



## Healthy progeny through Ayurveda

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**ABSTRACT**

As the next generation is the torch-bearer, we need to have them healthy and intelligent. But today we are facing challenges to deal our young generation because of lack of moral and emotional values & also in today's era, emphasis is being given to achieve physical health only. Mother is the architect of a child and she is the basic creator of physical, mental and emotional development of foetus. Undoubtedly her diet, thoughts, emotions, will-power, family and social environment in which she is living will have an impact on the various components of the developing fetus because, as per modern science 80% of fetal brain develops inside the womb, and it is the fast growing brain that will determine the character and personality of the upcoming progeny. Hence ANC plays a vital role in the health of the future offspring

**KEYWORDS** : Samskaar, Fetal development, Garbhiniparicarya

Ayurveda, an ancient Indian Medical System has far-sightedly mentioned certain samskaaras and methods in order to produce a healthy progeny. Through this paper, a small effort is made to throw light on such aspects, so that the world-next will be hale and healthy.

**Garbha:**

Embryo is produced by the union of Shukra, Shonita and Jeeva in the Uterus. The Shukra and Shonita (Sperm and Ovum) consist of Bija, Bija- Bhaaga and Bija-Bhaaga-Avayava. The bija- bhaaga is responsible for formation of various body parts. Their combined effort leads to formation of Purusha<sup>1,2</sup>.

Bija – Gametes

Bija-bhaaga – Chromosomes

Bija- bhaaga -Avayava – Genes (Genetic material on Chromosomes)

During the development of garbha, pancamahabhuta act according to the blueprint (shape & size) designed in the bija. The parts of bija may become defective due to the abnormalities in Shukra/Artava or bad deeds of previous life or 20 yoni vyaapat or kaala- vikruti (coitus beyond rtukaala) or abnormal Ahaara- Vihaara of parents etc. Hence if bija becomes defective, body parts of growing foetus developing from that portion also becomes abnormal<sup>1</sup>.

**Importance of purification of body of the couple:**

When a man and a woman cohabit after purifying their bodies (shodhana karma), the unimpaird sperm unites with an unimpaird ovum in the unimpaird womb lying within an unimpaird genital tract will lead to a formation of embryo, just like a spotless good cloth merely by the touch of a colouring substance gets colored, or like transformation of milk into curd just by addition of a few drops of curd into the milk<sup>3</sup>.

Hence following things are essential to attain a healthy progeny<sup>4</sup>:

1. Purified male and female body
2. Pure sperm and ovum
3. Pure uterus
4. Right time

**Methods of Purification & Procreation:**

The couple should undergo oleation and sudation therapy followed

by elimination therapy in order to remove the vitiated doshas i.e., emesis, purgation & enema. Thereafter the man should be given ghee and milk, boiled with drugs having sweet taste (spermatogenic) and female should be given sesame oil and blackgram<sup>3</sup>.

Our ancient rishis, mentioned 16 samskaars (Sacraments) which produces desired progeny through systemic conditioning, purification and refinement of the consciousness, out of which 3 of the following are performed before and during pregnancy

**i. Garbhadhaan:**

After the above mentioned therapies with want of happiness & pleasure, psychologically under favourable environment, couple should proceed for coitus. Mainly two acharyas namely Charak and Kashyap have explained detailed methods of putrestiyagya to prepare the couple for achieving conception. They have also mentioned hymn to be recited before & during coitus which will inculcate good values & virtues in the foetus<sup>3,5</sup>.

After coitus washing genitals with cold water followed by bramacharya for 1 month is advised to avoid jerk and abortion. In reference to sadyo-grahita-garbha lakshana, acharya has also mentioned along with other symptoms the non-elimination of the ejaculated semen from uterus<sup>3,6</sup>.

**ii. Pumsavana :** To be done before the manifestation of sex of the fetus (within first 2 months)<sup>7</sup>

**iii. Seemantonayana :** 4/5th month

Mind of the fetus begins to develop by second trimester. Mainly, to protect the fetus especially the new forming brain from all negative influences and to stimulate the development of the unborn child's intellect<sup>8</sup>.

**Post Conception:**

Once the mother has conceived, various parts of body starts developing in the fetus. Ayurveda, has mentioned the influence of shad bhaavas (6 factors) on the growing fetus like Pitraja (from father), Matrija (from mother), Aatmaja, Satvaja, Saatmyaja & Saaraja<sup>2</sup>.

**Table 1. Month-wise development of foetus and regimen to be followed**

Month	Modern view <sup>1</sup>	Ayurvedic concept	Regimen to be followed
1st	0.6cms, formation of placenta (begins), cerebral & optic vesicles, primary brain vesicles, backbone, small buds in trunk for arms & legs, 3 primary germ layers, heart starts beating.	a)Jelly form (Mixture of mahabhuta) bears to particular form and the organs of the embryo are both manifested and latent <sup>9</sup> b)1st day – kalala (Morula) 10th day – budbuda (Blastula) 15th day – Solidification of Budbuda 20th day – mamsa pinda 25th day – panchabhoutika existence is attained <sup>10</sup>	Non medicated milk repeatedly in desired quantity. Congenial diet in the morning and evening <sup>3</sup> In addition to ghee extracted from milk, medicated with Shaliparni, Palasha, water boiled with gold, & silver and cooled, as after- drink <sup>13</sup>

2nd	3cms, wt = 1gm Limbs distinct with digits, Heart with 4 chambers, Face – human like, Ossification begins, Differentiation of external genitalia, Major blood vessels & blood cells in liver is formed	a)Mass of panchamahabuta due to paaka of Tridosha , gets solidified (Ghana)11 b) 50th day – new buds of limbs10	Milk should be boiled with drugs having sweet taste3 Sweet, cold & liquid diet14
3rd	7.5cms, 30gms Fetal movement starts, Urine formation, Blood cells in Red Bone Marrow (RBM), Thymus, Spleen. Genitalia clear, Brain enlarges, Eye fully developed but closed, External ears developed.	a) All body organs with sense organs starts developing along with 5 small buds for each limb and head11 b) Due to formation of head, foetus can feel happiness and sorrow19 c) Consciousness comes into play, mind starts functioning	a)Milk with honey and ghee3 b) sweet, cold, liquid diet cooked with shasti rice & milk14
4th	18 cms, 100gms Head relatively larger than rest of the body, hairs on head, More human like appearance, Sex clear	a)Foetus gets stabilized, pregnant woman gets excessive heaviness in her body, strong attachment is not established between mother & fetus9 b) Foetus becomes conscious (Atma) & heart starts beating11 c) 3 ½ months- shira (brain tissue) develops10	Milk with butter, medicated cooked rice(shasti)3
5th	25 – 30cms, 200 to 450gms Fine hairs (lanugo) covers entire body, Liver, auditory reflexes & peripheral sensory reflex develops.	a) More development of rakta & mamsa b) Manas becomes more developed11 c.Fetus becomes more active 10	Most of the acharyas have suggested milk + butter + ghee, rice cooked with milk + sweet
6th	30cms, 570 – 780gms Skin becomes pink and wrinkled, Alveolar cells of lung produces surfactant	a) Strength and complexion of foetus9 is attained b) Budhi/intelligence developed11 c) All hard substances nails, skin, snayu develops12 d) Ojas develops13	Almost all have suggested taking ghee, prepared with butter extracted from milk.
7th	32-42 cms, 1130-1360gm Fetus is capable of surviving , Descending of testes, Can open eyes, RBM- major site of blood formation	a) All body parts are developed9 b) All dosha and dhatu becomes matured to make the child viable if delivered13	Almost same as 6th month diet
8th	45cm, 2 to 2.5 kg Subcutaneous fat deposits, Cranial bones are soft & chances of survival is greater, Pupillary reflex by 30th wk	a) Due to the instability of Ojas, this period is risky if the child is delivered9 b) Jathargni starts functioning10	a)Milk and gruel added with ghee Almost all have mentioned about sacrifice of animals to satisfy the graha and rakshasa to avoid delivery b) indication of Asthapanavasti to clear the retained feces+ anulomana of vayu followed by anuvasana vasti to make the woman free from complications and easy delivery14
9th	50 cms, 3-3.5 kg Circumference of abdomen becomes greater to head, more deposition of subcutaneous fat	Delivery occurs during 9th & 10th month, Excessive fetal movement10	Anuvasana vasti with oil prepared with group of madhura dravyas or same as advised in 8th month3

**Table2: Antinatal Care dietary advice15**

Dietary components	During pregnancy	Sources
Energy (kcal)	2500 kcal	Protein, F, C
Protein	60gm	Meat, Fish, Poultry, Dairy Products
Iron	40 gm	Meat, Egg, Grains
Calcium	1000mg	Dairy product
Zn	15mg	Meat, Egg , Sea Food
Iodine	175µg	Iodized salt, Sea food
Vit A	6000IU	Veg, Liver, Fruits
Vit D	400 IU	Dairy Product
Thiamine	1.5mg	Grains, Cereals
Riboflavin	1.6mg	Meat, Liver, Grain
Nicotinic acid	17mg	Meat , nuts, cereals
Ascorbic acid	70mg	Citrus, tomato
Folic acid	400µg	Leafy veg, liver
Vit B12	2.2µg	Animal Protein

**Discussion:**

Acharyas say that following the dietary regimens the woman remains healthy & delivers the child possessing good health, strength, voice, compactness & much superior to other family members.

By taking nutritious diet 3 purposes are achieved3

1. Nourishment of own body
2. Nourishment of fetus
3. Nourishment of milk that is formed

During 1st Trimester:

Using cold , sweet liquid diet , milk, prevents dehydration & fulfills nourishment. Madhura-varga drugs ( anabolic), helps maintaining health of mother and foetus.

**2nd Trimester:**

Use of meat-soup meets the protein requirement for muscular-tissue growth of the foetus. Gokshura prevents water- retention & helps relieving pedal oedema of the mother.

3rd Trimester:

Vidarigandhadi gana drugs are anabolic, diuretic, helps maintaining health of mother & foetus, suppresses pitta & kapha.

Enema in 8th month relieves constipation, affects ANS governing myometrium & helps regulating their function during labour. Oil tampons destroy pathogenic bacteria of vaginal canal, prevents puerperal sepsis, also helps in softening the vaginal canal & easy delivery. During entire pregnancy milk & madhura varga drugs is advised because milk is a whole diet & madhura varga drugs are anabolic.

#### Conclusion:

CRISPR-Cas9- a unique technology which is simple and a precise Genetic Manipulation Technique is used by geneticists<sup>16</sup>. As the foundation of brain, physical, astral body of the foetus starts framing from 1st month of pregnancy itself, by 2nd trimester sense-organs' functions also initiates, by 6th month emotional center etc develops, so understanding the need of mother and growing foetus our acharyas have given importance to different sacraments to be followed for meeting the utmost requirement of harmonious and peaceful surrounding for the mother who is to be the bear-holder of the generation born next. If all which is mentioned by the acharyas is being followed, the generation can be of desired characteristics and nature.

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