



AN AYURVEDIC VIEW OF GARBHAADHAN RELATED SANSKARAS FOR BETTER PROGENY

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ABSTRACT

Every parent expects that their kid should be healthy, beautiful and intelligent but they are not awake of taking special care before the conception. *Ayurvedic* literature was written under monarchism, wherein birth and proper brought up of a son (*kumara*), *rutukala* (optimum period for fertilization), *garbhotpattikar bhavas* (factors essential for conception), the days of coitus for having male or female child and specific acts for achieving conception. *Acharya Sushruta* has also described the age for conception and qualities of marriageable girl and boy which is essential for better progeny under the *garbhadhana vidhi*. The paper aimed to discuss advantages of *garbhaadhan* related *sanskaras* to have a baby with good body built, Intellect and talent.

KEYWORDS: Garbhaadhana Vidhi, Sanskaras, Healthy Baby, Better Progeny, Conception.

INTRODUCTION

Vedas have described various aspect pertaining to health and disease which includes procreation, most important for continuation races. *Garbhadhan*, a compound *Sanskrit* word, means conception, impregnation or insemination. It is the first of the sixteen *vedic sanskaras* and is meant to be performed by man and woman at an auspicious time and date for the sake of begetting the desired child.

Kaumarbhritya tantra include not only the description of the fetus upto the 16 years of age but also it includes the rituals performed by the mother and father before the conception to have a better progeny. By these procedures included in *garbhadhan vidhi*, a couple can have a healthy baby.

MATERIAL AND METHODS

Proper Age for Marriage And First Conception

Acharya Sushruta has prescribed the age of man as 25 and of girl 16 years.^[1]

The Age of Full Maturity or Appropriate age for Conception

पञ्चविन्शो ततो वर्षे पुमन्नारी तु षोडशे ।

समत्वागतवीर्यो तौ जनीयात कुशलो भिषक ॥^[2]

सु.सू.३५/१३

Male at the age of 25 and female at the age of 16 are fully mature, hence they should attempt for achievement conception.

Since both the partners are full of valour and vigour at this age, the born child also possesses these qualities. The mention of marriageable age and age for conception separately by *vagbhata* indicates the social pattern of that time.

The Result of Impregnation in Very Young or Old Women

अतिबालमतिवृद्धां.....वर्जयेत ।^[3]

If woman below sixteen is impregnated by a man of below 25, either she will not conceive, or if at all conceives, she will have intrauterine death of fetus, if the child is born, it would not live long or will have weak organs, ill health, deformed body parts etc. aged women also should not be impregnated.

Normal and Abnormal Postures for Coitus And Their Effect

If flexed position- *vayu* gets aggravated and compresses the *yoni*

In right lateral position- the *kapha* getting displaced obstructs the *garbhashaya*

In left lateral position- displaced *pitta* burns (*vidaha*), the *rakta* (ovum) and *shukra* (sperms)

Hence for reception of *bija* the woman should lie in supine position, so that all the *doshas* remain in their normal locations.

The man should not lie below the woman, because after this postural copulation if woman delivers male child, he will have feminine characters and if female child then she will have masculine habits.^[4]

Factors Essential for Conception

ध्रुवं चतुर्णां सानिध्यात् गर्भः स्याद विधिपूर्वकं ।

ऋतु क्षेत्र अम्बु बीजानां सामग्र्यात् अन्कुरो यथा ॥^[4]

सु. शा. २/३३

When both male and female after observing the advocated dietetic regimen and other mode of life perform coitus and ejaculated unvitiated *shukra*, passing through healthy *yonis*, reaches healthy *garbhashaya* and gets mixed with disease free *shonita*, then conception in definite, in the same way as a white cloth definitely takes up any dye, as milk mixed with curdling yeast changing original character forms curd. similarly *shukra* also gets changed (in the form of *garbha*)

Sushruta- equating germination of a seed with achievement of conception says that if *rutu* -(season or period near ovulation or *rutukala*)

bija- seed i.e ovum and sperms

kshetra- field i.e female reproductive system

ambu- water i.e nourishing substance

assemble together the conception will definitely occur.

We can say that for achievement of conception proper functioning (*vayu*) nervous

system, normal psychology, healthy and properly functioning female reproductive system, well

prepared uterus, healthy sperms and ovum are essential factors.

Effect of Impregnation on Different Days of *Rutukala*

एष उत्तरोत्तरं विद्यात् आयु आरोग्यमेव च ।

प्रजा सौभाग्यम ऐश्वर्यं बलं च दिवसेषु वै ॥^[6]

सु. शा. २/२९

Taking *rutukala* of 12 days, the child conceived on 12th day will have maximum qualities, there will be gradual decline of there on preceding or following days i.e less qualities on 11th or 13th day and lesser on 10th or 14th day.

Specific Acts for Achieving Conception

शुद्ध शुक्रात्वं स्वस्थं संरक्तं मिथुनं मिथः॥^[9]

अ.हृ.शा.१/१९-२

The specific acts done to achieve conception are successful only in those couples who

possess pure or healthy *shukra* (sperms), *artava* (ovum) and *garbhashaya* (uterus).

Specific rituals should be done after menstrual flow is over.

Methods of Conjugation and Its Prior Acts

After menstruation i.e 4th day onwards the couple after being purified by use of oleation, sudatory measures, emetics, purgatives and brought to normal conditions should be given *asthapana* (evacuative anema) and *anuvāsana* (nutritive anema) *basti*.^[8]

After these purifying measures- man should use *Ghrita* and milk medicated with drugs of *madhura varga*.(sweet or anabolic drugs) Female-should consume oil and *masha* The man should go to bed by keeping his right leg first and woman by left.

After coitus they should irrigate (wash the genitals with cold water).^[9]

The commentators have explained that *madhura* drugs increases *shukra* and *pitta* drugs increases *rakta*.

Arundatta clarifies-that initially the woman should also be given milk etc. along with oil etc. however lateron these should not be used (*pitta vardhaka* drugs can initiate abortion).^[10]

Putreshti yadnya also described by *acharyas* to have better progeny.

Only *charak* and *kashyapa* have described the detailed methods of *putreshti yadnya* which is actually a subject of sociology or religion.^[11]

Kashyapa^[12]

For oblation he should prepare material in eight bowls with prepared meat, cooked rice, drugs. Capable of suppressing *vata*, a type of barley cake (*purodosa*) and rice. By this couple attain better expression power and longevity.

After chanting specific '*mantras*'- keeping wife on his right side the husband should go above the wife from left side and gradually act (do coition) for achievement of conception.

After excretion of *bija* (semen), the wife retaining the same should separate herself, lateron irrigate (both of them their external genital organs) with cold water. After this woman should avoid working near fire, hot sun, excessive labour, exercise and grief.

Acharyas also described

1. The methods to get fair complexioned and energetic son.
2. The procedures to get dark complexioned red eyed son.^[13]

Effects of Psychology of the Woman on the Fetus

आहार आचार चेष्टाभिर्यादृशीभिः समन्वितौ ।

स्त्रीपुंसौ समुपेयातां तयोः पुत्रो अपि तादृशः। [१४]

सु.शा.२/४६

The born child emulates the characters of creatures who comes in thoughts of the woman during coitus/fertilization for achievement of conception happy mood is essential.

Sushruta opinions that what so ever type of diet, behavior and conduct is followed by the couple at the time of coitus, born child possesses similar characters.

Benefits of Specific Mode of Life or *Putreshti Yadnya* [15,16]

By observing this specific mode of life (during menstruation and *putreshti yadnya* etc.)

1. Born children are handsome, endowed with goodness, have long life, repay the debts of parents and are excellent.
2. The couple respecting or worshiping deities, observing chastity and using beneficial dietetics give birth to the child possessing all good qualities, while having opposite deeds deliver the child devoid of good qualities.

CONCLUSION

Specific environment might influence characters of the child to certain extent. celibacy, specific dietetics and cleansing measures might influence the reproductive capabilities. *Yadnya* and *mantras* reflect social customs and belief. Psychology of couple might influence the mental build up of the child. The coition was exclusively for reproduction not for carnal pleasure. This shows the strong will power of the persons and also a method of limiting the family.

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