male and female varies which is 25 years for males and 21 years for females, which now a days depends on person to person according to his or her convenience. The maturity of male and female sex organ is depending up on the age of respective male and female. Similarly late marriage is also responsible for the female factor and her offspring i.e. congenital anomalies and mental retardation. As far as male factor is concerned in this middle age semen is productive and good spermatogenesis is seen.

**2) Gotra** - *Acharya Charak* has mentioned the importance of gotra in *Atulyagotriya adhyay*. Marriage with *Atulya Gotra* (Male Female must be from different *Gotras*) which will avoid the hereditary disorders which may affect the offspring from congenital anomalies, because in this condition, the recessive genes become dominant.<sup>[4]</sup> Both male and female partners should not be suffering from any contagious disease. Both male and female partners should have healthy genital organs. Female partner should be younger than the male partner. The age difference between the two should be 2-3 years because not only for psychological and social reason but also for pure biological reason, the female should be few years younger than the male as she reaches physical and mental maturity relatively earlier than the male partner. Special qualities like body complexion, intellect, strength and energy depends upon the deeds of the previous life and the quality of parents. These all factors are considered in pre marriage counseling. Today in this present era, the above concept is very well proved scientifically.

#### Pre-conception Counseling

The union of the sperm (*Sukra*) Ovum (*Arthav*) and jeev (*Aatma*) inside the uterus (*kukshi*) is known as *Garbha*. The through which a man places his seed (sperm) in the women's ovum is called as *Garbhadhana*.<sup>[5]</sup> In Vedic hymns, prayers are mentioned pointing to the act of conception. A verse in the *Atharva Veda* contains an invitation to the wife to mount the bed for conception. *Charak* has mentioned the procedure by which the married couple having qualitative sperm and ovum, can achieve the target of healthy progeny.<sup>[6]</sup>

First of all both man and women should undergo Uction and Fomentation (*Snehan Swedan*), thereafter purifies themselves with emesis and purgation (*Basti*), so that they get gradually detoxed and then normalize. Then Men should be fed with ghee and milk cooked with

sweet drugs and the women with oil and black gram because the *madhur* drug increases *sukra* and *pittal* drugs increases *rakta*.<sup>[7]</sup>

If woman desires healthy progeny, after the bath she should be managed with saturating drink prepared of white barley mixed with honey and ghee mix with cow milk. In the morning she should eat the preparation of *Sali* rice and barley with curd honey ghee and milk. Having with this above method with performance of *Putreshti yadnya* the couple go for coitus with enhancing the mantra recitation of mantra *vishnur yonir* in order to fulfill her desire. This entire procedure is described which leads to excellent result in respect of desire offspring. This preconception period is called as procreation period and this is for three months.<sup>[8]</sup>

The following principles of procreation prevent disorder and promote the growth of the fetus.

- The psychic nature of both husband and the wife.
- Frequent acquisition by female
- The past deeds and impact of a particular psyche due to practice in real life.

#### Effects of diet, behavior and actions on the offspring.

Prospective parents who in intentional procreation which to give life to a child with the best possible predisposition must be advised not to drink alcohol for a long time, at least 4 months before preconception. This period is not chosen arbitrarily but it is based at least for the woman on the consideration that, poisoned follicle damages the embryo and pregnancy both. Thus, opium morphed might be discontinued at least for a period of 3 months claimed above for the preparation for the act of procreation.

The *Upanishads* have mentioned that certain breathing exercises, *pranayam*, *yoga* and some specific *sanskar* are helpful in achieving a desired child. Specific spiritual worship or *Putra Kameshti Yadnya* done before attempting to have an offspring.

Great importance is given to the general health of couple. (Physical and psychological). Various *sanskars* are considered very important because, as a seed of any plant, sowed in a properly purified and refined yield, yields good fruits. Similarly, in conception done after proper *sanskaar*, result in offspring of the high quality. Which is called as a healthy progeny. Similarly in male factor, *Bramhacharya palan* plays an important role in the formation of ideal birth.

In this way, it is very clear that, maternal and paternal factors are responsible for anatomic development of the child while other factors like *Aatma* and *satva* are responsible for psychological development. In this way, above points are considered in preconception counseling. After conception, the fetus remains in the womb up to full maturity (9 months). After its full growth, the *Garbha* becomes mature with all the organs and body

parts including all the sensory and motor organs and its own consciousness, and then this is called a human body (*Chatur Vishantik Purush*).

Pregnant women should avoid excessive exercise, heavy work and coitus in this period. *Sushruta* had added, pregnant women should avoid sleeping in the day, sitting in *utkatasana*, use of *shodhan*, bloodletting and visiting lonely places.<sup>[9]</sup>

### Counseling during Anti natal Care (A.N.C)

Diet/Rasa consumed by pregnant women performs 3 functions

- Nourishment to the pregnant women
- Formation of breast milk
- Nourishment to the fetus

The fetus is totally dependent on the mother, so *Charak* and *Sushruta* has given behavior rules of pregnant woman (*Garbhini Paricharya*) by keeping this fact in mind. The women desires of having an ideal offspring should discard harmful diet and other activities mentioned above.

According to *Garbhini Paricharya*, given by Acharya *Charak*,

- 1<sup>st</sup> month-pregnant women should take unprocessed cold milk in adequate quantity.
- 2<sup>nd</sup> month-only milk cooked with sweet food articles (*Madhur Rasatmak Dravya*).
- 3<sup>rd</sup> month- Milk added with honey and Ghee.
- 4<sup>th</sup> moth- 10 grams of butter
- 5<sup>th</sup> month-ghee extracted from milk
- 6<sup>th</sup> month- Ghee cooked with sweet food articles (*Madhur rasatmak dravya*).
- 7<sup>th</sup> month- Ghee cooked with sweet food articles (*Madhur rasatmak dravya*)
- During this period she should keep a diet consisting of sweet, *Vata* elevating food products in small quantity free from fat and salt.
- 8<sup>th</sup> month-milk added with ghee during lunch or dinner.

The women following this regime will give birth to a child endowed with excellent health, strength, complexion, voice and compactness and the best in the entire clan. During her 9<sup>th</sup> month, she should be treated with *Anuwasan Basti* with the oil cooked with sweet drugs and a swab soaked with the oil which should be placed inside the vagina, to lubricate the seat of fetus as well as the entire female genital tract.

These above points are also considered with respect to *Garbha sanskara* i.e. counseling during Anti natal Care (A.N.C)

### DISCUSSION

In this project we have studied the factors which are responsible for development of embryo. All these factors

can be qualitatively improved by 3 steps of systematic counseling. Pre marriage counseling, pre conception counseling, counseling during ANC.

In pre marriage counseling age & families are taken into consideration. In pre conception counseling, cleaning body of mother & father of future offspring should be done along with spiritual acts like *yadnya*. And in ANC counseling various diet, exercises, behavioral rules should be followed by pregnant woman.

If this regime is followed from conception up to 9 months, Strength and complexion of the fetus gets improved and she delivers a child as desired, excellent and healthy with ease and in time, also it softens the entities which hold the fetus in the womb. *Vata*, gets in normal course. Urine and faeces in normal state gets through the passage easily. And this is called as a Healthy Progeny.

Moreover the psychology of pregnant women may also affect the fetus growing in her womb.

In *Vedas* and *Garbhopanishads* the importance of normal psychology of a woman is considered. Mental abnormality of a mother may result in birth of a blind bald or a dwarf child. *Charak* and *Sushrut* were also aware of this factor. Pregnant woman has been advised to always think about a person or his qualities throughout her pregnancy like whom she wants to have a child. She should follow the diet, mode of life, clothes and act of the desired person.

### CONCLUSION

Pre-marriage counseling, pre-conception counseling and counseling during A.N.C plays a very significant role in contribution to the birth of a healthy progeny. When counseling & treatment is done according these 3 steps it definitely results into very good & healthy progeny. So it should be followed by all couples who have desire of healthy progeny.

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