

## “Healthy Progeny through Ayurved”

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**Abstract:** Motherhood is ultimate and cherished desire of every woman. When she achieves it, she feels completeness in her life. A woman has to prepare mentally and physically ahsve jovial pregnancy and less complicated delivery.

Today due to changing lifestyle Medical world is concerned about increasing rate of congenital imperfections in the new born which is posing confront to the aim of healthy humanity.

Ayurveda- A complete and holistic health science, not only deal with preventive and curative aspects of health but also has a strong footings in the field of healthy progeny.

Healthy mother, father, proper diet of the mother, practice of wholesome living and dietary regimen and healthy mind/psychological status of parents & good deeds of soul in previous incarnation play a prime role in achieving healthy offspring.

Here is an attempt to achieve healthy progeny through our own science “Ayurved”.

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### I. Introduction

Medical world is concerned about increasing rate of congenital imperfections in the new born which is posing confront to the aim of healthy humanity. These congenital malformations are seen as minor, major anatomical, physiological, biochemical and even latent in nature.

Data reveals that 3-5% of all births result in congenital malformations, 20-30% of all infant deaths are due to genetic disorders, and 30-50% of post- natal deaths are due to congenital malformations. 11.1% of paediatric admissions are for children with genetic disorders, 18.5% are hospital admissions for genetic causes, and 50% of mental retardation has genetic basis. Fifteen percent of cancers have inherited susceptibility

Motherhood is ultimate and cherished desire of every woman. When she achieves it, she feels completeness in her life. A woman has to prepare mentally and physically ahsve jovial pregnancy and less complicated delivery.

Ayurveda- A complete and holistic health science, not only deal with preventive and curative aspects of health but also has a strong footings in the field of healthy progeny. *Shadgarbhakara-bhava* (Six procreative factors of progeny) have been propounded in the *ayurvedic* classics viz. *Matrija*(mother), *Pitrija*(father), *Atmaja*(soul), *Satmyaja*(wholesome practices by mother) , *Rasaja*(diet of the mother) and *Satvaja*(psychological health of the parents). Healthy mother, father, proper diet of the mother, practice of wholesome living and dietary regimen and healthy mind/psychological status of parents & good deeds of soul in previous incarnation play a prime role in achieving healthy offspring, thus structuring a healthy family, society and Nation. Right from the time of conception till delivery it is the mother who carries and nourishes the fetus. Hence mother is described first among the factors responsible for proper growth of the fetus. Fetus obtains its subsistence by *Upasneha* and *Upasweda* (exudation) processes till the organogenesis and afterwards through *Nabhi Nadi* (placenta & umbilical cord) which indicates diet of the pregnant woman directly influences the growth and development of fetus in utero right from day one of development of fetus.

Here is an attempt to achieve healthy progeny through our own science “Ayurved”.

### Pre-Natal Counseling

It can be discussed in 3 categories

1) If she is Go & not married for more than 1 year (i.e. – primary infertility) treatment of both the partners is advised in following way –

vFkkI;srkS L=hiqalks LusgLosnkH;keqiik|---  
--- mikpjsPp e/kqjks”k/klaLd rkH;ka ?k`r{khjkH;ka iq.”ka] fL=;a  
rq rSyek”kkH;ke~ AA p-`kk-8@4

After sharer-shuddhi with panchkarma, female partner should wait for menses; from the onset of menses to 3<sup>rd</sup> day of menses/till menses stop, she should abstain from coitus and on next day she should be instructed as follows-

1) **Position during coitus** – With prevalence of unnatural coitus nowadays, importance of natural position during coitus needs to be spread.

U;qCtk;k okrks cyoku---A  
rLeknqRkuka chta x`àh;kr~ AA p-`kk-8@6

**2) Post-coital regimen -**

i;kZlrs pSuka ‘khrksn~dsu ifjf’kÜpsrA p-‘kk-8@6

Once the act of coitus is over, female partner should take a cold shower.

**II) Primary/Secondary infertility patient**

In addition to all the regimen explained in category (I) these patients, after panchakarma should be given “garbhaprad yog” mentioned in ayurvedic texts –

1½ òkFksu g;xU/kk;k% lkf/kra l?k`ra i;% A

\_rqLukrkyk ihRok /kRrs xHkZ u la’k;% AA pØnRr 62@26

2½ ,j.ML; rq chtkfu ekrqy³kxL; pSo fg A

lfiZ”kk iffi”Vkfuficsn~xHkZnkfu p AA

;ksxjRukdj] ;ksfuO;kin~ fpfdRlk & 11

If cause of infertility is male factor then several shukrajanan dravya can be used – Mugdaparni, mashaparni, shatavari, jatamasi, ashwagandha these are some of easily available shukrajanan dravya. Once both female & male partners are treated with “garbhaprad yog” & “shukrajanan dravya” resp. same precautions should be taken during & after coitus as mentioned in category (I).

**III) Patients with BOH (Bad Obstetric History)**

Special attention should be given to cases in which there was evidence of congenital abnormalities, blighted ovum, missed abortion or unexplained loss of pregnancy in previous conceptions.

In these cases one must rectify that “Shukra & aartava” are devoid of dushti or not.

**IV) Congenital abnormalities & shukra-aartava dushti**

Ekkr`tpk;a xHkZ%A Rod~ p---p oikogua psfr ekr`tkfuA

p-‘kk-3@12

All soft organs & visceral organs are derived from maternal side.

fir`tpk;a xHkZ%A ds`k--- Luk;w/keU;% A p-‘kk-3@13

All rough & tough structures are derived from paternal side.

Efforts should be made so as to link abnormality observed with shukra & aartav dushti in following way –

Congenital abnormality	Type of disorder	Bhav	Chikitsa
Anencephaly	Absence of cranial vault	Pitruj	Shukradushti
Spina bifida	Midline defect of spine exposing contents of neural channel	Pitruj	Shukradushti
Fetal cardiac myopathies	Cardiac malformation	Matruj	Aartavdushti
Infantile polycystic kidney disease (IPKD)	Multiple cysts formation in fetal kidneys	Matruj	Aartavdushti

‘kqØn”Vh fpfdRlk & xqMwfp ‘krewyh p Lo;axIrk cyk rFkk AA

‘kkYexh eqlyhewya pw.kZa xksi;lkfUore~ AA

Ikua ujk.kka Js”Bar q chtfefUnz;dkjde~ AA

gkjhrlafgrk@ckthdj.kk/;k; 14@15

vkrZon”Vh fpfdRlk &

v½ xzaFkhHkwr vkrZo & ikBk + «;w”k.k +dwVt òkFk iku

c½ nqxZfU/kiw;IMkd vkrZo & ‘osr panu@jDrpanu òkFk iku

lq-‘kk-2@15@16

**Ante-Natal care**

1) First month

i) Fetal development-

çFkes ekfl laewfPNZr% loZ/kkrqdyq”khÑr% [ksVHkwrks

HkoR;O;äfoxzg% ln~ln~Hkwrk³kxo;o% @p-‘kk-4@9

In this month fetus doesn’t have any definite structure.

**ii) Ayurvedokta paricharya –**

{khjeuqiLÑra ek=koPNhra dkys dkys ficsr~]

lkRE;esp p Hkkstua lka; çkrÜp HkqCEthr% @p-‘kk-8@31

Have cold milk frequently and that kind of food should be eaten to which a person is used to (this doesn’t mean eating of outside snack).

**iii) Additional treatment –**

ok;qfoZHktfr rst ipft--- vkdl`k foo/kZ;fr@

It is in this month that panchamahabhoot act on embryo & imbalance of them may lead to abnormalities such as twins, polyhydramnios, cleft palate etc. so one should take panchmahabhootatmak aahar in this month.

**Panchamahabhootatmak Aahar –**

- 1) Parthiv dravya – Godhoom, Mash, Vidarikand, Shatavari
- 2) Aapya dravya – Jal, Ksheer, Ikshooras, Coconut water
- 3) Aagney dravya - Hingoo, Shunthi, Vacha, Pippali
- 4) Vayaviy dravya – Makushtha, Chanak, Green pea
- 5) Aakashiy dravya – Laja, Capsicum, Toast

**2) Second month –**

**i) Fetal development -**

f}rh;s ekfl ?ku lai|rs--- vcZqna uiqalde~@ p-‘kk-4@10

Fetus attains specific shapes according to which sex determination can be done.

**ii) Ayurvedokta paricharya –**

f}rh;s ekls {khjeso e/kqjkS”k/kfl/n @p-‘kk-8@31

In this month milk that has been treated with dravyas like yashtimadhu, shatavari, ashwagandha, bala should be taken.

**iii) Additional treatment –** This month ultrasound should be done so as to confirm cardiac activity of the baby.

**3) Third month –**

**i) Fetal development –**

r`rh;s ekfl losZfUnz;kf.k lokZ<sup>3</sup>kxo;okÛp ;kSxi|sukfHkfuozrZURs@  
rn~ }Sàn~ ;ekp{krs o`nk% @p-‘kk-4@11 o 15

In this month we can sense fetal heart through symptom of “nkSàn; “ in mother.

**ii) Ayurvedokta paricharya –**

r`rh;s ekls {khja e/kqlfiZH;kZe qilal`T;@ p-‘kk-8@32

Milk along with honey & ghrita/ghree (in unequal quantities) should be consumed.

**iii) Additional treatment**

In this month patient gets an urge to eat all unhealthy food & disobeying these cravings is not recommended hence here are some replacement food items with same taste.

Craving	Replacement	Benefit
e`n~Hk{k.k	‘ka kHkLe	Healthy bone development
fpap@dSjh	vkoGk	fiRr’keu
yks.kps	eksjkoGk	fiRr’keu

**4) Fourth month – i) Fetal development –**

prqFkZ ekfl fLFkjRoeki|rs xHkZ% rLekrnzk xfHkZ.kh

xq:xk=Roef/kdeki|rs fo’ks”ks.k@ p-‘kk-4@20

In this month baby becomes stable & mother experience heaviness in body.

**ii) Ayurvedokta paricharya –**

prqFkZ ekfl {khjuouhre{kek=eJh;kr~@

Milk along with butter should be taken in approximately 20 gm amount.

**iii) Additional treatment –** Since mother experiences heaviness, she should be advised to do exercises like daily walking for ½ hr, yoga like Tittali aason, vajrasan, Parvatasan etc.

Besides this, as this period marks stability of foetus in uterus, garbhasthapak dravya like Patala, Guduchi, Haritaki, Pariyangu should be used.

**5) Fifth month –**

**i) Fetal development -**

iapes ekfl xHkZLFk ekal’kksf/krksip;ks HkoR;f/kdeU;sH;ks

eklsH;%] rLekrnk xfHkZ.kh dk’;Zeki|rs fo’ks”k.k AA p-‘kk-4@21

In this month fetal weight increases more than any other month & mother becomes lean.

**ii) Ayurvedokta paricharya –**

iapes ekfl {khjlfiz%A p-‘kk-8@32

In this month ghrita should be consumed.

**iii) Additional treatment –**

iapes eu% çfrq/nrja Hkofr A lq-‘kk-3@30

Being satva & mana are co-related, patient should be advised to read philosophical books, autobiographies of great persons & listen to soft & soothing music.

This month is a golden opportunity to treat IUGR (Intrauterine Growth Restriction) as maximum mamsa dhatu develops, mamsa vardhak dravya like mamsaras, mash bala, vidarikanda, atibala should be given to patients.

**Sixth Month**

**i) Fetal Development**

“k”Bs ekfl xHkZL; cyo.khZip; HkoR;f/kdeU;sH;ks eklsH;%]  
rLekYknk xfHkZ.kh cyo.kZgkfueki|s A p-‘kk-4@22

Maximum development of strength of the fetus.

**ii) Ayurvedokta paricharya –**

“k”Bs ekls {khjlfZe/kqjkS”k/kfl/na A p-‘kk-8@32

Consumption of milk & ghrita made from madhur dravya like bala, atibala, shatavari, guduchi etc.

**iii) Additional Treatment-**

“k”Bs cq/nh As this month marks intellectual development of fetus, smritivardhak dravya like suvarna siddha jal, vacha, jyotishmati, shankhapushpee, mandukparnee, yashtimadhu should be used.

cyo.khZip; - In today’s world of botox treatments, best gift to give your child is gorgeous skin & color which is obtained through dravya like, yashtimadhu usher, sariva, manjishta these are used orally phant prepared by above dravya would be an ideal remedy.

**7) Seventh Month**

**i) Fetal development -**

lres ekfl xHkZ% losZHkfosjkl;k ;rs]

rLekrnk xfHk.kh lokZdkjS% DykUrrek Hkofr A p-fp-4@23

There is a sudden growth of all factors hence mother looks drawn.

**ii) Ayurvedokta paricharya –**

rnsolres A

Same regimen as sixth month should be followed.

iii) Additional treatment – As the mother is drawn & tired prenan-chikitsa with dravya like Kharjoor, Ddraksha, Dadim, Ghrita, Milk etc. is useful.

**8) Eighth month –**

**i) Fetal development –**

laokfuhfueqZgqeZqgqjst% ijLijkar vknnkrs xHkZL;klaiw.kZRokr~---

xHkZL; tUe O;kifre~oR;kstlks-uofLFkrRokr~ AA

This period of ‘Asthir Oja’ as it is carried from mother to foetus & from foetus to mother repeatedly.

**ii) Ayurvedokta paricharya –**

v”Ves rq ekls {khj;ok;w lfiZ”erh dkys dkys ficsr~ A p-‘kk-8@32

Liquid gruel made up of milk & ghrita should be taken frequently.

**iii) Additional treatment –**

This is a danger zone of antenatal period with oja being unstable, delivery in this month may lead to still birth or neonatal death hence all attempts should be made to avoid predisposing factors for pre-term labour such as excessive travelling, lifting heavy weight, exertion, trauma etc. working women should be advised to take leave from 8<sup>th</sup> month.

Yavagoo in 8<sup>th</sup> month – Proportion of milk and ghee is to be decided as per kal, prakruti, doshavastha, agni. e.g. : pitta prakurti patient should be given as much amount as she can take but kapha prakurti patient should be given optimum amount as overdose may result in agnimandya in these patients.

**9) Ninth month –**

**i) Fetal development –**

uoekleqiknk; çlodkyfeR;kgqjkn’kekUeklkr~A

,rkoku~ çlodky% A p-‘kk-4@25

This is regarded as delivery period, as by this time baby is fully grown.

**ii) Ayurvedokta paricharya –**

uoers rq [kYosuka ekls e/kqjkS”k/kfj/nsu rSykuqokl;sr~A

vrÛpsokL;kLrSykr~ fipqa ;ksukS ç.k;snHkZLFkkuekxZLusgukFkZe~A

Medical oil enema – Oils like Bala tail, Gambhari siddha tail, Yashtimadhu siddha tail can be used for this purpose & vaginal tampon soaked in these oils are used to lubricate birth passage.

**iii) Additional treatment –**

Once the maturity of the fetus is confirmed if labour pain doesn’t start spontaneously by 40 weeks, induction of labour with castor oil & ajamoda choorna can be carried out.

**II. Conclusion**

The aim of “Garbhini paricharya” mentioned in ayurvedic classic are “Anupghatay ”(no harm to mother and foetus) “Paripurntwaya”(from conception to delivery)“Sukhprasvay”(natural labour).

This aim can be easily achieved if the mother follows all dietary regimen mentioned during pregnancy and also healthy mind/psychological status can be achieved by yoga and pranayama mentioned in ayurveda. From all above consideration we can conclude that ayurveda a science of lifestyle will definitely help to achieve better progeny.

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