

Pre-Conception Care in Ayurveda

Dr. Shobha. B. Nadagouda¹, Dr. Bharati Biradi², Dr. Laxmi Metri³, Dr. Aarti Bhimannavar²

¹MS(Ayu), PGDHM, (Ph.D), Professor & HOD, Department of Prasooti Tantra Evum Stree Roga,

²PG Scholar, Department of Prasooti Tantra Evum StreeRoga,

³MS(Ayu) Assistant Professor,

^{1, 2, 3}SVM Ayurvedic Medical College, Ilkal, Bagalkot, Karnataka, India

ABSTRACT

Once you have decide to bear your child, everything you eat and do and, see and hear should be soft, pleasing and wholesome, to reassurance and strength the growing baby, like a pot brimful of oil', says the Acharya charaka samhita a pregnant women should be handled without being upset in anyway. Garbhadana is described in ayurveda, in the form of certain rituals and regimens to be followed for achivement of conception of desired progeny.

In classics, Acharya's are mentioned the particular time period for achievement of conception, healthy shukra shonita, proper and wholesome dietic regimen and healthy mind/psychological status of parents and good deeds of soul in previous incarnation play a prime role in acheving healthy progeny. It is the need of this era to revitalise the ancient methods of health care to incorporate its benefits for the mankind. All the classics have mentioned the keen descriptions about reproducteage, rutukala, Dinacharya, yogabhyasa, panchakarma, pranayama, ahara vihara, achararasayana, counselling, meditation, positive thinking and garbhini paricharya i.e, regimen from first to ningth month of pregnancy. This aims easy delivery at proper time, desired healthy child possessing all the qualities with long life.

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INTRODUCTION

For every couple, pregnancy is one of the most beautiful and precious event created by nature and it should always be planned not by accident or chance. The concept of garbhadanavidhi¹ (preconception) is begins with the selection of right partner, which includes right mode of conception, and balanced diet, modification of lifestyle and shodhana chikitsa, which help to detox and noramalise vitiated dosha that will help to established foundation for the outcome of healthy progeny and contribute for healthy society.

Ayurvedic pre-conception care

Age for marriage and conception: The goal of achieving the healthy progeny starts before the selection of the partner. According to acharya sushruta and charaka, age of man is 25 years and female has sixteen years, at this age partners are full of valour and vigor, the child possess good qualities. Women below sixteen years with man of below twenty five either she will not conceive, if at all concives it causes intrauterine death of fetus.

According to charaka and sushruta the appropriate age for conception is 25 years for male and 16 years for female.²

Atulyagotra³

It is said that the couples belonging to different gotra (atulya gotra) Avibhagita gotra (born in family not belonging to parents)not bear the name identical to devata, bhujanga, nadi, parvata and vruksha) she is not suffering from any diseases. According to Acharya bhela specifically mentions the asamanagotra stree is shrestha. It helps for getting healthy (swastha medhava putra).

Rutucharya:

The female is adviced specific mode of living from the day of onset of menstruation which is termed as menstruation. At that time she should avoid applying of collyrium, exertion, heavy work, katu, teekshna ahara. She should consume only laghu ahara⁴. Some of the specific acts for achieving conception are to be followed like maithuna for 3 days of rajakala must to

avoid it causes offspring with less longevity and deformed parts so the shuddha shukra and shonita are necessary for healthy conception.

Rajaswalacharya should observe properly. Female conceived during the rajakala it causes fetus with deformities such as blindness, deafness, skin disease it may also include IUD of fetus or the born child born will having less longevity. The suitable period for conception is rutukala i, e. 12th day from 4th of cycle.

Selected days for coitus, Ayugmadina for achieving putrid (female progeny) Yugma dina for achieving putra (male progeny) except 11th and 13th day. Particular hymen (putreshti yagna) ⁵ are also mentioned along with samanya maithuna sthithi are also explained in the classics.

Factors essential for conception:

“DHRUVAM CHATURNANAM SANIDHYATA GARBHAHA SYADA VIDHIPURVAKAHA | RUTUKSHETRA AMBUBEEJANAAM SAMAGRYADA ANKURO YATHA| 6 (SU SHA 2/33)

Rutu, Kshetra, Ambu and beeja are the four factors responsible for conception. These factors can be compared to process of farming.

Rutu means season, proper fertile period. (Rutukala) Kshetra is soil i, e reproductive organs.

Ambu is water i, e proper nourishment to developing fetus.

Beeja is seeds i, e shukra and shonita. Normality in these four factors results in healthy progeny, just like healthy seeds ears healthy fruit.

Role of panchakarma in pre-conception care

This concept is unique in ayurveda, panchakarma detoxifies the body (deha shodana), maintain the dosha, dhatu and mala to prevent disease and also promotes vyadhi kshamata and prepare the uterus for a healthy conception.

Panchakarma are as follows ⁷⁻

1. vamana
2. virechana
3. Anuvasana basti
4. Asthapana basti
5. Nasya

In case of infertility

First for fertility needs regular menstruation, ovulatory cycles, unblocked fallopian tubes, healthy endometrium and uterus. Because of unhealthy life style, food habits, Lack of exercise, physical and mental stress, anatomical or pathological changes may lead to infertility. Mainly virechana is the best

shodhana karma for the gynecological disorders as pitta is mainly involved. Virechana is planned as per dosha avastha, rugna bala, kala.

Snehapana: for 3-5 days (dadimadi ghrita, triphala ghrita, shatavari ghrita, drakshadi ghrita)

Virechana: Trivrut avaleha, Ichhabedi rasa

Samsarjana karma: Based on the number of Vegas

Niruha basti: Dashamoola erandakwatha choorna, triphala choorna, gomutra siddha basti, mustadi yapanabasti.

In case of PCOS vamana karma is indicated.

Uttara basti: Planned from 5th day of the menstrual cycle.

Drugs used for uttarabasti: Phala ghrita, Dashamoola taila, shatavari ghrita, Lashuna ghrita, Lashuna Talia.

Shodhana before the planning for the conception is also one of the important concept is necessary for a healthy progeny. Shodhana includes body purification (panchakarma) procedures like vamana, virechana, basti and pathya ahara vihara helps to rejuvenate body strengthens every system of body making the body fit for garbhadana.

Diet regimen before conception

Male: Male should consume shaali rice with ghrita and milk. Ghrita is rasa, shukra and ojavardhaka. It is also having rasayana property.

Shashtika shali: It is pittahara, it is having madhura rasa, snigdha, balya, vrushya etc which promotes the qualities of shukra.

Female: Sesamum oil and blackgram should be taken along with balanced diet by female partners ⁸. Masha having the property of snigdha, madhura rasa, ushna veerya, promotes vigor ⁹. It is chemically enriched with proteins, carbohydrate, vit B, magnesium, calcium. Iron & folic acid which plays important role for conception and pregnancy. Calcium and magnesium helps for regulating the estrogen level, folic acid prevents neural tube defect.

TAILA: It is considered as effective in vatavyadhi, it is having garbhashaya shodhana, ¹⁰ yoni vishodhana because of these qualities helps for fertilization. After menstruation i.e, 4th day onwards the couple is asked for snehapana, abhyanga, vamana, or virechana. After the samsarjana karma the dietary regimen is advised to follow for next eight days, asthapana and anuvasana basti can be given.

Effect of psychology of the women on the fetus

As in ayurveda says “in SOUMANASYAM GARBHADANAM” Happiness of mind or psychological status of the couple is one of most

important factors for conception. The born child emulates the character of creature who comes in thought of woman during coitus /fertilization, for achievement of conception happy mood is essential. Sushruta opines that what type of ahara (diet) and aachara (behavior) and conduct is followed by couple at the time of coitus, the born child possesses similar characters.

Position of couple: The position of the couple during coitus also has good role to play in attaining conception. The women should lie supine position, so that all doshas remain in their normal locations. In flexed position vayu gets aggravated and compress the yoni, in right lateral position the kapha getting displaced obstructs the garbhashaya similarly in the left lateral position pitta burns the rakta and shukra. The best position for conceiving is with women lying on her back.¹¹

After conception: The activity of the mother during pregnancy in the form prayer, positive emotion, conversation with fetus or expressing feeling (Touch) is not only recognised by unborn baby but it has a positive effects on physical and mental health of the unborn baby. "pumsavana karma" is adopted for achieving progeny of desired sex. This procedure can be done before conception or after conception for achieving healthy progeny. It can be done with three aims (Garbha grahanartha, Garbha sthapanartha, Putra apathya janarth)¹².

CONCLUSION: Ayurveda focuses on the promotion and preservation of the health and prevention of disease. The preconception care is a cognitive measure as mentioned in all classics. The physical and mental status of woman during coital act, detoxification before conception and position of coital act can be discussed further in view of improving the health status of whole reproductive tract. Preconception care is an opportunity for couple to improve their health and prepare the Rutu, Kshetra, Ambu, Beeja, the chances of pregnancy and having better progeny.

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DRUGS FOR THE DEPARTMENT

Si no	Drugs for the department	Required as per norms	Available in the department	Requirement in the department
1	Brihat vata chintamani rasa	1		1
2	Hemagarbha rasa	1		1
3	Sameerapannaga	1		1
4	Vachachoorna	1		1
5	Trikatu choorna	1		1
6	Tankanabhasma	1		1
7	Langali moola	1		1
8	Apamarga mool	1		1
9	Shunti choorna	1		1
10	Dashamoolarishta	1		1
11	Madhu	1		1
12	Guda	1		1
13	Ghrita	1		1
14	Tila taila	1		1
15	Eranda taila	1		1
16	Ushna bhoga	1		1
17	Latakaranja	1		1
18	Pippalimoola	1		1
19	Hingu choorna	1		1
20	Rakshogna dhoopana dravya	1		1
	1)Yoni dhoopana yantra	1		1
	2)Yoni dhavana yantra	1		1
	3)Uttarabasti yantra	1		1
	4)Insemination canula	1		1
	5)Infant (feeding tube)	1		1

SI no	Name of equipment	Requirement as per norms	Available in the department	Requirement in the department
1	Yoni dhoopana yantra	1		1
2	Yoni dhavana yantra	1		1
3	Uttarabasti yantra	1		1
4	Insemination canula	1		1
5	Infant (feeding tube)	1		1

CHARTS REQUIRED

Si no	Name of the charts	Required as per norms	Available in the department	Requirement in the department
1	Arthava Rutucharya	1		
2	Garbha prakruta, vikruta, asana avstini and avatarana	1		
3	Garbhini laxana, chinha, sadyagrahita, paryagatagarbhini laxana	1		
4	Garbha vyapat, Garbhapata	1		
5	Pragalya garbha			
6	Upastita prasava, prajayini, Asanna prasava	1		
7	Sutika paricharya, sutika vyapat	1		
8	Prusta apara, prakuprasava raktasrava, prasavottara raktasrava	1		
9	Stanya laxana, stanya pareeksha, stanya dushti	1		

MODELS AND CHARTS REQUIRED

Si no	Name of equipment	Required as per norms	Available in the department	Requirement in the department
1	Garbhasrava/garbhapata	1		1
2	Mangolian idol	1		1
3	Garbhashaya rasa rakta samvahana, Draksha garbha (vasiular mode)	1		1
4	Hydrosalpinx and disease of salpinx (bhija vahini vikruti)	1		1
5	Obs and Gynecological demonstration	1		1
6	Arbhuda	1		1
7	Vikruta garbha	1		1
8	Bhijavahini Garbhini	1		1

