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EFFECT OF PUMSAVANA KARMA AND GARBINIPARCHARYA ON THE GROWTH AND DEVELOPMENT OF THE FOETUS – A REVIEW

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ABSTRACT

Ayurveda is an evidence based science. The ancient text guides the Ayurvediya physicians to examine the patient with various methods. The concepts of evidence collection are based on fourfold parameters that are called as Pramana. The four Pramana are as follows: Pratyaksha Pramana is the direct observation, Anumana Pramana is an inferential evidence, Aptomadesha is scriptural evidence and Yukti Pramana is a planned rational experimental evidence. The Ayurveda scholars have significantly expanded the area of research. The research in Ayurveda can be divided into three basic categories. 1) Research in literature and theory Experimental research and Clinical research. Ayurvedic research is more concentrated towards drug research. The basic principles are the foundation of Ayurveda and they seem to be ignored.

INTRODUCTION

Genetics plays an important role in the modern world. It is the science of life pertaining to genes or the basic unit of heredity. It is through this science that man is now able to bring about revolutionary changes in the bio-logical features. It effects not only plant life, animal kingdom but also human domain. It is a vast subject with a multi-spectrum. But my article is restricted to the change of sex in the embryo of the conceived woman. Pumsavana is one of the sixteen rituals known as Shodhasha Karmas. This samskara or treatment is administered to the pregnant lady in the third month after conception. In view of the adventurous journey of human life, ancient Rishis of India formed at every stage throughout life, from birth to death. As rational beings we have to adopt those samskaras for the benefit of a prosperous and fruitful living. These ceremonies are divided into two categories 1) Pre-natal ceremonies 2) postnatal ceremonies. Pre-natal ceremonies are: 1. Garbadhana, 2. Pumsavana, 3. Seemantham, Post-natal are 4. Jathaka, 5. Namakarana, 7. Annaprasna, 8. Chuda or Keshakandana, 9. Karnavedha, 10. Upanayana, 11. Akshrabhyasam, 12. Samavartham, 13. Vivaham, or Marriage, 14. Gruhasthashramam or household-life, 15. Vanaprasthashram or practice of detachment, 16. Sanyasa or renunciation. In Mahabharatha we read about the lineage of Pandavas. The mysterious birth of Kunthi Puthras. How a virgin princess would give birth to these illustrious sons

through the grace of Devas i.e., Yama, Indra, Surya, Ashwani etc., Another feat of genetic engineering, a case of transplantation of foetus is observed in Bhagwatha Purana. Under the guidance of superphysician – Bhisagvara Yogarat Lord Krishna, Yoga maya, the super lady surgeon, pulled out the foetus from the womb of Devakidevi by applying hypnotic anaesthesia and safely transplanted it in the womb of Rohini. Many theories postulated in regarding antenatal sex determination in human embryo have a subject for entire medical faculty. Pumsavana Karma is one of concept postulated by ancient Acharyas in Ayurveda. Charaka and even Vagbhata have presented in a very nut shell symbolic form. To update revalidates the concept of Pumsavana Karma required proper research work with help modern equipments & parameters. General public since from begening interested in knowing how the mankind originated and developed. Thus curiosity resulted in the development of a seperate branch of Rachana Shareer under the heading of Garbha Shareer. After relevant development in the fundamental basic knowledge of Garbha Shareer eager to determine the sex of the future developing offspring prior to birth. Thus result in the development of theories like Pumsavana Karma One more astounding case of genetic engineering is noticed in Mahabharatha. Aswathama, the heroic son of Dronacharya used a nuclear weapon called Brahmasironamaka to wipe off the lienage of Pandavas by killing the child Parikshit in its mother's womb. The

child was protected by super genetic engineer, Lord Krishna who neutralized the terrific effects of radiation through his anti nuclear disc Sudharshanachakra. Similarly we come across the queer births of several mythological figures like Kamalambhava, Kumbhambhava, Anjaniputra, Drona, and Masthyagarbha etc., in puranic literature. There was a time when such births were considered as fantastic myths or fictitious stories, full of super-natural romanticism but now we have test-tube babies among us. They are the marvels of scientific research and genetic advancement. With the aid of modern science we can understand the secret natural laws hidden till now behind the mysterious births of such mythological heroes. In the present article, I have labored to give a faint picture of the enormous advancement made by our fore-fathers in the field of genetics, thousands of years ago in the remote past when the rest of the globe had not seen the ray of light. Our subject is concerned with the pumsavana Samskara which holds the nuclear part of the epic. Marriage is not merely a social contact but is considered to be a sacred bond according to Hindu law. It is a pledge entering into household life by male and female to carry on "Gruhastha Dharma" for the purpose of keeping one's lineage to achieve four goals in life – chaturvidha Purusharthas, Dharma, Artha, Kama and Moksha. Nisheka is the sexual contact of the male and female, Garbadhna implies the sowing of seed in the fertile field. Man and women are boundless electricity,

when they are brought together sexually, a series of electric currents would be released which may react on them favourably or adversely depending upon the harmonious or discordant nature of the vibrations released. Sexual union, pregnancy and reproduction of human species are the essentials on which the world exists, sexual union should never be based upon simple sense gratification. There is a sacredness about sexual functions and when moral and spiritual considerations are not respected and the corresponding offspring will be of most heinous type. Charaka, the glorious physician of ancient times, prescribes a code of conduct to be adopted by the couple to get the child of their choice. Man and woman should undergo cleansing process through Snehakrama or oil massage Svedhan or Steam bath, Vamankarma or Vomiting or Virechana or purging. They should further have both types of vasthis or enemas 1. Asthapana and anuvasthana vasthis, evacuating and assimilating respectively. Man should take in milk prepared from MADHUR OUSHADHIS and ghee. Woman should take in plenty of puddings prepared with blackgram (Udud) and sesame oil. After three days on the fourth day she should be given a thorough oil headbath using sugandha ubatan paste. After bath woman should wear white sari. The man also must put on white clean robes the man and woman should adorn with beautiful necklaces and flower garlands. While exchanging sweet smiling looks they are expected to have copulation when ignited by romantic sparks. HOW TO GET CHILD OF FAIR

COMPLEXION In charaka Samhitha sage Atreya applied the principles of colour therapy on the gees in the following formula. Man and woman longing for a child with a good physique, fair complexion lion-heart full of grace and noble qualities, should follow instructions given as under. On the fourth day of the menstruation of woman shall have a cleaning bath. She should be given in a silver plate Sattu (Flour of puffed wheat) mixed with ghee, honey along with milk of whit cow having a white calf. This tonic recipe should be continued for a period of seven days. In the usual menu also the woman should be fed rice and other foodstuffs along with milk of curd, ghee and honey. Care should be taken that the milk procured should be from a white cow having a white calf. She should dwell in a white washed house. Her clothing bedding, vehicles other utensils of domestic use should be white in colour. Both at sun-rise and sun-set the woman shall have darshan of a big white bull or a horse or dolls of these beasts made of white sandalwood (Ivory) etc. She shall wear white washed house. Her clothing bedding, vehicles other utensils of domestic use should be white in colour. Both at sun-rise and sun-set the woman shall have darshan of the big white bull or a horse or dolls of these beasts made of white sandalwood (Ivory) etc. she shall wear white lotus flower garlands and put on ornaments made of silver. She should be kept in joyful moods by means of interesting stories or lovely chat. The woman shall always fix her mind in the personality of ideal Mahapurusha, whose

characteristics she intends to pass on to the coming child. She is warned not to look at indecent, ugly, obnoxious, cruel and terrifying scenes or persons. She is advised to associate herself with the gentle and handsome friends having sweet tongue. This should be continued for a period of week days. There are elaborate functions of Putrayasti or Putrakamesti described in vedic texts and Srimad Ramavana of Dasaratha times. But charaka has simplified the ceremony. Where in the man and the woman are made to perform Homa with herbs like palasha, Hingudi, Audhumbara, Madhuki, combined with ghee, honey and white lotus flowers under the supervision of vedic scholars as Rithwiks. The Rithwiks perform Homa praying Brahma with the Rik (hymn) 'Vishnuryonim Kalpayathu" for fruitful conception of the women as desired before to get a noble son of great virtues. In charaka Samhitha sage Atreya applied the principles of colour therapy on the gees in the following formula. Man and woman longing for a child with a good physique, fair complexion lion-heart full of grace and noble qualities, should follow instructions given as under. On the fourth day of the menstruation of woman shall have a cleaning bath. She should be given in a silver plate Sattu (Flour of puffed wheat) mixed with ghee, honey along with milk of whit cow having a white calf. This tonic recipe should be continued for a period of seven days. In the usual menu also the woman should be fed rice and other foodstuffs along with milk of curd, ghee and honey. Care should be taken that the milk procured should be from a

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'Vishnuryonim Kalpayathu" for fruitful conception of the women as desired before to get a noble son of great virtues. This suggest that during the indifferent period the gonads are not still well developed. By interfering With AMH, it can influence the sex of offspring. This hormone interfered by activating the pituitary gland through inhalation of drug as in Pumsavana Karma. Procedure of Pumsavana Karma According to Sushruta the drug Lakshmana, Vatashringa, Sahadeva, Vishwadiva etc. should be pasted with cow's milk and 3- 4 drops of expressed juice should be instilled in right nostril to the woman desirous of a male baby. According to Charaka, two intact and healthy leaf buds of Banayan tree, seeds of Dhanya masha and yellow musturd should pasted with curd and is taken during Pushya Nakshatra. By Asthang Hridaya, the pregnant woman keeping the head on a doorsill should instill personally few drops of juice prepared by Shalipisti during Pushya Nakshatra in the right nostril. A small red hot idol of man made with gold is dipped in milk, or water and total quantity should be taken during Pushya Nakshatra. Here Pushya Nakshatra in suggested because it is the musculationising planet due to its masculine properties. Other than this it is also having psychological effect on the pregnant woman hence chosen as auspicious plants for this work. DISCUSSION For the achievement of the object of sex determination the nasal rout was selected as the rout of drug administration. The anatomical and physiological pathway which might be causing their impact on

the determination of sex during different period of intrauterine life. The olfactory nerve is closely associated with nose. The small pair of Nervi terminalis which is non medulated nerve fibers on them. There are some small groups of bipolar and multipolar nerve cells, each nerve runs along with the medial side of corresponding olfactory track & its branches on cribriform plate of the ethmoid bone and distributed to nasal mucus membrane. Controlling the nerve connected to brain close to anterior perforated substance. The drug used for Pumsavana Karma have an antidiuretic property. Posterior lobe of pituitary secrete ADH, it established that these drugs are also effect on pituitary gland. The posterior lobe of pituitary has vascular connection with hypothalamus. The veins communicates between these two structures pass one some unknown hormones or nuro secretory substance from hypothalamus to anterior lobe of pituitary. The anterior pituitary has its control on the activity of the glands. In Ayurveda said that rout of drug administration through transnasal route because "nasa hi shiraso dwaram" i.e. nose is the gateway of head. Through this efficacy of drug centers in to the body. Homa the couple is made to partake the Yognasesha that is remnants of the payasam ghee etc., with the blessings of Ritwiks. Subsequently the couple is advised to have copulation for eight days. This is the technique to get a child of one's choice in hue and complexion. But only change in he procedure as described above is to change the colour as per one's desire

charaka the wise sage has still further simplified the method for mass the poor and depressed householders need not perform Yesti ceremonies. It is enough that they approach Mahatma or siddhapurshas and pray falling on their feet to grant their desire. The success of the technique lies in making the woman to constantly recall to her mind the noble qualities of the person whose characteristics she intends to implant in her coming child. The picture formed on the screen of brain T.V. and the thought currents generated will be transmitted through channels of motor nerves and these waves are received by the brain studio of the embryo and forms a replica of the original. That is the reason whv shastras declare that father is born in the form of son* It will not be out of place if I quote two mysteries of instructing the child in the womb of its mother through the genetic Engineering process mentioned in the ancient scriptures Bhagavatha Purana and Mahabharatha. Rani Leelayathi, the consort of king Hiranyakashipu was pregnant when she was taken to Naradamuni's Ashram in exile. There Maharshi took care of her well-being. He made her listen to the glorious of Narayanatatwa. The child in the womb grasped the teachings of the saint and that was the reason why prahallada became a staunch Vishnubhakta since his birth though born to a Rakshasa Parents. In the second instance the Mahabaratha says that when Abhimanyu's father Arjuna was describing the secrets of warfare – Padmavyuha to his consort subhadra Abhimanyu listened to the conversation form other's womb. The above two

incidence seem to be more fictious and they need verification of the facts whether it is possible to impart instruction to the child in the womb. Recently some light has been thrown by the U.S Scientists on this dark chamber of human life. The U.S Scientists studying the hearing capacities of foetus confirmed that learning begins before birth. A report in a leading magazine "Science" says.

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