Role of Preconceptional Care In Ayurveda
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Abstract:
Reproduction is one of the basic requirement of any species to continue its existence in universe. Stage wise procedure are included in human reproduction leading to formation of new individual. In this finely calculated series of events any deviation can lead to drastic pathological condition. The preconceptional care in Ayurveda was described centuries back to get deceased free and good progeny by following the regimen and ritual. The researchers show that each seminal ejaculation in intercourse depletes the body energy of sperm for 1 month before conception was planned. The aim of Aharaniyama before conception was to evaluate the qualities of sperm and ovum. Thus, to get a Shreyashipraja, this study is to explore Ayurveda measures. Aims and Objects:-
To collect the literary resources regarding preconceptional care in Ayurveda.
Discussion: Ayurveda texts have included and deeply discussed about preconceptional care for good progeny and all those points are discussed further.
Conclusion: A person with healthy body and healthy mind would also give birth to a healthy progeny. Ayurveda preconception measure helps to achieve the goal of preparing couple for a new life and to contribute towards healthy society.
Keyword: Garbhadhan, prasuti, preconceptional Garbhadhan, prasuti, preconceptional care, Shreyasi praja.e, Shreyasi praja.

Introduction:
Preconceptional care is one of the important component of health care for woman of reproductive age. Many couples become parents without much preparation.
Previously in traditional joint family, young mother got help of other family members and every couple has innate desire to become parent. Now a days due to nuclear family pattern young couples are facing many problems.

Preconceptional care is broad term that refers to process of identifying social, behavioral, environmental, biomedical risk to women's fertility and pregnancy outcome. It reduces risk through education, counseling, and appropriate intervention are possible before conception.

It emphasises all the health issues that requires action before conception for maximal impact. Appropriate and comprehensive preconception care can be achieved by providing lifestyle advice to optimize the health of mother, providing advice to optimize chronic maternal health problems, identifying couples who are at risk of having a baby with genetic or chromosomal malformation and empowering couples by providing them with sufficient knowledge to make informed decission.

Ayurveda has given detailed description of preconceptional care to be given to both partners. So to have a supraja the Ayurveda principal should be followed by the couple before conception as well as during pregnancy.¹

Thus, the Ayurveda concepts are summarised further.

Aims and Objects:
1. To collect the literary resources regarding preconception care in Ayurveda.
2. To promote healthy progeny (supraja).
3. Identify the risk factor for adverse maternal and foetal outcome.

Materials and Methods

Literary study from Ayurveda classic texts mainly charak samhita - sharera sthan and sushrut samhita - sharera sthan.

Discussion:
1. Ritucharya :-

From the day of onset of menstruation, female is advices a specific mode of living it's called as Ritucharya . In the first 4 days of menses she should avoid coitus, day sleeping, exertion, heavy work . Katu, titka, ahara etc. She should consume only laghu Ahara and take rest. On fourth day of menses, women should wear white or new cloths and ornaments and then with the enchanting of religious hymes.²

2. Vivahayogya Ayu :-

In Sushrut samhita marriageable age for manis 25 years and women is 12 years. Vagbhata Samhita marriageable age for man is 21 years and women is 12 years . For marriage the quality of girls are also mentioned as she should not belong to the same Gotra or Atulyagotra ³ i.e. same
family, and not having any contagious diseases. She should be beautiful, modest, having complete body parts dedicated and so on.  

3. Garbhadhan yogya Ayu:-
Age is one of the most important factors in achieving a good progeny as both husband and wife achieve the sexual maturity at the age of 16 years and according to Sushruta 16 years for female and 25 years for male for conception. 

4. Garbha sambhav samugri :-
In Ayurveda there are 4 factors responsible for conception. Rutu, kshetra, amhu, beeja.
- Rutu means season i.e. proper fertile period.
- Kshetra means soil i.e. reproductive organs.
- Ambu means water i.e. nourishment to develop foetus.
- Beeja means seed i.e. ovum and sperm.

For growth of a healthy fruit bearing plant in nature a healthy seed is required. Like that same is in our body like in a child bearing person to have a healthy progeny a good quality of sperm and ovum are important.

5. Measures prior to conception:-
For proper conception the body should be nirogi, shuddha, and without dosha. And this to purify the body and have a best quality of sperms and ovum following things should be done.

The couple should undergo shodhan therapy with purva karma, Snehana, Swedena then vanmana, virechana, asthapaana, anuvasan basti. 

The couple should have Bhramhacharya for 1 month before attempting coitus.

The female should consume tail and masha and male should have sali rice and ghrita and milk.

Conclusion:
Ayurveda focuses on promotion and prevention of health and diseases. In present era it is very important to prevent problems related to mother and foetus. Ayurveda preconception measures help to achieve the goal of preparing couples for new life and to contribute towards a healthy society. Ayurveda provide preventive approach to promote health care for the couples. Supraja can be easily achieved if the couple follows all the regimen mentioned above. And thus the baby will grow with sound and healthy mind.

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1. Charak samhita, by Vd. Bramhananda Tripathi,

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