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IMPACT OF MANAS (MIND) ON REPRODUCTIVE HEALTH AND PROGENY OUTCOMES

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ABSTRACT

Manas is called as Ubhayendriya, it does the action of both Karmendriya and Jnanendriya. All activities of human beings are controlled by Manas. One feels happiness, sorrow etc. that all because of Manas. Females are more emotional beings; it is necessary to maintain calmness in all situation for good health. Pregnancy is a vital stage in women's life which is very critical and emotional phase. For the development of healthy child, Manasika Swastya is considered more important and is described in Charaka Samhita as "Saumanasyam Garbhadharanam Shreshtam". For proper conception, Saumanasya is the most essential factor. The emotional status during garbhadharana kala, garbhini and sutika avasta, will affect the health of the progeny. The disturbed mind may lead to development of various Manovikaras. Therefore, she should follow Sadvritta, Garbhini paricharya and Sutika paricharya properly[1]. At the same time surrounding her environment should cooperate like fulfilling her desires during her fourth months of pregnancy (Dauhridini avasta), avoid krodha etc on her,always showing kind and affection towards her.

KEYWORDS: *Garbhadarana, Garbhini, sutika, Manovikaras, Manas.*

INTRODUCTION

Garbhini avasta is most important phase in women's life. It brings about much emotional and psychological changes in women.For the development of a healthy progeny. *Manasika swastya* is important as described in *Charaka Samhita* as "*Saumanasyam Garbhadharanam Shreshtam"*. For achievement of conception, *Saumanasya* is considered as one of the most essential factors. *Soumanasya* refers to the healthy and happy state of mind[1]. State of mind plays a very important role before conception,during pregnancy and also after delivery of the baby. Therefore, she should follow *Sadvritta, Garbhini paricharya and Sutika paricharya* properly. During Pregnancy to avoid various *manovikara,* one needs to maintain healthy state of mind. To avoid all these ill effects, one needs to be calm and composed mind by avoiding *krodha, shoka, bhaya* etc. So, it is essential to keep her calm, fullfilling her desires during *Douhridavastha* and follow the proper *Sutika Paricharya*, *sadvritta* etc. helps her to overcome from all *Manasika vikaras* and devlopement of healthy progeny.

AIM AND OBJECTIVES

To assess the importance of *Manas* for *Garbadharana, Garbini avasta* and *sutika avasta* to get healthy child.

MATERIALS AND METHODS

Comprehensive literature review was done to collect information regarding significance of *manas* in *garbhadharna, during garbhini* and *sutika avasta* are collected from Various classical texts and Internet sources.

RESULT

Status of Manas during Different stages of women life

1. During Garbhadharana

1. **Saumanasya**

In *charaka Samhita* it mentioned as *saumanasya(manosamyata)* is first and foremost important factor for conception as explained as "*Saumanasya Garbharanam shreshtam*" in *Agroushadhi prakarana*.To get healthy progeny should avoid *the shoka,baya,kroda* etc[4].Not only Women the Men should also have the *Manosamyata* during conception.

2. Garbhadharana stree

Ayurveda have emphasized the significance of a woman's mental and emotional state during conception (*Garbhadharana*). Sexual intercourse for conception is recommended only when the woman is emotionally balanced, in a pleasant mood, and mentally content. Negative emotions—such as sadness, irritability, lack of interest, or fatigue—can adversely affect reproductive outcomes[5]. Maintaining personal hygiene, clean clothing, and a healthy appearance further supports fertility and maternal well-being.

In Ayurveda, the mind (*Manas*) and body (*Sharira*) are closely interconnected, and mental disturbances can aggravate *Vata* and *Pitta*, potentially impairing reproductive tissues and gamete quality. Modern reproductive science aligns with this view, showing that maternal stress or poor psychological health can disrupt hormonal balance, ovulation, and early foetal development. Ensuring emotional stability and a supportive environment is therefore essential for successful conception and the birth of a healthy child.

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3. Rajaswala charya[6]

According to *Bhavaprakasha Samhita*, women should diligently follow *Rajaswala Charya*, the regimen prescribed for the reproductive phase, to ensure optimal reproductive health and increase the likelihood of conceiving a healthy child. This regimen emphasizes proper nutrition, hygiene, regulated lifestyle, and mental well-being, which collectively support the balance of the *doshas*, particularly *Vata, Pitta,* and *Kapha,* and prepare the body for successful conception.

Following *Rajaswala Charya* helps regulate the menstrual cycle, maintain hormonal balance, and strengthen the reproductive tissues (*Artavavaha Srotas*), thereby reducing the risk of infertility, miscarriage, or other reproductive complications. Modern scientific research supports this view, indicating that maternal nutritional status, stress levels, and lifestyle behaviours before and during conception significantly influence fertility, implantation, and early foetal development.

Adherence to this regimen not only enhances physical readiness for conception but also promotes mental and emotional stability, which is crucial for reproductive success and the birth of a healthy progeny.

2. During Pregnancy

1.According to *Charaka Samhita*, negative thoughts and emotional disturbances during pregnancy can adversely affect maternal health and may even contribute to complications such as miscarriage. Therefore, it is essential for a pregnant woman to follow *Garbhini Paricharya*, the structured regimen of prenatal care, which emphasizes physical, dietary, and psychological well-being. Maintaining a calm, positive, and balanced mind throughout pregnancy supports maternal mental health and helps prevent *Manovikaras* such as anxiety, depression, and stress-related disorders.

From an Ayurvedic perspective, the state of the mind (*Manas*) is closely linked with the balance of the three doshas. Emotional disturbances can aggravate *Vata* and *Pitta,* potentially impacting foetal development and maternal health. Supportive care from family members, including the husband and parents, as well as a nurturing social environment, is crucial to promote maternal tranquillity and emotional stability. Practices such as meditation, yoga, pranayama, listening to soothing music, and following a *Sattvic diet* enhance mental and physical balance. Scientific studies also indicate that maternal stress and negative emotions can affect foetal neurodevelopment and may increase the risk of behavioural and cognitive issues in the child.

2. Duahridini concept

The concept of *Dauhridini* ("the woman with two hearts") reflects the unique emotional and psychological connection between a pregnant woman and her developing foetus. The timing and interpretation of this concept may vary among classical authors. According to *Sushruta Samhita*, during this period, the woman experiences heightened emotional sensitivity and a deep attachment to her foetus, often described as carrying her "second heart." This heightened awareness encourages increased maternal attentiveness toward her pregnancy and promotes emotional bonding.

During this phase, a bidirectional interaction occurs: the mother's psychological and physiological state can influence foetal development, while foetal movements and cues can affect maternal emotions. It is therefore crucial for caregivers and family members to respond attentively to the mother's needs, as neglect or unmet expectations may contribute to maternal stress, mood disturbances, and behavioural changes. Prolonged maternal stress during this period has been associated with adverse outcomes such as impaired foetal neurodevelopment, nutritional deficiencies, and increased risk of perinatal complications. Supporting maternal mental well-being through proper nutrition, emotional support, stress management, and prenatal care is essential for optimal maternal and foetal health.

3. The disturbed Mind May Lead Various Manovikaras[4]

Table 1. Shows the various manovikaras by disturbed mind during pregancy

Nidana	Disease
Nakatacharini	*Unmatta santana*
Kalahnitya	*Apasmari santana*
Shokanitya	*Bhiru,a pachita, alpayusha santana*

To avoid all these *Manilkara's* she should follow *sadvritta*, *garbini paricharya* and *sutika paricharya* properly.

3.During Sutika Avasta

After childbirth, women may experience significant generalized fatigue, mood disturbances, psychological stress, and excessive rumination. These factors can negatively impact mental health, potentially leading to postpartum psychiatric conditions such as postpartum depression, anxiety, and stress-related disorders. To mitigate these mental health risks and promote optimal developmental outcomes for the infant, it is essential for postpartum women to follow a structured regimen that includes a balanced diet (Pathya Ahara as per Sutika Paricharya), yoga, pranayama, adherence to hygienic and ethical practices (Sadvritta), and the cultivation of positive cognitive patterns. Sutika Paricharya is a structured postpartum care protocol that supports recovery of physiological resilience, restoration of pre-pregnancy homeostasis, and replenishment of energy reserves, thereby facilitating the restoration of overall maternal health.

DISCUSSION

The phases of conception (*Garbhadarana*), pregnancy (*Garbhini*), and postpartum (*Sutika*) represent significant and emotionally profound periods in a woman's life, often accompanied by considerable challenges. These stages are associated with substantial physiological, emotional, and psychological changes. Mental health (*Manas*) plays a critical role during these periods, as disturbances in cognitive and emotional functioning can contribute to various psychiatric and psychosomatic conditions, including anxiety, depression, and even reproductive complications such as infertility.

1) During conception

The women should follow proper rajaswalacharya during her menstruation first 3 days she should not go for conception and

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on the 4th day she should take bath and should wear white cloth, santed with suganda dravyas and with soumanasya(without any mental disturbances) she should undergo for conception it helps to get a healthy pregnancy. In current situation as all of you observing many cases of divorces after marraige those all because of mind (Way of thought,ego etc.) If they think positive and be in good understanding, they will be happy and gets a healthy progeny, lives longer happily throughout the journey of their life otherwise end up with divorces or many other mental health issues. Here u should observe one thing that mind only rolling everything, So the calm mind of not only the women but also her husband is important to get healthy progeny.

2. During Garbhini

If women in *krodha,shoka ,baya avasata* definately it going to lead a unhealthy progeny. During *garbini avasta* negetive emotional status or stress will lead to excitability or instability of the autoimmune nervous system leading to abortion. So the surrounding environment should create with love,kindness and affection towards her especially from her husband and family members.The women always should see the good things only,by seeing gods photos,movies,reading books,listening gods and good stories and keeping herself in happy mood always. In ancient texts you might have heard about the story of Abhimanyu chakrayhuva situation, Abhimanyu heard the story by Lord Krishna about how to enter into chakravyuha but not about how to overcome from that situation so he died in that chakravyuha only, while he was in the womb of his mother. It is one of the best examples for whatever the women do or think during her pregnancy it will impact on her baby. Psychological factors are very much essential during her pregnancy. Even many studies also proven that activities done during pregnancy period it will definitely going to affect her baby it may cause ADH, schizophrenia etc and even it affects the mothers health also and it cause various metabolic diseases like gestational hyperthyroidism, gestational Diabetes mellitus,gestational Hypertension etc .So she should follow the proper *garbhini paricharya* as mentioned in Ayurvedic classics.

3. In Sutika avasta/Kala

After delivery she may undergo depression, anxiety because of heavy bleeding and overthinking about the future and also there will be more stress regarding the girl baby if she already has female baby especially in indian womens. Always worried if baby born with congenital anamolies etc.all these psychological factors further going to cause mental illness very crucially. It is very essential for preventing both physical and mental illness. The women become weak mentally and severe genaralised weakness because of severe blood loss after delivery to recover her normal health she need need to follow *sutika paricharya*. It is very essential for preventing both physical and mental illness

CONCLUSION

Garbhadarana ,Garbhini and sutika avastas are precious and emotional phase in every women's life and it is very challenging time also.It brings about emotional and psychological changes in woman.*Manas* plays an vital role, disturbed mind leads various *manovikaras* like anxiety, depression, infertility etc. Mind is everything we need to control it. Now a days its widespread of mental retarded diseases in childrens. What the women think and follow during *Garbhadharana,garbhini* and also in *sutika avasta* its most important why because it may cause anything it may end up with death also. So manas plays an important role throught the journey of womens life especially during *garbhadharana,garbhini and sutika kala. Ayurveda* already kept readymade food to avoid all these health issues by saying to follow proper *rajaswala charya* for *garbhadharana, garbhini charya,sutika paricahrya , yoga, pranayama and sadvritta.*

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Conflict of Interest

The author declares no conflict of interest.

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