“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 have jovial pregnancy and less complicated delivery. Today due to changing lifestyle Medical world is concerned about increasing rate of congenital imperfections in the newborn 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”.

I. INTRODUCTION

Medical world is concerned about increasing rate of congenital imperfections in the newborn 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 postnatal 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 have 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.

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 & umbical 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

I) 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 –

After sharer-shuddhi with panchkarma, female partner should wait for menses; from the onset of menses to 3rd day of menses/till menses stop, she should abstain from coitus and 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.

2) 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 ×‘äh;kr~ AA p-‘kk-8@6
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 –

Post-coital regimen -

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

If cause of infertility is male factor then several shukrajanan dravya can be used – Mudpaparni, 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

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

All rough & tough structures are derived from paternal side.

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

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

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

All rough & tough structures are derived from paternal side.

Ante-Natal care

1) First month
i) Fetal development-
   cFkes ekfl laewPNZr% loZ/kkrqdyq”khNr% {ksVHkwrs HkoR;O;äfoxzg% ln~Hkwplkoxo;o% @p’kk-4@9
   In this month fetus doesn’t have any definite structure.

   ii) Ayurvedodaka paricharya –
   {khjeuqiLNg ek=kopINhra dkys dkyys ficsr~}
   lkRE;esp p HkksuIa lka; ckrUp HkqEthr% @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).
Healthy Progeny Through Ayurved

3) Additional treatment –
ok;qfoZHktfr rst iptf— vkd1’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, Shatavari
2) Aapya dravya – Jal, Ksheer, Ikshoors, Coconut water
3) Aagney dravya - Hingoo, Shunti, Vach, Pippali
4) Vayaviy dravya – Makushtha, Chanak, Green pea
5) Aakashiy dravya – Laja, Capsicum, Toast

2) Second month –
i) Fetal development -
Fetus attains specific shapes according to which sex determination can be done.

ii) Ayurvedokta paricharya –
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 –
Fetus attains specific shapes according to which sex determination can be done.

ii) Ayurvedokta paricharya –
Milk along with honey & ghrita/ghee (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.

<table>
<thead>
<tr>
<th>Craving</th>
<th>Replacement</th>
<th>Benefit</th>
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<tbody>
<tr>
<td>e`n~Hk{k.k</td>
<td>‘ka[kHkLe</td>
<td>Healthy bone development</td>
</tr>
<tr>
<td>fpap@dSjh</td>
<td>vkoGk</td>
<td>fiRr’tkeu</td>
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<tr>
<td>yks.kps</td>
<td>eksjkoGk</td>
<td>fiRr’tkeu</td>
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</table>

4) Fourth month – i) Fetal development –
In this month baby becomes stable & mother experience heaviness in body.

ii) Ayurvedokta paricharya –
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 -
In this month fetal weight increases more than any other month & mother becomes lean.

ii) Ayurvedokta paricharya –
In this month ghrita should be consumed.

iii) Additional treatment –
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 ekldH;[%

rLekÝknk xHkZ.kh cyo.kZgkfuékij A p-’kk-4@22

Maximum development of strength of the fetus.

**ii) Ayurvedokta paricharya** –

“k” Bs ekls {khjlfZe/ kqjS”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 sidda 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** -

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

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

**ii) Ayurvedokta paricharya** –

rsno Ilres A

Same regimen as sixth month should be followed.

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

8) Eighth month –

**i) Fetal development** –

laokfguhfueqZgqZggqikt% ijLijkar vknnkrs xHkZL:.klaiw.kZRo~r--- xHkZL; t’Ue O;kifre’or;ksilks-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 fliZ”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 8th month.

Yavagoo in 8th 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 aghanimandya in these patients.

9) Ninth month –

**i) Fetal development** –

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._rkoku~ çlodk%y%A p-’kk-4@25

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

**ii) Ayurvedokta paricharya** –

uoes rq {yYosuka ekls /kqjS”k/kfj/nsu rSykuqokl;sr~A

vr’kSokl;KLZSyr~ tipq a;ksukS ç.k;snHkZLFkkueksZLsgukFkZe~A

Medical oil enema – Oils like Bala tail, Gambhari siddha tail, Yashnimadhu 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.
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 ind/psychological status can be achieved by yaga 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.

BIBLIOGRAPHY-