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Ayurveda provides complete package for healthy progeny !!

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ABSTRACT

The woman is an axle around whom not only the family or the society but the whole Universe revolves. A good progeny probably is the only prime thing on the earth that any couple would expect child is one who protects his race from grief, miseries etc. Today due to changing lifestyle Medical world is concerned about increasing rate of congenital imperfections in the new born which is posing confront to the aim of healthy humanity. Science reveals the fact that the anatomical, physiological, psychological built up of offspring is dependent on parents who provide 'genes' for specific characters to the child. Best of male and female gamete (sperm and ovum – through *Shodhana* and following regimes before conception) *Atma*, *Suddha Garbhashaya*, proper *Kala (Ritukala)*, and observing *Garbhini Paricharya* properly will ensure timely and normal delivery of a healthy offspring. The contented, positive, enthusiastic but controlled state of mind of parents during conjugation results in static equilibrium of *Manogunas*, increment of *Satvaguna* leading to high ranked *Satva* of *Garbha* grating noble qualities like piousness, dexterity, intelligence, memory, quickness for work, gratitude & positive thoughts etc. Thus, Ayurveda- A complete and holistic health science, not only deal with preventive and curative aspects of health but also has a strong footings in the field of healthy progeny from choosing of life-partner to care during pregnancy.

Key words: Healthy Progeny, *Garbha Samsakara*, Ayurveda, *Garbhini Paricharya*.

INTRODUCTION

The advent of first pregnancy produces a certain degree of emotions, such as mother love and pride in creation induce a feeling of tranquillity and gladness, for the woman is about to enter on one of life's most enriching experience. But these emotions may be counter balanced by others of a disturbing nature, such as fear and resentment. Not all women are well

balanced or emotionally mature and their reaction to pregnancy will depend on such factor as temperament, intelligence and education, health, age and the marital situation. *Acharya Charaka* says that pregnant lady is just like the oil filled bowl means the pregnant lady (*Antarvartani*) should be treated or cared just like a pot filled with oil, as slight oscillation of such pot causes spilling of oil, similarly slight excitement or stress to the lady can initiate abortion etc. Under the heading of *Shadabhasvas Acharyas* have described *Satvabhava* which one of the necessary *Bhava* responsible for healthy progeny.^[1] Thus our *Acharyas* developed concept about the type of behaviour and conduct before and during pregnancy to create Healthy Progeny.

MATERIAL AND METHODS

All the data and literatures are collected from Ayurvedic texts, modern medical books, review articles, journals and from available websites.

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DISCUSSION

Ayurveda - an eternal science of healthy living treasures, deals with physical, psychological and spiritual wellbeing of the human being and covers all the aspect of human life. It is not a materistic science but a philosophical and factful truth, which enhanced by our great ancient sages, through their experience, logic and power of wisdom.

Different procedure for producing Healthy Progeny

It can be divided in four stages;

- a) Before marriage
- b) Before procreative copulation.
- c) At the time of copulation.
- d) After the conception.

a. Before marriage

A couple who gets married at right age with good health and with the consent of both always gets a good progeny. The couple should have understanding, love, respect, etc. which will results in "Kula Kalyana" means healthy progeny. Kula pareeksha should be done while selecting a partner. This is done to prevent genetic or hereditary disorders.

▪ Mode of living during Menstruation

From the day of onset of menstruation the lady should observe chastity should avoid day sleep, application of mascara, shedding of tears, bathing, anointment, massaging, cutting of nails, fast racing, too much laughing, talking, listing of so many types of topics, fast wind as well as too excessive exercise and *Nasya*. She should sleep on the bed made of special sacred leafy plant.^[2] She should eat meal made of ghee, *Shali* rice and Milk or made of barley and milk. In order to get her body slightly emaciated and digestive system purified she should take less quantity of meal. She should avoid pungent, hot and salty substances. The child will have the similar psychological constitution of the woman whatever she sees, remembers or things after taking bath on forth day of menstruation.

b. Before procreative copulation

- *Ahara* taken by parents before intercourse. The food for parents before conjugation is *Vatahara*,

Satvika and *Pushtikara* (Strength promoting) thus maintaining the stage of *Mano* and *Sharirika Doshas*.

- *Satva* of parents before intercourse. The child is likely to carry the same psychological constitution either *Satvika*, *Rajasika*, *Tamasika* that was dominated in mother during *Ritu Kala*.

c. At the time of copulation

Coitus in particular days results in child having increased longevity, health, strength etc. Some days are contraindicated as it results in ill health of a child thus born. Posture for coitus also play an important role to keep the *Doshas* in balance. If the couple were happy during intercourse the born child would be *Satvika*, if frustrated then *Rajasika* and if Sorrowful then *Tamasika*. The coitus should be done in high spirits and in co-operative aptitude. Whatever type of diet, behavior and conduct is followed by the couple at the time of coitus, born child possesses similar characters. The ritual associated with *Garbhadhana* i.e. *Homa*, *Mantra*, *Japa* etc. promote the *Satvika Guna* of both partners. Environment and psychology of woman should identical to the persons of the country of whole complexion, size, feature etc. She should practice similar behavior in terms of faith, hearing, truth, honesty or straight forwardness, humanity, charring mercy, politeness or courtesy as she wishes to be the nature of her child. etc.^[3] The contented, positive, enthusiastic but controlled state of mind of parents during conjugation results in static equilibrium of *Mano Gunas*, increment (*Vridhhi*) of *Satva Guna* leading to high ranked *Satva* of *Garbha* grating noble qualities like piousness, dexterity, intelligence, memory, quickness for work, gratitude and positive thoughts etc.

▪ Contraindicated condition for coitus and their effects

Over eating, hungry, frightened, averse, sorrow-stricken, angry, longing someone, having absent or excessive desire for sex, chronically ill specially suffering from gynecological disorders, menorrhagia, menstruating, unhygienic, etc.

d. After the conception.**Garbhini Paricharya**

In Ayurveda, pregnant lady is called *Garbhini* and *Paricharya* means carrying in all aspects i.e. dietetics and mode of life. Pregnancy - a special event and treat with particular care.

- General antenatal care (*Saamaanya Garbhini Paricharyaa*)
- Specific antenatal care or Month wise antenatal care (*Vishesha Garbhini Paricharyaa*).^[4]

Ahara (Food)

The food taken by mother decides the physical, psychological constitution of child. The nourishment which the pregnant lady receives during pregnancy is in turn used to nurture the growing foetus. Care of the mother is the care of the foetus, and the protection to the mother in turn is the protection to the foetus.

Do not eat & why?^[5]

Ahara (Dietetics)	<i>Garbha</i> and <i>Garbhini Prabhava</i> (Effect on the fetus, child and mother)
Use of hot edibles	Abortion and fetal growth retardation.
Use of heavy food articles	Difficult to digest and increase the gastric problems for the mother
Use of dried up, stale & putrefied food	Malnutrition to fetus & mother, produces gastric problems like vomiting, diarrhoea etc. in mother.
Excessive use of sweet food	Diabetic, dumb, obese
Excessive use of salty food	Early wrinkling, graying of hair and baldness
Excessive use of	Bleeding diathesis, skin and eye

sour food	disorders
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Vihaara (physical activities) followed & why?

She should maintain the personal hygiene and reside in such a place which is fumigated with Commiphora Mukul (*Guggulu*), Aquilaria agallocha (*Agaru*), Mustard (*Sarshapa*) etc. drugs. They provide organisms and insect free atmosphere and help to prevent the infectious and contiguous diseases. She should dress properly, give more priority to white or light colored clothes thus having cheerful mood and it is good for fetal development. The place where she sleeps or sits should be covered with soft cloth or cushion.^[6] Her bed should be soft, comfortable, of balanced height, easy to climb and get down, thus prevents the falling and decrease the chances of accidental hemorrhage.

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 *Sukhapsava*, prevent congenital anomalies in foetus and create healthy progeny.

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