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Healthy mind and conceiving (*Soumanasya Garbhajanam*) - A Critical Analysis with Ayurvedic prospective.

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ABSTRACT

Soumanasya Garbhajanam (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 *Soumanasya Garbhajanam*. 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 *Soumanasya Garbhajanam*. It is a matter of further research to calibrate the *Soumanasya Bhava* which it differs from individual to individual.

Key words: Infertility, Pregnancy, *Soumanasya Garbhajanam*, *Agrya Dravya*, *Adravya Chikitsa*.

INTRODUCTION

Good mind state can serve many problems as *Charaka* also stated in the *Agrya Samgraha* as *Soumanasya Garbhajananaam*. 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

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 Soumansyajananam* also point out towards this fact that the *Laghutva* and *Sukhakaraka* as well as devoid of *Vrittis* as *Irsha* and *Dwesa*.^[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 *Dravyabhuta 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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gladness of mind only as walking in gardens, river banks, blossom mountains, woman causes pleasure to mind, garlands, various *Gandha Mala Dharana* and close friends.

Every human being creates new generation so one wishes for a human being like him. In *Charaka Samhita Vajikarana Adhyaya Charaka* highly specified that if you have no issue then it is said as *Nindaniya*. So we want to give satisfactory results for concept with the aspect of Ayurveda.

Aspects which relates to Soumanasya Garbhajanam.

In India infertility is a common problem current status. There are lot of problem with relates to infertility to encounter some of them as;

1. Dysmenorrhea.
2. Delayed Menses
3. Early Menses
4. PCOD
5. Hormonal Changes
6. Obesity
7. No Endometrial growth at adequate phase
8. No growth or overgrowth of follicle in mid cycle.
9. Follicle ruptured with excessive size 26 mm or more than that or sometime it became cyst.
10. Dryness to Vagina
11. Difficulty to do intercourse
12. Severe Backache
13. Severe Headache or acidity
14. Delayed marriages as well as physical attraction related relationship only, after marriage dissidence not to early conceive
15. Day time sleep, stress of the work, unhygienic food or irregular diet, excessive use of tea and coffee or wine in females.
16. Antiverted Uterus.

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 Dosh Sanchaya or Vriddhi*.
2. *Tikshna and Ushna Dravyadhika Sevana*.
3. *Vatamutra Purisha Vegavarodha*.
4. *Vishamashana*.
5. *Vishamashayana*
6. *Vishamasthana Sampeedana and Aghatha*
7. *Krodha, Shoka, Irshya, Bhaya, Trasa*.
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*.
6. *Sattvaja Bhava - Bhakti, Sheela, Shaucha, Dwesha, Smruti, Moha, Tyaga, Matsarya, Shourya, Bhaya, Krodha, Tandra, Utsaha, Taikshna, Mardava, Gambhira, Anavasthitava, Anyobhava*.

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

1. *Yoni Dosh*.
2. *Manasika Abhitapa*.
3. *Shukraartav Dosh*.
4. *Aharavihara Dosh*.
5. *Akalayoga (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 "*Saumansya 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.

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