

**FACTORS AFFECTING GESTATIONAL OUTPUT:  
AYURVED LITERATURE REVIEW**

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**Absract:**

Life is most beautiful and mysterious establishment of nature's creation existing on earth. Infinite number of plant and animal species are living on earth since millions of years. Human being most intellectual and curious living animal on earth is wholeheartedly busy to find out logical facts regarding life. We will get tremendous information about procreation of human life. According to scientific thoughts every next generation is superior to previous. This fact must consider while focusing on the factors affecting positively and negatively on human reproduction. World's most ancient life science i.e. Ayurveda has stated such essential factors responsible for development of good qualities in a new offspring termed as *Garbhvrudhikar bhava*. Contrary we can see the factors responsible for deformities and abnormalities in new generation called as *Garbhopghatkar bhava*. *Rasayana* is also one of the terms which denote rejuvenation of body helpful for longevity and healthiness of life. Such references need to undergo through proper research to state their impact on gestational output and beginning of a new life .It may give us many rays of hope for betterment of new life especially in aspects of spiritual, physical and mental health. It can produce a healthy civilized society to live peacefully and comfortably on earth.

**Key words:** *Garbhvrudhikar bhav, Garbhopghatkar bhav, Rasayan*

**Introduction:** World's most ancient life science Ayurveda not only concerns with physical diseases but also deals with spiritual and social wellbeing of a human life. It is not a disease-drug science but it desperately keen for prevention, morbidity and

also deals with treatment of diseased ones. It also teaches the morals and disciplines to attain spiritual life satisfaction beyond physical needs. Ayurveda literature contains extensive description of diseases, herbs, herbo-metallic preparations, *yoga* and

lifestyle modification for health. Communal aspects like daily adaptations (*Dincharya*), seasonal adaptations (*Ritucharya*) are specially designed to restore health by simple modifications of habits. This preventive medicine also includes marked modalities of diet, exercise, sleep, marital life, sexual activities, philosophy and logical aspects. Special zones like vulnerable population and reproductive science have great contribution of conceptual information sources right from selection of breed, abstinence, family planning, preconceptional planning, ANC and post-partum care. Also there is lots of reference regarding things/objects that affects gestational journey. In recent days antenatal care is not remained up to investigation and health supplements. Inclusion of mental, spiritual and social wellbeing during ANC period has been considered as a beneficial factor for healthy child birth. Time has been arrived to discuss about such positively and negatively affecting factors described in various old texts of Ayurveda, which are related to pregnancy status.

**Aim:**

1. To study entire *Ayurved* Literature about factors regarding reproductive physiology.
2. To study adverse and beneficial factors regarding growth and development of fetus.
3. To study factors facilitating parturition and prohibiting normal labor.
4. To establish relationship between ancient and recent factors responsible for favorable and adverse effect on intrauterine growth and process of parturition.

**Discussion on Literature:**

The references available about welfare of pregnancy and its healthy outcome can be categories as factors, under following headings.

**A. Preconception period**

- i) Pre marital
- ii) Post marital (at time of desire of child)

**B. Post Conception (pre natal) period**

**C. During labor**

**D. Post natal period.**

**A. Preconception Factors:**

**I. Premarital:** this period specially should be considered as pubertal or adolescent age group .In which reproductive hormones come in activity which disturbs an adolescent child physiologically and mentally. This period needs proper guidance as well as education about moral, social and spiritual responsibilities to avoid mishaps in their life. On contrary it can be said that this period needs counseling which restores the physical, moral and social health of individuals. Concept of *Rasayana Sadvritta* or *aachar Rasayana* is the best way to be implemented in adolescent life. It helps to keep a person happy, healthy and social as well as mentally firm to avoid loss of health and to obtain long life.

Factors<sup>[1]</sup> like speaking truth ,not getting angry, non-violence ,keeping mind calm, use of sweet (polite) words, hygiene, patience, devotion, worshiping God, respect to parents and animals, serving old peoples ,non-cruelness, kindness, practice to adequate sleep, regular use of milk and ghee ,adopting gentle attitude, interest in spiritual things and keeping

broad mind, keeping control on desires will help to rejuvenate the body .These are keys of long and healthy life called as *aachar rasayan* described in *charak samhita* and will definitely give very positive outcome in future life.

Ideal marriage <sup>[2]</sup> age is also important factor to be considered before proceeding reproductive act. This age for male is 25 years and for girl is minimum 16 years. Though it seems to be small age for girl but it is further stated that the body is not having that potential to produce a child before optimum age i.e. of 16 year. <sup>[3]</sup>

**Selection of breed: <sup>[4]</sup>**

Women being best aphrodisiac mean it is very important to select an ideal breed for production of healthy progeny .She should be with different consanguinity, free from diseases and must be a happy personality.

**II. Post marriage**

**Duties of male partner: <sup>[5]</sup>**

As child gives us happiness, respect by society, success, pride and appreciation by other peoples hence everybody must undergo *Vajikaran* i.e. Aphrodesiac measures .There are

medicinal as well as non-medicinal methods as below.

**Non medicinal:** [6] Travelling near beautiful banks of rivers, gardens and mountains, spending time with desirable women and wearing scented flower garlands ,ornaments increases vigor power of a man anxious for child. Also having good friends [7] with skillful nature who are having same interest in our work, favorable for each other with equal thoughts and socio economical background, friends from good families with good character, intelligent and noncriminal minds, who are always fresh and happy and gives respect and friendly dialogue are beneficial to a man to keep him vigorous and vital.

Also[8] use of oil massage, regular bath, application of various medicated pastes over body, wearing ornaments, residing in good house, sleeping on comfortable bed, wearing new cloths increases vigor power of male.

Hence a male partner should adopt above lifestyle to acquire good quality semen which will produce good progeny.

Good sleep causes good reproductive capacity.

A healthy and doubtless mind of both partners is most important aspect to have a child.

**Duties of female partner:**

All the non-medicinal factors are also applied for female partner to have good health prior to conceive as pregnancy is a physiological condition and *rasayan* is described for healthy individuals.[9] Lady anxious for child should adopt all advice mentioned in *aachar rasayan*.

Special rules should be adopted by women prior to conception.

**1. First seven days after menstruation:[10]**

*Sattu manth*, honey and ghee should be mixed with white color cow milk having white color calve. This mixture should be kept in silver or *kansya* pot and consume it twice a day.

She should stay in white color house.

She should use white bed, vehicle, cloths and ornaments.

Her friends and servants should tell her good stories and she must keep abstinence for coital acts for these seven days.

**Method of sexual intercourse:**<sup>[11]</sup>

being a very important stage of conception it should be performed with full of interest and desperate desire for child. Either of partner should not be sick, hungry, thirsty, tired, too young or too old, angry, sad while performing coital act. Otherwise they will produce an abnormal child.

A lady having no interest in her male partner or having fear in mind or with heavy meals, angry or do not poses strong desire for child not get fertilized in spite of having intercourse.

Importance of *shuddha yoni* (Healthy reproductive system) system:<sup>[12]</sup>

After intercourse and fertilization life comes only to a healthy yoni.

**Post conception factors:**

**\*Role of *rasayana* in growth and development:**<sup>[13]</sup> *Rasayana* is responsible for development of fetus (*Balana angvardhanam*) and also practice to milk and ghee is called best *rasayan*. Hence use of milk is best for pregnant women.

**\*Role of *Vayu*:** <sup>[14]</sup> *Vayu* is responsible for shape of fetus and also it is responsible for any abnormality formation or longer stay inside uterus.

**\*Maternal paternal factors:** Fetus will be same as per *satva raj tam* of parents

\*Fetus will have same qualities to the animal as per animal to which a pregnant lady observes repeatedly.

\*fetus generated from combination of parental soul, habitual, nutritional and mental well- being of parents.

**\*color of skin of fetus** <sup>[15]</sup>

Pitta+ jal+ akash- white

Tej+ pruthvi+ vat-black

Aakash+ vayu+ jal+ prutvi - faint black.

**\*Role of diet:** <sup>[16]</sup> Rasa dhatu divided into three parts which nourishes mother, fetus and breasts.

\*Habits of fetus will be same as of mother.

**Factors affecting during labor:**

a) Charaka<sup>[17]</sup> stated importance of presence of senior and trained midwifery ladies for conduction of labor. These ladies will give her moral support and will tell her proper time to bear down.

b) kashyapa <sup>[18]</sup> additionally explained that such ladies should keep parturient mother happy. They should tell her the

happiness of child bearing women and unhappiness of childless women.

**Adverse factors for growth and development of fetus.**

**1. Factors affecting general health:**

[19] *Charaka* states very special and amazing faulty factors affecting entire life of human being. It content gradual decaying of *sapt dhatus* and its impact on life span. Over use of *amla, tikshna, ushna aahar*, habit of day sleep, overuse of coital activity, consumption of alcohol, over exhaustion, fear, anger, worry leads to weakening of muscle, bones and joints. It results in laziness drowsiness and no interest in physical activity. All this ultimately results badly on general health. Hence it can be considered that practice to above factors may harm health of women before or after conception and ultimately results in bad fetal outcome.

2. Women [20] is origination of fetus and disease of her reproductive system may destroy fetus.

3. lady practicing [21] lifestyle and food causing vitiation of pitta *dosha* and blood results in heavy bleeding in non-gravid as well as gravid cases.

4. Infected blood [22] and vitiated vat *dosha* leads to death of newborn called as *putraghni* disorder.

5. as a seed got adversely [23] affected by time , water, insect or fire can't produce a plant ,like way abnormal semen can't produce a new offspring.

6. Effect of vata: [24] vitiated vata is responsible for development of fetal abnormalities or it may increase duration of gestational period.

7. Qualities [25] of semen and ovum spiritual work of parents and gestational stay, negligence towards good habits decides towards good habits decide color of fetus and deformities in it.

**8. Factors harming fetus. [26]**

Heavy, spicy diet, practicing difficult movements, wearing red color cloth ,diet mixed with alcohol travelling ,eating meat and things which are denoted by old and experienced ladies may harms fetus inside uterus .These factors are called as *Garbhopghatkar bhava*.

9. Demanding [27] for *Garbhopghatkar bhava* by pregnant women leads to destruction of fetus.

10. Negligence [28] towards factors which are responsible for growth and development of fetus leads to formation of fetal abnormalities.

11. Factors affecting on life quality of fetus: [29]

\*Sitting on hard bed, holding urges of urine, stool habits, heavy and abnormal work, consumption of spicy, heavy or very small meal leads to IUFD, premature labor, IUGR.

\*Premature labor caused by trauma or pressure on abdomen, looking inside deep well or watching huge waterfall, exhausting Journey or listening intolerance words

\*Sleeping in supine position leads to cord around neck

\*Women sleeping in open space or wondering during nights gives production to epilepsy i.e. *unmad*

\*If pregnant lady is having interest in fight, then the child will be hysteric.

\* Pregnant lady having essence interest in sexual act pregnant produces abnormal child which is non-shying nature and if it is a male it behaves like female.

\*Lady who remains sad and worries produces scary, weak and thin child with lesser life span.

\*Women having jealous tendency produces child who spreads unhappiness, jealous and behaves like female in spite being male.

\*Women having stealing nature produces hard worker, virulent and bad worker child.

\* Angry women produces angry and dirty minded child who is interested in teasing others.

\* Sleepy women produces mad, drowsy child which is having less appetite.

\*Lady who consumes alcohol during her ANC gives birth to thirsty child with less memory with unstable, excited and unable to concentrated mind.

\*Lady who eats flesh of Lizard produces child having *Sharkara* and *ashmari meh*. Who eats fish her child closes his eyes very difficultly, having dry hairs and also could not talk properly.

\*Lady consuming more sweet produces diabetic, obese and drowsy child, lady having sour products habit will produce hematological (*Raktpitta*)

and skin disorders, lady practicing salty products gives birth to having chances of early development of wrinkled skin and hair fall condition. Lady practicing spicy diet produces child which is having deficient semen, sterile and weak. Lady practicing bitter food produces cachexic, weak and ugly child.

\*Early pregnancy bleeding [30] (*Aamdosh*) leads to harmful effect on fetus.

\*Consumption of sedentary [31], faulty, contraindicated, dry food and starvation by lady after full development of fetus leads to vaginal bleeding and secretions which turns into fetal growth retardation.

\*IUFD [32] condition occurs due to consumption of faulty diet, mal positions, holding natural urge, trauma and also due to excessive fear, anger, jealous and torture to pregnant lady.

**Conclusion:** Ayurveda is an ancient life science and textbooks are written after close evidence based observations of thousand years. Hence the factors discussed above should be taken in considerations with life scenario. Though some of the terms or

descriptions could not be understood but many more aspects have been proved on the basis of modern parameters .hence all the factors which are in favor of fetal growth and development must be implemented in the public health and awareness to be spread accordingly. A basic lifestyle modification method can be implemented via education system which may give good outcome in future. Adverse effects also to be implemented as benefit of doubt. A parallel multi centric research should be continued to find out evidence with incidence rate. Also positive deviance can be find out from existing population following spiritual and healthy lifestyle.in general adaptations advised by *ayurved* texts on daily basis and seasonal basis should be implemented in holistic way under *ayurved* guidelines. Such type of research could give strong evidence with health enhancement for maternal and child health .Which will ultimately result into a healthy society and may become milestone in field of medicine.

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