

CONCEPT OF GARBHADHAN

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ABSTRACT

Giving birth to a high-quality progeny is the demand of the today society and holistic Garbhadhan Vidhi as described in classical text fulfil this demand. In Ayurveda text Garbhadhan sacrament elaborated related to environmental factors, specific diet and cleansing measures which might influence the reproductive capabilities and have great physiological and psychological significance. Pre-planning for pregnancy (Supraja janana), preparing the body in advance before conceiving helps greatly in having a healthy progeny. Sanskara is “*Sanskaro hi Guna-antaradhanam*” means to develop superior traits. In this review, a complete description about the Garbhadhan sanskara has been discussed, along with these essential factors for conception, Shodhana (purificatory process), Rasayan and Vajikarana, Ahara vihara, Garbhini paricharya, Mantra, meditation, stress and Pranayama.

KEYWORDS: Garbhadhan, Supraja janana, Shodhana, Sanskara.

INTRODUCTION

Pre-conceptional care is a set of prevention and management interventions that aim to identify and modify biomedical, behavioural and social risk to women health or pregnancy outcome. Ayurveda has emphasized the concept of planned pregnancy through Garbhadhan Samskara to beget a Supraja i.e., healthy progeny by choice not by chance. Preventive care and prospective planning prior and after conception is the pillar of Pre-conceptional care. Pre-

conceptional counselling is also considered as preventive obstetrics that helps to minimize complication of pregnancy by changing the physical and mental status of couple willing for pregnancy.

Pre-conceptional care is not only a biological process but also a biopsychospiritual process. A planned pregnancy by the couple after undergoing body purification and observing diets and certain rules mentioned in Ayurveda throughout pregnancy procures a desired progeny.

GARBHADHAN

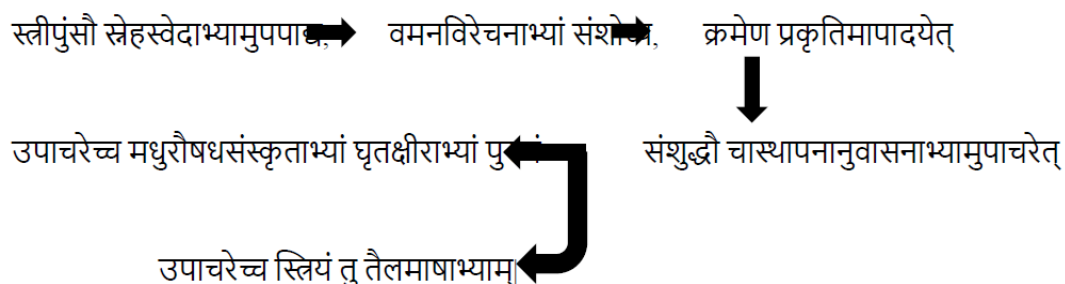
According to Ayurveda, Samskara, which is defined as "Gunantaradhaanam" means qualitative improvement of certain things by introducing the specific qualities.

Garbhadhan is dependent on the health of the fetus and both parents. The physiology and anatomical features of both parents should function correctly for Garbhadhan. Following appropriate fertilization and implantation of the fetus, as well as its correct growth until term, they each should have shuddha artava and shukra respectively.

Our acharyas has guided us on each and every step to achieve safe and healthy pregnancy. Acharya has told in Charak Samhita Sharir sthan -8 that.

स्त्रीपुंसयोरव्यापन्नशुक्रशोणितगर्भाशययोः श्रेयसीं प्रजामिच्छतोस्तदर्थमभिनिर्वृत्तिकरं [3] कर्मोपदेक्ष्यामः॥३॥

Acharya Charak has explained clearly that a for desired supraj, couple may cohabit if they have unimpaired shukra, artava, and garbhashay, as well as if they follow the poorvakarma stated.



Following shodhan (vaman, virechan) and snehan Sweden, the couple must recover to their natural state before receiving aasthapan and anuwasan basti. After that The female is advised to intake food processed with tila masha. while the male is given milka & ghrita processed with Madhur aushadhi.

After these procedures, In rajahstrava kala, stree should follow certain things.

त्रिरात्रमासीत् → ब्रह्मचारिण्यधःशायिनी
 → पाणिभ्यामन्नमज्जरपात्राद्भुज्जाना
 → न च काञ्चिन्मृजामापद्येत

Charak Acharya states that woman must follow brahmcharya that is abstaining from sexual activity, for three days and nights after the start of her menstruation. woman must also sleep on the floor, eat in an undamaged vessel, refrain from washing or bathing, and also refrain from keeping her body clean.

RITUKALA REGIMN

The beginning of Ritu-kala occurs after Rajastrava-kala.

ततश्चतुर्थेऽहन्येनामुत्साद्य → सशिरस्कं स्नापयित्वा
 → शुक्लानि वासांस्याच्छादयेत् पुरुषं च (for both male & female)
 → युग्मेष्वहःसु पुत्रकामौ (Ayugma days for desire of female child)
 (सुमनसावन्योन्यमभिकामौ संवसेयातां)

After abhyanga, the woman should take a head bath on the fourth day of her menstruation, dress in white (her partner should do the same), and wear garlands, flowers, and with a cheerful, passionate attitude. They should engage in cohabitation.

SEHWAS-VIDHI'S SIGNIFICANCE IN GARBHADHAN

न च न्युब्जां पार्श्वगतां वा संसेवेत् → न्युब्जाया → वातो बलवान् स योनिं पीडयति
 पार्श्वगताया → दक्षिणे पार्श्वे → श्लेष्मा स च्युतः
 → वामे पार्श्वे → पित्तं तदस्मात् → पीडितं विदहति रक्तं शुक्रं च
 तस्मादुत्ताना बीजं गृहीयात्; तथाहि यथास्थानमवतिष्ठन्ते दोषाः।

Women in lateral or flexed (humpback) positions should avoid coitus for the following reasons.

- 1) In flex position, vata becomes vitiated, compressing or afflicting the yoni
- 2) The displaced cough obstruct garbhashaya in the right lateral position.
- 3) Displaced pitta burns rakta (ovum) and shukra (sperm) in the left lateral position.

Hence, Because all the doshas are in their proper (natural) positions, women should lie supine to receive beeja.

A man should not lie below the women during copulation because if a male is born, it will possess feminine habits and if a female is born it will possess masculine habits.

IMPORTANCE OF MANAS BHAVA IN GARBHADHAN

For garbha-utpatti manas bhava also plays a very important role as our acharya has also said.

सौमनस्यं गर्भधारणानां (Charak Samhita. Su. 25/40)

Acharyas mentioned that a pleasant/happy state of mind is chief among the factors responsible for conception. It can be considered vital for maintenance of pregnancy.

Acharya Sushruta mentions that whatever type of diet, behaviour is followed by the couple at the time of coitus & fertilization the child will be so.

तत्रात्यशिता क्षुधिता पिपासिता भीता विमनाः शोकार्ता क्रुद्धाऽन्यं च पुमांसमिच्छन्ती मैथुने चातिकामा



वा न गर्भं धत्ते OR विगुणां वा प्रजां जनयति

And in order to stabilize Manas bhav Acharyas, they have instructed to worship Brahma, Brihaspati, and Soma Surya, as well as Ashwini Kumar and Mitra Varun, by reciting mantras and performing devotion rituals.

To understand the clinical significance of Manas bhav and worshiping practices in the concept of garbadhan, let's see the anatomy of hypothalamus and pituitary glands.

These two glands lie near the optic chiasma.

Optic chiasma has primary importance in visual pathway.

Optic chiasma is located at the base of the brain inferior to the hypothalamus and approximately 10 mm superior to pituitary glands within the suprasellar cistern. Hypothalamus is significantly important to maintain our circadian rhythm.

Circadian rhythm is the regular recurrence of physiological process or activities which occur in the cycle of 24 hours. It develops in response to recurring daylight and darkness.

It is an hypothetical internal clock often called our biological clock.

Supra-chiasmatic nucleus of hypothalamus plays an important role in setting the biological

clock, By its connection with retina via retina hypothalamic fibres ➡ it send signals to different parts and maintains the circadian rhythm of sleep, hormonal secretion, thirst, hunger, appetite etc.

Therefore practicing “Surya Pooja” has its significance. As following proper dincharya, like waking up early and by performing surya darshan. Hypothalamus gets stimulated and begins to function normally.

Also, lunar phase or lunar cycle has some similarities to our menstrual cycle, starting with the least and after 15 days becomes full moon. Likewise, ovulatory peaks in menstrual cycles then degeneration starts, if fertilization didn't happen this show significance of “Soma (Chandra) Pooja”.

Our body is ‘panch-bhautika’ and have sync with nature. So to maintain this synchronisation with nature and our body these practices are necessary.

Our mood and emotions are also control by hypothalamus, and by all these practices and ‘kaayik shodhan’ the functioning of hypothalamus gland is normalised. Due to that pituitary functioning also get normalised and so of the ovary. And we will reach our goal of coordinated functioning of HPO Axis.

if manas bhava will not be adequate then it will decrease the level of serotonin hormone which is also called as ‘happy hormone’. Serotonin place a key role in body functions such as mood, sleep, digestion, wound healing and bone health, blood clotting and sexual desire.

So adequate Manas bhav has its own importance in garbhadhan.

Everyone knows relevance of hormones like GnRH secreted by hypothalamus, LH and FSH by pituitary and estrogen and progesterone from ovary. But there are other hormones, that are also this necessary for garbhadhan and which plays a crucial role in achieving pregnancy.

PHYSIOLOGY OF GARBHADHAN

Posterior pituitary secrete two hormones :- 1) ADH

2) OXYTOCIN

Posterior pituitary itself is not synthesize any hormones.

These two hormones are synthesized in hypothalamus



(transported)

To Posterior pituitary (through nerve fibre)



Through hypothalamo hypophyseal tract



In posterior pituitary these hormones are stored at nerve endings



whenever the impulse from hypothalamus reach the posterior pituitary these hormones are released from nerve endings into blood and hence called Neuro hormones.

ON NON PREGNANT UTERUS:-Action of oxytocin is to facilitated the transport of sperm through female genital tract upto fallopian tube.

During sexual intercourse



receptors in the vagina get stimulated



these receptors generate impulse



and transport to hypothalamus



oxytocin is released into the circulation



while reaching to the female genital tract



the hormones cause antiperistaltic contraction of uterus towards the fallopian tube so that sperms can be transferred

When the body experiences stress, the hypothalamus plays a central role. It signals both the release of ADH (from the posterior pituitary gland) and adrenaline (from the adrenal medulla) to prepare the body to deal with the threat.

Both ADH and adrenaline are involved in the body's stress response(Sympathetic Nervous System Activation), often activated during "fight or flight" situations.

That is why one should not indulge in cohabitation with unpleasant mind.

Through following the steps mentioned above we obtain Shuddha 'dhatu rupi artava' and 'beeja rupi artava' in females. And Shuddha 'dhatu rupi' and 'beeja rupi shukra' in males. The main pillars of generating desired progeny.

We improve a person's lifestyle and healthy routine by using all of these practices, regimens, and routines.

Thus, after shodhan (purification), shukra and artava are formed from the Agnee. When a person practices dincharya with shodhan, their entire body is purified, their dosha, dhaatu, and Mala function in unison, and their hypothalamus and pituitary ovarian axis are maintained appropriately and function co-ordinately.

CONCLUSION

A new Life begins with pregnancy because it gives birth to another life. Every parent wants their child to inherit good and moral qualities. Ayurveda gives natural, scientific and simplified methods of obtaining a desirable progeny. By adopting these simple methods of Garbha Samskara and following the rules, restrictions and specific regimen, one can procure a desirable, healthy, intelligent, beautiful progeny with strength, vigour and longevity.

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