

EFFECT OF PUMSAVANA KARMA IN CONCEPTION

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ABSTRACT

Introduction: The ultimate goal of family is to have a healthy, intellectual and beautiful child called as “*Suputrakameeya*”. “*Pumsavanam ithi pumsatva karakam karma*” is the one of the *shodasha karmas* performed to ensure a fruitful and prosperous life. **Aim and objectives** :This procedure can be done before conception or immediately after conception in *pushyanakshatra* to achieve a healthy progeny. *Pushyanakshatra* is known as “The star of nourishment “. It aims mainly at *Garbhadharana* and *Garbhashthireekarana*. **Material and methods:** Here, *Pumsavana karma* prescribed for conception. It should be brought into practice for a planned pregnancy to get a healthy child and making the couples well prepared physically, psychologically, socially and emotionally for future events. **Results** :The Topic selected for the present study is a method of treatment which will impart a better result without any side effect and cost - effective remedy as the success rate is high. **Conclusion:** The medicines used are easily available, can be easily prepared and administered, are of less cost and also have a good effect. Hence an attempt is made with case report of “Effect of *Pumsavana karma* in conception”.

Key Words: *Garbhashthireekarana, Garbhadharana, Pumsavanam, Pushyanakshatra.*

INTRODUCTION: The ultimate goal of a family is to have a healthy, intellectual and beautiful child and is called as “*suputrakameeya*”. To achieve healthy progeny, the most significant role is to have proper conception. The formation of a viable zygote by the union of a spermatozoa and an ovum is known as conception. The ideal time for conception is 10th-16th day of the menstrual cycle. *Pumsavana* is one of the *shodasha karmas* performed to ensure a fruitful and prosperous life.

AIM & OBJECTIVES:

“*Pumsavana ithi pumsatva karakam karma*”- The procedure which is done before or immediately after conception in the time of *pushya nakshatra* to achieve a healthy progeny¹. *Pushya nakshatra* is the

best day and is named as “The star of nourishment”. *Pumsavana* done in the time of *pushya nakshatra* is ideal one and it aims mainly at 1. *Garbhadhana* – *Pumsavanam karma* is done before conception to achieve conception, 2. *Garbhashthireekarana*. - *Pumsavana karma* is done after conception for proper implantation and stability of the progeny.

MATERIAL AND METHODS:

Pumsavana karma is prescribed as a preconception care or at the time of conception or immediately after conception. This method should be brought into practice for a planned pregnancy to get a healthy child and make the couples well prepared physically,

psychologically, socially and emotionally for future events².

PUMSAVANA KARMA IN LITERATURES:

Various authors have mentioned varied forms of procedures using specific drugs with stringent methods of taking them. The methods mentioned are to be done either preconception or post conception.

According to *Acharya sushruta*, both husband and wife should observe celibacy for one month. During this period, the husband should take milk, ghee and rice as a diet and women should take black gram and oil. Thereafter, on the 4th day after menstruation, the lady after cleaning herself, adorned with good clothes and ornaments should appear before her husband after auspicious mantras have been recited. Intercourse is advised on even nights for the desire of male baby and odd nights for the female baby. After the 17th night ,intercourse is said to be futile. *Suśruta* had advocated that it should be done just after the achievement of conception (*labdhagarbhā*). *Dalhana* had explained that this process is done with three objectives (1) before conception, use of inhalation of drugs etc. followed by coitus is for achievement of conception, (2) immediately following conception is for its proper implantation³.

According to *Acharya charaka*, before conception the rites should be performed in the presence of woman and man by a priest according to *Shastra vidhi*. The priest should conduct the rituals with recitation of the *sloga* mentioned in the *Rigveda* , “*Vishnur yonim kalpayatu*” - May Lord *Viṣṇu* prepare the womb; May Lord *Tvastr* make the respective forms; May Lord *Prajapati* spray the sperm; May Lord *Dhātṛ* protect your (wife's) womb and give oblations to the fire. Water should be

purified with sacred mantras and given to the lady to use for activities associated with water. The couple should walk around the fire and take the processed ghee prepared by the priest on completion of the rituals, the couple should join for union for 8 successive nights. *Pumsavana karma* is done keeping in mind the living place (*Deśa*) and specific period (*kāla*) the result is definite. *Pumsavana karma* should be done after conception but before conspicuousness (*Vyaktibhava*) of organs or upto two months⁴.

CASE REPORT:

A female patient aged 28 yrs was suffering from female primary infertility for 5 yrs. Married at the age of 23 yrs and her marital life is 5 yrs. Menstrual cycle is regular since menarche. K/H/O – 3 fibroids noted in the posterior wall, lateral wall and in lower uterine segment. No H/O Thyroid disease, DM & HTN. Menstrual history is 5 days with normal flow and 28 days of interval. No history of clots, white discharge and dysmenorrhoea. Bowel – Good, Appetite – Normal, Micturition – Regular, Sleep – Good. She does *Shashangasana* and *suryanamaskar* regularly. All laboratory investigations are normal for the patient and her husband. Initially planned to start with *Pumsavana karma* alone for 3 months continuously in *pushyanakshatra*.

MEDICINE PREPARATION:

According to *Acharya Charaka* two intact healthy leaf-buds (*vatashringa*) plucked from two eastern or northern branches of a banyan tree grown in a cowshed, along with two perfect (possessing good *rasa*, *virya* etc.) seeds of *Dhanya masa* and *Gaura sarsapa* (white mustard) should be taken with curd during *pusyanaksatra*⁴. In this case of female infertility condition 8 *masha*, 8 *shweta sarsapa*, 8 *vata shringa* are

soaked in curd for one night. In the next morning, this mixture should be pestled to become liquefied and ready to instill.

PROCEDURE: Once the couple is planning to have a child, they should be given counseling and explain about do's and don'ts. Start with local *abhyanga* with *vatahara thaila* and then do *pata swedana* (cloth dipped in warm water). Then wipe

the face with clean cotton cloth. Now the prepared mixture of *dravya* (*Vatashringa, masha, shweta sarsapa*, curd) is made ready in a glass. This pestled mixture is instilled into the right nostril - 4 drops, left nostril - 4 drops and 2 spoons taken orally. Same procedure repeated for 3 months on *pushyanakshtra*.

S.NO	DATE	PROCEDURE	MEDICINE USED	DROPS
1.	22.12.2021	Pumsavanakarma	<i>Curd, Masha, Shweta sarsapa, Vatashringa</i>	Rt,lt nostrils – each 4 Orally – 2 spoons
2.	18.01.2022	Pumsavanakarma	<i>Curd, Masha, Shweta sarsapa, Vatashringa</i>	Rt,lt nostrils – each 4 Orally – 2 spoons
3.	14.02.2022	Pumsavanakarma	<i>Curd, Masha, Shweta sarsapa, Vatashringa</i>	Rt,lt nostrils – each 4 Orally – 2 spoons

Table No.1 TIMELINE:

RESULTS: The patient successfully got conceived by *Pumsavana karma* in *pushyanakshtra* done for 3 consecutive months. *Pumsavana karma* should be prescribed as a preconception care and brought into practice for a planned pregnancy to get a healthy child. This method will impart a better result without any side effect and cost effective treatment as the success rate is high.

DISCUSSION:

The drugs used for *Pumsavana karma* directly or indirectly acts on the HPO axis and stimulates the secretion of hormones responsible for the conception. *Pumsavana karma* gives the action of progesterone which is responsible for *Garbhastireekarana* (support for pregnancy) and acts on Hypothalamo Pituitary Ovarian axis to achieve *Garbhadarana* (conception) in case of infertility. As well as the medicine which is instilled through nasal route will acts on Hypothalamo Pituitary Ovarian axis which provides effect on

proper conception. The Ayush department should set standard guidelines for the practice of *Pumsavanakarma* with primary and secondary indications to avoid misusing.

CONCLUSION: The concept of *Pumsavana karma* in a planned pregnancy has to be propagated and given popularity rather than for the purpose of desired sex child. Ayurveda provides methods of naturally producing healthy progeny by methods mentioned in *Pumsavana karma*. The medicines used are easily available, can be easily prepared and administered. It should be widely used to combat the problems of repeated abortions and infertility as well as to produce healthy, intelligent, beautiful progeny with strength, vigor and longevity for tomorrow.

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Image 1. USG Report of Pumsavana Karma

