

AYURVEDIC PERSPECTIVE ON PLANNING FOR A SUPRAJA (HEALTHY PROGENY)

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ABSTRACT

Background: Congenital anomalies, injuries and non communicable disease like chronic respiratory problems, acquired heart diseases; childhood cancers, diabetes and obesity are the emerging priorities in the global child health agenda. Epidemiological study of child psychiatric disorders in urban & rural areas conducted by ICMR (2001) indicated that the overall prevalence of mental and behavioral disorders in children is 12.5%. With the changing socio-cultural scenario, child psychiatric disorders are on rise. **Aim:** The aim of this study is the documentation of Planning for *Supraja* (healthy child) can be done with Ayurvedic principles. **Material & Methods:** According to Ayurveda, one must have healthy children with all the good

qualities, hence everyone must adopt the Ayurvedic *Samskaras* (special measures) like *Vivaha*, *Garbhadana*, *Garbhini Charya*, which are told by our Acharyas. **Discussion:** We cannot find specific etiological factors for all the disorders in children, and there is no proven medical management for all the disorders, so an attempt is being made with above said measures, how one can plan *Supraja*. **Conclusion:** By following Ayurvedic way of lifestyle and planning for progeny, we can have healthy child (*Supraja*) with desired characters and we can also prevent the congenital anomalies, non communicable disease & child psychiatric disorders. This work will be useful to students, researchers and common persons too.

KEYWORDS: *Supraja*, Congenital Anomalies, *Samskaras*.

INTRODUCTION

Ayurveda is a holistic science which is directly linked with life and health. Ayurveda is basically more oriented toward the management of lifestyle disorders which is the need of the

present era. Congenital anomalies are the result of one or more genetic, infections, nutritional and environmental factors and it is difficult to identify the exact causes for the same.^[1] According to World Health Organization an estimated 3,03,000 newborn die within 4 weeks of birth every year due to congenital anomalies. Congenital anomalies can contribute long term disability, which may have significant impact on individual, families, health care system and societies.

In our Ayurvedic classics the above mentioned causative factors for the congenital anomalies are explained and those are due to Doshas of *Beeja* (sperm and ovum), *Atma Karma* (influence of past birth deeds), *Ashaya* (reproductive system of female), *Kala Dosha* (timing), *Matri Ahara* (mother diet) and *Vihara* (behavior of the mother) during preconception and postconception.^[2]

MATERIALS AND METHODS

A seed of any plant sowed in properly purified and refined field yields good and nutritive fruits. Similarly impregnation done after proper *Samskaras* (specific measures) results in offspring of high qualities, hence planning for better progeny can start even before marriage.^[3] By adopting the *Samskaras* told in Ayurveda will result *Supraja*, and by following those *Samskaras* we can avoid above said causative factors, which are as follows,

- **Vivah** (marriage).
- **Garbhadana vidhi** (impregnation)
- **Garbha and Garbhini charya** (measures indicated for embryo and Pregnant)

1) **Vivaha**- Selecting appropriate life partner known as *Vivaha*. While selecting a partner certain qualities are told such as, *Atulya Gotra* (different lineage), age of the partners, they should be physically & psychologically fit, disease free. They should Possess good qualities, specific age to get marry because both the partner should be matured enough to handle all the situations, so Acharya opines that not less than 21 yrs for male and 12yrs for female to get marry.^[4]

2) **Garbhadanavidhi** - Reproduction is final goal of a person and it is natural phenomenon. According to Ayurveda definition of *Garbha* is, inside the *Kukshi* (reproductive system of female) if *Shukra* (sperm) and *Shonita* (ovum) unites with *Jeevasamyoga* (specific energy which is responsible for new life) then it is called as *Garbha* (fetus)^[5] Preparatory measures before conception are very essential. The 4 important factors which are essential to have healthy progeny are unvitiated *Rutu* (menstrual cycle), *Kshetra* (reproductive system of

female), *Ambu* (nourishment of fetus) and *Beeja*,^[6] (sperm and ovum), for this purpose both the parents should undergo some *Shodhana* (purification) procedures and also very specific diet for the partner is advised before conception.^[7] Age & health of parents, Parents diet, and mode of life, Mother's psychology during menses, Parent's psychology during intercourse, specific time and method of conjugate, all are influencing the upcoming progeny, so Charaka added certain rules for regulating the act like, time, diet, mode of life and methods for conception.^[8] To get conceive 25 years for male and 16 years for females are told as ideal.^[9] If parents conceive earlier to this age the born child will be not live long or would have ill health.^[10]

Putresti Yagnya- a special type of ritual which is done by the parents once they get conceive for achieving offspring of desired qualities. Its complete procedure is explained by Acharya Charak,^[11] and Kashyapa.

3) *Garbha and Garbhinicharya*- According to Ayurveda *Garba* (fetus) formation is mainly by 6 sources, which are *Matri* (mother), *Pitri* (father), *Atma* (pure soul), *Satmya* (beneficial things), *Rasa* (nutrition), & *Satwa* (mind), child will be having characters according to the predominance of these factors and associated with *Mahabhutas* along with *Gunas of Mana* (psych).^[12]

To have *Supraja* (healthy progeny), month wise specific dietetic regimen for women during pregnancy, mode of life during pregnancy, do's and don'ts for pregnant lady, is very well explained in Ayurveda.^[13] Psychological status during pregnancy plays a very important role in development of *Garbha* (fetus). If mother fails to follow these regimens she may give birth to unhealthy and *Vikrita* child,^[14] as *Garba* is also derived from mother and having development inside the mother itself. Body and mind of the fetus are getting nourished by the same food and life style of the mother. So if mother fails to conduct the good deeds during the time of pregnancy, behavior of the fetus will also get affected and in future it may give birth to behavioral and psychological disorders in that particular progeny.

Starting from how to identify once the women is conceived^[15] and at the every stage of pregnancy and development of fetus^[16], delivery process and preparation for the same is also explained in Ayurveda mainly to avoid pregnancy and birth complications.^[17]

DISCUSSION

While explaining definition of Kaumarabhrithya Acharya Hareeta have included word Garbhaupakrama,^[18] it means taking care of children from preconception period and also planning for *Supraja* (healthy children).

Whenever we want to buy any things usually we take complete information of the things, for example phone, television etc, and then only we go through it. Planning for progeny should not be uncertain, it should be very well preplanned. When we analyze all the diseases, we can come to conclusion that, they mainly originate from gene disorders and environmental factors same thing is also explained in Ayurveda that Parents are responsible for congenital anomalies and the environment given by the parents to their kids, since from conception or prior to conception. In Ayurveda getting married and having children are consider very important events in everyone's life and these are done as *Samskaras* (special measures).

Earlier our parents will choose our life partner but now days selecting life partner is turned to a different trend. Also congenital anomalies are increasing, so if we follow the things which are told in Ayurveda defiantly we can avoid congenital anomalies from our side. *Vivaha and Garbhadana* should be in specific age, it should not be too early or not too late because biologically a person is capable of producing healthy child. When we see the marriage age for girl is 12yrs, it seems to be too early but it will help to avoid the social problems related to sex and girl will be very well adjusting to new family.

If we get marry in different *Gotra* we can avoid congenital anomalies which are from genetic in origin and definately if parents are healthy the offspring will also be healthy. So before conception if parents undergo *Shodhana*, it will be like purification of the body and mind for healthy progeny. Mode of life and psychology of mother during menses having the effect on quality of ovum Of course parent's psychology and behavior during intercourse is also having the effect on fertilizing egg.

As fetus is totally depended on the mother, so what mother will be doing in pregnancy, what she will be eating and how she will be behavior everything will be affecting the child. So in Ayurveda what all pregnant ladies should avoid and what she have to consume is very well explained and effect of the same is also explained, if we observe the effects, it is mainly explaining some behavior disorders of children. By following specific diet by the pregnant

lady she will be taking care of nutrition and she can also avoid the pregnancy inducing problems like hypertension and diabetes. She can have easy and safe delivery also.

Our thoughts influence our bodies directly, and vice versa, so in all the preparatory stages of healthy progeny, not only the physical attitude of parents is given importance but also the psychological status of the parents is explained in Ayurveda, mainly to have healthy children with desired qualities.

CONCLUSION

According to Ayurveda getting married and having children should be well planned. By following *Vivaha*, *Garbhadana*, *Garbha* and *Garbhinicharya* measures, we can avoid causative factors of the genetic problems, congenital problems, non communicable disease and behavior problems of children. Always we should think for better progeny, who is even better than us in all aspects.

The procedure which are told in these *Samskaras* like *shodhana* before conception, specific mode of life, timing, psychological status of the parents, parents age, how to conduct, and specific diet in all the periods, helps us take care of *Beeja Dusti* (sperm and ovum), *Ashaya Dusti* (uterus), *Kala* (timing) and *Mtri Ahara Vihara*. But *Atmakarma* (previous life deeds) which is not in our control but for the future generation we can plan for that also.

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