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## **Ayurvedic Modality for *Supraja***

### **Review article**

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### **Abstract**

Nature has given a great responsibility i.e., “Pregnancy” to human body. Now-a-day due to competitive life, the advance generation desire only one child and willing that their child should be physically, mentally & intellectually stronger than them. Youngster’s possess better management skills for every event. Pregnancy should be by appointment, not by accident. It should be by choice. So for “*Su praja*” they should follow *Ayurvedic* principles. But in stressful society couples give more importance to carrier than family and so not paying attention towards proper marital age, sex timing, *dincharya* & *rutucharya*. As a result they are more prone to physical & psychological problems. . It is the need of this era to revitalize the ancient methods of health care to incorporate its benefits for the mankind. So let us try to educate them for better new generation. *Ayurved* takes care of all aspects of human wellbeing. All the classics have mentioned keen descriptions about reproductory age, *rutukal*, *dincharya*, *rutucharya*. *Yogabhyas*, *panchkarma*, *pranayam*, *aahar-vihar*, *aacharrasayan*, counseling, meditation, positive thinking & *garbhini paricharya* i.e., regimen from 1<sup>st</sup> to 9<sup>th</sup> month of pregnancy. . It helps to reduce the risk of adverse health effect on women & foetus & risk of hereditary diseases in next generation. This aims easy delivery at proper time, desired healthy child passing all the qualities with long life.

**Key word:** *Supraja*, *Ayurvedic* principles, *panchkarma*, *garbhini paricharya*

### **Introduction -**

Nature has given a great responsibility i.e., pregnancy to human body. Many couples become parents without much preparation for this important responsibility. Previously in traditional Indian joint families, the young mother got the help and advice of other family members’. With changing patterns

of life style, the joint family pattern is breaking up and the young couples are facing many problems.

Every couple has the innate desire to experience the joy of parenthood. Now a day the advance generation desire only one child and willing that this child should be physically, mentally and intellectually stronger than themselves.

Youngsters' possess better management skills for every event of life. Our future depends how well we have planned in our present. We spend so much time and money in planning investments that will help us live securely and happily in old age.

In today's rat race they give more importance to carrier than family and so not paying attention towards their physical and mental health and live in stressful condition. In this stressful life most of the time pregnancy is unplanned. For *Su Praja*, pregnancy should be by appointment not by accident. It should be by choice, not by chance.

So for *supraja*, the couple should follow the *Ayurvedic* principles before conception as well as during pregnancy.

*Ayurveda* is not only medicine system but it is holistic way of life. It takes care of all aspects of human wellbeing i.e., physical, mental and spiritual. *Ayurveda* has got many interventions. According to *ayurvedic* principles for healthy progeny, the couple must need to have proper care before conception as well as during pregnancy.

*Ayurveda* gives great importance for the preconception care & *garbhini paricharya*,, so as to ensure a healthy and successful progeny i.e., *supraja* (1).

### Definition-

It is the preventive care & prospective planning prior & after conception.

### Aim -

- To promote healthy progeny (*Su praja*) .
- Identify the risk factors for adverse maternal & foetal outcome.
- Educate & Counsel the couple & treat the medical conditions prior to

conception.

- Maximizes maternal & foetal health.
- Intervenes to achieve optimal outcomes.

### *Ayurvedic* preconception care-

It prepares the couple physically as well as mentally.

### Age -

Preconception care begins with the selection of the right partners. It was clearly mentioned in *Ayurveda* that for marriage and conception, the partners should be of same community and should not be of same clan (*atulya gotriya*) (2). The reason for this might be to reduce the risk of hereditary diseases and to avoid congenital anomalies. According to *Charak* and *Sushruta* the appropriate age of conception is 25 years for a male and 16 years for a female (3). At this age all the *dhatu*, the reproductive systems are fully formed and mature. So *vivah sanskar* is done. Both the partners attain the optimum physiologic functioning of the organs. Hence are capable for procreation. Both the partners are full of valor and vigor, the born child also possesses these qualities. Now a day in carrier oriented society, the age of menstruation is reduced and age of marriage is increased.

### *Ritucharya* -

The female is advised specific mode of living from the day of onset of menstruation which is termed as *rituchraya*. At the time of menstruation, she should avoid coitus, day sleeping, application of collyrium, exertion, heavy work and *katu, tikshna ahar* etc. She should consume only *laghu Aahar* and take rest. (4).

### Factors responsible for conception -

Four factors are responsible for conception. (5). They are *rutu*, *kshetra*, *ambu* and *beej*. Preparing for conception can be easily compared to the processes of farming.

*Rutu* means season i.e., proper fertile period.

*Kshetra* is soil i.e., reproductive organs.

*Ambu* is water i.e., proper nourishment to developing foetus.

*Beej* is seeds i.e., ovum and sperm. .

Normality in these four things results in healthy progeny, just like a healthy seed bears healthy fruit. If the parent's sperm and ovum are pure, then the child is more likely to inherit a strong body constitution and immunity.

**Preconceptional interventions** can be divided into 3 ways i.e., Physical, Psychological and Spiritual.

### Physical interventions -

Physical interventions include *Panchkarma*, *aahar -vihar*, *yoga*, *pranayam*.

### *Panchakarma* -

It is a versatile & effective therapy for all kinds of problems. The couple should be purified by *Snehan* (Oliation therapy) , *Swedan* (Sudation therapy), *Vaman* i.e. Emesis, *Virechan* i.e., Purgation, *Asthanabasti* (Purificatory enema), *Anuvasanabasti* (Nourishing enema) & *Nasya*. (6).

*Panchakarma* detoxifies the body, maintain the *dosha*, *dhatu* & *mala* to prevent disease & also promotes resistance to outside pathogens (*vyadhi kshamatva*) & prepare the uterus for a healthy conception.

This concept is unique in *Ayurveda*

& is a primary protocol in all treatments.

After proper purification the couple should be advised to follow a *satwic* diet of organic, whole foods for 3 months prior to conception.

### The dietary regimen-

#### *Pathya-*

According to *Taitariya upanishad*, food is *Brahma*.

Green vegetable, Cereals, Fruits, Milk, *Ghee*, Date, *Ghee* & milk medicated with anabolic herbs should be taken by male partner. Sesamum oil & Black gram should be taken along with balanced diet by female partner (7). These should be taken by couple for better outcome.

Sesamum oil has *vataghna* & *kapha-pittaprakopa* action due to its *rasa* & *viryas*. (8). But by the *sanskara* with drugs it acts as *tridosha shamaka*. It has the property of *garbhashaya vishodana*. (9). It has better action on *rajorodha*, *kashtartava* etc due to its *vatahara* property especially on *apanavata* which is responsible for normal functioning of the reproductive organs. It helps in regularizing the menstruation & hence promotes ovulation. It is also a best *balya* & *vrushya* due to its *snigdha guna*.

Black gram (*Masha*) - It is *balya*, *vrushya*, alleriates *vata* & promotes vigor. (10). It contains vit. B, folic acid, magnesium, iron & calcium which are all essential factors for conception.

The male is advised to consume *Ghee* & milk medicated with *madhura* group of drugs. (11). The *Ghee (ghruta)* has the property of imparting strength & improves tonicity. It nourishes the body. With all these qualities make the sperm healthy & vigor. (12).

Milk -gives strength, nourishes the body & promotes *jatharagni* which in

turns increase *dhatwgni* resulting in formation of all *dhatu*s, including *shrukra dhatu* which is the main source of sperm. It increases the quality & quantity of sperm instantly. (13).

#### **Apathya-**

Women & men should avoid hot spices, Processed food, Coffee /Tea /Cold drinks, Alcohol, *Pan*, Chocolate fast-food, Smoking, Alcohol, Tobacco chewing, Fasting/Dieting, Sleeping during day time, Staying awake at night, Heavy exercise, X-ray, Over exposure of sun, fire, Over use of computer, mobile, Tight & synthetic undergarment, Stress, anxiety. (14).

This may decrease the ovulatory function & spermatogenesis.

#### **Yog & Pranayam-**

Practice of *Yog & Pranayam* can be especially helpful in providing a systematic method of producing complete physical, mental & emotional relaxation for both partners before conception. (15).

They concentrate on psychological aspect; breathing& increasing flexibility, apart from development of physical status during pregnancy. The women can practice the following poses. (16).

*Parvatasana* can increase space in abdominal cavity and the respiratory movements become easy.

*Trikonasana*, *parshwakonasana*, *virbhadrasana*-These poses in standing position make the lower extremity light and increase confidence.

*Baddhakonasana*, *janushirshasana*, *upvishtha konsana*-These poses make the woman capable tolerating the labor pains. The perineal muscles get relaxed and the delivery becomes normal and easy.

*Virasana*, *vajrasana*- These *asanas* help to reduce the oedema on legs.

The difficult poses like *sarvangasana*, *halasana* and *shirsasana* can also practice in pregnancy with precautions and proper guidance.

*Shavasana*- Due to hyperemesis, anaemia, hypertension, asthma:mother becomes dehydrated. She get relief when she perform *shavasana* 2-3 times aday.

*Pranayam*: The regular practice of deep inhale-exale, *anulom*, *vilom* and *bhramari pranayam* increases oxygenation in pregnancy. (17).

#### **Psychological Intervention-**

In *Ayurveda*, the *achar rasayan* was clearly mentioned. The thoughts which occupy the mind of the couple before & during conception can produce foetus resembling the nature of thoughts.

Stress affects many of the hormonal system required for healthy ova & sperm, ovulation, conception & foetal growth. Stress alters the estrogen, progesterone & testosterone production. Immune function is altered by stress which may affect fertility.

#### **Health Education & Counseling-**

To promote fertility, counseling should be done. Factors that may affect fertility include age, proper diet & nutrition, stress, pollution, radiation, bad habits, & genito - urinary infections. *Rasayan*, *Pumsavana*, *sadvritta*& *achar rasayan* etc are the measures to be followed to get healthy progeny or offspring of best qualities.

Partners should be counseled regarding the benefits of the following activities like Exercise, Maintain the optimum weight, Consuming nutrient diet, and preventing infection. 18.

### **Spiritual Interventions-**

(*Daivavyapashryaya Chikitsa*) -

*Acharya Charak* and *Kashapa* described “*Putreshti yagna vidhi*” for the progeny. (19).

The spiritual energy will have some psychological effect on woman & man.

### **Garbhadhana vidhi-**

The regimen followed during pre-pregnancy period to achieve conception is called *Garbhadhan vidhi*. 20.

After taking all the above measures at least for 3-4 months, the couple is capable of producing ideal progeny.

Making love to conceive a child should be considered a sacred act. Excessive intercourse can also lead to diminished sperm count. Through fertility awareness, the couple can focus their intercourse timing to when a wished result will occur, rather than expending their vital forces through daily sex for long periods of time. . Sex days considered lucky for conception are on 12 to 18 days of menstruation. Sex should be avoided during day time & after overeating & with any negative feelings. The best position for conceiving is with women lying on her back. (21).

### **Garbhini Paricharya-**

It is unique concept in ayurveda.

It means caring of the pregnant women in the form of *ahara*. Preparing pregnant women for *sukha prasava*, both mentally and physically.

Care should starts, right from the confirmation of pregnancy till delivery. Diet of pregnant woman must be palatable, liquid, sweet and appetizing. (22). Milk, butter and ghee must be liberally used in her diet (23). The *ahara* should be *madhura, sheeta, laghu gunatmaka*. The

monthly regimen helps in normalization of urine & stool & their elimination with ease, delivery will ease of a healthy child endowed with excellent qualities in proper time. The dietary regime is *vatanulomak* which is needed for the normal expulsion of foetus during delivery.

### **Garbhasanskar-**

Garbhasanskar is a process to achieve Physical, Mental, Spiritual, Emotional, Social development & Perfection for the mother & baby.

It is complete pregnancy care guideline to get a divine child.

It is these nine months decisive period when maximum efforts are to be taken for betterment of the offspring. Today science has proved that the unborn baby can not only listen, feel but respond by its own way. 60% of brain development occurs in intrauterine period. (24).

### **Benefits of Mantras to Mother-**

Chanting of Mantra controls the hormonal level of mother.

It activates the parasympathetic nervous system that decreases the-B. P. Heart rate. It improves the sleep, decreases nausea, back pain, headache. It lowers the risk of premature labour. It minimizes the chances of PIH. (25).

### **Benefits of Mantra to Fetus**

It stimulates the fetal activity. Causes mental & physical relaxation. Baby distinctly recognizes musical sound that he heard in the womb. There is proved changes in the HR & breathing pattern in response to the musical sound.

Specific mantras heard by the foetus in womb provides strong foundation for later learning, behavior & clear pronunciation The rhythmic tone of

*mantras* with up & downs create a melodious effect in the body. It is defined as the Neuro-linguistic effect. This effect is possible even if meaning of *mantras* is unknown. So it can be said that *mantra* chanting is not only the superstition. But it is a music therapy or *mantra* therapy. (26).

### Conclusion-

*Ayurvedic* modality can provide global solution in several life style related problems. It is very essential for the prevention of present era problems related to mother & foetus. Also provide preventive approach & pro motive health care for the couples. Any attempts to become more balanced will not only benefit future offspring but also ourselves. *Su praja* can be easily achieved if the couple follows all regimes mentioned before & after pregnancy. It prepares the couple to welcome a new life & to contribute towards healthy society.

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