

## PREVENTION OF CONGENITAL AND HEREDITARY DISEASES - AYURVEDIC CONCEPT

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The growth and development of any nation depends on the physical and mental health of its citizens. Young people are the backbone of every country. A youth with strong mental and physical strength can only influence the development of his family, society and nation. The health index of a developed country confirms this.

Although India has achieved tremendous growth in modern medical education and human health care, infant mortality and congenital anomalies remain high. If we delve into the rationality, it turns out that the lifestyle of the parents and their social and environmental environment play a big role.

### AIMS AND OBJECTIVES

Promotion of life by the prevention of congenital and hereditary deformities through Ayurveda - The Science of Life

### DISCUSSION

The "Hereditary" diseases are inherited by the genes, whereas congenital diseases the developmental are abnormality that occurred during the growth of the foetus while in the uterus. These defects can be arising in the form of nutritional causes, poisoning, and infectious agents or spontaneously due to abnormal metabolism, as well as hereditary defects.

The principles of Ayurvedic genetics are based on the parental imprints. This principle explains that formation of a human body occurs due to the union of healthy sperm and ovum with atma or jeeva. Hereditary information's are carried by the reproductive cells of sperm and ovum. Our science clearly mentions that unhealthy bejarupa (sperm and ovum) is responsible for the congenital diseases. Also vitiation of multiple factors like vata pitta kapha - the basic components of a human body are also accountable. So by correcting the sperm and ovum, one can obtain suprajya (healthy offspring). Correction of many factors including diet, regimens, mental, social and environmental exposure are necessary to obtain healthy status of sperm and ovum. These factors can be considered as epigenetic factors. Our Acharyas clearly explains, in order to achieve a healthier generation certain measures are to be maintained before conception itself and during the period of gestation. If these factors are maintained well, the progeny will be healthier. This conveys us that not only maternal and paternal factors, the epigenetic factors also has a great importance in the formation, growth and development. Proper preparation of parents are crucial obligation for healthy progeny

### PHYSICAL FACTORS

The born child reflects the Bhautika characteristics of maternal, paternal etc. factor depending upon their relative predominance. Emphasis on healthy reproductive system of both male and female: reproductive system of both partners should be healthy. This can be achieved mainly by maintain the lifestyle. Ayurveda clearly mentions that couples should prepare themselves prior to the conception for a healthy progeny. Food habits plays a vital role. For eg. male should eat food containing ghee, rice and milk. Likewise the female should consume food contains tila and masha. The use of wholesome food determines the normalcy of Sukra and sonitha (sperm and ovum). Proper diet favours the reproduction by strengthening the reproductive system. Unhealthy food habits may create hormonal imbalance and affects the reproductive strength. This may be an emerging issues faced by new generation in reducing rate of fertility, increased abortion rate, deformities pre term delivery and congenital

### **MENTAL FACTORS**

The ancient science sturdily lay emphasis in punarjanma (rebirth) based on the deeds of previous life. So at time of union of sperm and ovum the outcome of these deeds are brought in the form of atma and the new life begins. In mythological consideration this principle can be applied for sustaining good deeds and maintaining happy life

- Good behaviour of spouse and relatives are necessary
- Indulging in pleasant activities
- Avoid urges of greed, envy, hatred, jealousy, desire etc
- Sound interpersonal relationship

### **ENVIRONMENTAL FACTORS**

Charakacharya in his Athulyagothreya chapter explains the importance of avoiding marriage from same families: The studies & research proves that the marriage between siblings resulting in congenital deformities in children. Children of first cousin marriages have an increased risk of genetic disorders, particularly if their parents both carry harmful recessive mutation. It is therefore desirable that marriages between close relatives be avoided. The other environmental causes includes use of drugs, alcohol, smoking or certain diseases of mother, job related stress, occupational hazards.

### **CONCLUSION**

Motherhood is a blissful time of a women's life. Giving birth to a healthy child makes her life meaningful. The fertile land only yields a good crop. Both parents have equal rolls to prepare physically and mentally to have a jovial pregnancy and less complicated delivery. Nutritious diet, enjoying leisure time, sufficient rest, regular and favourable routines, avoiding contraindicated foods and regimens, good deeds and good thoughts etc. are essential for a peaceful pregnancy and a wonderful motherhood. Yoga and meditation helps to maintain both mental cleanliness. Antenatal care not only aims the wellbeing of the mother but also looks for a healthy and intellectual child (sreyasipraja).