



A PERSPECTIVE OF FAMILY PLANNING MEASURES THROUGH AYURVEDA

Dr. Preethika*, Suryavamshi Satish, Byadagi Sarojini***¹ and Prathima²**

¹Pg Scholar*, Professor**, Pg Coordinator***, Department of Swathavritta, Sgv Ayurvedic Medical College, Bailohongal, Karnataka.

²Associate Prefoessor, Department of Prasooti Tantra & Stree Roga, Sdm College Of Ayurveda & Hopsital, Hassan, Karnataka.

***Corresponding Author: Dr. Preethika**

Pg Scholar, Department of Swathavritta, Sgv Ayurvedic Medical College, Bailohongal, Karnataka.

Article Received on 29/12/2019

Article Revised on 19/01/2020

Article Accepted on 09/02/2020

ABSTRACT

Family planning means well oriented plans, for the upliftment of health. Our exploding birth rate has tremendously jeopardized economic and technological growth and achievement. Indians stands in-second most populous country in the world, with over 1.21 billion people. With the proper family planning the economical, educational, social and professional status of the family can be raised. But this can be fulfilled with control of population or birth control and contraceptives and other measures. In *Atharvaveda*, *Brhadaranyakopanisat* and *Kausikasutra* explains chanting of mantras, surgical measures like crushing of testis, vasectomy and hysterectomy. Administration of *ekamuliya dravya* and external administration of *dravyas* having property of antifertility, antispermicidal are used to produce sterility and infertility in both male and female.

KEYWORDS: Family planning, birth control, *garbhanirodha upaya*, anti-spermicidal, antifertility.

INTRODUCTION

Contraception is the prevention of conception. But fertility control or family planning or fertility control involves not only contraception but also methods of interception such as post coital contraception and termination of pregnancy.^[1]

In 2015, the total fertility rate of india was 2.40births per women. Analyzing the latest stastics of the national family health surveys, india today data intelligence unit found that bihar has the highest has the highest total fertility rate in india. This means that on an average, a woman from bihar is likely to give birth to more children than women in any other state.^[2]

Contraceptive measures may be used to avoid pregnancy entirely, to space pregnancies or to temporarily postpone pregnancy. The various methods for preventing birth control includes natural methods, IUD, oral contraceptive pills and permanent sterilization but the oral contraceptive pills cannot used for long duration due to their side effects. In *Ayurveda* different measures explained as *garbhanirodhakaupayas*. For achievement of healthy conception *ritu*, *kshetra ambhu* and *beeja* are essential, if abnormality occurs in these factors leading to infertility.

1. *Garbhanirodhakaupaya*

• **Brahmacharya:**^[3] *vagbhatasamhita*)

It is a abstaining from all kinds of *maithuna* or sexual enjoyment. A *bhramacharya* is mentioned to give more importance to *grihastaashram*, for this *abrahmacharya* is required, which is also warned to have in control in sex.

- ***Garbhadharana Ayu:***^[4] p v tiwari: As the age increases decline in fertility rate and increase in the rate of chromosomal abnormality and sperm quality and quantity effected with paternal age.

• ***Maithunavikrithi***

- *Coitus interruptus:*^[5] It is oldest method. It requires withdrawl of penis shortly before ejaculation.
- *Maithuna Sthithi:*^[6] *kaphadosha* getting vitiated if coitus in right lateral position, *pitta dosha* gets vitiated in left lateral postion and *vataadosha* getting vitiated in flexed position.
- Importance of *Yoni nadi:*^[7] In vaginal canal three *nadis* are situated named as *samirana*, *chandramukhi* and *gauri*. *Samirananadi* is present in *madantapatra*, if *sukra* falls over women will be infertile.

2. *Yoga and mantra*

In *brihadaranyaka* Upanishad says certain *yoga* and *pranayama* helps in controlling orgasm.

3. *Sthanikaprayukthaaoushadi*

There are different preparations mentioned as *sthanikaprayoga*.

Yoni purana^[8]

- Application of *Saindavakhanda* which is dipped in *taila* on vagina before the coital act. In *saindhavalavana*, 98% of sodium chloride is present. It having property of antispermicial and antiviral activity.
- Application of *Palashabeejachurna* with *ghritha* and *madhu* during *ritukala*. *Palasabeeja* having property of antifertility.

Yoni purana/ Yoni picchu^[9]

- *Dhaturamula* which is collected in 14th day of *krishnapaksha* to be kept in *yonis* to prevent conception. The root contains higher amount of atrophine
- Root of *Indrayava* to be kept in *yonis*. The property of *indrayava* is *kaphapittahara*.
- *Parpati* with honey to be kept for 4 days after 4 days of menstruation. It is having property of *usnaveerya*.
- *Nimbataila yonis picchu*. It is considered as spermicidal agent when used intravaginally.

Yoni Dhupana

- *Nimbakastha* at the end day of *Ritusrava*. It is having property of antifungal and anti-microbial.

Nasya^[10]

- *Apamargachurnanasya* before coital act.
- *Langalimulachurnanasya* during coital act. *Rasa panchaka* of *langali* are *katu rasa* and *vipaka*, *usnaveerya*, *laghu*, *ruksha*, *tikshnaguna*. The loss of implantation occurs due to their anti-zygotic, anti-implantation and abortifacient property.

4. *Abhyantara prayoga*^[11]

- *Japakusuma* with *Aranala* used during *ritukala* for 3 days along with *ushnajala*. Animal study shows-ethanol extracts shows anti-implantation and estrogenic activity.
- *Pippalyadichurna*: It is having 50% ethanolic and benzene extracts caused a significant increase oestrogen and inhibited fertility 62% female rats. (ccrs, inder pal singh)
- *Chitrakamula* given for 3 days after menstruation with *kanji*. Plant extracts (100mg/kg) prevented 100% of ovulation & implantation in female rats.
- *Talisapatra* with *swarnagairika* equal quantity with *sheetajala* for 4 days from 4th day of menstruation.
- *Dhatri*, *abhaya*, *rasanjana* with *sheetalajala* throughout the *rituchakra*. A major constituent possesses anti-implantation activity.
- *Maricha powder* should be taken with *sharkarodaka* for 3 days during *ritukala*. It is having property of *avrushya* and abortifacient property.

- *Haridrachurna* with *sheetajala* for 3 days during *ritukala* & 3 days after *ritukala*. *Haridra* is having property of antifertility and anti-ovulatory property.
- *Vidangachurna* with *sheetajala* from 5th day to 15th day. The aqueous extract shows antifertility activity in rats and also anti-estrogenic activity.
- *Chitraka Mula* for 3 days after menstruation with *kanji*. Plant extracts (100mg/kg) prevented 100% of ovulation & implantation in female rats.

DISCUSSION AND CONCLUSION

Traditional medicinal system provides us variety of methods which prevents fertility in humans. It includes hormonal contraceptives such as birth control pills, skin patches, condoms, intrauterine devices etc. As oral and hormonal pills have multiple side effects on reproductive system like irregularity in menstrual cycle, obesity, changes in breast, so to avoid these complications effective drugs like *garbhanirodhakadravyas* which was mentioned in *ayurvedic* literature are used. Herbal extracts may interfere with the fertility in different ways, they may affect female reproductive organs such as ovaries, uterus etc. or may block the secretions of hormones. Keeping this in view the present generation is enthusiastically looking towards alternative systems of medicine for safe, acceptable, efficacious contraceptive agents.

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