

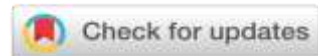
**AYURVEDIC APPROACH FOR CONCEIVING A HEALTHY PROGENY: A REVIEW**Shubhanshi<sup>1</sup>, Ankit Lakra<sup>2</sup><sup>1</sup>MD (Ay.) Scholar, Department of Kaumarbhritya/Balroga, All India Institute of Ayurveda, New Delhi, India<sup>2</sup>MD (Ay.) Scholar, Department of Kaumarbhritya/ Balroga, Faculty of Ayurveda, Institute of Medical Sciences, BHU, Varanasi, U.P 221005Corresponding Author: [ankitlakra578@gmail.com](mailto:ankitlakra578@gmail.com)<https://doi.org/10.46607/iamj1612022024>

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**ABSTRACT**

Parenthood is a blessing for all time. Due to today's competitive world, the younger generation wants children with excellent health, high intelligence, and wisdom. But in today's dysfunctional societies, people aren't paying attention to marital age, healthy daily routines, or seasonal routines because of career orientation and busy schedules. As a result, various disorders that affect physical, psychological, and reproductive outcomes are emerging. The goal of a healthy humanity is being threatened by the rising incidence of congenital flaws in newborns, which is causing great anxiety in the medical community. These congenital flaws might be classified as minor, significant, anatomical, physiological, or latent. A healthy progeny must have healthy parents, according to Ayurvedic beliefs. The physical changes that a mother experiences at each stage of pregnancy are also covered in detail in Ayurveda, as well as the embryo's growth in the womb. In "Pregnancy Vyakaran," the overall pregnancy is discussed. In a chapter called "Garbhavakranti," the text *Charaka Samhita* also discusses the fetus' growth. Nature has entrusted us with a significant amount of duty. This knowledge is crucial and urgently required for the welfare of a better society with healthy offspring using Ayurveda.

**Keywords:** *Garbhini-Paricharya, Masanumasika-Chikitsa, Pregnancy, Progeny, Ayurveda.*

## INTRODUCTION

Procreation is beneficial since it helps pass genes from one generation to the next, promoting evolution. Every couple wants to have children who are in perfect health, have the sharpest minds, and possess the best traits. The burning issues of the present time, however, are teenage pregnancies, advanced maternal age, rigid workplace policies, economic or housing uncertainty, an unhealthy lifestyle, a lack of awareness of health due to a busy schedule, recurrent abortions, stillbirths, infertility, and congenital malformations. Infertility has a variety of physical, psychological, and anatomical causes. Infertility affects 90% of couples, with 30% of male-related issues, 30% of female-related problems, and 30% of both. According to data, 3 to 5% of births result in congenital malformations, 20 to 30% of infant deaths are caused by genetic disorders, and congenital malformations also cause 30 to 50% of post-neonatal deaths. According to Ayurvedic principles, a healthy progeny must have proper preparation from the parents. *Charka Samhita* provides a thorough philosophy and practice of childrearing known as *Kaumarbhritya*. From infancy until puberty, this area of paediatric medicine focuses on maintaining health and treating illnesses in children [1].

Among the eight speciality branches of *Ayurveda*, *Kaumarbhritya* holds the prestigious second spot. Every woman's greatest and most cherished dream is to become a mother. Both the mother and the father enjoy the pleasant experience of baby planning. To have a happy pregnancy and an easier birth, a woman must emotionally and physically prepare. *Garbhavastha* is not something to be afraid of, especially today. These nine months of waiting should be a joyful time and an actual time of happy planning for their baby's future [2]. *Ayurveda* believes that women at the late stage of pregnancy should be considered with one foot on the earth and the other on the world of 'Yama'. This statement indicates the importance of extreme care during the final stages of pregnancy to save the mother and her baby from death. A slight negligence may be fatal to the life of the mother and baby. The first three months and the last three are the

most critical stages of pregnancy, and special care and medication are required during these months. In *Ayurveda*, Pregnancy is divided into four stages. These stages are named *Prajayini*, *Upasthita-Prasava*, *Prajayi-Syamana* and *Apara Patana* [3]. Each stage has to follow its lifestyle and medications for a healthy pregnancy.

### Aim of article:

- To get healthy progeny
- Any congenital /genetic disorder-free progeny
- Having any specific quality desired by parents (include of particular quality)

### ❖ Factors Involved in Creating a Healthy Child [4]

#### 1. Procreative Elements

##### ➤ *Matruja Bhavas:*

*Kula* or *Gotra* of the parents, maternal age during conception, the health of the female's reproductive organs, Date of conception, and mother's *Beeja*. The mother's diet can impact the health and normalcy of a fetus during pregnancy, the medications she takes, and any illnesses she has at that time.

##### ➤ *Pitruja Bhavas:*

Centuries ago, without instruments, Ayurvedic scholars had detailed the importance of male and female *Beeja* (*Shukra*/sperm and *Shonita* /Ovum, respectively) in conception. *Acharya Kashyapa*, in the *Shareerasthana* section of the text, has mentioned the entry of male *Beeja* (sperm) into the female *Beeja* (ovum) for fertilisation. If a *Beeja* (Sperm) from a male is afflicted, a progeny may have congenital or genetic anomalies. Abnormalities of *Shukra* and *Vayu* and vitiated *Vayu* located in the *Shukra* area are believed to produce congenital anomalies. *Acharya Bhavamishra* has also mentioned the abnormality of *Shukra* as a cause of congenital blindness, and so on.

##### ➤ *Atmaja Bhavas:*

The soul carries the effects of the previous life's actions to his next life, which are the results of good or bad actions. This life and death cycle is achieved instantaneously at the time of the union of the *Shukra* — male reproductive element, the spermatozoon

contained in the semen, and the *Artava* — female reproductive element, vis-a-vis the ovum produced by the ovary. *Lingashareera* is the carrier of these deeds. Why do the same initial pathological features produce different diseases in different people; why do they manifest quickly in some, whereas in others, a long latent period is required before the disease manifests itself? Such unexplained or idiopathic factors are due to the *Atmaja-bhava*.

➤ **Satmyaja Bhavas:**

*Satmya* (habituation, customisation) is the use of such things that do not cause harm to the body even though they are opposite of/different from qualities of one's constitution, habitat, time, caste (family), season, disease, exercise (physical activities), water (foods and drinks), day sleep, tastes (substances of different tastes), and the like.

➤ **Rasaja Bhavas:**

*Rasa* is a substance that flows continuously and is tasted by the tongue, nourishes the body, and gives pleasure to the mind. In this context, *Rasa* refers to balanced *Ahararasa* (diet). The balanced *Ahararasa* that the pregnant woman takes helps form *Sapta Dhatus*, in the required amount, in the fetus. Suppose the couple consume *Raksha* (dry) and *Vata*'s vitiating diet during *Ritu-kala* and suppresses the natural urges. In that case, the aggravated *Vayu* vitiates *Rakta Dhatu* and the other *Dhatu* of the fetus and produces hoarse or nasal voice, deafness, and other disorders of *Vata*. Also, *Vata* produces baldness, premature greying of hair, absence of hair on the face, the tawny colour of skin, nails, and hair, and other abnormalities of *Vata*. When a pregnant woman continuously consumes a diet capable of aggravating *Kapha*, it produces *Kustha* (leprosy), *Kilasa* (a type

of skin disorder), and the congenital presence of teeth. *Switra* (Leucoderma) and *Pandu* (anaemia) arise from consuming a diet capable of vitiating *Kapha*. Due to consuming a diet capable of vitiating all three *Doshas*, the aggravated *Tridosha* produces abnormalities described under all three *Doshas*. The mother has been advised to follow the dietetics of the region's people of the type in which she desires to have a child. The child will develop the same qualities in the pregnant woman's diet and regimen.

➤ **Sattvaja Bhavas:**

Human birth is a rare privilege, for only man can live a conscious, wide-awake, controlled life. All the settings may not happen without the presence of *Manasa* (psyche). The factors that determine the different psychological endowments of children (in other words, the state of the mental faculty of the child) are-

- The parents' mental faculty/ psychosomatic temperaments — the various traits of the parents.
- The influence of own previous actions/deeds.
- Frequent desires for a particular type of mental faculty by the progeny in his previous life
- , especially mental habits /psychological health in the last life. Every pregnant lady should follow the guidelines that Ayurveda provides. It includes varied information on the *Ahara* (nutrition), *Vihara* (lifestyle), and *Vichara* (thinking process). A pregnant woman's diet: "Nourishes and aids in the development of the fetus." Therefore, *Grabhini Pricharya* <sup>[5]</sup> is given according to different texts in *Samhita*'s given below: -

MONTH	<i>Charak Samhita</i> [6]	<i>Sushruta Samhita</i> [7]	<i>Ashtanga</i> [8]	<i>Harita Samhita</i> [9]
<b>First month of pregnancy diet</b>	A pregnant woman should take non-medicated milk in the first month	Sweet, cold, and liquid diet	<i>Acharya Vagbhata</i> in <i>Astanga Sangraha</i> has advised medicated milk	<i>Acharya Harita</i> has advised to consume <i>Madhuyashti</i> , <i>Madhukapuspa</i> with butter, honey, and sweetened milk.
<b>Second month of pregnancy diet</b>	Milk medicated with drugs of <i>Madhura Rasa</i>	Sweet, cold and liquid diet to pregnant women	Milk medicated with <i>Madhura dravyas</i>	Sweetened milk treated with <i>Kakoli</i>
<b>Third month of pregnancy diet</b>	<i>Acharya Charaka</i> has advised milk with <i>Madhu</i> and <i>Ghrita</i>	Advocated the same sweet, cold and liquid diet to pregnant women	Milk with honey and <i>Ghrita</i> in the third month of pregnancy	<i>Acharya Harita</i> has prescribed <i>Krishra</i> (a special formulation of rice) to a pregnant lady. <i>Krishra</i> (boiled and cooked gruel of different cereals) acts upon excretory system as it is <i>Malamutrakari</i> (repellent of faecal and urine)
<b>Fourth month of pregnancy diet</b>	<i>Acharya Charaka</i> has advised milk with butter	<i>Acharya Sushruta</i> has prescribed cooked <i>Shastika</i> rice ( <i>Oryza sativa</i> Linn.) with curd and pleasant food mixed with butter and meat of wild animals	<i>Acharya Vagbhata</i> in <i>AstangaSangraha</i> has advised milk with one <i>tola</i> (12 gm) of butter	<i>Acharya Harita</i> has been prescribed medicated cooked rice in the fourth month of pregnancy. <i>Krutodana</i> (medicated cooked rice) comprises of carbohydrates which is the primary component for the growth of foetus in second trimester
<b>Fifth month of pregnancy diet</b>	<i>Acharya Charak</i> has advocated <i>Ghrita</i> prepared with butter extracted from milk	Cooked <i>Shastika</i> rice with milk, meat of wild animals along with dainty food mixed with milk and <i>Ghrita</i> rice in the fifth month of pregnancy	<i>Acharya Vagbhata</i> has advised <i>Ghrita</i> prepared with butter extracted from milk	<i>Acharya Harita</i> has described the foetus will be <i>Sujiva</i> (lively). <i>Payasa</i> acts as <i>Brihniya</i> , <i>Balya</i> which is necessary in fifth month as the <i>Garbhini</i> becomes <i>krisha</i> in this period as well as for the growth of foetus
<b>Sixth month of pregnancy diet</b>	<i>Ghrita</i> prepared from milk medicated with <i>Madhura</i> (sweet) drugs in sixth month of pregnancy	In <i>Sushruta Samhita</i> , <i>Acharya</i> has advocated <i>Ghrita</i> or rice gruel medicated with <i>Gokshura</i> ( <i>Tribulus terrestris</i> Linn.)	In <i>Astanga Sangraha</i> , <i>Acharya</i> has described <i>Ghrita</i> prepared from Milk medicated with <i>Madhura</i> (sweet) drugs in sixth	In <i>Harita Samhita</i> , <i>Acharya</i> has described sweetened curd in sixth month. Curd is rich in vitamin-A, D, calcium, proteins, probiotics. It cools down the body temperature & calms the emotional center to prevent anxiety. It also prevents

❖ **PREGNANCY HARMING FACTORS** <sup>[10]</sup>

○ Along with the diet, Ayurveda lists certain factors that can cause disturbances or harm to the pregnant woman and fetus. These are as follows:

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- ✓ Travel on irregular roads travel in speeding vehicles <sup>[11]</sup>
- ✓ Wearing red clothes
- ✓ They are sitting on hard and irregular surfaces: intercourse, smoking, narcotic drugs, wine or sedatives.
- ✓ Sleeping in the supine position, lest the cord twists around the neck. <sup>[12]</sup>
- ✓ Taking fish in large quantities, *Guru / Tikshna/ Ushna* Diet.
- ✓ Holding of natural urges
- ✓ Excessive exercise Predominant use of one taste in large quantity.

If someone takes:-

- Sweet – Baby will be fat and may develop diabetes.
- Sour – Skin diseases, diseases of eyes, and allergies.
- Salty – Hair becomes white early, with greying hairs and wrinkles on the skin.
- Pungent – Weak and may cause infertility.
- Bitter – Weak and dry.
- The pregnant women were supervised to take most of the above diet and other regimens to ensure anaemia-free, pains-, accessible, and enjoyable pregnancy dung, black mud heated and put in water and after setting for some time, take upper water only and in that mix sandal powder, sugar and drink it. *Prishniparni* (Urariapicta), *Bala*, *Gokharu*, Drumstick, *yeshthimadhu* decoction.
- Balya(Strengthening): *Endri*, *Gorakshakar-kati*(papaya), *Vidarikanda*, *Shatavari*, *Ashwagandha*, *Mashparni*, *Bala*, *Atibala*. *Varnya* (for the complexion): Sandalwood power, lotus, *Ushira*, *Sariva*, *Yeshthimadha*, *Manjishtha*, *White Durva*, *Vidarikanda*.

***Garbha upaghatakarā bhava (Factors that could damage or destroy the embryo):***

- The following factors may damage or destroy the embryo/fetus:
- A woman who sits in awkward positions, on uneven and hard seats, suppresses the urge to pass flatulence, urine, and bowel movement, indulges in intensive or extreme forms of physical activities, or is excessively addicted to consuming spicy and hot things, or eats very sparingly. In such scenarios, her fetus could dry up in the womb or get delivered prematurely or atrophy.
- The expectant mother is liable to miscarry- by suffering repeated trauma or similar injuries, or on looking down from heights, if she travels long distances in excessively jerky carriages, or is exposed to, for prolonged periods, loud and unpleasant noise.
- By constantly resting or sleeping on her back, the umbilical cord attached to the fetus winds itself around the throat of the fetus, thus tending to strangle it.
- A woman who sleeps in open air or is used to walking at night is prone to giving birth to a mentally challenged child.
- If the woman indulges in too much of quarrels and fights, the child could develop epilepsy.
- A woman who indulges in sexual practice excessively (or a nymphomaniac) will give birth to a truant with a passion for women.
- A woman under constant grief would give birth to a timid, underdeveloped, or short-lived child.

In summary, a pregnant woman indulging in unhealthy dietary and lifestyle activities that could cause certain diseases would increase the risk of her offspring getting afflicted with similar (or more virulent) disorders. From the father's side, defects in semen could occur due to the factors mentioned above for the mother. Hence, a woman desirous of a child with excellent qualities should abstain from all forms of addictions as well as unhealthy dietary and lifestyle activities.

**As per Modern Science** <sup>[13]</sup>

According to modern science, a woman should see her doctor every two weeks until her baby is born, then at least once every month for four to five months.

1. The doctor will examine her height, weight, blood pressure, pulse, and blood group to see whether it is Rh-positive or Rh-negative because this could have an impact on the unborn child.
2. Urine, heart, and lungs should be checked promptly to ensure she is healthy. <sup>[14]</sup>
3. She must be cautious and select only those foods that will keep the baby healthy during pregnancy because the fetus grows on the foods she consumes. Her diet should be rich in vitamins and minerals because a bad diet could make things challenging for her during labour and potentially result in long-term effects.
4. Milk and other dairy products will help to keep her in good condition. These foods provide Calcium & Protein for the baby.
5. Anaemia is common during pregnancy, so she also needs adequate iron. Iron-rich foods are eggs, whole wheat, barley, cereals, soya beans, dried peas, potatoes, green leafy vegetables, fish, and chicken.
6. A balanced diet is essential during pregnancy, which usually provides all the nutrition she needs.
7. Tobacco chewing contains certain poisons, such as nicotine.
8. Alcohol should be avoided strictly. Cigarette smoking is to be strictly avoided. It has been linked to low birth weight, miscarriage, and premature birth in many different studies. Secondhand smoke poses the same dangers during pregnancy and should be avoided at all costs.

## DISCUSSION

Becoming pregnant is one of the most significant events in every woman's life. For the proper development of the unborn child inside the mother's womb, Ayurveda suggests a balanced diet for each month. This has been practised for countless years in India, and Ayurveda deals with it in great detail to

ensure a natural delivery free of complications for good maternal health, a healthy progeny with good immunity power, and ultimately also results in good postpartum lactation, which once again aids in healthy growth of the baby <sup>[15]</sup>. Ayurveda, or *Bala Chikitsa*, guides a trouble-free pregnancy by outlining a thorough food plan, daily schedule, and the nutrition and behaviour required for the mother-to-be's mental, psychological, and physical well-being. <sup>[16]</sup> *Bala Chikitsa* has solutions for all issues that arise during pregnancy and childbirth because, according to Ayurveda, a mother must be in perfect health to give birth to a healthy child. A woman's life is significantly impacted by her pregnancy and the delivery of her kid. A woman needs much care and attention from her family during this time.

## CONCLUSION

Infertility has increased dramatically over the last decade as a result of a mix of social, environmental, psychological, and nutritional variables <sup>[17]</sup>. In the current situation, despite significant advancements in the field of contemporary medicine, the incidence of congenital and inherited illnesses is rising daily, along with the number of stillbirths and infants with IUGR. Even the rise in nosocomial infections contributes to the decline in healthcare quality. Therefore, medical facilities must employ Ayurvedic principles as the foundation of their primary interventions. *Acharya* stressed adequate hygiene, care, and sanitation of the surroundings where mother and child reside in addition to treating ailments that a woman or fetus may experience. The close connection between a mother's physical and mental health and that of her kid has always been clear. Therefore, given how essential they are to social and economic growth, pregnancy, puerperium, and care for the mother and child are of utmost importance. Through the idea of behavioural care, Ayurvedic principles help pregnant women feel better physically and mentally, preparing their bodies for *Sukhaprasava*, preventing congenital disabilities in the foetus, and producing healthy offspring.

This paper provides an overview of the guidelines that, if followed, can create an atmosphere free from infectious diseases. This essay gives a general overview of the ideas that, if put into practice, can lead to an environment free of contagious diseases, a well-formed and well-nourished kid, and a healthy and disease-free mother. This will, in turn, lessen the morbidity burden on healthcare institutions.

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