

## UNDERSTANDING OF GARBHADHANA VIDHI (PRECONCEPTION CARE) IN PRESENT ERA

Anusha M<sup>1</sup>, Ankitha M<sup>2</sup> and Pratheeksha M<sup>3</sup>

<sup>1</sup>Associate Professor, <sup>2,3</sup> PG Scholars, Department of Prasuti Tantra and Stri Roga, Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru

Corresponding Author: [anu.nisarga89@gmail.com](mailto:anu.nisarga89@gmail.com)

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## ABSTRACT

Preconception care refers to intervention provided to couples before conception. Research has shown that individual health, lifestyle choices, and family and social life alter the biological clock, which causes hormonal impairment and can significantly influence the health outcomes of their offspring. Hence, preconception plays a vital role. *Garbadhanavidhi*, explained in *Ayurveda*, is considered preconception care aiming for *Shreyasi praja*<sup>1</sup> i.e, healthy offspring. It explains the suitable age for conception, selection of the right partner, position, time for coitus, rituals before conception, *Shodana karma*, *Pumsavana karma*, and following *Rajaswala paricharya* and *Sadvritta*. Literary data was collected from the classical text of *Ayurveda*, modern medical science textbooks, magazines and journals. Proper *Shodana* and *Samskara* help attain *Shreyasi Praja* by ensuring optimal *Rutu*, *Kshetra*, *Ambu* and *Bheeja*. The concepts in *Ayurveda* mainly focus on individual health to improve reproductive outcomes by minimising obstetric complications and giving healthy offspring.

**Keywords:** preconception care, *Garbadhanavidhi*, *Shreyasi Praja*

## INTRODUCTION

Ayurveda is a holistic approach that deals with the purification of the body, treatment of illness

and maintenance of a healthy state of body and mind. It gives great importance to physical, psy-

chological and social preparation of both partners before conception. The regimen followed during the pre-pregnancy period to achieve conception is called *Garbadhanavidhi*. Preconception care starts from selecting a married couple, following *Rajaswala paricharya*, position and time for coitus, rituals before conception, *Shodana karma*, *Pumsavana karma* and *Sadvritta*<sup>2</sup>. *Garbhadhana vidhi* aims both couples to follow specific diet, regimens, and good conduct to get a healthy child (*Shreyasi Praja*).

### NEED OF GARBADHANAVIDHI

Current individual lifestyle choices and family and social life alter the biological clock, which causes hormonal impairment that can significantly influence the health outcomes of their offspring and cause many complications during the antenatal, intra-natal and postnatal periods. Hence, *Garbhadhana vidhi* plays a vital role. So, by planning pregnancy by following a specific diet and regimens, one can get the healthy child (*Shreyasi Praja*) and the incidence of many neurodevelopmental disorders like ADHD and autism can be overcome through planned pregnancy.

### MATERIALS AND METHODS

Literary data was collected from the classical text of *Ayurveda*, textbooks of modern medical science, magazines, and journals.

### GARBADHANAVIDHI

#### 1. *Purva karma* – Selection of a couple

#### Abnormal posture :

POSTURE	EFFECT
<i>Nyubja</i> ( humpback )	<i>Vayu</i> gets aggravated and does <i>Yoni peedana</i>
<i>Dakshina parshwa</i> ( Right lateral position )	<i>Kapha</i> getting displaced obstructs the <i>Garbhashaya</i>
<i>Vaama parshwa</i> ( Left lateral position)	<i>Pitta</i> burns the <i>Rakta</i> and <i>Shukra</i>
Man should not lie below woman	If woman delivers a male child have feminine characters and female child will have masculine character.

#### 2. *Pradhana karma* – Planning for conception

#### 3. *Paschat karma* – Rituals after coitus

### **Purvakarma - Selection of couple**<sup>3</sup>

When selecting a couple, the following factors must be considered.

- ***Vivaha yogyata***: In our classics, a suitable age for marriage is mentioned, i.e, 25 for males and 16 for females.
- ***Garbadharana yogyata*** :  
The appropriate age for conception is 25 years for males and 16 years for females.
- ✓ ***Lakshanas*** :
  - ***Atulya gotra***: belong to the same community but of different family lineage.
  - ***Asanchariroga***: not suffering from any contagious disease.
  - ***Kula prasoota***
  - ***Roopasheela lakshana***: beautiful and modest
  - Possesses good qualities with complete body parts.
  - ***Kapilapingala***: has neither excessive tawny nor gold complexion
  - ***Hinaadhikanga***: neither less nor more body parts
- ***Garbadharana ayogyata*** :

Age: Female before the age of 16 and beyond the age of 70 years

- ***Maithuna sthithi*** ( postures for coitus )

**Normal posture:** *Uttana shayana* – should lie in supine position.

## GARBHA SAMBHAVA SAMAGRI

Ayurveda describes four factors essential for conception.

- **RUTU** : Rutukula or ovulation period
- **KSHETRA**: Female reproductive system
- **AMBU** : Rasa dhatu or nourishment
- **BHEEJA** : Shukra and Artava or healthy gametes

When the four factors come together, conception occurs just like a seed germinates. Healthy Garbhashaya, Marga, Artava, and Shukra, properly functioning Vayu, and normal psychological status are also essential.

### Pradhana karma – Planning for conception.

After menstruation, i.e, 4<sup>th</sup> day, the couple should undergo Poorva karma like Snehana and Swedana followed by Shodana karma like Vamana, Virechana, Asthapana and Anuvasana basti. After Shodana, the male partner is advised to take Madhuroushada siddha gritha and Ksheera, and the female should consume Tila and Masha following specific dietary regimens and rituals. They should happily go for coitus at the proper time.

### Paschath karma – Rituals after coitus

After coitus, the couple should irrigate with cold water. Mental health has to be maintained for the achievement of conception (Saumanasya garbadharana).

## DISCUSSION

Preconception care begins with selecting the right partner. According to Acharyas, the appropriate age for conception is 25 years for males and 16 years for females. At this age, all the dhatus and reproductive systems are fully formed with optimum organ functioning. Both partners are full of valor and vigor, and the born child also possesses these qualities.

If a woman below sixteen years are impregnated by a man of below twenty-five, either she will not conceive, or if she conceives, she will have intrauterine death of the fetus. If the child is born will have ill health and deformed body parts. Chances of neural tube defects in the fetus of a girl of fifteen years or less and increasing incidence of Down's syndrome in the first pregnancy after thirty years.

Acharyas mentioned Atulya gotra, i.e., non-consanguineous marriage, because consanguinity leads to various types of genetic defects such as congenital disabilities, mental retardation, deafness, and blindness, and most pregnancies end with miscarriages which in itself are signs of an unhealthy pregnancy<sup>4</sup>.

### • Soumanasya garbadharana :

Normalcy of psychology or happiness of a couple is most important for conception.

When stress affects a person, the hypothalamus is activated. It is also well interlinked with the Hypothalamo-pituitary-ovarian axis. So, stress hurts the individual reproductive system. In males, it affects the quality and quantity of sperm produced. The brain's ovary signals in females are hampered, which might affect ovulation.

### • Mode of action of Shodana karma :

**Snehana karma** - Sneha dravyas are used in preconception in two forms,

**Gritha** - Phalasarpi, Kalyanaka gritha, Phalakalyanaka gritha, Bramhi gritha and Panchagavya gritha.

**Taila** - Mahanarayana taila, Dhanvantara taila, Ksheerabala taila and Lasuna taila .

According to Acharya Charaka, Snehana is preconceptually beneficial in Ksheena shukra and is *Ojakara*, *Bala pushtikara*.

**Swedana Karma:** Swedana does Agni deepana, alleviates vitiated Vata, and clears the obstructed Srotas. Thereby does Shodana of Garbhashaya and maintains the reproductive function of the female.

**Vamana karma** : Vamana karma cures Rasavaha srotas dushti, thus improving the quality of Artava. Vamana karma cleanses the body's microchannels and corrects hormonal imbalance at the HPO level, thus supporting conception.

**Virechana karma** : Virechana karma enhances the regular physiological action of Bheeja. (Bheeja karmukata)<sup>5</sup>. According to Acharya Sushruta Putraghni yonivyapath (repeated abortion) is caused by vitiated Pitta<sup>6</sup>. Thus, Virechana will be helpful and women can conceive and continue her pregnancy without complications.

### **Asthapana and Anuvasana Basti**

Basti completely removes the Vikrutha Vata from Pakvashaya (Shukrabala prada)<sup>7</sup>.

For example : Mustadi yapana basti, Balaguduchyadi taila basti and Dashamoola ksheera basti .

### **Uttara basti**

Uttarabasti helps in alleviating Vata , particularly in Garbhashaya and helps with conception. The right time of Uttara basti is Ritukala compared with the proliferative phase of menstruation. In this phase, blood vessel stumps, which are broken, start regenerating, and new arterioles and glands grow. The medicine administered is easily absorbed in this phase, and desired actions are seen.

Medicines like Phalagritha, Shatavaryadi gritha, Kalyanaka gritha, etc, are used preconceptionally to help improve the ovum's quality and facilitate implantation.

### **DIET**

Madhuroushada siddha gritha and Ksheera are advised for male partners. Madhura drugs increase Shukra<sup>8</sup>. Both nourish and strengthen the body. Tila taila and Masha are recommended for female partners. Taila has properties of Garbhashaya shodana and Tridoshashamaka.

- Masha is Balya and Vrushya. It contains Vitamin B, folic acid, magnesium, iron, and calcium, which are all essential for conception.
- Gross diet should consist of Rasayana and Garbhashtapaka properties.

### **CONCLUSION**

#### **स्वस्थस्य स्वास्थ्य रक्षण आतुरस्य विकार प्रशमन**

Ayurveda deals with purification of the body, treating illness and maintaining a healthy state of body and

mind. Ayurveda provides natural, scientific, and simplified. methods for obtaining desirable progeny. By adopting these methods of Garbhadhana vidhi and following specific rules and regimen, one can create a physical, mental, and intellectually strong child.

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