

UTILITY OF GARBHADHANA SANSKARA WITH AYURVEDIC POINT OF VIEW W.S.R. PRECONCEPTIONAL CARE - A REVIEW STUDY

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ABSTRACT

Pre-conceptional education is a part of cultural way of life in Indian tradition. It is necessary that the education of child's excellence begins from pre-conception and continues all through the life. *Garbha* is affected by the physical, psychological and spiritual well-being of both mother and father. The aim of the present study is to make arrangements to maintain the expected level of psycho-physical & spiritual health of associate woman & man with the help of *Garbhadhana Sanskara*. The process which can give capability or accomplishment is called *Sanskara*. The main aim of *Gabhadhana Sanskara* is to purify *Atma* and *Deha* of male and female before conception. As *Garbhadhana Sanskara* is the logic process, it removes the *Doshas* of *Kshetra* i.e. reproductive system of female and male and also of *Mana*. Thus desired couple are prepared for copulation.

Keywords: *Garbhadhana*, Pre-conceptional, *Sanskara*

INTRODUCTION

According to Maharshi Vyasa-*Garbhadhana Sanskara* is one of the sixteen *Sanskaras* described in our *Shastras*. *Garbhadhana Sanskara* is the logic process which removes the *Doshas* of *Kshetra* i.e. reproductive system of female and male. With reference to this objective, the *Smriti Sangrah* states:

निषेकाद्बौजेकचैनोगाभिकचापमृज्यते।क्षेत्रसंस्कारासोधिश्चगर्भोधानफलस्मृतम्॥ Pre-conceptional education is a part of cultural way of life in Indian tradition. It is necessary that the education of child's excellence begins from pre-conception and continues all through the life. *Garbha* is affected by the physical, psychological and

spiritual well-being of both mother and father.

‘योग्यताआदधानाः क्रियाः संस्कारइत्युच्यते।^[1] The process which can give capability or accomplishment is called *Sanskara*. The main aim of *Gabhadhana Sanskara* is to purify *Atma* and *Deha* of male and female before conception. As per Acharya Charaka ‘संस्कारोहेगुणान्तराधानमुच्यते’.^[2] Mainly there are three main aims of *Sanskara* i.e. *Doshamarjana*, *Atishayadhana*, *Hinaganapurti*. *Sanskara* is the scientifically coordinating process of these three works. To remove vitiated *Doshas* from natural form of objects is called *Doshamarjana*. To in-

sert more useful characters in natural form of objects according to *Desha* and *Kala* is called *Atishayadhana* and to correct any deformity of natural object is called *Hinaangapur-*

ti.^[3] अत्राहेशुक्रशोणेतगभोशयस्थमात्मप्रकृते विकारसम्मूर्च्छेतगभेइत्युच्यते।^[4] The word *Garbhavakranti* means the union of *Shukra* and *Shonita* with *Atma Prakriti* and *Vikara* along with development of the full term foetus. पुरुषस्यअनुपहतरेतसः स्त्रियाश्चअप्रदुष्टयोनेशोणेतगभोशयायायदा भवतेससगोः ऋतुकाले।^[5] When a man having healthy sperm which copulates with a woman, having healthy reproductive system. Here *Shukra* means *Dhaturupa Shukra* present in male reproductive organ is excreted, in the form of *Bija* (sperm). Due to constant intake of healthy diet and to follow proper lifestyle by man and woman, *Shukra* and *Shonita* grows normally and ejects at appropriate time with all healthy *Beejabhaga* and *Beejabhaga Avayavas* which are responsible for magestical and healthy child.

Aims and objectives

- To make arrangements to maintain the expected level of psycho- physical and spiritual health of associate woman and man.
- The main aim of *Gabhadhana Sanskara* is to purify *Atma* and *Deha* of male and female before conception.
- To give birth to a well cultured, virtuous, majestic, vigorous, healthy, beautiful and extremely intelligent child. The child has to be unique, unrivalled, noble, extremely talented and enriched with all the good human qualities.

MATERIALS AND MATHODS

1. Literary information about the study will be compiled from *Ayurveda* texts-

Charaka Samhita, *Sushruta Samhita*; *Shrimad Bhagvad Geeta*, *Adhijanana Shashtra* etc.

2. Various publications, text books of *Garbhadhana Sanskara*, research papers, proceedings of seminars will also be considered to collect the literary material.
3. All the compiled literary materials will be critically analyzed and rearranged of present study.

Importance of *Garbhadhana Sanskara*:

शुचीनाश्रीमतागेहेयोगभ्रष्टोर्भाभजायते।^[6]

Couple can invite divine souls to take birth as transition phase is going on. Spiritually during this time all the divine souls are keen to take birth. Divine souls come with good learning to perform good acts in this world. Hence are constantly looking for the right parents, perfect environment where they are groomed in such a manner so that they can continue with their noble work which may be purpose of re-birth. Therefore, the couple has to increase the good Karmic level to such an extent that the divine soul chooses it to be its parents. Ideally preparation for conception should start 3-4 months prior conception as per *Garbhadhana Sanskara*. We believe that pregnancy should be by choice and not by chance, so should be carefully planned and managed as per the principles of *Garbhadhana Sanskara* as we have a complete control during this development phase of foetus. Before conceive it's important for a woman that she has to follow fertility enhancing diet and herbs with her partner three months before planning pregnancy. Once the body is nourished by a healthy diet and lifestyle, general tonics and fertility enhancing herbs can be taken. These herbs can also help offset the effects of stress in today's busy lifestyles. *Ayurvedic* herbs are highly rejuvenating herb

that both promotes semen production and strengthens the uterus. It has long been used in India to promote immunity, strength and fertility.

Specific acts for achieving conception as preconceptional acts^[7]:

The specific acts done to achieve conception are successful only in those couples who possess pure or healthy *Shukra* (sperms), *Artava* (ovum) and *Garbhashaya* (uterus). Following references are shown that *Ayurvedic Samhitas* have very wonderful concept of pre-conceptional act.

- Proper age for marriage and first conception^{[8],[9],[10]}
- *Atulyagotra* for marriage^[11]
- Contraindicated conditions of women for coitus and their effects^{[12],[13]}
- *Rajahsvala Charya* (mode of living during menstruation)^{[14],[15],[16]}
- *Ritukala*^{[17],[18],[19],[20]}
- *Putriya Vidhi*^[21] or *PutreshtiYagya*^{[22],[23]}
- *Mantra Prayoga*^[24]
- Normal and abnormal postures for coitus and their effects^{[25],[26]}
- Factors essential for conception^{[27],[28]}

Mode of living during menstruation i.e. *Rajahsvalacharya* is described in our *Samhitas* reflects the social customs of that period. These restrictions might help in avoiding hard labour at least for those three days when the lady is physically and psychologically in some changed status. According to modern science, proliferative phase restart from the first day of menstruation and new ovum is going to mature during this period. With these restriction coitus is also restricted which can prevent lady from vaginal and cervical infection, as during menstruation defence vaginal flora is also washed out.

Ritukala described by Acharyas give the total information of

ovulation period. Perfect ovulation time is needed to achieve fertilization. Mid alternate days for coitus is advised from 10th to 18th according to modern science is also reflects *Ayurvedic* concepts. Acharya Kashyap described different days for coitus in different casts which reflects different menstrual cycles of each cast according to their activities, foods and atmosphere around.

At the mentioned marriageable age and age for conception in *Samhitas*, male and female are fully mature. Since both partners are full of valour and vigour at that age, the born child also possesses these qualities. Chances of neural tube defects in the foetus of a girl less than sixteen and increasing incidence of Down's syndrome in first pregnancy after thirty years onwards age of woman are noted. Mentioned contraindications for coitus might have been given because those all can cause congenital anomalies in foetus. Marriage in *Atulya Gotra* is also one of the scientific references from *Ayurveda*. It prevents the hereditary diseases from forbear. Normal and abnormal postures for coitus described in *Samhitas* indicate the normal and abnormal locations of all three *Doshas*. In abnormal postures chances of conception become very less. Factors essential for conception are proper functioning *Vayu*, normal psychology, healthy and properly functioning female reproductive system, well prepared uterus, healthy sperms and ovum which can be achieved by *Garbhadhana Sanskara*.

After menstruation, the couple is being purified by *Panchakarma* i.e. *Snehana*, *Swedana*, *Vamana*, *Virechana*, *Asthapana* and *Anuvasana Basti*. After that the man should use *Ghrita* and milk medicated with the drugs of *Madhura Varga* and woman should con-

sume oil and *Masha*. And till ovulation period they should maintain celibacy. It is observed in some *Ayurvedic* research works that after *Panchakarma* procedure chances of ovulation is more. The females who were suffering from anovulation for many years get good results in ovulation after this *Panchakarma* procedure. It is also observed in some research works that sperm count and motility are also increase after *Panchakarma* and those drugs. So quality of *Bija* i.e. both *Shukra* and *Shonita* will be better after it.

The procedure of *Putreshti Yagya* given in the texts is advised for specific spiritual environment to achieve conception. The drugs which are used for *Yagya* have such properties to make the environment free from germs. It is proved that chanting of specific *Mantras* can modify the waves around us. Sushrutacharya has described benefits *Putriya Vidhi* i.e.

एवजातारूपवन्तः सत्ववन्तः चिरायुषः
।भवान्तरुणस्यमोक्तारः सत्पुत्राः पुत्रिणोहिताः
[29],[30],[31]

Lifestyle and diet before conception:

Looking at diet, parents to be should aim to follow a *Satvika* diet of organic, whole foods for 1-3 months prior to conception. If you are overweight, it's worth shedding excess kgs before conception. Looking at lifestyle, it is important for the woman to rest during her monthly cycle. Ideally this time is spent on quiet activities, with as much physical and mental rest as possible as resistance is lowered. The couple should also be in a happy mood without any negative feelings. There is plenty of research to indicate that the state of health of parents at the time of conception has far-reaching implications for a child's future development. Any attempts to become more balanced before conceiving will not only ben-

efit future offspring, but also present couples. Making sure each of them are as balanced as possible before conceiving.

Key differentiating qualities using principles of *Garbhadhana Sanskara* are:

- Purification of mind, body and soul of couple.
- Invitation of divine soul to take birth through your womb.
- Finding right time of conception from astrological aspect, choosing right *Nakshatra*, lunar days, planetary position etc.
- In case of history of hereditary diseases in family, *Garbhadhana Sanskara* process mitigates the risk of disease to a greater extent if started during planning phase with full devotion.
- *Yagya* therapy for pre-conception planning.
- *Mantra* therapy involves chanting of *beejamantra* in a specific rhythm pre – conception and post conception.

DISCUSSION

Sanskara means purificatory rite. To make their child, a couple joyfully imparts the *Vedic Sanskaras*, right from his/her birth and thus helps the child to eventually attain the spiritual platform. In fact, purification of a human being starts even before birth and this *Sanskara* is called *Garbhadhana Sanskara*. By the performance of this *Sanskara*, the physical contact between a man and a woman is sanctified. Also intelligent, pious and God-conscious children are born by the strength of performance of *Garbhadhana Sanskara*. Also to beget a child in a godly atmosphere is known in the *Vedic* scriptures as *Garbhadhana Sanskara*. Before conceive it's important for a woman that she has to follow fertility enhancing diet and herbs with her partner three months before planning pregnancy. Once the body is nour-

ished by a healthy diet and lifestyle, general tonics and fertility enhancing herbs can be taken. These herbs can also help offset the effects of stress in today's busy lifestyles. *Ayurvedic* herbs are highly rejuvenating herb that both promotes semen production and strengthens the uterus. It has long been used in India to promote immunity, strength and fertility. The first step is to detoxify the body known as *Panchakarma*. The reproductive tissues in both men and women are dependent on the health of the other six types of body tissues that *Ayurveda* recognises. The health of all tissues is dependent on having good *Agni* (digestion) which controls how well we assimilate food into the body. Hence, the first step in producing healthy sperm and eggs is to ensure *Agni* is working well. This is achieved through a deep internal cleansing to balance the *Doshas* and remove toxins known as *Ama*, ensuring digestion works optimally. Reducing toxicity in the body is especially important. Research has consistently shown that chemical pesticides reduce sperm count.

CONCLUSION

It is to be concluded that while conceiving a child one's mind must be very sober and devotional. For this purpose the *Garbhadhana Sanskara* is recommended in the *Vedic* scriptures. According to *Varanashrama* the civilized people in society would perform the purificatory ritual before conceiving a child. This is performed the day husband and wife decide to unite for conceiving a child and the birth of child was never an accident. In addition to this *Ayurveda* believes, The man and woman who desire proper, harmonious, sexual relations between themselves, and desire healthy, intelligent, spiritual children, should with knowledge choose an auspicious day, hour and moment for their un-

ion. The mental state of the father and mother before sex will certainly affect the mentality of the child to be begotten. A child who is begotten out of lust may not turn out as the parents' desire. Therefore, before a child is conceived, the *Garbhadhana Sanskara* is performed. This ceremony moulds the mentality of the father in such a way that when he plants his seed in the womb of his wife, he will beget a child whose mind will be completely saturated with a devotional attitude.

Life begins with pregnancy because it gives birth to another life. Everybody wants that their children should inherit good and moral qualities. All parents try to give all the happiness of the world to their children. The birth of a human being is a great science, and therefore reformation of the act of impregnation according to the *Vedic* ritual called *Garbhadhana Sanskara* is very important for generating good population.

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