Healthy mind and conceiving (Saumansya Garbhajananam) - A Critical Analysation with Ayurvedic prospective.

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INTRODUCTION

Good mind state can serve many problems as Charaka also stated in the Agraya Samgraha as Somanasya Garbhajananam. Good mental status can cause Garbhajanana. Health according to Ayurveda is defined as equilibrium of Dosha, Agni and Dhatu as well as healthy status of mind, body and soul.[¹]

The Ahara suggested for Garbhadhana Samskara for

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ABSTRACT

Saumansya Garbhajananam (piece of mind) causes production of Garbha. As per Acharya Charaka’s guideline, this is a one type of Adravya Chikitsa not mere the placebo effect in the current era as many gynecologists also opine the same aspect with Charaka by means not having any deformity relates to male/female infertility. Thus the topic has keenly reviewed with other substantial approaches to prove the concept of Saumansya Garbhajananam. The legacy of Charaka has been interpreted with special reference to Shareera Sthana of Charaka Samhita as well as Yonivyapat in Chikitsa Sthana. To evaluate this concept on the basic principle of Karyakarana Siddhant Vada has been enumerated on the parallel lines of current sexual enjoyment era. Day today practice it is also evident the concept of Saumansya Garbhajananam. It is a matter of further research to calibrate the Saumansya Bhava which it differs from individual to individual.

Key words: Infertility, Pregnancy, Saumansya Garbhajananam, Agrya Dravya, Adravya Chikitsa.

INTRODUCTION

female is Taila and Udida which is also indicative of Pittavardana and towards the increasing of Satva Guna by means of increasing Agni Guna as well as increasing Akashabhuista Guna as Shukra posses all four Mahabhuta predominance as Vayu, Prithvi, Aap, Teja and it is increased by means of Madhura Aushadi, Kshira and Ghruta. This all process is suggestive of Panchabhutatmic combination of Shonita and Shukra for formation of Garbha.[²]

The concept of Madya Saumansyajananam also point out towards this fact that the Laghutva and Sukhakaraka as well as devoid of Vrittis as Irsha and Dwesha.[³] This is the point of further research. Avoidance of Manovyadhi will also be towards increasing Sattva Bhava.

The Adravya Chikitsa has its own importance in current status as to treat the infertility problems. For Dravyabhatta Chikitsa there is wide option in permutation and combination with this aspect.

In Vajikarana chapter also beyond the medicine the Vajikarna Bhavas are explained by Charaka for
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The Shaya Ropana Karma for Garbhadhana, Charaka has also indicated Harshana and proper state of mind. (Charaka Sharirasthana Jatisutriya Adhaya 8/7).

The Mrutgarbha Lakshana, Charaka has incorporated the various aspects along with Manasika causes as Krodha, Shoka etc.

1. Vatadi Dosha Sanchaya or Vriddhi.
2. Tikshna and Ushna Dravyadhika Sevana.
4. Vishamashana.
5. Vishamashayana
6. Vishamasthana Sampeedana and Aghatha
8. Sahasa.

Balavardhaka Bhava is also suggestive of Sattva Sampat.

Six factors mentioned by Charaka as Garbhotpadka Bhava which is also suggestive of the Manasika Bhava are important in formation of Garbha,

1. Matruja.
2. Pitruja.
3. Atmaja.
4. Satmaja.
5. Rasaja.


In Sharira Sthana, Atreya has mentioned that without any problem (Avandhya) why the Garbhadhara is not taking place,

1. Yoni Dosha.
3. Shukraartav Dosha.
4. Aharavihara Dosha.
5. Akalayogat (After Rutukala )
6. Balakshaya

The Manasika Dosha are considered as Rajas and Tamas and Satva is considered as Shuddha. These Gunas are explained with their character as,

- **Sattva Guna** - Laghutva, Prakasha, Sukha.
- **Rajo Guna** - Preraka, Chala, Dhukkakarka.
- **Tamo Guna** - Guru, Avaranka, Vishada.

**MATERIALS AND METHODS**

Consideration of normal state of mind is the current issue of the topic with relates to conception not mere the placebo aspect; probably this is evident by every system of medicine. So to prove this point various aspect has been discussed with relates to Ayurveda. Thus the legacy of Charaka has been introduced with a single Agrya Samgraha as “Soumansya Garbhajananam”. Authors shared their experiences too with this regard to prove this point.

**DISCUSSION**

After reviving the investigation and treatment we find the results according to Ayurveda and allopathic systems are in normal phase, the outcome of the result is, there is no abnormality seen, but the patient having no conception. The thought came in mind why not to apply the definition of normal.

In Charaka Samhita Sutrasthana Charaka elaborated that there are 4 folds of diagnostic criteria i.e. Pratyaksha, Anumana, Shabda, Yukti by virtue of this we review real perception i.e. Pratyaksha Pramana.

When we will have real perception see this mind body and soul. Cognigates to the specific object then real perception occurs mind deals with concentration.

If mind is healthy and then it will concentrate to object so mind should be healthy one. Body deals with Sama Dosha, Samagni if Dosha and Agni are in equilibrium status the constituency of the patient is healthy one. **Soul – Jivatma** is all over the body as we know Atma Hrudisthita ! and **Buddhi Nivase Manah !**, So in every cell Atma does all the activity of the body.

As we know Atma Manasa Samyujate Mana Indriyena Indriya Arthena Tat Dnyanam ! This knowledge means the real perception.

After seeing the reports of investigation we saw there are so many factors which highlight the infertility. Azospermia, phobia for intercourse, shorten penis, no ejaculation or early ejaculation backache, no satisfaction after ejaculation. We saw male and female patient crisis and advised them to take treatment. After giving the treatment we have satisfactory result to above discussed investigation report and symptoms. The reports are in normal phase but still some of them have no conception.

**Amanaska (Rasayana chapter)**

These review for male and female partners. Healthy mind, healthy body and Shuddha Atma creates concentration as we had given advise to patient how to develop concentration for any activity like that phase you should be religious to do this activity. This phenomenon results towards positive thinking.

Treatment followed;

1. To concentrate the mind in relax phase, no burden status of any kind patient is advised to take Padmasana Stithi. After that close the eyes for 5 minute – first stage.
2. Take a blue point of 2 cm circumference paper and concentrate it for 5 min from the distance 10 feet – 2nd stage.
3. At evening take two feet long lamp lightning for 10 min.
4. In Charaka and Samkhya Karikavali elaborated that there are Pratyaksha Pramana Dosha so while doing the intercourse concentrate of your mind and think positive for the conception.

We found that overage marriage creates hormonal imbalance, these patient needs concentration development treatment. Phobia for the sex needs the concentration for the thinking. Night duties and over work in IT Sectors prolonged sitting in single posture needs to advise left this up to conception. Irregular diet and irregular timing of lunch and dinner advised for regular diet and keep the timing of lunch and
dinner. Strictly avoid bad habits up to conception. Patients having problem of diabetes, hypertension etc. advised to take appropriate treatment for lifelong and advise to do Yoga. For physical attraction some male and female partners enjoy the sex with known and unknown barriers this gives mental stress and wastage of semen this will turns into phobia of sex with our known partners.

Keeping piece of mind and positive status can overcome with the problem of obesity and PCOD too. In secondary infertility we come across most of the time, this type of cases patience is the key of success for secondary infertility too.

Using contraception by means of internally and externally causes that type of mindset as well as by internal medication reaction towards the formation of Garbha.

In current era the trends are towards the enjoying sexual pleasure rather than to have responsibility of pregnancy. This type of nature is suggesting towards the celibacy syndrome in developed countries so one can conclude that there is no work relates to any production thus the concept of Karyakarana Siddhanta Vada is rejected by couple by means only Karyavada (Sexual enjoyment) is there. Thus the infertility patients are increasing day by day.

Posture pattern coitus is also having clinical importance related to pregnancy of woman such as immediate urination after intercourse, burning sensation. Thus Sharirika and Manasikabhava also treated as wise.

The concept of Matrutva and Pitrutva Bhava is having legacy towards the concept of Somansya Garbhajananam. As if when the infertile couple adopt a child then after that the stimulation of Bhava they get conception.

REFERENCES


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