



ROLE OF GARBHASHARIR ON POSITIVE EUGENICS

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ABSTRACT:

Ayurveda is the ancient science and crux of ideal lifestyle. Being science of life, Eugenics has been widely studied by our *Acharyas*. There is detailed description of evolution of human being mentioned under the head of *Garbhavkranti* Chapters in *Samhitas*. Apart from evolution, this chapter also deals with development of healthy progeny in terms of physical, mental, social and spiritual well being which is termed as Eugenics in modern science. *Ayurvedic* classics have rightly spotted the importance of healthy progeny and have advised *shaman* and *shodhan chikitsa* for the same.

Eugenics has been less researched in India, as most of the health industry deals with the treatment of diseases and managing the disorders as they come. But *Ayurveda* has its basic principle of maintaining the equilibrium of health and has emphasized the importance of healthy progeny to develop healthy nation. Considering the classical references of *Ayurveda* like *Suprajanana*, *Pusamvan*, *Masanumasik paricharya* etc; analysis and understanding of concept of positive eugenics can be achieved.

The fact that parents are now days more aware of their progeny and everyone put all possible efforts so that best progeny can be delivered. Hence this article is focused towards understanding the concept of Positive Eugenics in *Ayurvedic* literature and its application for procreation of better & healthy progeny.

KEY WORDS: *Garbha*, Eugenics, Healthy, Procreation, Progeny.

INTRODUCTION

In this modern era, intense pressure filled atmosphere everybody wants a child who can fulfill all their dreams. Every newly married couple wish from the bottom of their heart that they would be blessed with a beautiful child by Almighty God since *priti*, *bala*, *sukha*, *yasha* etc are under influence of progeny. Modern Medicine is working on a designer baby with the help of a genetic engineering while *Ayurveda* has explained the concept of the desired baby through *suprajanirmiti*. The concept of *Pusamvan* have been described in order to delivered desired type of progeny. Not

only this, classical literature has also focused on prevention of handicapped child by adopting the measures like *garbhini paricharya*, following *dinacharya*, *ritucharya* etc.

Modern science has defined Eugenics as science of developing healthy race. It has also been defined as science that deals with the influences that improve the overall qualities of a race with utmost advantage. The term involves Eu which means well or good and Gene means born i.e. well born. This term was first coined by "Galton".



MATERIALS AND METHODS:

This is conceptual type of study, all sort of references has been collected and compiled from various available *Ayurvedic* classics text like *sushrut samhita*, *charak samhita* and available commentaries on it. Literature is also compiled from modern text books. Research article is also searched from various website related to *Garbhadhan*, *Garbhasanskar* and Eugenics. All matter is analyzed and attempt has been made to draw best possible conclusions.

AIMS & OBJECTIVES:

1. To understand the concept of Positive Eugenics in Ayurveda and its comparison with modern science.
2. To establish role of positive eugenics in pre-marital counseling.

CONCEPTS OF EUGENICS IN AYURVEDA

Ayurveda's classical texts have advised many formulations for healthy persons who are willing to go for Procreation. As we know "As you sow, so shall you reap" so instead of only thoughts, now time has come to follow *Ayurveda* for better procreation of progeny. (Sushrut sharir 3/46).

Garbha Sharir

- 1) Garbha Vyakhya (Su.Sha.5/2)
- 2) Garbha Nirmankar Bhav (Su.Sha 2/34)
- 3) Garbha Masanumasik Vriddhi –Garbhav Kranti (Su.Sha 3/18-39)
- 4) Garbha Poshan (Su.Sha 3/40)
- 5) Garbha Shadbhav(Su.Sha 3/43)
- 6) Garbha stithi (.Su.Sha 5/57)
- 7) Garbha Prakruti (4 Su.Sha /62)

EUGENICS IN MODERN SCIENCE

1) Eugenics is the applied science of biosocial movement which advocates the use of practices aimed at improving the genetic composition of a population.

2) In a historical and broader sense, eugenics can also be a study of "improving human genetic qualities." It is sometimes broadly applied to describe any human action whose goal is to improve the gene pool.

3) Eugenics policies and programs includes genetic screening, birth control, promoting differential birth rates, marriage restrictions, segregations, compulsory sterilization forced abortions or forced pregnancies and genocide.

Meaning

It is a social philosophy which advocates for the improvement of human hereditary traits through the promotion of higher reproduction of more desired people and traits, and the reduction of reproduction of less desired people and traits.

Types

Eugenic policies have been conceptually divided into two categories. 1) Positive eugenics is aimed at encouraging reproduction among the genetically advantaged, for example the reproduction of the intelligent, the healthy, and the successful. Possible approaches include financial and political stimuli, targeted demographic analyses, in vitro fertilization, egg transplants, and cloning. 2) Negative eugenics is aimed at lowering fertility among the genetically disadvantaged. Negative eugenics aimed to eliminate, through sterilization or segregation, those deemed physically, mentally, or morally "undesirable". This



includes abortions, sterilization, and other methods of family planning.

DISCUSSION:

“Every one likes to dream of a better society” modern medicine is working on a designer baby with the help of a genetic engineering while *Ayurveda* has explained the concept of the desired baby through *Suprajanirmiti*. It has been written in many ways in *samhitas* like *Rutucharya* & Importance of *Garbhotpadak bhav*, *Garbhadhan*, *Garbhavikriti* etc.

But the problem is ignorance towards the traditional science and attraction towards developing digital science. If we see and think the ancient concepts along with references we have to salute the *acharyas* for their future perspective view. Hence this is a little attempt to collect their views and compare with the concepts like eugenics and teratology.

In *sushrutsamhita*, *Acharya sushrut* has explained *shukradrushti* and its treatment initially before *garbhadhan* all four *garbhotpadak bhav* has more importance i.e semen and ovum are the **Beej**, ovulation period as **Rutu**, female reproductive organs means **Kshetra** and **Ambu** bhav means proper circulation.

As we know “What you seed is what you reap” It means *shudhha beej* i.e spermatozoa and ovum results in a healthy fetus.

It has been said the mother’s diet behavior and regimen Should be very protective and according to the *prakriti* of her . Because impression upon the mother of any kind acts upon the child.

Acharya shushrut has explained *putriyavidhi sanskar*, it should start a month before conception. The *Sanskar* mainly includes one month abstinence and traditional diet with home made ghee & *Shaktishali* rice.

During *Putriyavidhi sanskar* couple should set a certain time for concentration of the duty in which they prepare their body as well as mind, Obviously it depends upon *aharvihar* (regimen) what they gaining.

Pusavan vidhi has been told by *acharyas* is not about sex determination. It is important as concern with conception, to avoid habitual *abortions* as well for the desired baby.

Acharya Charak has mentioned *Anuvanshik siddhant*, according to it the *spermatozoa* and ovum must healthy otherwise anomalies may be caused by defects in a specific Chromosome or in specific gene. The child of a mother whose wishes are not honored and gratified during pregnancy stands in danger of being born handicapped Ex. *Palm less*, hunchbacked, lame, dumb, deaf etc.

The Malformation of a child in the womb should be ascribed to the atheism of its parent or to the effects of their misdeeds in a prior existence.

If we see the meaning Eugenics, It is a social philosophy which advocates for the improvement of human hereditary traits through the promotion of higher reproduction of more desired people and traits, and the reduction of reproduction of less desired people and traits.

Positive eugenics was the ideas devoted to improving the human species by increasing the breeding of especially “fit” individuals. It looked to sort out the better elements in human and support the reproduction of the people who possess those elements. The goal was to eventually



perfect the human race.

Hereditary Causes:

Anomalies may be caused by defects in a specific chromosome or in a specific gene. The development of the embryo is dependent primarily on genetic influences. However environmental conditions can also exert an important effect. For ex. Chick embryo can develop when the egg is placed at suitable temperature

About 80 % of all congenital malformations are produced by a combination of genetic & environmental factors.

Environmental Causes –Infections, (Chicken pox, Syphilis) Malnutrition, Antigenic reaction, Drugs & chemicals, Hormones and physical factors (X-ray, Radiotherapy)

It means *Garbhotpadak bhav* i.e Beej (Gametes) and *Rutu* (Ovulation) means environmental conditions plays very

important role in the procreation of healthy child.

CONCLUSION:

The Aim of any parent is to bear & nurture a *Healthy*, capable child who can face the pressure of our increasing complex life style.

Ayurved's concepts of procreation are as good as positive eugenics and these are very easy to guide and to Implement on couple who is willing for procreation.

If women are provided with expert guidance during pregnancy & the early years of their offspring, it will have immense impact on society.

Traditional diet, planning, use of herbal preparation, yoga, music, behavioral suggestion & medicines are all used in harmony to enhance mother.

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