



How to Get a Healthy and Fit Progeny

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Editorial

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Editorial

Childbirth is a happy event for a family. A child brings laughter and joy to the family members, friends and neighbours. The Indians consider the child as the God's gift. The families expected more number of children with sound health. Not having child was considered like a tree without branch. Charaka, the father of Indian medicine, in his famous book "Charaka Samhita," advise a number of advices to the couple to follow with the aim to get a healthy progeny. These rules are interesting and thought provoking that should be studied, taught and evaluated which may prove to be a tool to eradicate the problem of handicapped child birth.

Some Instructions as Provided by the author Are Cited Below

When a couple decides to get child then both of them should purify their body and mind. On the 4th day of menstruation of the female both of them should wear clean and white coloured dress and garland made of beautiful flower, take deodorant and should get engaged in coitus. If the couple desires male child then they should select odd days counting from the 1st day of menstruation (4th, 6th, 8th, 10th etc.) and when wants to get a female child then even days (5th, 7th, 9th etc.) should be selected for coitus [1].

When coitus is done with a desire to get child then the female should receive the ejaculated semen in supine position. Coitus in lateral position, reverse position etc. are to be avoided. At the time of coitus the female should not be hungry, thirsty, anxiety, fear, unhappy, angry and tired. These factors may either prohibit pregnancy or may cause abnormality of the child. The male or the female, if old, diseased, of early age are not efficient for coitus [2].

Interestingly Charaka has mentioned a prayer praying for a strong, famous child with longevity who should get protected from all dangers by the divine spirit to be chanted before coitus [3]. Some behaviour are mentioned to be practiced during the pregnancy period by the female with the expectation of healthy, strong, holi child with longevity [4].

The pregnant lady should always think good, see good, practice good behavior, take good food and also should avoid all bad thinking and behavior [5]. A list of some drugs is mentioned to use externally and internally by the pregnant lady to protect the foetus from any harm /loss (GARBHASTHAPAK AUSHADHI) [6].

During pregnancy some diets and behaviours are advised to avoid like-sitting on hard, uneven seat, suppression of natural urges, hard exercise, spicy food, eating more/less, hard work, climbing, walking through uneven road, hearing of strong sound, grief, quarrel etc. Exposure to these avoidable habits may cause different types of abnormalities in the foetus including miscarriage etc [7].

If a pregnant lady becomes ill she should be treated with mild medicines and therapeutic procedures. Induced emesis, purgation, bloodletting etc. should never be applied in this situation [8]. The schedule provided by the scholar to be followed in respect of the monthly development of the foetus is very interesting. It is said that, following the schedule is important to get a healthy child [9].

The discussion and analysis of the concept and advice of the great Ayurvedic scholar, the father of Indian Medicine,

Charaka, it becomes clear that, the Ayurvedic scholars were sensitive and cautious on the social health, peace and harmony. They conducted observation and research on the important topic “giving birth to healthy progeny for healthy society” and contributed a lot in the field.

Further Study on the Applicability, Utility and Benefit of the Ayurvedic Concept in this Field may be proved to be Beneficial for the Society, Specially to Eradicate the Problem of Unexpected, Unhealthy Child Birth.

References

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