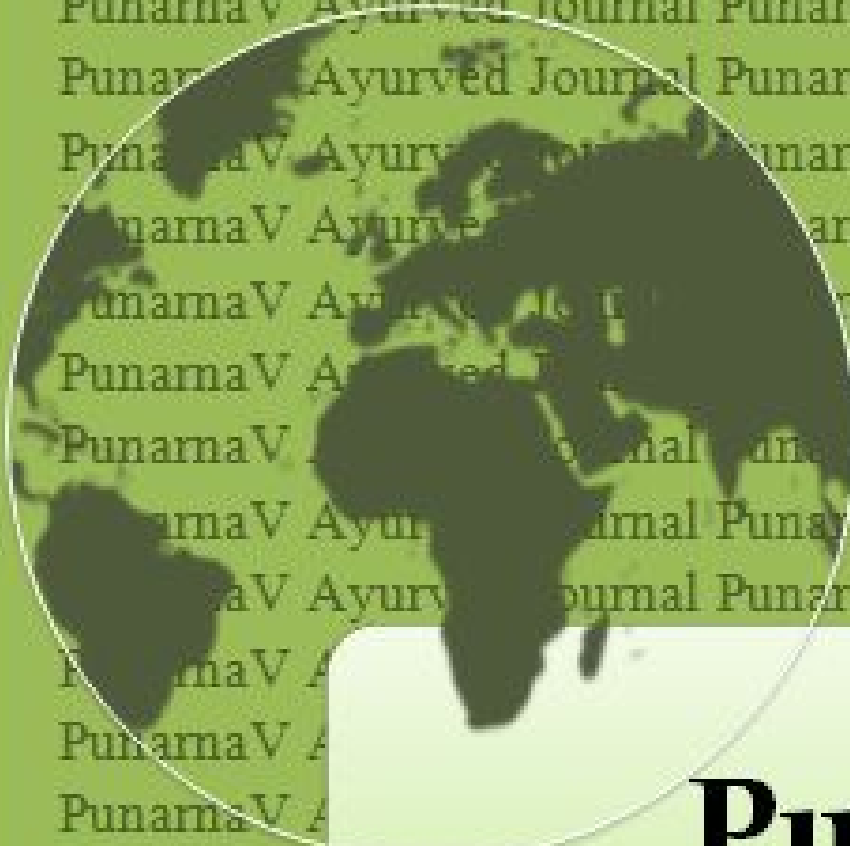


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# **Punarna V**

**TITLE**

**IMPORTANCE OF PANCHAKARMA IN PRECONCEPTION**

**AJITA TUSHAR BHISE <sup>1</sup>, SEEMA MEHERE <sup>2</sup>**

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## IMPORTANCE OF PANCHAKARMA IN PRECONCEPTION

AJITA TUSHAR BHISE <sup>1</sup>, SEEMA MEHERE <sup>2</sup>

<sup>1</sup> PG SCHOLAR, <sup>2</sup> HOD

DEPARTMENT OF PG STUDIES IN STREE ROGA & PRASUTI TANTRA,  
Y.M.T AYURVEDIC MEDICAL COLLEGE, KHARGHAR. NAVIMUMBAI, INDIA.

### ABSTRACT:

*Pregnancy should be carefully planned and managed for healthy sound progeny. In modern era is challenged with the number of congenital, chromosomal and genetic issues in the newborns. Acc. to Sushruta if Rutu (Rutukala), Bija (Ovum and Sperm), Kshetra ( Female reproductive system), Ambu ( Nourishing substances) assemble the conception will occur. Hence, Ayurveda suggests parents to observe a preconception panchakarma programmes. The purificatory panchakarma explained in preconception care in ayurveda seems to be a great contribution in getting the healthy progeny. Panchakarma is the ultimate mind body healing experience detoxifying the body. After menstruation, the couple is being purified by panchakarma. Panchakarma therapy may maintain normalcy of hormones required for the maintenance as well as production of garbha. These would also help in the removing of accumulated toxins. So, it may be concluded that pre-conceptual panchakarma can bring the best and remarkable i.e. healthy, sound, intelligent progeny which in turn significantly contributes to the development of society of country.*

**KEY WORDS:** *Preconception, Panchakarma, Ayurveda, Progeny*

## INTRODUCTION

**CORRESPONDENT:  
DR. AJITA TUSHAR BHISE  
PG SCHOLAR,  
DEPARTMENT OF PG STUDIES  
IN STREE ROGA & PRASUTI  
TANTRA.  
Y.M.T AYURVEDIC MEDICAL  
COLLEGE, KHARGHAR.  
NAVIMUMBAI, INDIA.**

Today's circumstances related to life style is of unhealthy food habits, use of hormonal pills and steroids, adulteration of food stuffs, excessive use of chemical fertilizers and pesticides. The vital components for embryo formation, such as sperm and ovum are essential cells. These cells for reasons mentioned above are polluted leading to probable birth of progeny with weak genetics.

Ayurveda gives great importance for the pre-conception care which includes preparing the body of both the individuals, rather than post-conception care so as to ensure a healthy and successful progeny.

Just as a healthy seed bears healthy fruit, if the parents sperm and ovum are pure then the child is more likely to inherit a strong constitution and immunity, Hence, Ayurveda suggests parents to observe a

preconception panchakarma programme. The first step is to detoxify the body. This consists of poorvakarma i.e. snehan-svedan and among panchakarma vaman, virechan, basti. Dosha in the body are brought into stomach with poorvakarma. They are thrown away from the body with the help of panchakarma. Thus after poorvakarma and panchakarma the body is ready for pregnancy.

Literary information about the study has compiled from ayurvedic texts.

- Various publications, text books of Garbhadhana sanskar, research papers has considered to collect the literary material.

## IMPORTANCE OF PRECONCEPTIONAL CARE

We believe that pregnancy should be by choice and not by chance, so it should be carefully planned and managed. Ideally preparation for conception should start 3-4 months prior conception.

According To Sushruta if Rutu (Rutukala), Bija(ovum & sperm), Kshetra (Female reproductive system) and Ambu (Nourishing substances) assemble the conception will occur.

Panchakarma is the ultimate mind body healing experience for detoxifying the body. After menstruation, the couple is

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being purified by Panchakarma. This consists of Poorvakarma i.e. Snehan and Swedan and among Panchakarma Vaman, Virechan, and Basti.

### POORVAKARMA

- SNEHAN – (Oleation) means external application of oil in the form of abhyanga . Makes the body soft and disintegrates the dosha.
- SWEDAN – (Fomentation) Swedan is sudation with herbal decoction. Swedan liquefies the doshas and increases the movement of doshas into gastro-intestinal tract.

### PANCHAKARMA

- VAMAN – Vaman is medicated emesis therapy which removes kapha collected in the body and the respiratory tract.
- VIRECHANA – Virechana is medicated purgation therapy which cleanses the pitta and purifies blood.
- BASTI – Basti (Enema) is considered as the mother of all panchakarma. It cleanses all the three vitiated doshas Vata, Pitta & Kapha.

### DISCUSSION

According to Garbhadhan vidhi, before conception it is important for couple to follow panchakarma, this helps to detoxify the body. The health of all tissues is dependent on having good Agni (digestion) which controls how well we assimilate food into the body. Hence, the first step in producing healthy sperm and ovum is to ensure Agni is working well. This is achieved through a deep internal cleansing to balance the doshas and remove toxins known as Aam.

### CONCLUSION

So, it may be concluded that pre-conceptual Panchakarma, can bring the best and remarkable i.e. healthy, sound, intelligent progeny which in turn significantly contributes to development of society of country.

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