



**AYURVEDA PERSPECTIVE ON CONGENITAL DISORDERS AND THEIR
MANAGEMENT THROUGH ANCIENT AND MODERN PRACTICES**

Dr. Rajnish Kumar*

Assistant Professor/Lecturer, Department Rachana Sharir, Dayanand Ayurvedic Medical College and Hospital, Siwan,
Bihar, India.



*Corresponding Author: Dr. Rajnish Kumar

Assistant Professor/Lecturer, Department Rachana Sharir, Dayanand Ayurvedic Medical College and Hospital, Siwan, Bihar,
India.

Article Received on 14/06/2024

Article Revised on 04/07/2024

Article Accepted on 25/07/2024

ABSTRACT

Ayurveda is science practicing from ancient period and explored several aspects related to the genetic or congenital abnormalities. It acknowledged not only congenital abnormalities but also suggests their prevention and management. Currently the immoral conduct of life style, social stress and physical burden causes rise in genetic disorders. Therefore this area needs to be addressed as per Ayurveda and modern integrating approaches. Genetic disorder merely arises due to the abnormalities in the genome. Ayurveda presented concepts of *Beeja*, *Beejabhaga* and *Beejabhaga avayava* in context to congenital abnormalities and genetic disorders. As per ancient science *Kulaja vikara's* are *Asadhya* which mainly related with *Beejabhaga-avayava dusti*. According to Ayurveda proper healthy status of parents and time of conception is very essential for healthy progeny along pre-conception and post conception care of mother. The neonatal care also helps to stop prognosis of such disorders. Ayurveda enlists *Shadgarbhkarabhavas* such as *Matrija*, *Pitrija*, *Rasaja*, *Satmyaja*, *Sattvaja* and *Aatmaja* factors which need to be taken in consideration for the prevention of congenital disorders.

KEYWORDS: *Shadgarbhkarabhavas, Congenital, Disorders, Genetic, Beeja, Sharir Rachana.*

INTRODUCTION

Ayurveda presented several concepts related to the diseases and their management. In this connection Ayurveda explored various perspectives of inherited (genetic disorders) or congenital abnormalities under the umbrella of *Kulodbhava*, *Sahaja* or *Adibala pravritta*. *Sahaja Vyadhis* mainly develops in specific body parts where abnormalities in chromosome more predominate. Ayurveda further described approaches of better progeny to prevent such conditions.^[1-3] Ancient philosopher described various practices for the prevention of inherited disorders as depicted in **Figure 1**.

ekdesha for allele of chromosomes and *Beejabhaga avayava* for genes. Genetic disorders caused by mutation in gene/s or due to the chromosomal abnormalities. The prevalence of single gene disorder is more as compared to chromosomal disorder.^[2-4] The prevalence of congenital genetic mutations is depicted in **Table 1**.^[5]

Garbha mantra	• Purification of <i>Garbha</i>
Homa mantra	• Beginning of coitus
Bajjika mantra	• For alleviating abnormalities

Figure 1: Some ancient practices for healthy progeny and child birth.

Ayurvedic texts described term *Beeja* for sperm and ovum, *Beejabhaga* for chromosomes, *Beejabhaganam*

Table 1: Data on congenital malformations and genetic disorders.

S. No.	Statistic/Prevalence	Percentage
1	Congenital malformations in all births	3 – 5%
2	Infant deaths due to genetic disorders	20 – 30%
3	Post-neonatal deaths due to congenital malformations	30 – 50%
4	Pediatric hospital admissions for genetic disorders	11.1%
5	Mental retardation with a genetic basis	50%
6	Cancers with inherited susceptibility	15%
7	Chronic diseases in adults with a significant genetic component	10%
Genetic Disorders Incidences		
8	- Recessive	0.1%
9	- AD and X-linked	1%
10	- Irregularly inherited	9%
11	- Chromosomal aberrations	0.6%

The conglomeration of procreative factors (*Matrija, Pitrija, Rasaja, Satmyaja, Sattvaja* and *Aatmaja*) is required for healthy progeny. The mental, physical and moral well-being of the parents, proper nutrition during pregnancy and wholesome regimen contributed towards the healthy offspring and progeny. Negligence of these factors may results birth of unhealthy child.

Ayurveda encompasses great knowledge about these diseases and *Sushruta* described hereditary and congenital diseases as *Sthaulya, Prameha* and *Klaibya*, etc. Defect in genetic component leads other diseases of this category. Ayurveda emphasized variation in *Prakriti* as associated factor of genetic variation. *Beeja, Beejabhaga* and *Beejabhagavayava* are major factors responsible for hereditary diseases.^[5-7]

Cause

The improper conducts during pregnancy and environmental factors, etc. may results defective child birth. Ayurveda stream of *Sharir Rachana* mentioned various anatomical abnormalities or birth defects such as; absence of organs, improper and extra development of organs, etc. Defects in shape of fetus may also observe like *Vrashchika, Kusmanda* and *Sarpa* fetus, etc. The *Kuni, Muka, Minmin* and *Pangu* child are resultant of *Garbhajanya vikriti*. The *Kula* or *Gotra* of parents, physical and mental status of mother, age during coitus, dietary compliance and presence of other diseases, etc. may also participate in the pathogenesis of congenital abnormalities.

Nastikata and *Ashubha karma* are described as causative factors of *Garbhajanyavikriti*; however *Vedic* text inclined towards the *Purvajanmakrita karma* as causes of *Garbhajanyavikriti*. *Vata Dosha Prakopa* during pregnancy may also leads birth defects. The defects in sperm and ovum mainly bring anatomical abnormalities. Problem in uterus, time of conception, *Ahara-Vihara* during pregnancy and health status of parents, etc. are considered as additional factors of *Garbhajanyavikriti*.^[6-8] Inherited characters of foetus related with different factors as mentioned in **Table 2**.

- ✓ *Bija* and *Bijabhaga* transform specific features from parents to the fetus and affects *Shukrashonita Prakriti*; *Beeja dosha* may causes defects in *Shukra* and *Shonith*.
- ✓ Season and uterine environment affects *Kalgarbhashaya Prakriti* of fetus.
- ✓ Diet and lifestyle during or before pregnancy results *Maturahara Vihara Prakriti*. *Matru Ahara* and *Vihara* also affects *Rasaj bhava* leading to *Garbha vikriti*.
- ✓ *Ashaya Dosha* is responsible for structural defect in genital organs.

Table 2: Inherited characters of foetus.

Originated Factor	Description
<i>Pitrija</i>	Characters associated with father
<i>Maatrija</i>	Characters associated with mother
<i>Amaja</i>	Characters associated with soul
<i>Satvaja</i>	Characters associated with mind
<i>Rasaja</i>	Characters associated with diet
<i>Satmyaja</i>	Characters associated with homologation

Association of congenital abnormalities with specific factors

- ✚ *Dwireta* may occur due to the involvement of *Sukra* and *Shonita* and *Vikrita Beeja bhaga*.
- ✚ *Pawanendriya* may occur due to the effect of *Sukra samaan Vaayu* at the time of copulation discharge.
- ✚ *Vikrit* of *Shukrashaya dwara* is associated with *Dushita vayu* in *Garbhastha*.
- ✚ *Vatika Shanda* may occur if *Prakupita Vata* and *Pitta* will affect testis.
- ✚ *Vandhya* may result from chromosomal defect (Defective Y chromosome).^[7-9]

Diet Effect on Baby

1. *Vata* Vitiating Diet:
 - Effects: Deafness, dumbness, hoarse or nasal voice, lameness, humpback, dwarfism, possessing fewer or more body parts.
2. *Pitta* Vitiating Diet:

- Effects: Baldness, premature graying of hairs, absence of facial hair, tawny color of skin, nails, and hair.
- 3. *Kapha* Vitiating Diet:
 - Effects: Skin disorders such as Kustha and Kilasa, congenital presence of teeth.

Management of Congenital Disorders

Precautionary measures include *Upanayan Sanskara*, *Rajaswala Paricharya* and *Atulyagotra Vivah*, etc. Consumption of *Vrishya Dravyas*, parent's diet, mother's psychological status, time and method of conjugating and environmental conditions, etc. also considered as preventive measure against the congenital disorders. *Garbhini Paricharya*, *Pumsavan Karma*, *Matru Ahara*, *Matru Vihara*, *Sadvritta* and avoiding *Papa Karma*, etc. enhances chances of healthy progeny.

Parent's age and health status also affects quality of offspring. The physical and psychological normalcy is prerequisite during the age of conception. The appropriate age witnessed presence of healthy *Sukra* and *Shonit* which are essential for healthy offspring. Regular menstrual cycle and fertile time in female only possible in young age therefore age of mother play crucial role in this process. Additionally *Kshetra* means reproductive organs remains in healthy status in particular age, as aging progress these all factors declined and in this state it is suggested not to initiate conception.

Consumption of *Vrishya Dravyas* mentioned which help to form healthy ovum and sperm. Parent's diet should be salt-free, nutritious and healthy dietary regimen before and after pregnancy especially for mother significantly affect health of children. Positive thoughts, stress-free life style, mental calmness and joyfulness, etc. are beneficial for healthy offspring.

Garbhini Paricharya is important for optimizing *Matru Ahara* and *Vihara* during pregnancy period. *Ahara* may affect *Rasaj bhava* which causes *Garbha Vikriti*, thus *Garbha sansthapaka dravyas* are suggested. *Dravyas* which are beneficial to maintain healthy pregnancy includes; *Braahmi*, *Satavirya* and *Sahashravirya*, etc. Heavy exercises, coitus during pregnancy, riding, late night awakening and grief, etc. need to be avoided.^[9-12]

Specific Preventions

- Genetic disorders such as Down syndrome can be prevented by restricting coitus in advanced parental age.
- Smoking and alcohol intake during pregnancy reduces congenital abnormality and chances of growth retardation.
- Prevention and treatment of genital disorders like infections and syphilis, etc. in early stage may reduce risk of anatomical abnormalities.
- Prenatal screening can be done for hereditary problems or malfunction detection so further consequences can be prevented in child.

- The traditional consanguineous marriages may increase chances of autosomal recessive disorders, this can be prevented by avoided such cases.
- *Madhura* and *Sheeta Drava* at initial stage reduce chances of fetal neural defect.
- Suppression of natural urges, anger, fear; excessive use of sour, hot and pungent edibles should be avoided.

CONCLUSION

Ayurveda described huge information regarding the anatomical abnormalities under the heading of *Sharir Rachana*. These abnormalities related to the human body mainly arise due to the genetic and congenital disorders. The maternal or paternal defects mainly lead *Garbhajanya vikriti*, which includes defects in *Beeja & Beejabhag*. Ayurveda considered *Pitrija*, *Matrija*, *Rasaja*, *Sattvaja*, *Satmyaja* and *Aatmaja* as prime factors which play significant role in the status of progeny. The vitiation of these factors becomes reason for congenital abnormalities or *Garbhajanya vikriti*. Absence of organs, defects in structure, excess tissue development and enlargement, etc. are anatomical variations associated with genetic abnormalities. Health status of mother & father, wholesome regimen and healthy psychological status, etc. helps in achieving healthy offspring which brings healthy progeny and reduces chances of congenital abnormalities.

REFERENCES

1. Ravikumar Hanamanth Harijan. Role of Ayurveda in the Prevention of Genetic Disorders. *AYUSHDHARA*, 2023; 10(3): 29-35.
2. Ayurvedic concepts of Human Embryology by Dr. Abhimanyu Kumar, Chaukhamba Sanskrit Pratishtan. Delhi publication, 1st chapter, 03.
3. Charaka Samhita by Agnivesa Revised by Charaka and Dridhabala with the Ayurveda- Dipika commentary of Chakrapanidatta, edited by Vaidya Jadavji Trikamji Acharya, Chaukhambha publications. New Delhi- Sharir sthan, 3/17, 314.
4. Acharya's text book of Kaumarabhritya by Dr. Shrinidhi. K. Acharya, Chaukhambha Orientalia Varanasi. publication, 1 -Chapter 33; 443.
5. Dhiman K, Kumar A, Dhiman KS. Shad Garbhakara Bhavas vis-a-vis congenital and genetic disorders. *Ayu.*, Apr. 2010; 31(2): 175-84.
6. Charaka Samhita by Agnivesa Revised by Charaka and Dridhabala with the Ayurveda- Dipika commentary of Chakrapanidatta, edited by Vaidya Jadavji Trikamji Acharya, Chaukhambha publications. New Delhi- Sharir sthan, 2/18, 303.
7. Shastri Kashinath, Chaturvedi Gorakhnath, Charak Samhita- Sharirsthana, Chaukhambha Bharati Academy, Varanasi, Verse- 4/31, 19th edition, 1993.
8. Sushruta. *Garbhavyakarna shariram*. In: Sharma PV(editor). *Sushruta samhita*(with English translation of text and Danhana's commentary along with critical notes) Vol II. Varanasi: Chaukhambha Visvabharti, 2004; 162.

9. Agnivesha, Charaka Samhita, Ayurveda-Dipika commentary by Chakrapanidutta, revised ed., Sutra Sthana (6:15-18), 256, Chaukhambha Surbharati Prakashan, Varanasi, 2011.
10. Tripathi NS. Concepts of formation of prakriti in Ayurveda. Indian journal of research Anvikshiki, May. 2011; 5: 1-5.
11. Kashyapa, Kashyapa Samhita, Vidyotini Hindi Commentary, Reprint, Sutra Sthana (18:11), 2, Chaukhambha Surbharati Prakashan, Varanasi, 2010.
12. Mitali Mukerji, Bhavana Prasher. Ayurgenomics: a new approach in personalized and Preventive medicine. Science and Culture, Jan-Feb., 2011; 77(1– 2): 10-17.