A REVIEW ARTICLE ON CONCEPT OF PRECONCEPTION CARE - IN AYURVEDA

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INTRODUCTION

The essential factors for conception as per Susruta are Shuddha Ruth, Kshetra, Shuddha Ambu, Shuddha Beeja.

Out of these disease such acharya as Kusht (leprosy, Arsh (piles) Prameh are caused by vited Shudda Ruth = healthy ovulation period
shudda Kshetra = healthy uterus
Shuddha Ambu = healthy ras dhatu (formed by digestive food)
Shuddha Beeja = healthy sperm & ovum.

It is also called as, garbhsambhav– samgri.
[Garba = embryo, Sambhava = Forming, Samgrī = ingredients].

Importance of Garbhasambhava samgrī- Beeja refers to
Suddha Shukra and Suddha artava.

The characteristics of fetus will be decided by the Beeja Bhaga of Beeja. Various types of congenital abnormalities can be considered as Beeja bhag dhushhti. Acharya Susruta has been given seven causes for disease like–Adibala pravarutta(hereditary), Jannabala pravarutta(congenital) Doshbala pravarutta (humoral), Sanghatbal pravarutta (exogenous) Kalbala pravarutta (ecological) Daivabala pravarutta (supernatural)& swabhavbala pravarutta (natural).

OBSERVATIONS

Various factors plays role in achieving proper conception. following Some of important factors are discribed.

1. Appropriate Age Factor

Age factor plays an significant role in achieving a good progeny. According to Susruta – Male at the age of 25 years & female at the age of 16 yr. are completely matured hence they should attempt for achieving conception. It achieve full development of reproductive system & physical, psychological health also. So the born child also possess good qualities.

2. Appropriate Time Factor

Rutukal – in which seeds deposited are likely to bear fruits. This directly refer to the period of ovulation where the chances of conception are maximum. There are different opinions on duration of rutukala – semen and ovum. Congenital disease occurs due to unwholesome behaviour of parents. Such as child born as As lame, blind, deaf etc.

ABSTRACT

Mother influence early behaviour and establish life style pattern that not only determine their children’s future development and capacity for health, but Shape of societies. Several factors can make a pregnancy high risk, including existing health conditions, mothers age, lifestyle and health issues that happens before or during pregnancy. It can contribute to long term disability which may have significant impact on fetus, families, health care system and societies. For example- Congenital abnormalities constitute the fifth largest cause of neonatal death. Ayurveda has great role in this regard as all aspect of mother and child health. Ayurveda has advocated certain regimens to make mother healthy in every state of her life. It includes- rutucharya, garbhadhan sanskar, garbhini paricharya, sutika paricharya etc. Garbhandhan vidhi is a unique concept in ayurveda. The regimen followed during pre pregnancy period to achieve a healthy progeny is called Garbhbadhanvidhi. The ultimate aim of the preconception care is to get shreyasipraja.

KEYWORDS: Shreyasi Praja, prajasthapak dravya, panchkarma.
MATERIAL
Ayurvedic samhita
Modern textbooks
Internet data and various research papers

METHOD
Conceptual study
It is 12 days from the 1st day of menses or
It is 16 days from the 1st day of menses.

3. Concept of Agni
Artava is considered as upadhatus of “Ras” or “Rakt” dhatu.[8] Jataragni, Dhatavagni plays an important role in metabolism of ahar-ras, dhatu and upadhatus. As this aagni is important base for production of artava. Shuddha Artava is very much essential factor for conception.[9]

Artava dhushti falls under the impaired function of aagni. For example - in the treatment of the Artava kshaya, Acharya Susrut has been given agneya Dravya and samshodhan chikista.

It leads to correction and production of artava in artava-kshaya.[10]

4. Panchkarma
Just as healthy seeds bears a healthy fruits. The 1st step in producing healthy Artava and Shukra is achieved through a deep internal to need of patient’s condition. Cleansing to balanced doshas and removed the toxins (known as ama) detoxifying the body.

Role of Basti
Garbhashay is a place where the garbh resides or develop.[11]

In the Ayurveda garbhashay is considered as the third avarta of yoni.[12] It is located in the kati Pradesh which is pridomint prat of apana vayu. Apana vayu governs the elimination of substances from the body. It plays an important role in the process of Garbh- nishkraman.[13] Rajkal is also influenced by apan vayu. Basti chikista is considered as the best management for vaited vata.[14]

It plays an important role in recurrent abortion, Infertility, PCOS, Obstructed pathology.

Acharay charaka mentioned about application of panchkarmas at the stage of upshhit doshavasta keeping into consideration of Matra and kala. (i.e. According to need of patient).[15]

5. Prajasthapak Dravya
According to Charak, Prajasthapak Dravya (fertility promoter) was introduced to It’s specific action on doshas.

These drugs also promotes the fertility by removing dosha Present in the reproductive system of female.[16]

These drugs also having rasyana properties which Improve the quality of all dhatu.

These drugs can be used in various combination according.

6. Rasayana and Vajikaran Dravya
Rasayana Dravya
Rasayana consist of two words “Rasa” & “Ayan” means journey. Here the nourishment is transferred from one dhatu to next dhatu. At last it reaches to shukra dhatu. In brief, it restore complete health & immunity also.[17]

For Ex. Haritaki rasyana, Aamlaki rasyana, Chavanprash, Vrushya gutika, Vrushyamahish ras, Vrushya ghruatyog etc.

Diet
Diet is important key factor for successful conception, pregnancy & in lactation period. Diet for male – milk & ghruat prepared from madhur dravyas while for female – taila & masha is advised in ayurveda. Asthang Hrudhaya also advised ghruat – especially phalghruat & mahakalyanka ghruat.

Ghruat is rich in – Vit. “A”, ”E”, &Ca. It has potent antioxidant & antiviral properties. Black gram (Masha) act as Balya, Vrushya.[19]

It mainly continent Vit.B, Folic acid, Mg, Ca which all are essential factor for conception.

Acharacle Harita indirectly mentioned a pathya- apathya kalpana in vandhya chikista like - Kacchur, while pathya includes Vandhyakarkati moolah Katutumbi, Devdali.[20] These indicated drugs mainly contient some amount of phytoestrogen which help in regulation of menstrual cycle.

8. Yoga
Yoga means “union”. It refers to the union of the body, mind & soul.[21] A stress is major cause of infertility. Yoga is important for dissolving physical stress & calming the mind. Yoga helps to the mind become stronger by connecting mind with the self. “Atma”.

DISCUSSION
In Present life style, there has been drastic changes in the day to day activities including life style, food habits, medication, environmental population, occupational hazards. It increase the The stress which is major cause of infertility.

Ayurveda has elaborately Explained the right method for the birth of healthy progeny. It starts before conception and includes samshodhan of the couple, Rajaswalacharya, life style Modification, diet plan, certain ritual concerned with surety of conception.

All these activities result in Increased chances of conception and outcome of child with desired qualities.

CONCLUSION
Preconception advised mentioned by Ayurveda can become a milestone in Achieving healthy.

Motherhood, healthy progeny & happy society. There is great importance to pack armature during preconceptional care as it purifies garbha sambhav samgri.

Diet is also equally important for successful conception. So for healthy conception both physical and mental factor are equally important besides healthy sperm and ovum. Every pregnancy should be by choice and not by chance is the main concept of preconceptional care.

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