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Review Article

**PRE CONCEPTIONAL CARE : AN INTEGRATED APPROACH
WITH AYURVEDA**

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ABSTRACT:

Ayurveda, the philosophical knowledge of life takes care of all aspects of human well being and adopting it is a valuable first step towards becoming a truly integrated individual, it gives great importance for the pre conceptional care which includes preparing the body of both individuals, rather than post conceptional care so as to ensure a healthy and successful progeny, The Ayurveda preconceptional care begins with selection of the right partner, both constitutional and age wise. It then explains about the right mode of conception and the importance of food and water in establishing a firm foundation from the very beginning of pregnancy.

Keywords: Pre Conceptional Care, Diet, Yoga

INTRODUCTION:

As nari is said as apatyamula women should be free from diseases. Pre conceptional care is one of the preventive measures in order to achieve shreyashi praja by identifying of high risk factors and prevent adverse effects. Pre conceptional care aims at achieving a healthy motherhood, a successful progeny and a happy society through Ayurveda and simple diet modification.

COMPONENTS OF PRE CONCEPTIONAL CARE:

1. Garbhadhan vidhi
 - a. Atulya gotra vivah
 - b. Perfect marriage for marriage
 - c. Garbha sambhav samagri
 - d. Sodhanakarma (for sukra – artav dushti)
 - e. Specific diet regimen
 - f. Putreshti yagya
2. Rajaswalacharya
3. Saumansya
4. Garbhasthapak drugs
5. Pumsawana karma (for garbhasthapana & garbhaprapti)

GARBHADHAN VIDHI:

Just as healthy seeds bears healthy fruit, if the parents sperm and ovum are pure then child is more likely to inherit a strong constitution and immunity. The ancient charak texts explains the aim of vajikaran is to enable a couple to produce healthy progeny who can assist them to perform theirs lifes mission (dharma). About six months before conception an ayurvedic physician prescribes a personalized purification and rejuvenation regimen. The first step is to detoxify the body (known as Panchakarma) snehana, swedana, panchakarma along with specific diet should be used i.e. for male milk and ghee prepared from madhura dravyas. For female taial (oil) and masha (black gram

) is advised for the period of one month . following this couple should do the putresthi yagnya . after this on auspicious day, couple should take shali anna (rice) with milk and body is anointed with ghrita/oil. Then, they should be advised to do the coital act. Afterwards, for lady strenuous work is avoided and advised to maintain celibacy till the pregnancy attained.

Marriage shouldnot be consanguineous. If marriage made in consanguineous then there may be chances of prameha, kushta, arsha, khandoshta etc. recent updates also says the consanguineous marriages carries recessive traits. Man should be of 25 years and girl will be of 16 years. The most appropriate age for reproduction is 24th to 37th of age. Upto 16 years of age, dhatus are immature, sukumar in prakriti, strength is less, cant withstand with troubles and also not fully developed body. Age more than 30 years will increase incidence of trisomy 21 down syndrome. Age less then 15 years then chances of neural tube defect in foetus are more.

Garbha sambhav samagri consists of ritu (period near ovulation or ritukala), khshetra (female reproductive system), ambu (nourishing substances) , bija (seed i.e. ovum and sperm) assemble together, the conception will definitely occur.

The significance of diet in pre conceptional care is ,, ghee as we know it is of madhura rasa, madhura vipaka and its karma is kapha vardhan, vattapittahar shukravardhan, milk has jeevaniya, asayan, vrishya, vayasthapana. Tail has karma of vatashaman.

RAJASWALCHARYA:

Day 1 – to day 3 of menses woman is advised to take havishya anna (ghee

and Sali rice) or yawaka (barley) with milk in meals.

SAUMANASYA: (psycho normalcy)

It is most important factor for conceptin. Woman who is suffering with these conditions (atyashita, kshudita, krudha etc ..) and gets married they may give rise to viguna praja (deformed neonate). These conditions may increase the cortisol (stress hormone) level and may lead to foetal loss, very teen or aged are not fit for conceiv these may give births to IUGR baby or child with chromosomal abnormalities.

Garbhasthapak drugs are aindri, brahmi, shatvirya sahastravirya, amogha, ayaatha, shiva, arishta, vaiyapushpi, vishwaksenkranat (pregnancy). These should be taken orally with milk and ghrita. These drugs are beneficial for maintainance of pregnancy.

Pumsawan karma should be done for three purposes as mentioned below:

Garbha grahnaaya: just before coitus for acievmnt of conception.

Garbha sthapna : just after conception which is for maintainance of garbha.

Healthy progeny

YOGA:

As stress is a major cause of reduced fertility in both sexes, taking steps to relax body and mind in also a key. The practice of yoga nindra can be especially helpful in providing a systematic method of inducing complete, physical , mental and emotional relaxation.

COCCLUSION:

Diet plays a key role for the successful conception. A good diet and lifestyle is to be mainatained by both partners for at least three months before planning for a good progeny. Just as healthy seed bears healthy sperms and eggs is achieved through a deep internal cleansing to balance the doshas and remove toxins (known as ama) by detoxifying the body (known as panchakarma). Pathya apathy sevan is equally important for both partners especially males by keeping away from alcoholism, smoking etc, who indulges daily in healthy foods and activities. All system of medicine, whether traditional or modern should act as complementary miseries and giving solace to the suffering humanity. Pre conception advises mentioned by sages can be milstones in achieving healthy female, healthy motherhood and happy society.

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