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Garbha sanskar – A boon to get supraja

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Abstract

Supraja– A complete protocol for maternal care. Ayurveda recognized the need for the mental, spiritual and physical preparation of the mother-to- be for the momentous event of childbirth. It involves the preparation of the couple planning pregnancy, three months prior to conception. Ahara (diet), Vihara (lifestyle), Sadavrutta (moral conduct), along with varied therapies give wonderful results. Along with normal nutritious diet, specific diets for each month of Antenatal period depending on embryogenesis. Diets with specific impact on the fetus, specifically effective on reproductive & endocrine systems. Specific diets explained in the Ayurveda for better care of mother and child.

Keywords: Ayurveda, Supraja, Maternal health care

1. Introduction

The traditional Hindu concept of marriage is that sacrament which enables one to fulfil Dharma (religion), Praja (progeny) and Rati (pleasure). Among all the four Ashramas of life Grihastha Ashram is considered to be the best one with the view that by giving healthy generation to the society the better future of the nation is hopes. In Vedic time women had absolute equality with man in realm of society. She was thought to be a pivot of a family. Due to some socio-cultural and political factors the status of women decline gradually till 1800 A.D. Even after great efforts of government for upgrading the status of women the major portion of Indian women is still like a puppet. Negligence of women's education, early marriages, parda, etc. put the women in pity position, this condition is also affecting our next generation because growth and development of a healthy progeny is depend upon the physiological and psychological health of the mother. Though procreation is a normal physiological process, which brings happiness and pains to the woman. Pregnancy is the period when there is rapid changes in the hormones like oestrogen, progesterone, prolactin etc. all these influences the maternal body systems to undergo multiple complex but smooth changes which altogether turns into the most suitable environment for the conceptus to grow inside the uterus. Meanwhile minor discomfort may also develop during the pregnancy and sometimes these ailments can turn to develop major complication which can cause serious injury to mother or foetus or both. Most of these problems can be effectively prevented by following do's, don't and various procedures starting from the planning of conception till delivery so as to get healthy baby with longevity as described in Ayurveda.

Discussion

Becoming a mother is the most important phenomenon in a woman's life and childbirth is the most precious event. Thus a pregnant woman has to be given special care throughout the pregnancy to ensure the perfect health of her baby and herself which is rightly done with SUPRAJA – a complete protocol for maternal care. Ayurveda recognized the need for the mental, spiritual and physical preparation of the mother-to- be for the momentous event of childbirth. It involves the preparation of the couple planning pregnancy, three months prior to conception. Ahara (diet), Vihara (lifestyle), Sadavrutta (moral conduct), along with varied therapies give wonderful results. Along with normal nutritious diet, specific diets for each month of Antenatal period depending on embryogenesis. Diets with specific impact on the fetus, specifically effective on reproductive & endocrine systems. Specific diets explained in the Ayurveda for better care of mother and child.

Garbha sanskar

The word sanskara is derived from the root 'kri' with sam upsarga (prefix), which is used for several meanings according to reference to context. In the classical Sanskrit texts, the word

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sanskara is used in a wide sense of education, cultivation, training, refinement, polishing, embellishment, decoration and ornament, a purificatory rite or ceremony to change the qualities. In short sanskara means those religious rites and ceremonies which sanctify the body, mind and intellect so that the person may become fit for the society. Sanskara also means gunantaradhana which is used for transform the qualities.

Sanskara are the main field of grihya sutras, gautam dharma sutra has a list of 40 sanskara. According to Vyaas smriti 16 sanskara are there

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|------------------|----------------|
| 1. Garbhadhan | 2. Punsavan |
| 3. Simantonnayan | 4. Jatkarma |
| 5. Namkaran | 6. Nishkraman |
| 7. Annaprashan | 8. Choodakaran |
| 9. Karnvedha | 10. Upnayan |
| 11. Vedarambh | 12. Samavartan |
| 13. Vivah | 14. Vanprasth |
| 15. Sanyas | 16. Antyeshti |

Garbhadhan, Punsavan and Simantonnayan are sanskara which conducted before birth of baby, rest after birth.

Garbhadhan sanskara

For conception, normal reproductive tract, balance hormonal status, mental status, healthy gametes & right age for conception are required.

Age for marriage and conception-

Marriageable age should be 21 yrs for male and 12 yrs for female, husband and wife should not belong to same genetic tree i.e. atulyagotriya and also they both are not suffering from any contagious disease.

Age of conception for males is mentioned as 25 yrs and 16 yrs for females. (Su.S.Su. 35/13). If conception occurs before attaining the age of 21 yrs in male, child born will be of short span.

Essential factors for conception-

These are ritukaal (ovulation) kshetra (uterus/reproductive system), bija (ovum and sperm), ambu (nourishing substances), properly functioning apana vayu and normal psychological status i.e. happy mood. Aacharya charak also mentioned saumanasya as agrya (best) for conception.

Ovulation occurs at definite time in female body. Soritukaal is the right time for coitus for the couple who wish to have baby. Ritukaal is good for conception and best time for garbhadhaan sanskara is shuklapaksha. Child born out of this period would be intelligent, having long life, beautiful/handsome, and courageous.

Contraindications for coitus-

Coitus should not be done with woman who overeaten, hungry, thirsty, frightened, reluctant, sorrow- stricken, angry, loving someone else, absence or excessive desire for sex. These woman either not conceive or if conceives baby have some congenital defect and it should also not be done with very old, chronically ailed woman. Same thing also be followed in case of man.

Posture during coitus

Coitus should be avoided with a woman in hump-backed position or lateral position. For reception of bija the woman should lie in supine position. In left and right lateral position vayu displaces pitta and kapha respectively; causes

complication.

Putriya vidhi

After menstruation, the couple after being purified by use of oleation, sudation, emetics, purgatives and brought to normal dietetics should be given asthapana (evacuative enema) and anuvasana (nutritive enema) basti. After these purifying measures, perform putresti yagya, after performing Yagya, couple should have celibacy for one month and man should take shali rice with ghrita and milk and woman should take food prepared mainly with oil and mash in the afternoon should have coitus in the night.

The hymn to be recited before coitus 'Ahirasi Aayurasi sarvatah pratishthasidhata tva dadhatu, vidhata tva dadhatu, brahmavarchasa bhava' iti. Its meaning is-(O Garbha) you are like sun, you are my longevity, and you are my prestige by all means. Dhata (god of protection) and Vidhata (God of creation) should protect you. You should have Brahma in you. After reading this couple should recite this- 'Brahma Brahaspatirvishnuah somahsuryasthashvinau. Bhagoathmitravarunaaveeram dadatu mai sutam.' Its meaning is- Lord Brahma, Brahaspati, Vishnu, Soma, Surya, Ashwinikumara and Mitravaruna having divine powers bless me with courageous son.

Punsavana sanskara

Ayurvedic technique of genetic engineering to ensure healthy progeny and to determine the sex of the child is Punsavana sanskara or Garbhopachara. It aims mainly to achieve conception, to stabilize pregnancy and have a baby of one's choice. This special procedure adopted between 8-11 weeks of pregnancy in 'Pushya Nakshatra' specially A lot of drugs are described in ayurvedic text for this sanskara e.g. putajivaka, vatankura, lakshmana, apamarga, sahadhara etc. In Atharvaveda, it is used in the literal sense of "giving birth". The punsavana is used for welcoming the great soul. This is also called garbharakshana sanskara.

Simantonnayan sanskara-

This sanskara is performed in fourth month of pregnancy in Shukla paksha with presence of auspicious nakshatra. A homa/ritual is performed for the purification of atmosphere, for the peace of mother and fetus and for giving birth to a peaceful and holy child. At the time of pregnancy, duo to hormonal changes, a woman has to go through the discomfort stage of life, which may cause emotional imbalance. She should have patience and try to increase her power of moral understanding. She will have a childreflecting the same kind of thoughts she had during pregnancy.after becoming a mother, she is responsible for assuring that her child will be mentally and physically healthy.abhimanyu and astavakra heard stories from their father when they are in the womb of mother.

Do's throughout the pregnancy

- Use of clean and white cloth and ornaments (feeling of comfort and mental peace).
- Perform religious rites/auspicious deeds and worship deity (psychological relief)
- Sleeping and sitting place should be comfortable.
- Bathing with sarvagandhodak i.e. cold decoction of all fragrant drugs (good for hygiene and aromatic).
- Caring and loving behavior of all family member especially husband.

- Company only with people who have a favorable influence over her.
- Read fine literature, look at the beautiful works of art, listen to soft music, think pleasant landscapes and have only positive and constructive thoughts.

Don'ts throughout the pregnancy-

- Anger; grief, terror, seeing or hearing dislike things (psychological disturbance may occur) should be avoided.
- Avoid excessive exercise and coitus.
- According to ayurveda also these should be avoided; besides these visit to cremation ground (sudden shock may produce abnormality specially abortion).
- Prolong stay in hot sun or near fire is restricted may cause varicosity; increase temperature may cause dehydration
- Prolonged squatting, abnormal posture, supine position is restricted (may influence placental and uterine blood flow)
- Emesis (vomiting) sudation (like sauna bath) fasting, emaciation, indigestion should be prevented (dehydration, may occur, excessive emesis may precipitate abortion due to reflex stimulation of myometrium)
- Trauma, falling in pits or wells, going to river bank, temple, garden should be avoided (due to fear of fall or blow to abdomen)

Effect of Mantra/Music

- It is also proved that fetus also responds to the mantra/ music. From 7th month fetus can hear the sounds from mother's womb and from the surroundings of mother and also responds to them. Sound of mother's heartbeats is the first and nearest sound heard by the fetus and hence when the mother takes her crying child close to her the child stops crying and becomes calm. It is possible to give energy for the development of body mind and soul of the child in the womb by listening to special music. The sound of the veena (Indian string instrument which is held by the Goddess (Saraswati), flute and Samaveda mantras gives health to the pregnant woman and the child within.
- Chanting of mantra like Vanshviridhi Vanshkavach Stotra, Garbha rakshan Prarthana and Garbha rakshan Sookta, Gayatri mantra and Pragya vivardhan stotra etc.- These are musical interpretations of essential mantras and stotras that create an environment of spiritual tranquility and learning for the mother and child and they also helpful in mental health and brain development of child.

Masanumasik Garbhini Paricharya

Ist Month: Non Medicated Milk in desired quantity/sweet cold liquid diet

IInd Month: Milk medicated with madhur drugs/sweet cold liquid diet

IIIrd month: Milk with honey & Ghrita/sweet cold liquid diet

IVth Month: Butter extracted from milk (2 tola)/ Cooked shashti rice with curd

Vth Month: Butter extracted from milk / cooked shashti rice, Meat of wild animal

Vith Month: Ghrita medicated with drugs of madhura group/Ghrita medicated with gokshuru

VIIth Month: Ghrita medicated with drugs of madhura group/Ghrita medicated with prathak-parnayadi or vidarigandhadi group of drugs

VIIIth Month: Rice gruel prepared with milk and mixed with ghrita/Unctous gruel & meat soup of wild animal, Ashthapan Basti followed by Anuvasan Basti

IXth Month: Anuvasan Basti with oil prepared with madhur drugs and Pichhu Dharan/ Unctous gruel & meat soup of wild animal

Asanas and Pranayama-

In 1st Trimester Padmasan, Vajrasan, Gomukhasan, Sahaj Pranayam, Anuloma- viloma, Bhramari

In 2nd Trimester: Padmasan, Vajrasan, Gomukhasan followed by Shavasan, Anuloma- viloma, Bhramari

In 3rd Trimester: Padmasan, Sukhasan, Swastikasan, Pranayam, Anuloma- viloma, Bhramari

Conclusion

- All these procedures of garbha sanskara help in every stage for the all-around development of a healthy, smart, beautiful baby with longevity.
- In this regard, conducting seminars, discussions, research works and various other sources- it is necessary to take much needed efforts to study and acquire further knowledge.
- Such efforts definitely will churn out the relevant information so that this set of rituals can be planned into a more organised and widely well accepted form, which can be considered for establishing as the national health programme.
- Once when gets established and implemented as national programme, the garbha sanskara procedure will definitely play the prime root role in mother and child health care system of our nation.
- Establishing the garbha sanskara as gold standard procedure for achieving the signature child is the stepping stone for the up gradation of our country in the developing world.

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