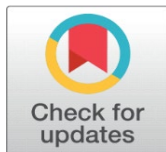


PRECONCEPTIONAL SIGNIFICANCE OF PANCHKARMA THERAPIES FOR HEALTHY PROGENY

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ABSTRACT

Reproduction is the main aim of human Life & it's not possible without conception. A healthy progeny is desired by every parents. This study is an attempt to have a glance on the significance of the panchkarma therapies for Beej shudhi & sharir shudhi prior to conception.

Keywords: Beej Shudhi, Panchkarma, Garbha Sambhav Samugri, Sharir Shudhi, Preconception

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1. INTRODUCTION

Reproduction is the main aim of human Life & it's not possible without conception. A healthy progeny is desired by every parents. Health of the progeny is related with the health of the parents at the time of conception. So, we can say that "Healthy parents - healthier the progeny."

The pre-conceptional period refers to the period prior to conception & this period is very important for having healthy offspring. Thus, to get healthy offspring the main things – the ovum & sperm, reproductive system should be at their best state. We can have them at their best with the help of panchkarma therapies.

2. MATERIALS AND METHODS

This study is made with the help of ancient Ayurvedic Texts & research articles.

2.1. CONCEPTION

It the process involving fertilization of sperm- ovum & implantation of the embryo in the uterine cavity. In easy words it can be said that it is the process of becoming pregnant.

2.2. FACTORS RESPONSIBLE FOR CONCEPTION

As per Sushruta Acharya, there is a big similarity between growing of a plant from a seed & formation of a garbha. It is explained as “Garbha Sambhav samagri” [charak \(2009a\)](#)

Garbha Sambhav samagri includes four things required for a seedling to grow and same as that of in human beings for the formation of garbha.

The plant needs the favourable Rutu (favourable season), Kshetra (field), Ambu(jala) & Beej (seed) all theses in similarity of Garbha formation can be correlated with Rutu (Rutukaal-period of ovulation), kshetra (Garbhashaya-Uterus), Ambu (Aahar-rasa)

Beej (Shukra & Shonit – semen & Ovum). When all these factors get combined then only there occurs a growth of the plant similarly formation of a Garbha.

2.3. IMPORATANCE OF PRECONCEPTIONAL BEEJ SHUDDHI

Acharya Charaka explains in vajikarana-aadhyaya [Sushruta \(2012\)](#) that every individual expecting offspring should undergo sharir shuddhi before conception.

As per Vagbhata Aaharya [Vagbhata \(2009\)](#), every couple expecting for a baby should undergo shudhi kriya's to get healthy, intellectual offspring. vagbhata aacharya says if a couple is expecting an intellectual & healthy offspring, they should have - garbhashaya (uterus), apatyamarga (vagina), rakta (here can be corelated with ovum), shukre (sperms or ovum), anile (vayu), hrudi (psychological state) all these factors in their shuddha state.

Just as a healthy seed bears healthy fruit, the first step in having healthy sperm and egg is achieved through a deep internal cleansing to balance the Doshas and remove toxins (known as Ama) by detoxifying the body. [yadav et al. \(2019\)](#)

This shows the importance of Beej shudhi prior to conception.

Beej shudhi – Aim of this process used to get shudha shukra & shudha Aartva (sperm & ovum). Beej shudhi is done with the help of panchakarma therapies – like Virechana, Basti, Uttar Basti

2.3.1. VIRECHANA KARMA [CHARAK \(2009C\)](#)

it is the process of purgation with the use of some medicated ayurvedic drugs as per indication.

It acts mainly on Impaired pitta dosha. virechana karma helps for getting the shuddha shukra dhatu (sperm & ovum in their best state).

2.3.2. BASTI KARMA CHARAK (2009B), CHARAK (2009D)

it is the process by which medicated oil or decoction is administered in the body through anal canal.

When the medicated oil is used for basti karma – it is called as Anuvasana basti while with the used of decoction it is referred as Niruha basti.

It acts mainly on Impaired Vata dosha. Vata dosha is responsible for causing any diseased condition, thus it helpful in getting vata in normal state which further leads to prevention from disease and getting healthy body.

2.3.3. UTTARBASTI CHARAK (2009E)

In this procedure the medicated drug is directly inserted inside the uterine cavity. In simple words, it can be stated as Intrauterine administration of medicated drug. It is done for the improvement of the reproductive system leading to shudha garbhashaya & Aapatyamarga.

3. DISCUSSION

Each of the karma's used for Beej shudhi has its own significance as –

- 1) Virechana** - It acts mainly on Impaired pitta dosha. Pachak aagni has its relationship with the pitta dosha, Hence, once it is in its normal state then the ama dosh gets cleared from body this collectively leads to formation of prakrut aahar rasa which is responsible for the formation of saptadhatu. (Rasa, Shukra) This states the importance of virechana karma For Shudha beej.
- 2) Basti** – Basti chikitsa is said as aardhchikitsa by charaka aacharya. As basti acts on vata dosha & vata dosha is responsible for every movement in the body. In relation to conception, there is huge role of aapan vayu for causing fertilization. As aapan vayu in prakrut state only can lead to conception.
- 3) Uttar Basti** – it has its role for improvement health of reproductive system. The medicated drug gets absorbed in the uterine cavity which further leads to strengthening of the uterine muscles & the uterus. Thus, this states the health of kshetra for garbha.

4. CONCLUSION

In conclusion, it can be said that each of the panchkarma therapies done prior to conception plays important role for getting healthy progeny.

CONFLICT OF INTERESTS

None.

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