"A LITERARY VIEW OF SAUMNASYA IN STREE VANDHYATVA"

Surlake S.¹, Bawane V.², Danga S.³

1. Assistant Professor, Dept of Strirog and Prasutitantra B.R.Harne Ayurvedic Medical College, Karav, Vangani, Thane.
2. Professor and HOD. Dept of Strirog and Prasutitantra B.R.Harne Ayurvedic Medical College, Karav, Vangani, Thane.
3. Professor, Dept. of Kayachikitsa, Jupiter Ayurved Medical College, Nagpur.

ABSTRACT:
Stree Vandhyatva is defined as not being able to get pregnant inspite having unprotected intercourse for at least a year for most of the couples. Beeja particularly 'streebeeja' is the only entity which don’t have any alternative because it is the important component which resembles a family in future as their own offspring. Soumanasya Garbhjanananam which reflects peace of mind causes production of Garbha. As per Acharya Charaka, this is a one of the Adravya chikitsa. It is not mere the placebo effect in the upcoming evolution. To build a child's mental health is considered more important and Acharya Charaka describes “Soumanasyam Garbhadharnanam Shreshtam” so as to build a healthy mental status of a child.1 Also, Acharya Charaka depicts that the mental health of a female as the most important factor for garbhadharana.

KEYWORDS: Saumnasya, Garbhadharan, Vandhyatva

INTRODUCTION:
Health according to Ayurveda is defined as equilibrium of Dosha, Agni and Dhatu as well as healthy status of mind, body and soul.² Several times a couple whose biochemical as well as physical parameters which are found absolutely normal fail to conceive. It is a matter of further research to calibrate the Soumanasya Bhava which varies individual to individual. Charakacharya stated in the Agraya Samgraha as ‘Soumanasya Garbhajananaam’ which explains that good mind state can serve many issues. Infertility itself is a cause of anxiety, stress and depression. The role of manasika bhava is extremely important. An intervention in the level of manas as a part of routine infertility management can be expected to yield significant results. In Charaka Samhita, Vajikarana Adhyaya Charaka highly specified that if you have no issue then it is said as Nindaniya. The Manasika Dosha are considered as Rajas and Tamas and Satva is considered as Shuddha.

DISCUSSION:
Aspects which relate to Soumanasya Garbhajananaam-
• Charaka has incorporated the various aspects along with Manasika causes -
  1. Vatadi Dosha Sanchaya or Vriddhi.
  2. Samudaya of shatbhavas and satvaja bhava
  4. Tikshna and Ushna Dravyadhika Sevana.
  5. Vishamashana.
  6. Sudhe anile, hrdi
  7. Vishamashayana
  8. Vishamasthana Sampeedana and Aghatha
  9. Krodha, Shoka, Irshya, Bhaya, Trasa
  10. Garbhasambhav samagri: Ritu, Kshetra, Ambu, Beeja
• Garbhodhana aims at conception i.e., production of Garbho- It intends to possess the following;
  1. Maihune anukulau³
  2. Samjatha harsha

3. Manojna and hitam asanam asitva
4. Sattvaja Bhava - Bhakti, Sheela, Shaucha, Dwesha, Smruti, Moha, Tyaga, Matsarya, Shourya, Bhaya, Krodha, Tandra, Utsaha, Taikshna, Mardava, Gambhirya, Anavasthitava, Anyobhava.Charaka has enumerated Sattvaja Bhav as belief in God, character, cleanliness, enmity, memory, sacrifice, anger, delusion, malice, prowess, fear, fury, drowsiness, spirit, sharpness, softness, profundity, unsteadiness of mana.⁴ Vandhyatwa confines to-This explains primary as well as secondary Infertility
1) “Manaso abhighatat. garbham chirat vindathy saprajaapti”⁵
2) “Maatradeenameva thu garbhakaranam bhavanam vyapathirnimittam asya ajanama bhavathy”

Factors contributing to Manasopghat:
- Pollution
- Poverty
- Natural disasters
- Work related stress
- Marital disputes
- Time management issues
- Disability
- Illness
- Injury
- Death in family
- Improper food and lifestyle habit

Poorvarupa:
- Adhimamsa
- Lack of self esteem
- Tandra
- Decreased libido
- Pramehapoornarupa
- Ashraddrha
- Isolation
- Aruchi
- Asyavairasya
- Klaibya
- Weight gain
➢ Weight loss
➢ Depression
➢ Mood disorders
➢ Dhatwagni vaishamya - hormonal imbalances – HPO, HPA, HPT axis
➢ Anorexia nervosa
➢ Obsessive behavioural changes
➢ Autoimmune disorders

CHIKITSA TATWA:

DIET-
1. satvika aharas – ghrita, ksheera, balanced and healthy diet
2. seelaneeya dravyas in proper matra
3. Following astha
   aharavidhiviseshayathanas

ACHAAR-
❖ Yoga
❖ Dharaaneyya vega dharana
❖ Satam upasanam
❖ Pranayama
❖ Rithucharya
❖ Dina charya
❖ Proper swapna
❖ Proper maithuna charya
❖ Dhee dhairyam, atmadi vijnamam
❖ Sadhriththa Palan
❖ Yama
❖ Niyama
❖ Achara rasayana

CONCLUSION:
Saumanasyam is the best tool for achieving conception. Therefore Acharya Charaka has described that by avoiding Shoka,Krodha, Asuya, Bhaya, Irshya, Trasa, and Kshobha,Sadvruta can be maintained. The pregnancy can be affected in a negative manner by the mansik bhavas like depression, stress, unsteadiness of mind.Sattvavajaya Chikitsa in Garbhini includes Devata Brahmana Pujana, Shaucha, Sadavachara, Achara, Saumya Manonukula Katha Shravana, Hitorata. It also includes Ahita Artha Mono Nirgraha i.e. Krodha, Shoka, Asuya, Irshya, Bhaya, Trasa, Samkshobha Varjana. Stress is the absence of swasthya as it affects the major phenomenon that is prasanna mana avastha and we need to bring back swasthya for a healthy progeny to appear. This mode of approach in infertility management is expected to yield much more results as it targets the main factor “Manas” involved in the union of two people. An atmosphere of love harmony piece is very essential to welcome a new life and this approach will definitely help in achieving this.

REFERENCES:
5.Prof. V.N.K. Usha, Chaukhamba Sanskrit Pratishthan, Delhi, A textbook of Obstetrics (Prasutitantra), Chapter no, 2: 108.
7.Samhita by Agnivesha, revised by charak Dridhbala with Ayurveda- dipika commentary