



APPLICABILITY OF CHARAKA SAMHITA IN PRESENT ERA TO HAVE HEALTHY PROGENY

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ABSTRACT

Modern civilization has some hazards effect over humanity. Now a day's people are suffering from many diseases. Infertility is one which affects the person individually and socially. In *Charaka Samhita* different aspects of human such as normal *Shukra*, normal *Aartava*, importance of psychological stability, normal *Khsetra* (uterus) which are essential to conceive has been described. In *Charaka Samhita* in detail description is available about *Shukra*, its normal properties, defects and their management. The description about *Aartava* is also available regarding its normalcy, defects and management. There is also description about the genetic occurrence of diseases and majors to counteract those calamities in order to perceive a good progeny. In *Charaka Samhita* there is description about *Garbhotpadaka Shukra* other than *Prakruta Shukra* and *Garbhotpadaka Aartava* other than *Aartava* which flows for five days during menstruation. Here an attempt has been made to review and summarize the concept of *Charaka Samhita* about conception such as *Shukra*, *Aartava* their deformities, and measures to be adopted to correct them. The concepts of *Charaka Samhita* about genetics, transmission of genetic diseases from parents to offsprings, measures to avoid the transmission of genetic disorders such as body purification, principle of *Atulya Gotra Shaarira* have been discussed.

Keywords: *Charakasamhita*, *Shukra*, *Aartava*, Conception.

INTRODUCTION

A human life is a combination of different emotions such as happiness, sorrow, anger, forgiveness and many more. Everyone is always thirsty for happiness. The thing which pleases to human is none other than having a good progeny. Infertility is an obstacle to have a progeny. Infertility is one which affects the person individually and socially. The modern civilization has gifted many hazards to human being as due to improper diet and daily routine people are unable to maintain health properly.

The *Shukra* and *Aartava* are the essential component for conception.¹ If any impairment occurs among them individually or among both then it will lead to infertility and person will not be able to have a progeny. Fertilization of the ovum normally takes place in the ampulla of one of the fallopian tubes soon after both the sperm and the ovum enter the ampulla.²

In *Charaka Samhita* there is description about conception such as *Shukra*, *Aartava* their normal properties, deformities, measures to be adopted to correct them and to have a good progeny.

Aim: To understand the applicability of *Charaka Samhita* to have a good progeny.

Objectives:

To study the *Garbhotpadaka Shukra* as per *Charaka Samhita*

To study the *Garbhotpadaka Aartava* as per *Charaka Samhita*

Materials and Methods:

Charaka Samhita with Chakrapani commentary Modern books.

The components essential for *Garbhasambhava* (embryo formation)

In *Charaka Samhita* there is description about all the factors which required for the conception. All aspects which are essential are described such as wholesome diet, proper time for conception, *Shukra*, *Shonita* and *Jeeva*.

During the menstrual cycle normal *Shukra*, normal *Streebeeja* (*Apradushta Yonishonita*) fusion occurs in uterus then formation of embryo occurs.³ The combination of *Shukra*, *Shonita* and *Jeeva* occurs in *Garbhashaya* leads to the formation of embryo.⁴

Shukra, *Aartava* proper timing, wholesome diet are the responsible for the formation of embryo and its proper nourishment⁵

Shukra Dhatu: This is the important component contributing from the male in the process of conception. The deformity in this causes the male infertility. The *Shukra* is formed from *Vayu*, *Agni*, *Bhumi*, *Aapa Mahabhutas* and six *Rasa* of food.⁶ The normal *Shukra* is important in formation of embryo the importance of *Shuddha Shukra* has been underlined with following example. How the seed does not grow which has been infected by *Kala*, *Ambu*, *Krimi*, *Keeta* in the same manner the *Shukra* which has been infected does not able to form an embryo.⁷

Prakrutashukralaxana: In *Charaka Samhita* there is description about the normal *Shukra*, with the help of these signs we can understand the normalcy of *Shukra*. Apart from this the signs of *Shukra* which is good for conception have been described.

Snigdha, *Ghana*, *Pischila*, *Madhura*, *Avidahi*, resemble the *Sphatika* are the signs of *pure Shukra*.⁸ The *Shukra* possessing the *Bahala*, *Madhura*, *Snigdha*, *Avistra*, *Guru*, *Pischila*, white in colour these properties are good for conception.⁹

Shukradushtikarana: As seed gets infected by *Kala*, *Ambu*, *Krimi*, *Keeta* likewise the *Shukra Dhatu* get afflicted due to following reasons. The intake of *Ruksha*, *Tikta*, *Kashay*, *Lavan*, *Amla Ushan* diet, no desire for women, *Chinta*, *Shoka*, *Krodha*, improper administration of *Shastrakarma*, *Ksharakarma*, *Agnikarma*, suffering from chronic diseases, *Vegadharna* due to these reasons *Dosha* get vitiated then either individually or in combination vitiate the *Shukra Dhatu*.¹⁰

Shukradoshas: The eight *Shukradosha* (seminal disorders) has been described in *Charaka Samhita*.¹¹ *Phenil*, *Tanu*, *Ruksha*, *Vivarna*, *Puti*, *Pischila*, *Anyadhatupsamsrushth*, *Avasadi* these are the eight *Doshas* of *Shukra*. The detail description of these *dosha* their cause and sign symptoms has been described in *Charaka Samhita*.¹²

Treatment of Shukradosha:¹³ How the infected seeds cannot get germinated in the same way the *Shukra* which is having *Dosha* cannot produce an embryo. In *Charaka Samhita* different measures are being described as per *Doshic* involvement and in general.

Jeevaniyaghrita, Chyanaprasha, Shilajita administration cures the seminal disorders.

As per *Doshic* affliction treatment has been described

Vatika: *Niruhabasti Anuvasanabasti,*

Pittaja: *Abhayamalaki Rasayana, Amrutaamlaki Rasayan*

Kaphaja: *Triphala Rasayana, Bhallataka Rasayan.*

Diet :¹⁴Ghee milk, meat soup, *Shaali, Yava, Godhuma, Shashtika* are the wholesome diet for seminal disorders.

Prakruta Aartavalaxana (Properties of *Shudha Aartava*)¹⁵: *Aartava* is the important component contributing from the female in the process of conception. The deformity in this causes the female infertility. Properties of *Shudha Aartava* have been described in *Charaka Samhita* as follows. The normal menstruation occurs monthly and last for the five days. The flow is neither more nor less. The colour of the menstrual blood resembles as that of *Gunjaphala* (*abrusprecorius*) *Padma* (pink colour lotus), *Indragopa*.

Here Chakrapani commented about the duration of *Aartava kala* as five days and twelve days. The differentiation about duration has been made as five days for the flow of menstrual blood. The twelve days *Aartava* is *Garbha Ambhakatvm Aartvaa*, the one which is essential for the formation of embryo.¹⁶This duration resembles the period of ovulation.

Ovulation: Ovulation in a woman who has a normal 28 days female sexual cycle occurs 14 days after the onset of menstruation.¹⁷ Surge of LH is necessary for final follicular growth and ovulation. Without this hormone even when large quantities of FSH are available the follicle will not progress to the stage of ovulation .about two days before ovulation the rate of secretion of LH increases about 6 to 10 fold and peaking about 16 hours before ovulation.¹⁸ Preovulatory surge of LH and FSH occurs about 11.5 to 12 days after onset of monthly cycle.¹⁹

Yonivyapata: The gynaecological diseases are also one of the measure obstacles to achieve the conception. Until and unless any gynaecological disease persists the conception will not occur. In *Charaka Samhita* almost all the gynaecological diseases are being discussed under *Yonivyapat* with respect to its causes, sign symptoms and management.²⁰

Treatment of Aartavadosha: When any gynaecological diseases occur follow the principles and management of *Yonivyapat*. The treatment of *Aartavadosha* should be follow as per the principles of *Pradara, Raktapitta, Raktarsha* and *Raktatisara*.²¹ *Pushyanugachurna* has been described in context of *Pradara*.

Genetic inheritance of diseases: The genetics deals with the transformation of the paternal characteristics, inheritance of diseases to offsprings. The genetic inheritance of diseases has been described in *Charaka Samhita*. The *Beeja (Shukra and Aartava)* is responsible for the genetic inheritance of diseases. The *Beejavayav* which is been afflicted during conception, afterwards the disease manifest in that system or organ.²²

The diseases such as *Premeha*,²³ *Yonivyapat*²⁴, *Arsha*²⁵ occurs due to *Beejadushti*. This proves that the transformation of diseases from one generation to next is described in *Charaka Samhita*.

Concept of Atulya Gotra: To minimize the inheritance of diseases to next generation and to have a healthy progeny this concept has been described in *Charaka Samhita*. The male and female partners should not belong to same *Gotra*, as it is not indicated in *Dharmashastra*.²⁶

Consanguineous marriages²⁷: When blood relatives marry each other there is an increased risk in the offspring of traits controlled by recessive genes, and those determined by polygenes. Examples are albinism, alkaptonuria, phenylketonuria and several others. An increased risk of premature death is also noted in such offspring. For instance in a certain Japanese city, a death rate of 116 per 1000 was found during the first eight years of life amongst the offspring's of first cousins, against fifty five amongst the controls, Therefore lowering of consanguineous marriages would be advantageous to the health of community.

When we look scientifically about the principle of *Atulya gotra* it shows that if conception occurs between same relations the probability chance of inheritance of genetic disorder increases. This signifies the importance of *Charaka Samhita* to focus on the prevention of genetic diseases to get inherited from one generation to next generation.

Importance of women: The *Charaka Samhita* underlies the importance of women in human life in all aspects as a woman is important for affection, conception, dharma, maintenances economy of home. So, here signifies the importance of women in personal and social life.²⁸

Obstacles in conception:

Charaka Samhita narrated all the factors which are essential to have a good progeny. Not only the presence of normal *Shukra* and *Aartava* but also other factors are also essential in formation of embryo. These all factors have been described in *Charaka Samhita* as obstacles in conception.

The gynaecological disorders, psychological disturbances afflicted *Shukra Aartva*, unwholesome food, improper conduct of life, intercourse at improper time these conditions are the obstacles in formation of embryo.²⁹

Vajikarana: *Vajikarana* is among the eight branches of *Ayurveda* which deals with the improvement in *Shukra Dhatu*. In *Vajikarana* concept different formulations have been described to improve quality and quantity of *Shukra Dhatu* such as *Apatyakarishashtikadi Gutika*,³⁰*Bruhanigutika*, *Vajikaranaghrita*, *Apatyakara Ghrita*.³¹

DISCUSSION

In *Charaka Samhita* the scientific description is available about conception and the components which are essential for the conception. *Shukra Dhatu* has been described in detail with respect to its normal characters, characters of vitiated *Shukra*, measures to be adopted to correct the vitiated *Shukra Dhatu*.

The description of *Aartava* is also present with normal *Aartava* characters, duration of menstrual flow, vitiated *Aartava Laxanas* and its management. Chakrapani commented about the duration of *Aartava*

Kala as twelve days. This *Aartava* is one which is essential for the formation of embryo this underlies the ovulation phenomenon also been described in *Charaka Samhita*. Importance of not only physical but psychological stability has been also described. Despite normal semen and ovulation couples didn't get conceived the reason about that is also described.

The genetic inheritance of diseases and measures to be adopted to counteract them has been elaborated. The probability chance of inheritance of genetic disorder increases when the conception occurs between same relations, this signifies the importance of *Charaka Samhita* to focus on the prevention of genetic diseases to get inherited from one generation to next generation.

This proves that the principles of *Charaka Samhita* are applicable in present era to have a good progeny.

CONCLUSION

From above description conclusion can be drawn as all the components which are essential for the formation of embryo have been described in *Charaka Samhita*. The *Shukra* and *Aartava* should be in pure form for the formation of embryo. *Garbha Arambhakatvam Aartavaa* has been described with duration of twelve days; this signifies that the ovulation phenomenon has been described in *Charaka Samhita*. The importance of psychological stability in conception has been underlined.

The principles of genetics and the law of inheritance of genetic diseases have been described in *Charaka Samhita*. The measures to minimize the inheritance of genetic diseases concept of *Atulya Gotra* have been described. Hence this is to conclude that the principles of *Charaka Samhita* are applicable in present era to have a good progeny.

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