



SUJANANIKI (EUGENICS) ; A CONCEPTUAL STUDY BASED ON AYURVEDA

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ABSTRACT As it is well known that Ayurveda is the most ancient, complete and miraculous science of health. In this oldest science of health, there is enough guidance to start the good life from the conception to the end of healthy life. It is the only health science that thinks about the healthy conception by producing healthy gametes following diets pattern, behavior including sexual activity of the parents to produce good offspring's. Now a days every one aware about the children's and their future because only single or two children's are affordable. In this situation each and every parent want to be more enthusiastic off-springs. A set of beliefs and practices that aim to improve the genetic quality of human is eugenics.

In *ayurvedic* texts *sushrut samhita* and *charak samhita* mentioned in detail about how to get best off-springs. Starting from the planning of conception up to the development of child there is brief indication of do's and don's regarding *ahar-vihar* to be followed to the parents. In *ayurveda* mainly before the conception, at the time of conception and after that conception what type of *ahar vihar* should be taken by the parents for best off-spring production is mentioned in brief.

The concept of *mansbrahamchari*, *sarpisnigdha*, *sarpikheerabhyam-shalyodan bhuktva* for male and *mansbrahamcharini*, *tailsnigdha*, *tail masottarahara* for the female parents is for increasing the potency for producing healthy and enthusiastic off-springs.

It is also described in *ayurveda* about the day of copulation for the conception for producing best off-springs

KEYWORDS : *Sujanani, ahar-vihar, mansbrahamchari, sarpisnigdha, sarpikheerabhyam-shalyodan bhuktva, tailsnigdha, tail masottarahara*

INTRODUCTION-

Ayurveda is a science of complete life. It works in each and every field of life. In *Ayurvedic* texts it is clearly mentioned that how a individual can spend complete life without any illness by following the directions. Healthy life is the first and most aim of life which can be get by following the instructions of *Ayurveda*. From beginning including healthy gametes, healthy conception, healthy growing, and birth of healthy off-springs is the key series of healthy life. Eugenics is the method of healthy offspring producing which is mentioned in *Ayurveda* thousands of year earlier. In this concern *Ayurveda* instruct about the *ahar-vihar* which are to be followed by the couple before conception and during pregnancy period.

In diet *Acharya Shushrut* mentioned *sarpikheera-shalyodanam* for the male partner and *tail-mashottarahara* for the female partner. In *vihar* it mentioned that one month avoiding of sexual intercourse to both partner before conception. Except this male should take massage of *sarpi* and female should take massage of *tail* directed by *Acharya Shushrut*. One other important factor is that is taking in confidence to the partner.

Before conception there are some do's and don's which are to be followed by the couple who wants best off-springs. After conception couple have to follow *ahar-vihar* pattern described in *Ayurveda* for best off-springs.

Some modern techniques like gestational surrogacy, preimplantation genetic diagnosis, cytoplasmic transfer are used for grow more potent off-springs [1].

MATERIAL AND METHODS -

Ayurveda gives the the views to produce best off-springs as well as to live long and healthy life. In this order of eugenics, material is provided in *sharir-sthan* of *Ayurvedic* texts. In *sushrut sharir sthan ch-2* it is elaborated in detail. Before conception and after conception there are some do's and don's regarding to eugenics which has to be followed by the couple who has the willing of best offspring's.

DISCUSSION -

Eugenics (*sujanani*) is the process to improving the human species by selectively mating people with specific desirable hereditary traits. It's main aims to reduce human suffering by 'breeding out' disease, disabilities, and undesirable characteristics. In *Ayurveda* thousands of year before it was described in the form of *Garbhaj vikritian* by *Acharya Shushrut* in *sharir sthan*. In this concern *Ayurveda* shows some food habits, living habits, and conducts those are helpful to

reduce these type of deformities. In Indian culture from beginning it was followed early rising, worshipping, cleanliness, good conducts which was also the part of *sujanani*. Eugenics can improve the immunity of offspring so that chances of infective disease are very low. Genes are the hereditary unit for the characteristics into the off-springs. If the genes are of high quality to carry the traits then the off-spring will be of the best characteristics. In *Ayurveda* suggested *ahar-vihar* is the indication for the quality improving of genome. Another thing is if the parents are healthy they will produce healthy gametes with healthy genome and finally the off-springs will be healthy.

In *Ayurveda* *Acharya Charak* has given the concept of genetics as *beej*, *beejbhag* and *beejbhagavyav* [2]. In which if any part of *beej*, *beejbhag*, *beejbhagavyav* is get vitiated then the offspring will be abnormal. *Vikratgarbha* [3]. Here the concept is if *ahar-vihar* taken by the parents is as per mentioned in *Ayurveda*, the chances of vitiation is very less.

It is describe by *Acharya* to follow some appropriate *ahar* like male should eat *sharpisnigdha*, *sarpikheerabhyam shalyodanam* and *vihar* i.e. *Sharpisnigdha*, *mansbrahamchari* [4]. Female should take *tailmashottar ahar* and *tailsnigdha*, *mansbrahamcharini* as a *vihar*. Here it is clear that the couple who wants to get best offspring they have to do their own *dhatu suddhi* and *atmsuddhi*. Because at the time of conception they have to produce best gametes. The healthy gametes with the combination of purest part of *atma* can lead to produce best off-springs.

With in the body of mammalian all the principle of the ontogeny follows to the ancestors [5].

CONCLUSION -

Eugenics is the method to produce best offspring with best energy, best immunity, best satva, best intellectual characteristics. It is possible by following all the *ahar-vihar* methods described in *ayurvedic* texts. Because *sukra dhatu* is end *dhatu* which is formed by the previous *dhatu*. All *dosh*, *dhatu*, *satva* is dependent on the *ahar-vihar* followed by the couple. To grow more potent off-springs the couple has to follow the habit and habitats describe in *Ayurvedic* texts.

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