

## ***PREREQUISITES OF AYURVEDA IN HEALTHY PROGENY***

**Shiksha Rana**

PG Scholar, Dept. of Kaumarbhritya, R.G.G.P.G. Ayurvedic College Paprola, Himachal Pradesh, India

**Email:** [veertavssambyal@gmail.com](mailto:veertavssambyal@gmail.com)

### **ABSTRACT**

The concept of foetal origin of adult diseases (FOAD) has been attaining considerable attention as not only do unfavourable conditions during life in the womb and in childhood affect health in childhood, they also predispose to increased risk of diseases in adulthood. The *Kaumarbharitya* deals with the care of the child and the treatment of their diseases along with the maternal health before, during and after pregnancy with the main focus on development of better progeny as it will definitely affect the intellect, structural growth and functioning of neural tube in the fetus. The essentialities for the healthy progeny and safe delivery includes proper preparation of parents, *Punsavanasamskara*, *MasanumasikParicharya*, avoidance of *Garbhaupghatkarabhava*, proper use of *Kumaragara -Sutikagara*, *Dhupana -Raksha karma*, *Seemantonayana*, *Jatkarmasamskara* etc. By applying these principles in our routine practice, we can ensure a natural delivery free from various complications, good maternal health, a healthy progeny with good immunity and ultimately good lactation which will help in proper growth of the baby.

**Keywords:** FOAD, Healthy progeny, *Punsavanasamskara*, *Masanumasikparicharya*

### **INTRODUCTION**

**Ayurveda** - a complete and holistic health science is founded on certain basic principles that have a permanent authenticity and is still a very viable form of medical practice in the modern world. Maternal and Child health care has been elaborately described in many *Ayurvedic* texts. Deficiency of nutritious elements in the mother's diet will definitely affect the intellect, the structural growth and the functioning of the neural tube in the foetus

as optimal nutrition and healthy atmosphere for the mother is essential for the survival and development of a healthy child because right from the time of conception till delivery it is the mother who carries and nourishes the foetus. In foetal life, the tissues and organs of the body go through what are called 'critical' periods of development, which may coincide with periods of rapid cell division. 'Programming' describes the process whereby

a stimulus or insult at a critical period of development has lasting effects. Effects in foetal life will not only affect the childhood but also makes the adulthood to suffer. So to have better living and healthy life it's better to have healthy and safe birth. *Acharyas* focused on ensuring good health for the expectant mother, ensuring prevention and treatment of pregnancy related diseases, avoiding any obstetric complication and ensuring smooth delivery of a healthy child.

➤ **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.

➤ **DO's and DONT's BEFORE CONCEPTION**

- Marriages between same *Gotra* should be avoided as it may result in genetic disorders in the offspring.<sup>1</sup>
- For a pregnancy to be healthy and successful, suitable age for conception of male 25 years and for female 16 years with four essential factors: sperm/ovum, uterus, nourishment and time of conception<sup>2,3</sup>.

- For the good quality of sperm male is advised to take *Shalyodan* mixed with *Ghrita* and milk and female partner is advised to take food rich in Oil and *Masha dal*<sup>4</sup>.
- For prevention of still born and IUGR babies, partners are advised to conceive after 3days of *Ritukala*<sup>5</sup>. In that also even days are said well for male progeny and odd days are referred to as better for female progeny<sup>6</sup>.
- In *Ritukala* (time viable for conception) from very first day female should avoid excessive crying, oleation, day sleep, excessive talks, hearing of loud voices, running etc. as these have side effects on the development of fetus<sup>7</sup>.

➤ **MASANUMASIKA PARICHARYA<sup>8,9</sup> AND ITS RELEVANCE**

• **FIRST TRIMESTER:**

The embryo requires an increasing amount of energy as it develops during embryonic and fetal life. This energy is provided by products which are rich in energy like *Kshira*, *Ghrita*, *Krushara*, and milk medicated with *Madhura rasa* medicine. In this trimester women also suffers from nausea, vomiting resulting in dehydration and loss of nutrients. The dietary regimen suggested by most of the *Acharyas* during first trimester is in liquid state, *Madhura rasa* and having high nutritional value which helps to replenish the nutrients and corrects the dehydration. In this trimester, *Vata* is alleviated in pregnant women that help in cell division<sup>10</sup> and growth of the embryo. Imbalance in *vatadosha* can result in improper process of cell division resulting in defective growth of embryo. Dietary regimen like

*Ghrita*, Milk, *Madhuradravya*, *ShaliparnisiddhaGhrita*, *Swarna-Rajat siddha Jala*, *Yashtimadhu* and *Madhupushpa* are suggested which help in regulating normal functioning of *Vata*.

• **SECOND TRIMESTER:**

*Mamsadhatu* development mostly occurs in 2<sup>nd</sup> trimester<sup>11</sup> which requires more energy. Foetal growth occurs by hyperplasia and hypertrophy of cells<sup>12</sup>. Hence, protein demand increases which is supplied by amino acid and calcium rich articles like milk, meat, cheese. Milk provides nourishment and stability to the fetus as it is the main source of calcium, vitamins, minerals and proteins. Meat helps in maintaining pregnancy, provides nourishment to the fetus and suppresses alleviated *Vata* of the mother<sup>13</sup>. *ShashtikaOdana* with *Dugdha* and *Dadhi* recommended during 5<sup>th</sup> month of pregnancy is rich in carbohydrates; good source of vitamin D, calcium, iron, fiber, thiamine, riboflavin and provides energy to the body. During 6<sup>th</sup> month *Ghrita* medicated with *Gokshura* is used which is well known for its diuretic action which in turn helps in reducing pedal oedema. As this month marks intellectual development of fetus, *Smritivardhakdravya* like *Suvarna siddha Jal*, *Vacha*, *Jyotishmati*, *Shankhapushpi*, *Mandukparnee*, *yashtimadhu* should be used.

• **THIRD TRIMESTER:**

*PrithakparnyadiaushadhsadhitGhrit* also acts as diuretics and *Balya*. Medical oil enema – Oils like *Bala tail*, *Gambharisiddha tail*, *Yashtimadhu siddha tail* can be used for this purpose & vaginal tampon soaked in these oils are used to lubricate birth passage.

*Asthapanavasti* helps in relieving *Malavadhata* and *vataanulomana* which occurs due to pressure of gravid uterus over the bowel and effect of progesterone. *Anuvasanavasti* helps in *vataanulomana*, provides strength to the muscles facilitating delivery with ease and without complications.

➤ **GARBHAUPGHATKAR BHAVAS<sup>14,15</sup>:**

These can be grouped under two different headings namely *ahara* (diet) and *vihara* (behaviour). Coitus, Exercise, Excessive satiation, Excessive emaciation, Sleeping in day and awakening in night, Riding on vehicle, fear, Squatting, Suppression of natural urges, erect or flexed posture for long, shaking, excessive laughing, trauma, cold water, looking declining moon, setting sun, seeing solar or lunar eclipse, misbehave with guests etc. results either in abortion or intrauterine death of fetus along with congenital anomalies.

➤ **GARBHASTHAPAKA  
DRAVYAS<sup>16</sup>(SUBSTANCES  
BENEFICIAL FOR MAINTENANCE  
OF PREGNANCY):**

These *dravyas* counter act the effect of the *Garbhopaghatakarabhavas* and help in the proper maintenance of the *Garbha* and can also be used in the treatment and prevention of abortion. Some of the *GarbhashthapakaAushadhis* are *Aindri*, *Braahmi*, *Satavirya*, *Sahashravirya*, *Amogha*, *Avyatha* etc. should be taken with milk and *ghee*. A bath with cold decoction of these drugs should be given during *PushyaNakshatra*. Amulet of *Trivrita* should

be tied in the waist of pregnant women. *Varanabandha* (*mantra bandha*) done before 8<sup>th</sup> month of pregnancy help to prevent abortion<sup>17</sup>.

➤ **SAMSKAARAS:**

Those performed in intrauterine life were *Garbhadhana* (conception acceptance ceremony), *Punsavana*<sup>18,19</sup> (ceremony of graceful care of embryo for achieving desired progeny) and *Seemantonayana* (for improving intelligence of fetus).

➤ **SUTIKAGARA & KUMARAGARA:**

**Guidelines for Sutikagara<sup>20,21</sup> were given according to varna:**

- *ShwetaBhoomi* for *Brahman* with the *Bilwa* wood's material.
- *RaktaBhoomi* for *Kshatriya* with the *Nayagrodh* wood's material.
- *PeetaBhoomi* for *Vaishya* with the *Tinduka* wood's material.
- *KrishanaBhoomi* for *Shoodra* with the *Bhallataka* wood's material.
- Door for entry in *Sutikagara* should be *Purv-Uttara / Purva-Dakshina*.
- *Ghrita, Taila, Madhu, Saindhav, Sura, Asav, Karanja, Hingu* etc. should be kept in the *Sutikagara*.
- Four or more than four ladies who wear proper hygiene should help in assistance of delivery.

**Guidelines forKumaragara<sup>22</sup>:**

- Place should be auspicious, well lighted with sunrays, having measures to prevent the entry of insects; with proper ventilation

and should be constructed with the advice of person expert in *vastuvidya*.

- Having comfortable sitting and sleeping place with well-planned area for water, *ulukhala*, urine, bathroom and kitchen.
- Should be equipped with expert *vaidyas* and affectionate persons.

➤ **DHUPANA & RAKSHA KARMA:**

- To get prevention from *Krimi* (microbes), reducing the incidence of infection and nosocomial infection various medicinal plants were burnt on fire and the smoke generated from it used to disinfect *Sutikagara* and *Kumaragara*.
- *Arishtadhoop, Agneyadhoop, Dshanga dhoop*<sup>23</sup> & fumigation with *RakshoghanaDravays* etc. help in prevention of diseases.
- Hang the branches of *Adani, Khadira, Karkandhu, Peelu, Parushaka* around the *Sutikagara*<sup>24</sup>.
- *Tandula Bali Homa*<sup>24</sup> should be done twice daily for 10 days.

➤ **PRINCIPLES TO BE FOLLOWED DURING DELIVERY<sup>25,26</sup>:**

- In 9<sup>th</sup> month, *Garbhini* is shifted into *Sutikagara*.
- In 1<sup>st</sup> stage of labour, oleation followed by warm water bath is recommended.
- *Yavagu* mixed with *Ghrita* is given to the lady.
- In 2<sup>nd</sup> stage of labour, pregnant mother should be shifted on comfortable bedding placed on the floor where she is examined and counselled by the ladies present in the *Sutikagara* in lithotomy position.

- After that she has to push the baby during labour pain until baby comes out, this act is strictly prohibited in absence of labour pain if done may result in defective progeny.
- Now in 3<sup>rd</sup> stage of labour check for the expulsion of placenta, if placenta retains then mother should be advised to cough, if still the condition persists rub the palate or throat with hairs tied on stick or finger.
- As the child comes out, one should immediately clear the mouth of the baby with *Ghrita* and *SaindhavLavana* (JATAKARMA).
- Cotton swab drenched with *Ghrita* should be kept on the anterior fontanelle.
- Cord should be tied and then cut at 8 *Angula* to separate the baby from mother.

#### ➤ GARBHINI CHIKITSA:

##### Breast Milk Purifiers:

- *Stanyashodhanmahakashaya*, *Haridradigana*, *Vachadigana*, *Mustadigana*, *Patoladigana*.

##### Galactagogue Dravayas:

- *Nadika* with Jaggery well treated with *Hingu* and *Jati*.
- Milk, meat and wine enhance breast milk.

##### Treatment of diseases that usually occur during pregnancy<sup>27</sup>:

- *Shatavari*, *Darbhamoola*, *Kataka*, *Ushira*, *Madhuyashti*, *Pashanbheda* and
- *Kasheermorata* are some drugs that are used in *GarbhiniMutrakriccha*. All these drugs are *Sheetvirya*, *Madhurvipaka* and *Vatapittashamaka*.

- In *Shotharoga* mother is advised to take decoction of *Punarnavamoola* with *Devdaruchurna*, *Murva* and *Madhu*.
- In *ParavahikaPhanita*, *Til Kalka*, *Sharkra*, *Mulethi* with *Tandulodak* is indicated.
- *Matulungaswarasa* with *Saindhava* is the prime treatment for *Hridayashula*.

#### DISCUSSION

Pregnancy is the most important event in the life of every woman. Ayurveda advises a wholesome diet for each month for the healthy growth of the baby in mother's womb by *masanumasikaparicharya* and also laid stress on the various factors i.e. *Garbhaupghatkarbhavas* that may hamper the embryogenesis and can result in various known and unknown pathologies in the form of system and congenital anomalies This is being practiced for the thousands of years in India for ensuring a natural delivery free from various complications, ensuring maternal health and good post-delivery lactation by inculcating breast milk purifiers and galactagogue which again helps in healthy growth of the baby. Properly equipped and fumigated *Sutikagara* and *Kumaragara* act as additives in the healthy outcome. *Samskara* are rites performed with an objective of imparting positive qualities in a person. They improve a person by removing his undesirable attributes. It takes care of not only physical health but also prevents various psychosocial discrepancies. All care from the time of conception till birth and healthy growth of the baby is best dealt by Ayurvedic practitioners.

## CONCLUSION

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* has 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. This paper gives an idea of those principles which if applied can result in an environment free from infectious diseases, well-formed and fully nourished child with healthy and disease free mother which ultimately will help to lower the burden of morbidity on health care facilities.

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