



## Role of daily lifestyle for *Supraja*

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### Abstract

The word *Supraja* means a healthy progeny. Every individual in the world wants their offspring to be healthy and intelligent. Not only a good individual in society but always a better version of their own self for which all the possible efforts are put after a child is born. But the real key to success for a healthy progeny begins even before the child is conceived.

Qualities of a progeny completely depend on the preconception status of parents. *Atulya Gotra*, *Apradushta* *Beeja*, *Saumansya*, *Garbhini ahar vihar*, etc. are very important factors which are responsible for a health progeny. Looking at today's scenario in society due to hectic lifestyle, stressful environment it is very important for couples to adopt some lifestyle changes before conception and during pregnancy which include *Ahar*, *Vihar* as well as healthy state of mind for giving rise to a healthy progeny.

**Keywords:** *Supraja*, Healthy progeny, lifestyle changes.

### Introduction

The word *supraja* means a healthy progeny every individual wants their child to be the best in all the aspects in society. The advanced generation today desires only one child and every possible effort are made to make the only child the best, even better than one own self after a child is born. But the real race starts even before a child is conceived. As said by *acharya Charaka* a good quality of *artav* and *shukra* and *garbhashaya* without any ailment can only give rise progeny with good qualities <sup>(1)</sup>. A well-planned farming gives the best quality of yields similarly a well-planned pregnancy gives the best quality of progeny. Pregnancy should be by an appointment, not by an accident. In today's era almost all the events from small to big are well planned, everything is made secured before buying it through different insurance policies etc. by

spending a huge amount. Then why not the beautiful journey of new life is planned and secured just by doing few changes in daily routine which is free of cost.

In today's era carrier-oriented society gives more important to carrier rather than family, family planning is kept at last in priority list. To set up a carrier very less importance is given to physical as well as mental health which gives rise to different health conditions at very young age. In this haste unplanned pregnancies are very common, that is why these health conditions are inherited by progeny to overcome this there is a very much need for planned pregnancy in society today. A Healthy lifestyle must be adopted by child bearing population for a healthy progeny.

Ayurveda gives great importance to pre conceptional care like *atulya gotra vivah*, *apradushta beeja*, *hitkar ahar vihar*, *Sau mansya* etc. and *garbhini Paricharya* to ensure healthy progeny i.e *Supraja*.

#### **Aim and objectives:**

1. To Promote *Supraja* (Healthy progeny)
2. Educating and counselling couples for planned pregnancies
3. Identify the faulty lifestyle adopted by individuals in today's era.
4. Advice proper lifestyle changes for *supraja* before conception and during pregnancy

#### **Discussion**

#### **Factors responsible for conception-**

#### **1. Physical Factors**

According to Ayurveda *rutu*, *kshetra*, *ambu* and *beeja* are considered as four important factors required for conception. When all these four factors come together a *garbha* is formed<sup>(2)</sup>

**i.) Rutu-** *Rutu* means season or time i.e. proper time for conception which is considered from day 3 to day 1 of menstrual cycle. If the male and female partners copulate during this particular period then only there are chances for conception to occur. *Arutukalen* coitus will not be responsible for conception. So, it becomes very important for a couple to have intercourse during proper period for conception. Presently ovulation kits are available which can be useful to tackle this.

In today's carrier oriented society there is very less importance given to family and mental and physical health is always ignored in Ayurveda *samhitas* 16 for female and 25 for male is considered to be best age for conception, as at this time the *dhatu,s* are well formed, matured enough and are capable of giving birth to a new life.<sup>(3)</sup> But in today's era at this age more importance is given to carrier and by the time couple desires for a progeny it becomes very late. Now a days a couple start planning for child in their late thirties which becomes a challenge for both couple and health care professionals as due to ignored physical and mental health there are already different health conditions faced by the couple so it becomes very necessary to treat them first and plan for conception which is again time consuming and stressful. One more aspect of *rutu* can be interpreted as wrong time for

intercourse, intercourse soon after eating food, when hungry, thirsty, scared will either not give rise to conception or if conception occurred progeny will be not healthy. <sup>(4)</sup>

ii.) **Kshetra-** *Kshetra* means a place or *sthana*. It can be considered as both male and female reproductive organs which includes *Garbhashya* i.e uterus, *Yoni* that is Vagina, *medhra* i.e penis. Acharya charaka in *sharirsthan* while explaining *garbhauptattikar* bhavas mentions about *Anupahat retas*, *asapradushta Yoni*, *Shonita*, *garbhashaya* <sup>(5)</sup>. *Garbhashya* should be devoid of *vyadhis* e.g. Uterine fibroid, cysts, polyops, etc, for a healthy conception and progeny. Similarly, *Yoni* also should be without any *yonivyapadas*, should be free from infections etc. Male partner should not suffer from *klaibya* as well as other local disease. Now a days wrong dietary habits, sleeping patterns, wrong positions for intercourse, use of common washrooms, not maintaining proper hygiene of private parts increase in incidences of multiple partners cause the *dushti* of *kshetra*.

iii.) **Ambu-** *Ambu* means the *ahar rasa*. For proper formation of *dhatu*s good quality of *ahar rasa* is required for which consumption of good quality of food is very necessary before conception and during pregnancy. Today's youth is more attracted towards fast food, junk food, processed food items, extra sweetened items e.g. Sweets, jellies, ice-creams, different types of drinks like soft drinks, milk shakes, smoothies, floaties, coolers, mojitos etc., increase in eating non veg food, at wrong time, wrong quantity, wrong place, not following *ahar vidhividhividhana* <sup>(6)</sup> given in *samhitas*. All

the food comes under category of *atiguru*, *ushna*, *tikshna*, *abhishandi*, *atisnigdha* which said to be not *hitkar* for any human being and totally *varjya* during *sagarbhaavastha*. As during pregnancy nourishment of the growing fetus is completely done by the *ahar rasa* of mother it is very important to have proper healthy diet during this time.

iv.) **Beeja-** *Beeja* means the seed i.e. ovum and sperm. As the good quality of seeds give rise to good quality of fruit similarly good quality of *artav* and *shukra* gives good quality of progeny. At the time of conception, it is very necessary for *beeja* to be in purest form if there are impurities present it gives rise to different *vikaras* in progeny which becomes challenging to treat after birth. It is very important to make sure that *beeja* are devoid of any *dushti* before conception if there are any they must be treated first and plan for conception that is why planned pregnancy is a must in today's era as due to faulty lifestyle there is always some *dushtis* occurred at *beeja* level.

## 2.) Mental factors

According to *acharya charaka* the state of mind of parents at the time of conception and state of mind of mother during pregnancy has complete effect on the mind of progeny. <sup>(7)</sup> The mental health of a baby completely depends on the mental state of mother during pregnancy. If the mother is always over stressed, in grief, anger, disputes etc. during pregnancy it gives rise to different symptoms in progeny after birth or can even cause fetal death. <sup>(8)</sup> It becomes very important to take good care of mental

health before conception and during pregnancy if one wants a mentally stable and intelligent progeny. Mental health is paid very less attention today and youth is suffering from different mental disorder diagnosed or undiagnosed. Making peace with mind is very important for healthy society today.

## **LIFESTYLE CHANGES FOR SUPRAJA:**

### **Before conception:**

#### **1) Sharirika (Physical):**

**A) Change in faulty eating habits:** All the food items enlisted above which are harmful must be stopped completely. Home cooked food, food which contains all the six rasas (*shadrasatmaka ahar*), which is suitable for season and place (*satmya ahar*), which is not heavy, spicy, oily, (*atiguru, atitiknsa, atiushna, atisnigdha*) must be consumed. Rules given in *charak Samhita aharvidhividhan* must be followed one must have warm food, unctuous food, in proper quantity, after the digestion of previously eaten food, food which will give proper nourishment, at proper place i.e. on dinning table not while watching tv, mobile etc., eat at proper speed not in hurry and also not very slowly, do not talk or laugh while eating. As observed in today's era all the opposites of given rules are followed which must be changes. Daily consumption of ghee, milk and *kaphakar ahar* is very necessary for couple planning for conception.

**B) Changes in Vihar:** Sleeping during day time and remaining awake at night time

irrespective of job profiles is very common in couples today. Night is spent on internet indulging in different activities due to which waking up early becomes difficult. Proper amount sleep is also not taken which makes one sleep deprived. Sleeping during day time is said to be causative factor for many diseases for which it must be completely kept out of practice by couples planning for conception. *Maithun* i.e. coitus should be performed at proper time i.e. night time (during *rutukala*, to be avoided during menses), at proper place (not in public place) at proper intervals (excessive coitus leads to *dhatu kshaya*), with proper person- one must marry a woman of *atulya gotra* which does not belong to same clan to avoid congenital anomalies and hereditary disease also one must indulge in sexual intercourse only with own wife, one must avoid having multiple partners. One should not indulge in excessive physical activities more than one's capacity and also should not live a sedentary lifestyle. *Vyayama* i.e. exercise must be performed everyday as it gives lightness to body, strength to work, improves digestive fire, reduces fat from body, keeps the body in proper stature. <sup>(9)</sup> It is very important to take time from busy routine and give some time for *vyayam* for future investment. Exposure to hot sun, radiations, fire, excessive use of laptops, mobile phones must be avoided.

#### **2) MANASIKA (MENTAL)**

It is very important to keep mind free from *shoka, krodha, bhavi, irsha, dwesha* like feelings as it has completely impact on the mind of progeny. Couple planning for pregnancy must practice meditation every

day. Also, *uditasu* the happy state of my is very important for conception.

### 3) ADHYATMIK

Many times, it is observed that in spite of being all the factors responsible for conception are in normalcy but conception does not occur. At this particular time *daiva* that is deeds of previous life and *povrush* deeds of present life must be considered. It is said that after the union of sperm and ovum when *aatma* enters it then only *garbha* is formed<sup>(10)</sup> The movement of *atma* from one *sharira* to the other depends on the *karma* of previous life<sup>(11)</sup>. *Acharya charaka* also states that *Karma* of previous life are responsible for different anomalies in progeny<sup>(12)</sup> It is important to rule out the cause and perform certain rituals *pooja*, *hawan* to tackle them. Also, to keep away from negativities in todays world full of negativity *sadhana* is very important.

### 2) AFTER CONCEPTION- GARBHINI PARICHARYA

After the confirmation of pregnancy, a good amount of care must be taken till the delivery of child to avoid any abnormalities in child, abortions, preterm birth and for progeny to be mentally and physically healthy. During pregnancy women must be always happy, must listen to pleasant music, *mantras*, not indulge in arguments etc. should avoid stress, anger, grief, jealousy. A pregnant woman should have light food which is helpful for proper growth and nourishment of baby. Milk, ghee should be consumed on daily bases. Green leafy vegetables, fruits, salads, *khichdi*, tender coconut water are some items which can be

included. Should completely stop outside food must have only home cooked food. A pregnant woman should not indulge in excessive work, should not ride bike, *rikshaw*, avoid exposure to hot sun, going for funeral, climbing steps, walking, sitting, sleeping on uneven surface. Should take adequate amount of rest, perform *yogasana*, listen to music and always remain happy with positive mind set.

### CONCLUSION:

Small changes in lifestyle can contribute to not only healthy progeny but also healthy parents which leads to healthy society. Conception is a natural process and should happen naturally. Through correct lifestyle infertility can be prevented and also different procedures for infertility treatment like hormonal therapies, undergoing procedures like IUIs, IVF etc. *Supraja* can be easily achieved if the couples adopt lifestyle changes before conception and during pregnancy and contribute towards a healthy society.

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