



A woman who is first born to become a daughter and sister, when steps on the threshold of motherhood, then only, it is said that the purpose of her birth becomes worthwhile in our social environment.

It is said that when a girl is born from her mother's womb then it is her first birth and when that same girl gives birth to a new life after going through all the ups and downs of pregnancy as someone's wife, then it is her second life which she got from God. No man can feel the pain of giving birth to a child and getting through that unbearable pain is not less than getting new life for the mother.

The inner will of a woman to complete her life as a mother is so strong that she does not have the slightest fear of that unbearable pain. After giving birth to the child, when she first look at the little life born by her own blood the ocean of love for the child starts to shrivel in the mother's mind and heart and she forgot all her pain of giving birth to the baby in that emotional heart melting moment. The feeling of becoming a mother is indeed such a pleasant experience that all the pain she faced during the pregnancy period of 9 months becomes very small in front of that moment when a mother holds her baby for the first time. But the dilemma is when a woman is not able to get the pleasure of motherhood even after becoming a wife, then she feels drowned in the ocean of pain.



It's an irony of our social environment that not being able to become a mother is always considered a woman's fault. She has been called by so many tarnished names like barren, barren earth etc. which make her feel like she is just good for nothing. Woman and man both are equally responsible for a woman to become pregnant, so it is necessary for the couples to self-aware themselves about the process of conception and it is mandatory to explain to the people around them who present woman alone to be responsible for not conceiving.

Often a man's ego is unable to accept that his wife cannot get pregnant because of some medical reason which is absolutely unfair to a woman.

It is also necessary for a man to understand that there could be some medical problem in him or her which could be treated and then by understanding those reasons and with the help of treatment, they too can get the happiness of becoming parents.

We will discuss further about some such reasons of infertility, its treatment, then how to handle pregnancy and child care. Let's start talking about what is Infertility first.

• **Infertility**

When a woman is unable to conceive even after having regular intercourse for one year without using any contraceptive method, then that condition is called *Infertility*. It is a problem that not only affects the physical health of a woman but also the social life and mental peace of a married couple. In today's mechanical age and in the age of medicines giving lots of side effects instead of giving good results, **Ayurveda** is the only method which is capable of solving this infertility problem in the most natural way.

• **Important aspects to conceive**

According to Ayurveda, the following three components are very important for a woman to conceive -

- Healthy Sperm of husband
- Healthy Egg
- Healthy Uterus

Fertility of both woman and man depends on healthy *Shukra Dhatu* i.e. healthy reproductive tissues.

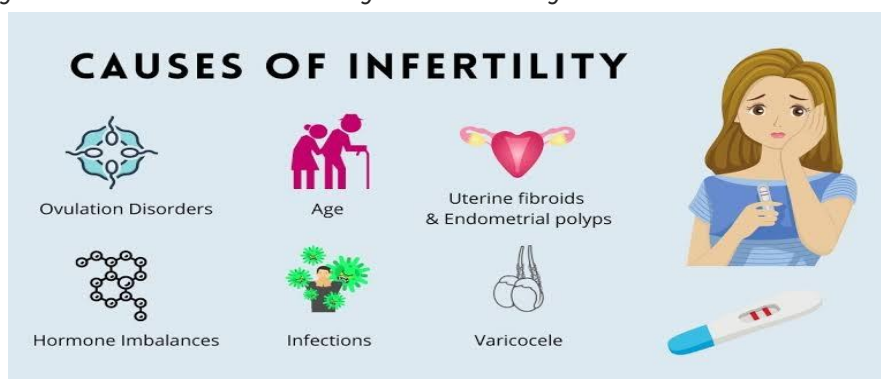
• **Importance of Reproductive Tissues**

In women, *Shukra Dhatu* performs its function by forming the **ovum** as a part of the menstrual cycle. In men, *Shukra Dhatu* produces **sperm** which is present in semen as a response to sex. According to *Ayurveda*, it is necessary for all the tissues of the body should be healthy for the formation of fruitful *Shukra Dhatu*.

Ayurveda says that our body is made up of seven dhatus which are *Rasa(Plasma)*, *Rakta(Blood)*, *Mamsa(Flesh)*, *Meda(fat)*, *Asthi(Bone)*, *Majja(Bone marrow)* and *Shukra(Ovum/Semen)*. Here we can see because *Shukra Dhatu* is formed at the end, so it is the essence of the rest of the above mentioned *Dhatus*, so for *Shukra Dhatu* to be healthy, it is necessary for all the *Dhatus* of the body to be healthy.

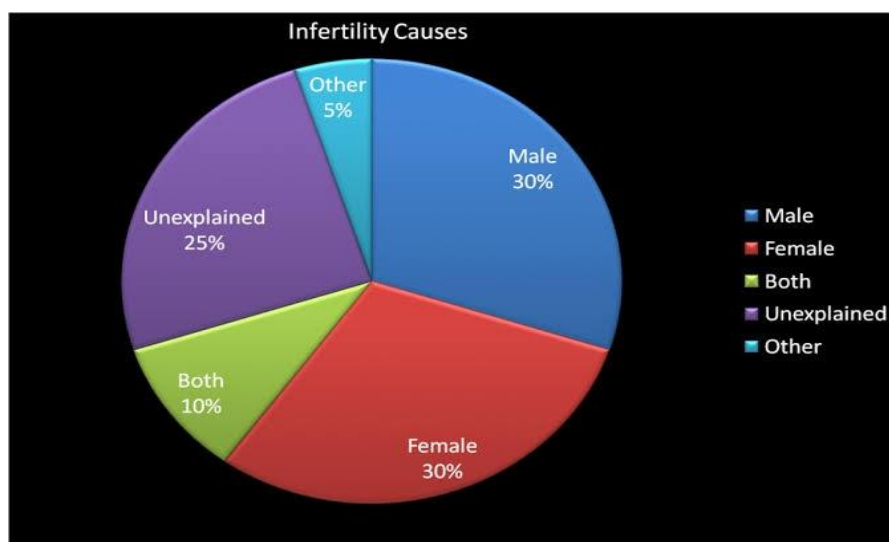
The same fact is followed in the modern context as well. They say that healthy reproductive tissues are formed by the various metabolic activities of the body, starting with the digestion of food and ending with the conversion of reproductive tissues.

- **Main causes of infertility**
- **Incomplete nutrition**
- Incomplete digestion
- Inequality in the nervous system
- Toxins collected in the tissues that obstruct blood circulation
- Physical and mental stress
- Decreased immunity of the body
- Any resistance in the body's natural system



- **Percentage contribution to Infertility**

- Men - 30%
- Women - 30%
- Both - 10%
- Without any reason - 10%
- Others - 5%



- **Female Reproductive System (Ayurvedic Perspective)**

- Symptoms of a healthy menstrual cycle -
- Average Menstrual Time: 4-5 Days
- Average Flow
- Proper Blood Colour
- No lump or clots in blood flow
- No discomfort or pain in the stomach

➤ **Levels of Menstrual Cycle**

According to Ayurveda, there are three levels of the menstrual cycle.

- **•Kaphaja**

After the bleeding of menstrual cycle stops, it is the time until the release of the egg happens from the ovary and the uterus lining endometrium is formed and there is an increase in *Kapha in the body of a woman*. A hormone called *oestrogen* increases.

- **Pittaja**

From the release of the egg from the ovary till the bleeding starts, a hormone called progesterone increases which is the secretion of corpus luteum. This progesterone hormone prepares the uterus wall to conceive and breast for lactation.

- **Vataja**

Apana Vayu empties the uterus by pushing down the tissues collected in the menstrual cycle.

The main problem in a woman's menstrual cycle starts when there is a blockage of Apana Vayu. Due to this reason, problems like pain, only blood stains, dryness, restlessness, insomnia, less menstrual bleeding, lack of menstruation every month, blood clots and infertility arises. Back we learned about some of the reasons that affect both men and women.

- **Causes of infertility in women**

- **General health and lifestyle**

a) There are many types of disorders like leucorrhoea, PCOS, abdominal pain and swelling etc. due to which a woman faces problems in conceiving.

b) The habit of smoking in women comes under the category of bad intelligence and it also creates the problem of infertility.

c) Obesity has also been considered as the cause of infertility because due to obesity, the body increases estrogen hormone, irregularity in menstruation arises and the process of egg formation is affected, resulting in the problem of infertility.

d) In today's modern environment, the practice of late marriage of girls and their lack of desire to conceive soon after marriage is also becoming a cause of infertility.

e) Celiac Syndrome, in which gluten use is the main cause, is also a cause of infertility.

- **Structural reasons**

About fifteen percent of the causes of infertility are due to structural reasons like Uterine Septa, Unicorn ate Uterus etc.

- **Functional causes**

In about forty percent of the infertility reasons that obstruct the function of the reproductive system, such as blockage in the fallopian tubes, inflammation of the reproductive organs, which we call Pelvic Inflammatory Disease (PID) in modern language. There are some more examples, such as Endometriosis, Salpingitis, Tubo Ovarian abscess and some sexually transmitted diseases like Chlamydia, Gonorrhoea etc.

- **Imbalance in hormones of major system**

Imbalance in two hormones of major systems leads to female infertility are as follows

- **Hypothyroidism**

When the normal functioning of the thyroid gland causes problems. If value of thyroid hormone goes decreases, then it causes infertility.

- **Polycystic Ovarian Syndrome**

In this, small lumps (cysts) are formed in the ovary, due to which there is an increase in belly fat, more hair growth on the face and body, pimples on the face, irregular menstruation and eggs formation occur. This is mainly a *Kaphaja* disorder.

- **Irregularities in the process of egg formation**

Even after regular menstruation, there are many symptoms like premature release of egg from the ovary, release of egg on time but not at the proper time, due to which infertility occurs.

- **Occupational and environmental reasons**

The effect of that industrial environment has been seen on the conceiving capacity of women working in various industrial institutions. Women who regularly work in the environment of any kind of toxic substances such as weedicides, heavy metal, various chemical reactions, chemical laboratories, their reproductive hormones are adversely affected.

- **Causes of infertility in Men**

- **General health and way of living**

Like women, men are also affected by their general health and surrounding environment on their fertility, such as

1. Smoking, alcohol etc. of any kind. Drug addiction affects a man's fertility.
2. Due to eating more meat than not having good food habits, not being in good company, the Shukra dhatu of a man is not nourished, which gives rise to infertility by causing disorders like dream defects(*Swapandosh*), *Dhaat dosha*, erectile dysfunction in men.
3. Obesity also gives rise to infertility in men.
4. Due to the deficiency of vitamin C and zinc, infertility problem arises.
5. Wearing tight underwear also causes infertility in men.

- **Functional Reasons**

Men also have various reproductive system problems which causes various Sexual Transmitted Diseases, Varicocele, Gonorrhoea, Syphilis, Testicular Hernia, Sperm Ducts Damage etc. and other diseases such as Tuberculosis, Typhoid, Influenza that ultimately causes infertility issue.

- **Structural causes**

Structural causes also occur in men like Immature testes, Klinefelter Syndrome, Testicular Structural Atrophy etc. that restrict fertility.

- **Irregularity in the process of sperm survival**

There are many reasons which affect the fertility of the male such as less production of sperms, dead sperms, less motility of sperms etc.

- **Psychological and behavioral reasons**

Erectile dysfunction, premature ejaculation and ejaculatory incompetence comes under these kind of reasons for men infertility.

- **Occupational and environmental reasons**

Being in the environment of different types of chemical substances in institutions also leads to the condition of infertility in men. Due to the effect of different types of rays such as mobile, laptop etc., due to which the fertility of men has also been proved to be low.

Ayurvedic Treatment for Infertility

The aim of *Ayurvedic medicine* is not only to improve the immunity of the body and make it active for reproduction, but also to make the body internally healthy by preventing the coming diseases. This type of medical system not only effectively removes the side effects arising due to chronic diseases but also does not give any kind of side effect by itself.

It has also been said that -

*Ayurvedasya tallakshanam,
Swasthasya swasthya rakhshanam,
Aaturasya vikarprasmanam ch!*

"It simply means that the main aim of Ayurveda is to preserve the health of healthy person and treat the diseased too".

As mentioned earlier, a prosperous reproductive system can develop in the body only when all the *Dhatus* of the body like *Rasa, Rakta, Mamsa, Meda, Asthi, Majja* and *Shukra* are healthy and fully nourished. This means that the production of sperm and eggs depends on the good health of the rest of the body's tissues. Deficiency or ill health of any dhatu in the body has a negative effect on the reproductive system.

How to remove all the toxins and impurities from the body?

To remove all the toxic elements and impurities produced inside the body, the weak digestive system, weak excretory system, improper metabolic activities and physical and mental pressure of the body, is necessary to consider and needed to correct all the weak systems.

Ayurvedic medicinal plants are capable of functioning and nourishing all the systems of the body. These Ayurvedic medicinal plants act on the systems of the body and in following way remove the toxic elements -

- These drugs liquify the impurities deposited in the tissues by moving them from there. Likewise impurities can be easily excreted from the body later by mixing in the blood circulation.
- These herbs removes the shell so that proper nutrition can reach the tissues and impurities could be expelled easily.

Beneficial herbs/Bhasmas in Infertility

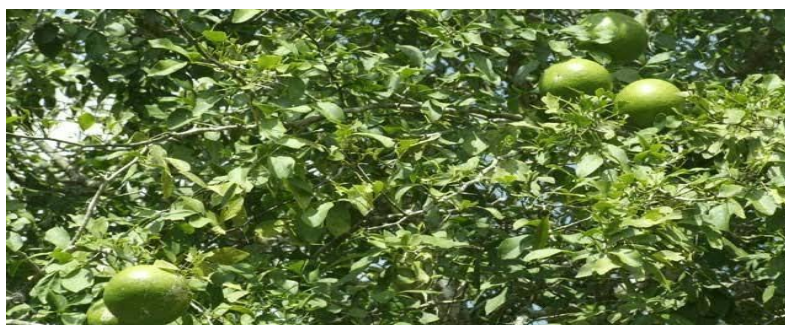
Here are some examples of the herbs that gives a woman ideal conditions for conception -

- Belgiri (Aegle Marmelos)
- Ashoka bark (Sarace Indica)
- Putrajivak (Pultranjiva Roxburghi)
- Shivlingi seed (Bryonia Laciniola)
- Daruharidra (Berberis Vulgaris)
- Shringataka (Trapa Natans)
- Fitkari/Alum
- Tankan
- Loha Bhasma
- Praval Pisti
- Shuddh Hingul Bhasma

• Belgiri (Aegle Marmelos)

This is a sacred tree of Hindus which is called "*Shivadrum*" in common language.

- ° Its unripe fruit is used to treat the digestive system, stomach pain and also in diseases like diarrhea and dysentery.
- ° It is also a beneficial medicine for *Arsha (hemorrhoids/piles)*.
- ° The juice of its leaves is beneficial for constipation.
- ° The pulp of its fruit is beneficial in lung diseases and in jaundice.



◦ The juice of its bark removes the deficiency or thinness of semen.

• **Ashoka bark (Sarace Indica or Jonesia Ashok)** Ashoka is a Sanskrit word which means "who does not give any pain".

◦ Just like its name depicts it is beneficial to treat the pain of menstruation, infertility etc.

◦ Its bark leaves can be used for sedative effect on the uterus.

◦ It also has its effect on the endometrium and muscles of the uterus.

• **Daruharidra (Berberis Vulgaris)**

This medicine has been working in the human body for the last 2500 years for Healing Touch.



◦ Its root and stem bark are mainly used.

◦ The main function of this medicine is to cure any kind of inflammation in the body, so it works on the liver.

◦ It works mainly for Jaundice, in Pregnancy, Gall Bladder infections and in Urinary Tract Infection.

◦ It is beneficial for enlarged spleen, so it is also beneficial in



malaria.

◦ It also corrects the digestive system.

◦ It dilates the blood vessels and hence lowers the blood pressure.

◦ Gargling with its bark decoction is beneficial in mouth or throat infection.



- It reduces weight.
- It can be used also to provide relief from vomiting during pregnancy.

- **Shivlingi (Bryonia Laciniosa)**

Its whole plant, leaves and seeds are used for medicinal purposes. It is hot and sharp. It remove all kinds of inflammation and cleans the uterus and gives it to the woman by preparing the proper environment for conception.

- **Shringataka (Trapa natans)**

In common language it is called *Singhada*. Its fruit (seed) is used.

- It is used to alleviate *Pitta Dosha*.
- It is used in sperm weakness and pregnancy.
- It can be applied in burning sensation.



- Its flour pudding is beneficial in duodenal disease.
- It is used in diseases like fever, vertigo, Rajyakshama (TB), Dhatdosha, urinary tract infection (UTI), vomiting, gonorrhea etc.

- **Pippali (Piper Longum)**

Only the fruit of Pippali is used. Its functions includes -

- Action on stomach worms
- Painkiller
- Laxative
- Contribute to lung diseases like cough, cold, asthma etc.

- **Cardamom (Elettaria Cardamomum)**

Cardamomum seeds are used.

- By chewing cardamom teeth gets whiten and breath becomes pleasantly sweet.
- It has a favorable effect on the digestive system by increasing appetite.
- It is beneficial in diseases like asthma, rheumatism, cold, diarrhoea, headache, indigestion, lack of control over urination, vomiting, bloating etc.

- **Shuddha Hingul Bhasma**

- A very small amount of this bhasma increases RBCs.



- Increases body weight and makes the body fit.
- Heavy dose of it reduces the power of clotting in the blood, so do not use it in diseases that are high in blood flow.
- It is beneficial in liver diseases like cirrhosis of liver, anorexia, chronic flow, chronic diarrhea.

• **Putrajivak (Pultranjiva Roxburghi)**

Its seeds and leaves are used.

- It is useful in disorders like spermatorrhea, miscarriage, infertility etc.
- Like Rudraksha, you can also wear a garland of its seeds.
- It alleviates *vata* *pitta*, so it is good for heartburn and eyesight.
- It is diuretic and also reduces swelling.

• **Vidarikand (Pueraria Tuberosa)**

Its tuber is used for medicinal purposes.

- It corrects the hormonal imbalance in the body.
- It enhances fertility capacity of men and women.
- It improves milk in breast of lactating mothers.
- It acts as cardioprotective.
- It is good for weakness occurs due to tuberculosis.



- It helps in treating spermatorrhea (when semen discharge happens in urine)

• **Musli (Asparagus adsendens)**

Its tuber is used for medicinal purposes.

- It enhances the quality of sperm.
- It is good to improve general health and weakness.
- It is very useful in increasing sperm quality and impotency. ◦ It works as a diuretic.

• **Shatavari (Asparagus racemosus)**



Useful part of Shatavari is also tuber.

- It is very beneficial for Oligospermia, miscarriage, haemorrhage like disorders.

- It is specifically beneficial to improve lactation.
- It is beneficial for weakness due to tuberculosis and good for eyesight.
- It gives strength to brain & nervous system, and also work as painkiller.
- It also reduces high blood pressure.
- It is beneficial for *vata* diseases.

• **Kapikachhu (Mucuna Prurita)**

Its roots and seeds are used for medicinal purposes.

- It is very beneficial in Oligospermia and Impotency.
- It is good for oligomenorrhea and good in vaginal shrinkage.
- It increases health potency and make bodybuild stronger.

• **Aakarkarbha (Anacyclus Pyrethrum)**

Root of Aakarkarbha is used for medicinal purposes.

- It is beneficial in erectile dysfunction and early ejaculation caused due to nerves weakness.
- It is beneficial in Diabetes mellitus.
- It works as analgesic and Antihelminthic.
- It is beneficial to treat syphilis.

Some medicinal formulations -

The following are some medicinal formulations that are useful in the infertility of both men and women -



- Vang Bhasma
- Vasantkusumakar Ras
- Chandraprabha Vati
- Shilajit Rasayana
- Pushpadhanva Ras
- Garbhpal Ras
- Swarnvasant Malti Ras
- Nag Bhasma
- Punarnava Mandoor
- Ashwagandha churna
- Pushyanug churna

Special therapy for Infertility -

Bio-purification or **detox** is must for all expectant parents.

In AYURVEDA, there are specific actions mentioned to all mankind which not only increases the chance of conception but also blesses a healthy child.

“Ayurveda suggests Panchakarma for all expectant parents.”

Panchakarma is a unique programme, which combines different therapies of deep cleansing, purification and rejuvenation treatments that detoxifies the body, strengthens the immune system and restores overall balance.

Panchakarma helps you physically, mentally, emotionally, psychologically and spiritually.

Apart from regular Panchakarma procedures, **Uttara vasti** is a special & highly acclaimed procedure in Ayurveda to treat Infertility. It is introduction of medicate oil or decoction into the uterus in females through the cervix in females and into the bladder through urethra in males.

Some important Ayurvedic medications -

- Chyawanprash is beneficial for smoker women's to strengthen their vital sources when they quit smoking.
- The consumption of Shatavari and Vidari is suitable to strengthen *Artavah sources* (Menstrual system).
- Blood purifier medicines such as manjistha, neem, turmeric and *Pitta* alleviating medicines such as musta and Japa are beneficial in PID (Pelvic Inflammatory Disease).
- Endometriosis (Cystic deposits of endometrial Tissue) is characterized by dysmenorrhea and pain during intercourse. The medicines Shatavari, Ashoka, Vidari, Punarnava, Musta, Bilva and Kumari treats it smoothly.
- Punarnava, Chitrak and Guduchi (Giloy) supports smooth working of Thyroid Gland.
- Vidari is important for Hormonal Imbalance.
- Shatavari is used after Panchakarma to strengthen the body and to reduce the harmful effects of environmental toxins.

Garbhini Parichariya (Diet and lifestyle during pregnancy) -

In Garbhini Parichariya, the diet (food) of a pregnant woman has been described, which directly affects the physical and mental development of the mother and the child. During this time too much attention has been paid to the diet of pregnant woman because it the growth of the child affects the health of the mother and breastfeeding after the birth of the child.

First three months of pregnancy and after the end of the seventh month, the pregnant woman needs more care.

• **First Month -**

During this starting period of pregnancy fetus(baby) takes nutrition directly from the mother's digested liquid food and



blood. At this time, more fluids like sweet and ripe fruits, coconut water and milk should be taken.

To make the baby healthy, every morning for three consecutive days as soon as the pregnancy is detected, Boil eight fig buds in milk for the rest of the month. For the rest of the month, take "*Bala*" kwath in milk.

• **Second Month -**

During the second month time the hands, feet and head of the baby are in process of taking their shape. Hence, at this time medicine named "*Lakshmana*" decoction prepared with milk should be taken by the pregnant woman. In addition to this, some other life-enhancing medicines like *Vidari*, *Shatavari*, *Brahmi* etc. can be used with honey and ghee.

Brahmi along with having the property of calming the nerves of the uterus also works as a pregnancy stabilizer medicine by maintaining progesterone hormone levels.

At this time, milk is considered as main component of the diet because it contains calcium, lactose and butterfat. Milk also contains some amount of protein which gives strength to the body, it also keeps the pregnant woman away from problems like constipation.

• **Third Month -**

By the third month, the placenta is formed and the nervous system of the fetus begins to develop. By the end of the third month, the fetus heart starts to beat and this is the time when the child starts expressing his wishes through the mother.

At this time, the mother should consume rice (special rice known as *shastishali*) cooked in milk, ghee and honey. In this month, *Brihati* kwath made in the milk should also be taken.

• **Fourth Month -**

In the fourth month, the formation of tissues gets started. According to Ayurveda, butter, milk, *shastishali* rice with curd and solid food should be taken in large quantity in this month.

Yellow and orange colored fruits like mango, apple, carrot etc. must be taken.

At this time, due to the growth of the child's tissues, the mother's appetite increases.

In order to increase the growth of the fetus, in this month, the "*Shalparni*" kwath prepared with milk should be consumed by the pregnant woman.

• **Fifth Month -**

By this time, blood, muscles, brain and five sense organs of fetus become developed. Take ghee, milk and rice soup with moong dal and eat protein-rich food to nourish the fetus.

In the fifth month, kwath made up of milk and "*Giloy*" should be consumed by the mother.

• **Sixth Month -**

In this month fatty tissues gets to develop.

If there is a problem of excess water in the stomach, then the use of *Gokshur* is beneficial. Milk decoction of "*Kantkari*" is suitable for this month.

• **Seventh Month -**

At this time the growth of the fetus is almost complete and skin, hair and nails are being formed.

From this month onwards, salt and water in the pregnant woman's diet should be reduced. It is advisable to take rice water with ghee as it is easily digested.

A small amount of basil can be used as an anti-spasmodic medicine.

Milk decoction of "Yava" is beneficial in the seventh month. Along with this, to make delivery easy, take a medicine called "Sukhprasav Ghee".

• **Eighth Month -**

At the eighth month fetus has become fully matured. The expectant mother should not eat too much at this time as the fetus is fully developed at this time, because at this time the digestive system of the pregnant woman becomes weak and the stomach becomes small. Sour lassi enhances digestion at this time.

Take a small amount of Dhanvatram 101 or Srirabala 101 oil after dinner so that the reproductive system can be ready for delivery.

The decoction made with milk and "Morat" is fruitful.

• **Ninth Month -**

In the ninth month of pregnancy, light food such as rice water with ghee, moong dal water, fruit juices and boiled vegetables etc. should be taken.

An oil enema can be given after every ten days. Massage the body with medicated oil so that the nervous system can be relaxed and the body can become soft for delivery.

A decoction made of "Shatavari" with milk is beneficial at this time.

★ Pregnant women who are not able to adopt this care, they should take a decoction made from milk and "Mahabala" (*Sida Rhombifolia*) before going to sleep throughout pregnancy and also one spoon "Mahakalyanak Ghrita" must be consumed before breakfast for nine months.

What should not to be done during pregnancy?

- Avoid constipation-causing food like spinach, dry fruits, potatoes, pungent-tasting food etc.
- Not to eat delayed digested, hot, smelly or spoiled food. • Avoid overeating, untimely eating or fasting.
- Try not to be afraid, to be sad, to be angry, to get excited etc. Make yourself psychologically strong.
- Stay away from polluted environment and electromagnetic energy like Computer, TV and mobile screen.
- Not to consume alcohol, caffeine and drugs such as Heroine, Smack, Opium etc.
- Don't take bath with too much hot water.
- Avoid heavy exercise and lifting heavy weights.
- Don't wearing high heels.
- Stay away from sick people.
- Avoid excessive use of food of any one specific taste
- Don't go on more bumpy roads.
- Don't suppress natural urges like sneezing, burping etc. • Don't sit in squat position.
- Don't perform actions of Panchakarma like Vamana or Raktmokshana.
- Sexual intercourse between men and women, especially in the first four months should be avoided.
- Don't consume more than 1gm of vitamin C and vitamin A
- Avoid contact with dog and cat feces as it contains a toxic substance called Toxoplasma which is harmful for the unborn baby.

What to do during pregnancy?

- Making a habit of regularly, sleeping at ten o'clock in the night and waking up before six in the morning, gives comfort to the mother and the child also adopts the same habit.

- Self-massage of the body daily with warm sesame oil. This massage should be done in a room where calm, warm and melodious music is playing. Massage with open palm instead of fingers. Massage on long bones like hands, feet etc. from top to bottom and massage in circular direction on the joints. Give more time to the painful areas, be careful in massaging the abdomen and massage clockwise around the navel. It reduces the marks on the stomach, relaxes the muscles, reduces swelling of the legs.
- Wear comfortable shoes and loose clothes.
- Spend at least twenty minutes in the open air and daily in the day.
- Practice yoga and pranayama regularly. By doing this the mind becomes calm and the body becomes strong.
- Make sure to do daily worship and worship so that their mind remains calm.
- A short walk or swim for some time is also beneficial in reducing muscle tension, blood



circulation and making the digestive system active.

- Whatever place you choose for delivery like home or hospital, be sure to take information about it. Build a trusting relationship with your midwife or doctor.
- Read good literature, listen to melodious music so that good qualities can be developed in the child.

What to do at the time of Delivery?

- Attendant at the time of delivery should be of good heart, efficient, hardworking, who has experience in childbirth and who can keep the pregnant woman calm and happy.
- The place of delivery should be open, quiet, ventilated, clean, easily accessible.
- At the time of delivery, attendant should massage the waist, thighs, lower abdomen of the pregnant woman with warm water on both sides with light hands, which helps the child to come down.
- At the time of delivery, the position of the mother should be changed at different times according to the position of the child, in which priority is given to squatting. This action is helpful in bringing down the child.
- Music also eases the pain and restlessness of the pregnant woman and reassures her mentally because an anxious mother secretes more stress hormones which leads to difficulty in delivery.

- The mother should understand that the pain arising in the abdomen for breathing and childbirth is a simultaneous action. For this, the pregnant woman should first take a deep breath and at the time of pain, exhale while reciting a Sanskrit mantra in her mind. The women who are able to do this for them, childbirth process will remain that painful and traumatic for them.
- When the process of opening of the cervix is slow, do the following things - massage of sesame oil, enema with Ayurvedic medicine, getting *Vamana* done, decoction of milk and ajwain (carom) seeds, massage of the navel with castor oil.
- When the child is born after overcoming all the obstacles, before feeding the child a medicine containing ghee, honey, swarna bhasma, brahmi and shankhpushpi, should be taken in a small amount. Place it on the baby's tongue, only after that the mother breastfeeds the baby with the right breast for the first time.

How to take care of mother and child after delivery?

According to Charaka Samhita, to protect the mother from infection, to increase her immunity and to quench the *Vata dosha*, give her massage with Vatashamak oil like Bala oil, bath with hot water, *Vata* alleviating light and digestible food and drink should be given.



In our country, there is a very good tradition of the mother staying in her maternal home from three months before the birth of the child to three months after the delivery, where the mother gets a lot of comfort and care, which helps her to give birth to the child and learn to take care of baby. During this period she gets relief from the physical and mental pressure that occurs during the entire process.

After delivery, there is an increase of *Vata dosha* in the mother's body. To alleviate increased *Vata dosha* massage with Vatashamak oil like Bala oil, bath with hot water, staying in a hot place, having (greasy) aliphatic food like ghee and rest is very important. If the mother is unhappy and unwell, then it definitely has an effect on the child as well, it has been seen that the child of a happy and healthy mother grows very well and remains happy and away from diseases.

Remedies to make mother healthy and distressed • Mother should take maximum rest for at least one month. Along with being attached to the child, the thing that makes the mother most tired is the lack of sleep. Therefore, to avoid exhaustion, the mother should go to sleep early at night i.e. before nine o'clock or say that along with the child's sleep, the mother should also go to sleep. In such a situation, Yoga Nidra also reduces the stress caused due to lack of sleep.

- One should adopt a calm lifestyle and meet less people, talk less, stay in warm place, do not travel much and take help of helper for the rest of the household work for atleast one month.
- The mother's digestive system has a direct effect on the child health, so the mother should take special care of her diet. Mother should take light, digestible and nutritious diet.

Food to be taken -

Wheat, soft and well chopped fruits, vegetables that do not increase *Vata dosha*, Moong dal, Basmati rice, milk, ghee, almonds, dates, figs and hot beverages.

Some digestive spices like basil, cardamom, cinnamon, clove, cumin, asafetida, ginger, mustard, black pepper and turmeric.

Food not to be taken -

Cold, raw and spoiled milk, Cabbage, Capsicum, Cauliflower, Egg, Garlic, Onion, Peas, Potato, Sprouted grains, Most of dals (except Moong dal)

Sutika (mother after delivery) routine



- Massage the mother daily with ayurvedic oil like Bala oil and let her sleep for one hour. After that take bath with boiled water from the leaves of Neem or with Savlon or any disinfectant so that there is no infection on the body. After bathing, tie the mother's stomach with a cotton cloth or the Stomach belt available in the market today, so that the stomach and uterus can come in their natural position. Post-delivery massage provides relief to the mother, increases blood circulation, increases immunity, calms the nervous system and restores the muscles, nerves and bones.
- Some Ayurvedic medicines like Chyavanprash, Shatavari, Ashwagandha etc. should be given so that the mother becomes energetic and the quality of her breast milk becomes good.
- Apart from this, Dashmularishta is beneficial for quenching the *Vata dosha* and Jirakarishtha for increasing the breast milk of mother.
- Many women have constipation problem after delivery, for this papaya is beneficial in food. If even this, constipation persists, then Castor oil or Triphala powder can be given as medicine.
- Avoid intercourse karma for atleast three months so that the reproductive system comes to a completely natural state. In this situation, *Moolbandh* is beneficial. Douche of Amla (gooseberry) decoction can also be given to shrink the vagina.
- According to Ayurveda, mother's milk is most beneficial for the child, so breastfeeding should be started as soon as possible after the birth of the child, if the child does not hold the nipple by himself, then apply some honey on it and encourage the child to breastfeed. To increase the breast

milk the feeling of love for the child in the mother's mind is the foremost requirement. Along with this, the use of Shatavari, Milk, Ghee, Shobhanjan etc. is also beneficial. Ghee or turmeric can be used if the nipple gets sores. There is a common belief that the mother's milk can be stopped after a child's teeth erupt. By the way, this work also depends on the health of the mother and her other responsibilities like going out for a job.

Baby care -

The first six months of a child's life is very difficult time because during this time the baby has to find physically and mentally a place in the external environment and family. The more lovingly the transfer of the baby from the mother's uterus to the outside world, would be more beneficial for the baby to adjust.

The baby should be protected from outside wind, strong sunlight, rain, loud noise, strong smell, hard bedding etc. Everything should be soft and hot for the new member of the family. According to the Vedic tradition, the child is taken out of the house after fourteen days only after "*Nishkraman Sanskar*", in which the father takes the baby outside in the



sun and utters a mantra in his ear, wishing him a golden future.

Three important duties of a mother have been told to strengthen the spiritual connection with the child -

- Breastfeeding
- Massaging the child
- Carrying the child in her arms

According to modern times, the immunity of breastfed child is higher than that of bottle-fed child. The physical and mental development of the breastfed child is rapid and they usually do not grab any kind of infection or complaints of teeth.

There are 70 such elements in mother's milk which are not present in any other milk and these elements are necessary for the formation of important antibodies to increase the immunity of the baby.

From the time of first tooth eruption of the child, other solid food also should be started for the baby other than mother's milk. The first bite of grain is given to the child in the "*Annaprashan ceremony*" itself. The child can be given lentil water, rice water, banana, biscuits in milk, Cerelac, boiled potatoes etc. Cow goat's milk can be given to the child, but salt should be avoided for the first six months.

Massage is also an important part of the child's care. It is especially beneficial for premature babies as massage increases the weight of the baby and strengthens the bones. Massage increases blood circulation, removes toxins from the body, strengthens the nervous system,

maintains a healthy digestive system, reduces the chances of abdominal pain and most importantly, strengthens the child's sense of security. The child should be massaged with coconut oil or lakshadi oil in a warm room. Massage on the long bones from top to bottom, circularly on the joints and with very light pressure on the abdomen in a clockwise direction so that the gas is released from the stomach. Massage the head of a two-month-old baby with Brahmi oil. This massage can be done for ten to twenty minutes.

If the child has a stomach ache, then rub a pinch of asafetida in warm water and apply it on the child's navel, he will get a lot of relief. After half an hour of massage, bathe the child and put him to sleep. Do not massage if the child has fever or cold. New mothers can learn to massage from their elders. It has also been said- Best Massage flows from love rather than logic.

Arrange a comfortable bed for the baby to sleep according to the season, for which "cradle" is a famous place in which babies also like to sleep very much. Music is also a good option for baby's sleep. Hearing the sweet lullaby from the mother, the child slept happily. If the mother puts the child to sleep close to her, then the child, considering himself safe, sleeps for a long time.

Sixteen Sanskars(Ceremony)

According to the Vedic tradition, before the conception of a woman, various ceremonies are performed throughout the life of the child, which are as follows -

• Garbhadhan (Conception)Sanskar

This sanskar is performed after the marriage of a man and a woman and before conception.



In this ceremony, a healthy child is wished for after marriage.

• Punsavan Sanskar

This sanskar is performed in the second or third month after the conception of the woman. It mainly wishes for the attainment of a healthy and long-lived child.

•Simannatonayana Sanskar

It is mostly performed in the sixth or eighth month of pregnancy, we call 'baby shower' in common language. In this ceremony, the birth of a healthy child along with mother safe outcome from delivery pain is wished.

• Jat karma Sanskar

This sanskar is performed immediately after the birth of the child. In this ceremony, the child's eyes, nose, breathing tube, body, etc., are thoroughly cleaned to remove the fluid so that the child can breathe well in the outside world.

- **Naamkaran Sanskar**

This ceremony is performed on the tenth or 101st day after the birth of the child. In this, looking at the planets and constellations of the child, he is given a name. So that later he can get fame in this world by that name.

- **Nishkraman Sanskar**

This is done on the tenth day after the birth of the child. In this, the father of the child takes him out of the house and makes him see the God Sun.

- **Annaprashan Sanskar**

This sanskar is performed for a child of six months. In this ceremony, various sweet and salty dishes are kept in front of the child, out of which the thing which the child touches is fed to him. It is a belief that if a child touches a sweet item, then he is fond of sweet and if he touches salty thing, then he is fond of spicy. It is only after the Annaprashan ceremony that solid foods are started to be given to the child.

- **Chudakaran Sanskar**

It is called 'Mundan Karma' in common language, it is done for a child of 1 year or 3 years.

- **Karvedhan Sanskar**

In this ceremony, piercing is done in the ears of the child. It is considered as a type of protection. This is done for 8 to 10 months old baby.

- **Upanayana Sanskar**

When a child goes to a school for the first time to get education, then this sanskar is performed.

- **Vedarambh Sanskar**

It is performed at the age of 6 to 8 years when the child starts studying the Vedas.

- **Samavartan Sanskar**

This ceremony is performed for a 14-year-old boy when his knowledge of the Vedas is complete.

- **Marriage Sanskar**

This sanskar is performed at the time of the child being associated with his opposite sex for a lifetime, which leads to a supreme change in the condition and direction of his life. •

- **Vanaprastha Sanskar**

This ceremony is performed when that child has completed more than 51 years of his life successfully. It can be called Retirement in the modern environment.

- **Sanyasa Sanskar**

This sanskar is mainly performed after the age of 75 years, when a person renounces all kinds of worldly attachments and seeks salvation by concentrating only on God.

- **Antyeshti Sanskar**

This ritual is performed after death, after which the soul merges with the Supreme Soul, by giving fire to the mortal body, the son or daughter of a person, merging into the five elements, completes the last journey of his life.

Thus the journey of the soul from the time it enters the mother's womb to the merger of the five physical bodies into the five elements is an unprecedented experience. In which the journey of transforming from a child into a person is a rollercoaster of sometimes happiness, sometimes sorrow, sometimes jealousy, sometimes kindness, sometimes anger, love, sometimes restraint, sometimes desires, passing through different emotions, the soul attains salvation by spending its time in this world.