

## HEALTHY PROGENY (SUPRAJA): AYURVEDA

Dr. Saujanya Padalwar\*

<sup>1</sup>PG Scholar, PTSR Dept., R. A. Podar Ayurveda Mahavidyalay, Worli, Mumbai- 400018.<sup>2</sup>Assistant Professor PTSR Dept., R. A. Podar Ayurveda Mahavidyalay, Worli, Mumbai- 400018.Article Received on  
28 August 2024,Revised on 18 Sept. 2024,  
Accepted on 08 October 2024

DOI: 10.20959/wjpr202420-34252



\*Corresponding Author

Dr. Saujanya Padalwar

PG Scholar, PTSR Dept., R.

A. Podar Ayurveda

Mahavidyalay, Worli,

Mumbai- 400018.

## INTRODUCTION

Ayurveda describes the *Garbha* (foetus) as an amalgam of various factors: maternal, paternal, mental, dietary, and factors agreeable to the body and soul. Under the heading of *Shadabhavas Acharyas* have described *Satvabhava* which one of the necessary *Bhava* responsible for healthy progeny. Thus our Acharyas developed concept about the type of behaviour and conduct before and during pregnancy to treat healthy progeny.

A healthy progeny is desired by every parents. Health of the progeny is related with the health of the parents at the time of conception. So, we can say that “Healthy parents - healthier the progeny.”

Vedic scriptures provide a description of the unique process of womb formation and systemic approach to conscious conception in terms of *Garbhasankar*.<sup>[1-3]</sup> Dietary and lifestyle customs are explained in the

form of *Garbhini Paricharya* and *Garbhapaghatkar Bhava* for antenatal care and disease-free progeny.<sup>[4]</sup>



*Beeja* (chromosome), *beejabhaga* (genes) and *beejabhagavayava* (fraction of part of chromosome) are important terms described by ayurveda to explain defects in sperm and

ovum. The *beeja*, *beejabhaga* and *beejabhagavayava* are considered responsible for hereditary diseases along with other factors.

*Shadgarbhakara-bhava* (Six procreative factors of progeny) have been propounded in the ayurvedic classics viz. *Matrija* (mother), *Pitrija* (father), *Atmaja* (soul), *Satmyaja* (wholesome practices by mother), *Rasaja* (diet of the mother) and *Satvaja* (psychological health of the parents). Healthy mother, father, proper diet of the mother, practice of wholesome living and dietary regimen and healthy mind/psychological status of parents and good deeds of soul in previous incarnation play a prime role in achieving healthy offspring,

### AIMS AND OBJECTIVES

- To study the Ayurvedic principles for improving quality life of mother and foetus.
- To make the labour process more easier and comfortable to the mother both physically and mentally.
- To improve the foetal outcome and puerperal health of mother through Ayurvedic formulations and principles.
- To reduce the incidence of nosocomial infections by effective natural means of disinfection and fumigation.

### MATERIAL AND METHOD

All the data and literatures are collected from Ayurvedic texts, modern medical books, review articles, journals and from available websites. All the relevant matter is compiled and analysed for the discussion and an attempt has been made to draw some conclusions.

#### ***Rajaswalacharya*** (Mode of Living during Menstruation)

During the first three days of menses, women should remain isolated. On the fourth day of menstruation, wear white or new clothes and ornaments and then with the enchanting of religious hymns, should see her husband first clad in white garments. *Havishya* (meal prepared of ghee, Shali rice, and milk) and *Yawaka* (meal prepared of barley and milk) are indicated.

*Tikshna* (penetrating), *Katu* (pungent), *Lavana* (salt) substances and *Nasya* (nasal medications), *Swedana* (fomentation), and *Vamana* (emesis) are contraindicated during this time.

### ***Vivahayogya Ayu (Criteria for Marriage)***

Acharya *Sushruta* mentioned that the marriageable age for man and woman is 25 and 12 years, respectively, whereas Acharya *Vagbhata* said 21 and 12 years, respectively. Acharya also mention the qualities of a girl for marriage, that is, she should not belong to the same *Gotra* or *Atulyagotra* (same family), not having any contagious diseases, beautiful, modest, having complete body parts, delicate, and so on Recent updates also say the consanguineous marriages carry recessive traits.



### **Pre-Conception Protocol**

It involves the preparation of the couple planning pregnancy, 90 days prior to conception. Ahara (diet), Vihara (lifestyle), Sadavritta (moral conduct), along with varied therapies. Preparing the body well in advance before conceiving will help greatly in having a healthy pregnancy.

Even partner's health is important for conception to occur as healthy sperms are required for getting pregnancy. Including the transport on ductal system, it takes 3 months<sup>[5]</sup> (i.e. 90 days). Pre-conception care is also recommended by world health organization to maximizing the gains for maternal and child health.<sup>[6]</sup>

### ***Garbhadhan Purva Sanskara (Planning for baby)- 90 days protocol***

- *Prakritiparikshana* (Ayurgenomics)
- *Rajaswalaparicharya* in female, *shodhana* in couple.
- *vamana/virechana/basti* (Panchkarma- *shareerashuddhi*- Cellular cleansing).
- *Aaharashuddhi* (Special food planning).
- *Viharashuddhi* (Special daily routine).
- *Bhramcharyapalan*
- *Nadishuddhi*- *Pranayama* and *yogikakriya*.

- *Prayavaranashuddhi*- Agnihotra fumigation.

The importance of *garbhadhana purva sanskara* is that the development of the brain of baby has already started even before the lady knows she is expecting. The brain starts to show its presence as early as 5 weeks of pregnancy. In 36 weeks, the development of brain is complete. After, these 90 days protocol, copulation advised in *Ritukala*. If conception occurs; then follow *masanumasika garbhini paricharya* and *pathya-apathya* during ante-natal period.



### Food during pregnancy

Apart from a balanced vegetarian diet, iron and calcium are most important for a pregnant woman. She should consume milk and fresh juices of sweet seasonal fruits. Calcium can be ingested through dry dates, traditional drink (Gum acacia) and ladoos. For iron and folic acid, eat black raisins, figs, saffron, spinach, pomegranate and apples.

### *Garbhini paricharya*<sup>[7]</sup>

During pregnancy follows 9 months *Garbhini paricharya*.

### MONTH DIET EFFECT

1 <sup>st</sup> month	• <i>Anupsanskritksheera</i> (Nonmedicated milk)	• Milk prevents from dehydration and supply required nourishment.
2 <sup>nd</sup> month	• Milk medicated with <i>madhur ras</i> drugs.	• Madhura drug group- is anabolic, helps in maintainance of proper health of mother and fetus.
3 <sup>rd</sup> month	• Milk with honey and <i>ghrita</i>	
4 <sup>th</sup> month	• Milk with butter	
5 <sup>th</sup> month	• <i>Ghrit</i> prepared with butter extracted from milk.	
6 <sup>th</sup> month	• <i>Ghrita</i> prepared from milk medicated with <i>madhura</i> drugs.	• <i>Gokshur</i> - Good diuretic prevents retention of water as well as its

	• <i>Gokshur siddha sarpi/yavagu</i> <sup>[8]</sup>	complications.
7 <sup>th</sup> month	• Ghrit prepared from milk medicated with madhura drugs • <i>Prathkparni siddha ghrita</i> ( <i>Dalhan- Vidarigandhadivarg</i> )	• <i>Prathkparni</i> -Vitiated <i>tridosha</i> . • <i>Vidarigandhadivarg</i> - Diuretic, anabolic, relieves emaciation, suppress <i>pitta</i> and <i>kapha</i> .
8 <sup>th</sup> month	• <i>Kheerayavagu</i> mixed with <i>ghrita</i>	
9 <sup>th</sup> month	• <i>Anuvasanabasti</i> & <i>yonipichu</i> with <i>madhura</i> group oil.	• Effect on autonomous nervous system governing myometrium and help in regulating their function during labor.

### ***Garbhadhana Pashchaat Sanskara (Post-conceptual Care)***

If conception occurs, *Masanumasika Garbhiniparicharya* and other means of *Garbhsanskara* to be followed. These include.

- ***Garbhsamvada*** – (communication /talking with baby).
- ***Garbhasangeeta*** - (music), reading good books/literature of great personalities.
- ***Garbhamantra(chanting)*** – *Garbhprathana* (prayer for fetus), *gyotirdhyana*.
- ***Yogasana with pranayam, dhyana***- (different postures with a breathing exercise, meditation).

### **DISCUSSION**

- The relationship between a mother and her foetus is a one-of-a-kind symbiotic union. During the prenatal and postnatal periods, the mother's diet, behaviour, and psychology have a significant impact on the child's physical and mental development.
- It has been proven that every activity of the mother during pregnancy, such as *Samvada* (talk), *Prarthana* (prayer), *Manashakti* (positive thinking/emotions), and *Sparsha* (touch), is not only recognized by the unborn baby but also has a positive effect on physical and mental health.
- Changes in foetal nutrition and endocrine status, for example, may result in developmental adaptations that permanently alter the structure, physiology, and metabolism of the offspring, predisposing individuals to metabolic, endocrine, and cardiovascular diseases in adult life.
- Thus, it has been proven that every, *Garbhasanskara* seems to be the path leading to modern epigenetic engineering.
- Becoming pregnant is one of the most significant events in every woman's life. For the proper development of the unborn child inside the mother's womb, Ayurveda suggests a balanced diet for each month.

- This has been practised for countless years in India, and Ayurveda deals with it in great detail to ensure a natural delivery free of complications for good maternal health, a healthy progeny with good immunity power, and ultimately also results in good postpartum lactation, which once again aids in healthy growth of the baby.<sup>[9]</sup>
- Ayurveda, or Bala Chikitsa, guides a trouble-free pregnancy by outlining a thorough food plan, daily schedule, and the nutrition and behaviour required for the mother-to-be's mental, psychological, and physical well-being.<sup>[10]</sup>

## CONCLUSION

- The intimate relationship between the physical and psychological well-being of a mother and her child has always been obvious. So, the subject of pregnancy, puerperium and care of the mother and child are of great importance, as they are crucial to social and economic development.
- Ayurvedic principles through the concept of behavioural care improve the physical and psychological condition of the pregnant woman and make their body suitable for Sukhapharsava, prevent congenital anomalies in foetus and create healthy progeny.
- According to Ayurveda, the act of 'Garbhsanskara', has strong and direct effects on the child's physical and mental functioning.
- Garbhsanskara includes special efforts taken to stimulate the baby's senses gently from outside for the maximum development of its physical and intellectual abilities. It has also been linked with reducing stress by working as a coping mechanism.
- It can be said that in Ayurveda, the *sharira* or the body is considered to be cause for bondage as well as the tool for liberation at the same time.
- Working with the body for psycho-spiritual evolution leads to liberation, while using it for sensual gratification leads to bondage.
- In today's scenario, even with great developments in modern medical field the incidence of congenital and hereditary disorders is increasing day by day along with a hike in still born and IUGR babies. Even the increase in nosocomial infection is resulting in deterioration of the condition of the health care.
- So, this is the need of the health care institutions to use Ayurvedic principles as their prime interventions as Acharyas have laid their stress not only on the treatment of diseases that a mother or foetus goes through but also mentioned about the proper hygiene, care and disinfection of the surroundings where mother and child resides.

**REFERENCES**

1. Kumuda R, Linda E, Margaret M. For a Blissful Baby. New York: Samhita Productions, 1999; p. 107-8.
2. Kumuda R, Linda E, Margaret M. For a Blissful Baby. New York: Samhita Productions, 1999; p. 110-1.
3. Chetan P, Pooja S. Ayurvedic perspective of epigenetics in prenatal development: A critical review. IJCRT, 2020; 8: p. 3387.
4. Sushama P, Sanskar G. (Prenatal Education). Ayurveda for You. Ebook.
5. <https://en.m.wikipedia.org/wiki/spermatogenesis>.
6. <https://www.who.int/maternal-child-adolescent/documents/peconception-care-policy-brief.pdf>.
7. Dr. BrahmanandTripathi, Carakasamhita elaborated by Charaka and Drudhabala edited with 'CARAKA- CHANDRIKA' Hindi commentary, ChaukhambaSurbhartiPrakashan, Vol 1, Shareerasthan, Adhyaya 8.
8. AsthangaSangraha of Vagbhata, by KashinathShastri, pub- Chaukhambha Orientalia, 9th edition, 2005, Shareerasthan, adhyaya 3.
9. Lakra, Ankit, Sangwan, Satyendra 2023/08/28, A Review on Concept of Infertility in Ayurveda -IAMJ August 2023-10.46607/1amj4311082023 International Ayurvedic Medical Journal Bagde, A. B., Ukhalkar, V. P., Pawarjj, B. S., & Sawant, R. S. (2013). Ayurvedic approach for conceiving a healthy progeny. Int ResJ Pharm, 4: 23-27.
10. Barrie, S.A., Wright, J.V., Pizzorno, J.E., Kutter, E. and Barson, P.C. 1987. "Comparative absorption of zinc picolinate, zinc citrate, and zinc gluconate in humans." Agents Action, 21: 223-228. <https://doi.org/10.1007/BF01974946>