

## A LITERATURE REVIEW ON MATERNAL HEALTH, SUPRAJA AND AYURVEDA FOR BETTER PROGENY

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### ABSTRACT

A newborn is such an important divine creature, such a precious individual, they don't want to compromise in contribution to the world. An idea of Supraja is to have children with as many good qualities as possible. There are scientific evidence which proves that a baby inside the mother's womb respond to the outside stimulus and has the ability to listen. Ayurveda believes in physiological and psychological mental preparation of parents for motherhood. Each aspect has been widely considered for achieving a better and desired offspring. According to ayurveda, desire for better progeny starts even before person taken the first step on the road towards conception that is even before marriage.

'Shodasha sanskar' play very important role in physical, social, psychological well being throughout the life and thereby in making better progeny.

**KEYWORDS:** Supraja, Sanskar, Ayurveda, Healthy motherhood.

**AIM:** To review on maternal health, Supraja concept and Ayurveda for better progeny.

### OBJECTIVES

1. To describe the purpose of Ayurvedic Supraja concept to create healthy, intelligent, divine baby.

2. Its role in relationship to safe motherhood initiatives.

## INTRODUCTION

Procreation is a natural phenomenon; no special efforts are required for it. Better progeny is nothing but creating pure, intelligent, virtuous and cultured progeny. Ancient Ayurvedic texts have given directions that one can get progeny of good quality by having good diet (Ahar), ideal daily routine (Vihar), mental stability (Manasik Bhav) etc. during pregnancy (Garbhasanskar). Whatever pregnant woman eats and thinks it will certainly affects the physical appearance and mindset of the baby to be born.

According to Ayurveda, as mentioned earlier, Sanskaras play very much important role in making Supraja (better progeny). Basically comprises three stages.

1. Preconception Beejasanskar.
2. During pregnancy Garbhasanskar.
3. Post delivery Balsanskar.

### Beejsanskar

The planning for better progeny starts even before marriage. Mature man and woman including physical and psychological both are an essential factor for better progeny (Samatvagata veerya). Marriage with Atulyagotriya partner is also kept in mind. Consanguineous marriages may lead to many congenital abnormalities in foetus. Marriage with Atulyagotriya, disease free partner will avoid various hereditary disorders which may affect the child.

Age is also an important factor. Women with late marriages and late pregnancy (above 35 years) have added health problems like gestational hypertention, Diabetes mellitus, eclampsia, etc. These babies are also at greater risk of birth defects.

Ayurveda gives importance to quality of the seed that is both the male and female oocytes. In addition to the female seed, the mother provides the soil and nutrition in the form of caring womb. As panchakarma cleanses all body toxins, it should be done in preconception for detoxification of body. Planning to conceive without panchakarma is just like beginning a long journey without any transitory preparation. Panchakarma uplifts immunity to almost level and thus protects each and every element in gestational phase. Beeja shudhi should be done by various majors of Panchakarma like Vaman, Virechan, Nasya, Basti, Raktamokshan

etc. in both the partners. So that, the ovum (matru beej) and sperm (pitru beej) are in its best and purest form and devoid of any abnormalities or genetic disorders. Along with this associated treatment like Uttarbasti, Yonidhavan, Yonipichoo dharan enhances the internal environment in the womb.

### **Benefits of Panchakarma**

- 1) Aids in regular natural detoxification of the organs.
- 2) Helps to improve hormonal balance.
- 3) Stress relief.
- 4) Increase quality of ova and sperms.
- 5) Improve endometrial lining.

### **Garbhasanskar (During pregnancy)**

The ultimate goal of every pregnancy is to achieve a healthy progeny. Healthy pregnancy is nothing but a pregnancy without physical or psychological pathology in the foetus, which results in delivery of healthy baby. Stress, faulty dietary habits and toxins may combine to have a harmful effect on physical and mental growth of the foetus. So all the 'would be parents' those who wish to have healthy and active babies should opt for well nourished, stress less and drug free lifestyle.

#### **a) Garbhini paricharya**

Dietic and certain regimes advocated in ancient samhitas for pregnant women are of great significance. Modern science also emphasises on nutritious diet, adequate rest and exercise in antenatal care. Garbhini paricharya is explained in the ayurvedic texts in detail. Some of the important points are explained here.

- i) First three months – use of sweet liquid diet for e.g. cow milk must be added in the diet. This prevents dehydration and supply nourishment thus leads in maintenance of proper health of mother as well as foetus.
- ii) 4<sup>th</sup> month – milk and butter should be added in the daily diet. This helps in *bruhan karma*, as all the body parts of the foetus in the mother's womb develop in this period.
- iii) 5<sup>th</sup> month – milk and ghee must be taken in the diet. Ghee brings about snehan in the body and thus helps in vatashaman.
- iv) 6<sup>th</sup> month – use of gokshur siddha ghrut or yavagu. Gokshur is a good diuretic and thus helps in preventing excess water retention as well as further complications like PIH, pre-eclampsia etc.

- v) 7<sup>th</sup> month – use of pruthakparnyadi gana siddha ghrit. It is diuretic and also suppress pitta and kapha dosha.
- vi) 8<sup>th</sup> and 9<sup>th</sup> month – pancharma like anuvasan basti can be done during this period. This facilitates easy labour by affecting autonomous nervous system governing myometrium.

#### **b) Pranayam and meditation**

Pranayam and meditation should be done during pregnancy period. It helps in mental relaxation and stress relief. It shows positive effect on the foetus. Pranayam also improves oxygen carrying capacity of the body thus rejuvenates the body cells of the mother as well as the baby.

#### **c) Vedic mantras**

Practice of Vedic mantras during pregnancy give mental peace to the mother. It will help in improving the mother-baby emotional bonding. The energy of the Mantras also improves the physical, intellectual and spiritual growth of the developing foetus in the womb.

#### **d) Yogasane**

Common ailments in pregnancy such as backache, headache, bipedal odema, digestive upsets and fatigue can be improved with the help of yogasanas.

#### **Trimester wise yogasanas and their benefits are as follows**

- First trimester
  1. Suta udakarshasan- removes constipation, improves digestion,relieves stiffness and strain
  2. Marjarasan – improves flexibility of pelvic muscles, tones female reproductive organs
  3. Katichakrasan- Tones hip, waist, back muscles,used to relieve physical and mental tension
- Second trimester
  1. Vajrasan- enhances digestive functions and can be practice directly after meals. It relieves stomach ailments like hyperacidity often a trouble faced during pregnancy. It alters blood flow and nervous impulses in the pelvic region and strengthens pelvic muscles.
  2. Bhadrsan – benefits same as vajrasan.
  3. Tadasan- develop physical and mental balance.

- Third trimester
- 1. Supta udarkarshasan
- 2. katichakrasan
- 3. Parvatasan- relief backache, stress
- 4. Squatting position- strengthen pelvic muscles which is helpful in normal delivery.

### **Balsanskar (sanskaras after birth of the baby)**

Jatkarma sanskar, Lehan sanskar, Nadikartan, karnavyadhan sanskar etc has its own significance and certainly goal for better progeny.

### **CONCLUSION**

Better progeny can easily achieve if all regimens followed since from preconception. Ayurvedic modality can provide global solution in several lifestyle related problems. These are essential for health of mother and foetus too. Preconceptional counselling, Ayurvedic Panchakarma therapy for detoxification, healthy diet for healthy body, yogasana, meditation for healthy mind will lead to balanced life. And there by it is so much beneficial not only for future offspring but also ourselves.

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