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## “A LITERARY VIEW OF SAUMNASYA IN STREE VANDHYATVA”

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### 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 Garbhjananam 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 Garbhadharanam Shreshtam” so as to build a healthy mental status of a child.<sup>1</sup> Also, Acharya Charaka depicts that the mental health of a female as the most important factor for garbhadharana.

**KEYWORDS:** Saumnasya, Garbhadharan, Vandhyatva

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**INTRODUCTION:**

Health according to *Ayurveda* is defined as equilibrium of *Dosha*, *Agni* and *Dhatu* as well as healthy status of mind, body and soul.<sup>2</sup> 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 'Saumanasya 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*
  3. *Vatamutra Purisha Vegavarodha*.
  4. *Tikshna and Ushna Dravyadhika Sevana*.
  5. *Vishamashana*.
  6. *Sudhe anile, hridi*
  7. *Vishamashayana*
  8. *Vishamasthana Sampeedana and Aghatha*
  9. *Krodha, Shoka, Irshya, Bhaya, Trasa*
  10. *Garbhasambhav samagri: Ritu, Kshetra, Ambu, Beeja*
- *Garbhadhana* aims at conception i.e., production of *Garbha*- It intends to possess the following:
  1. *Maithune anukulau*<sup>3</sup>
  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*.<sup>4</sup> *Vandhyatwa* confines to-This explains primary as well as secondary Infertility

- 1] "*Manaso abhigatat. garbham chirat vindathy saprajaapi*"<sup>5</sup>
- 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
- *Pramehapoorvarupa*
- *Ashraddha*
- Isolation
- *Aruchi*
- *Asyavairasya*
- *Klaibya*
- Weight gain

- Weight loss
- Depression
- Mood disorders
- *Dhatwagni vaishmya* - 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 aharavidhivisheshayathanas*

#### ACHAAR-

- ❖ Yoga
- ❖ *Dharaneeya vega dharana*
- ❖ *Satam upasanam*
- ❖ *Pranayama*
- ❖ *Rithucharya*
- ❖ *Dina charya*
- ❖ Proper *swapna*
- ❖ Proper *maithuna charya*
- ❖ *Dhee dhairyra, atmadi vijnanam*
- ❖ *Sadvrittha 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, Sadvrutta* can be maintained.<sup>6</sup> The pregnancy can be affected in a negative manner by the *mansik bhavas* like depression, stress, unstability of mind. *Sattvavajaya Chikitsa* in *Garbhini* includes *Devata Brahmana Pujana, Shaucha, Sadavachara, Achara, Saumya Manonukula Katha Shravana, Hitorata*. It also includes *Ahita Artha Mano Nigraha* i.e. *Krodha, Shoka,*

*Asuya, Irshya, Bhaya, Trasa, Samkshobha Varjana*.<sup>7</sup> Stress is the absence of *swasthya* as it affects the major phenomenon that is *prasanna manas 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.

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