

**“ROLE OF AYURVEDIC HERBS FOR HEALTHY PROGENY”**

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**ABSTRACT:**

The medical world is concerned about the increasing congenital disorders in the new born, these are seen as minor, major, anatomical, physical. Ayurveda has many principals and herbs which can be used in the individuals for a Healthy Progeny. Ayurveda has explained the stages of *Garbhini* and all the developments of embryo and fetus (*Garbhavakranti*) in *Charak Samhita* which takes place in the womb of a female. It is a great responsibility given by the nature to us. Both the Father and Mother should be aware of this responsibility and hence should be prepared for this mentally, physical and pshyologically. More responsibility rests on the shoulder of the mother as she has to carry the baby in her womb, nourishes and gives birth to the baby. Ayurveda has described Herbs and pure foods which can be easily consumed with no any side effects that provides nourishment to the feotus as well the mother for a healthy Progeny. According to Ayurveda the process of conception can be easily compared with the process of farming just like the health and quality of the crop depends upon the quality of soli, seed proper timing of swoing and water it gets, the health of the baby depends upon the health of it's parents For a Pregnancy to be healthy and successful both the parents should be healthy physically health as well as mentally.

**KEY WORDS:-** *Garbhini*, *Garbhavakranti*, Herbs, Progeny

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## INTRODUCTION

The medical world is concerned about the increasing rate of congenital imperfections in the new born, and it is an issue which is issue to confront for a healthy humanity. These inborn defects are seen as Minor, Major, Anatomical, Physiological defects. According to Ayurvedic principles, proper preparation of the parents is an essential prerequisite, for a healthy progeny. Charak Samhita, one of Ayurveda's prime texts, offers a comprehensive theory and practice of childcare, which is known as Kaumara Bhritya this branch of medicine deals with the health maintenance and treatment of ailments of children from birth to adolescence. Kaumara Bhritya occupies the respected second position among the eight special branches of Ayurveda.

Motherhood is the ultimate and cherished desire of every woman. The desire of child is sometimes more stronger than self interest or career. Planning of the baby is a lovely experience for both the parents. A woman has to prepare Mentally, Physically, Physiologically to conceive pregnancy and to give birth to the baby and to achieve a healthy and less complicated pregnancy she has to follow a healthy regime with some herbs in her daily diet before conceiving pregnancy and also for the whole term of Nine months and even after giving birth she has to follow many dietary restrictions for two to three months. According to Ayurveda, pregnancy and delivery can be a rejuvenating experience and a positive highlight of a woman's life. Among the branches of ayurvedic science there is a separate department called "Stirog-Prasuti Tantra" (Gynaecology and Obstetrics) devoted to women and children's health and pregnancy care.

Conception is the union of male and female seeds that creates an embryo. Ayurvedic science compares human conception to the germination and sprouting of plant seeds which eventually turns into a seedling that grows. High importance is given to the quality of seeds. The condition of Mother's uterus, like the earth where the seed grows, also plays an important role in the growth and development of a healthy baby. Pregnant women can use the principles of Ayurveda to care for themselves during their pregnancy and support their recovery period after their baby is born. Ayurvedic recommendations focus on diet, behaviour, activities, herbs and therapies.

### Factors Involved in Creating a Healthy Child

According to Ayurveda, preparing for conception can be easily compared to the process of farming. Just like the health of the crop depends upon the health of the soil, seed, proper timing of sowing and water it gets, the health of a baby depends upon the health of its parents.

- Sperm/ Ovum
- Uterus
- Nourishment by Herbs and Diet
- Timing for conception
- Matruj Bhavas
- Pitruj Bhavas
- Atmaj Bhavas
- Satmyaj Bhavas
- Rasaj Bhavas

- Sattavai Bhavas
- **Material and Methods**

Here materials or herbs which are used are

- 1) Shatavari (Asparagus Raceosus)
- 2) Amalaki (Phyllanthus Emblica)
- 3) Ashwagandha(Withania Somnifera)

### Observations

- 1) **Shatavari-** Shatavari has been used in Ayurveda for Hundreds of years to support female reproductive and maternal health. This natural herb is also Known as Galactagogue and an effective adaptogen. It can bring the body back to balance, which means stress resisting when needed or increasing milk supply.

Shatavari also known as wild asparagus ,is a plant native to indian subcontinent and a staple in Ayurvedic Medicine. It is bitter and sweet in taste and has nourishing ,soothing and cooling properties.

Shatavari is well known and commonly used in Ayurveda in promoting female fertility and maintaining healthy reproductive system.It is known to regulate estrogen and support the production of Luteinizing Hormone , which is responsible for triggering ovulation. Shatavari thus is helpful in regulating menstrual cycles, which can be important for conceiving.It is helpful in stress induced fertility issues. Shatavari is considered as an Aphrodisiac foe both male and female.

- 2) **Amalaki-** Amla or the Indian Gooseberry is rich in Vitamin C and Antioxidants contains Iron , Phosphorus and Calcium. The number of nutrients in the fruit and its innumerable benefits make it an essential ingredient in Ayurvedic Medicine  
Amalaki eases constipation Gastrointestinal disorders are quite common in pregnancy. The fiber in amla helps regulate bowel movements and other gastrointestinal problems.

Helps manage Blood pressure, Vitamin C helps dilate blood vessels and keep the blood pressure normal.Also taking a glass of fresh amla juice every day might help avoid acidity and heartburn during pregnancy. Helps maintain Hemoglobin levels, Vitamin C aids iron absorption by the blood to maintain normal hemoglobin levels.

Enhances Immunity, Helps manage edema, Reduces chances of gestational diabetes and also helps in maintaining good lipid profile during pregnancy.

- 3) **Ashwagandha -** Ashwagandha is the most well known Ayurvedic herb it's root has been used in ayurveda for hundreds of year as a rejuvenative and is also known as a adaptogen , which means it can help the body to resist stress of all kinds naturally by adapting to body's need , it has ability to support strength and vitality . It helps in maintaining healthy reproductive system for both men and women . For women ashwagandha root can be very useful in in the times of conception. Healthy and good conception can result in

healthy pregnancy and a healthy baby. Ashwagandha's ability to reduce stress and support in female reproductive system can play an important role in regulating female hormones. Ashwagandha's fertility boosting features are not only limited to females it is also very helpful in increasing male fertility. Ashwagandha is believed to give strength and vitality to mother and the fetus when taken in controlled portions. Ashwagandha root also has several beneficial effects on postpartum and breastfeeding mothers. Ashwagandha helps in boosting immunity and increases milk production which will lead to a healthy progeny.

## DISCUSSION

Pregnancy and child birth is a very vital event in every women. The baby to be born healthy is the ultimate wish of the lady. And for that all the measures are taken by the women even before conceiving the pregnancy. It is not only a process of nine months, it starts even before that. Ayurveda advises a wholesome diet for each month for a healthy pregnancy. In today's time due to a large number of lifestyle disorders and a hussle lifestyle. Every woman is not able to conceive naturally, Ayurveda as a traditional medicine has herbs and diet plans which are given by the acharyas hundreds of years before and are still used and gives results without any failure. Ayurveda for ensuring a natural and healthy delivery free from various complications and for a healthy progeny with good immunity and power has mentioned herbs such as shatavari, Amalaki and many more which have their effects for healthy pregnancy and healthy progeny.

## CONCLUSION

Ayurveda pays attention to every individual body type and enhances the body systems participating in the process of fertilization. Ayurveda balances the internal and external factors including ojas and improves the overall health of an individual stimulating fertilization. Ayurveda provides a noninvasive, low cost, non iatrogenic alternative and complement to modern western medicine in the treatment of female and male fertility. As ayurveda focuses on balancing individuals rather than just treating diseases, its treatment has low side effects, they tend to promote the systemic health and well being of the individual. Ayurveda guides us to connect to our inner wisdom and grace and heal from within.

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