



A Review on Effect of Mantras in Antenatal and Postnatal Period

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ABSTRACT: Pregnancy is one of the beautiful phases of a woman. Everyone expects happy, healthy and uneventful pregnancy. But sometimes due to the mistakes of mother or previous deeds of the fetus, mistakes done to God, gurus etc. there can be some problems during pregnancy. Though technology has advanced and so many medical problems are dealt scientifically, still there are certain unknown and unidentified factors that are not solved or understood by the modern science. It is understood that music therapy is doing wonders in treating many diseases. Similarly, *mantras* or *slokas* may be effective on different conditions of pregnancy and post pregnancy. *Daiva vyapasraya chikitsa* is a part of treatment according to Ayurveda which is done for those conditions which cannot be explained by medical parameters. This article is based on the *daiva vyapasraya chikitsa* mentioned by Ayurveda wsr to *mantras* mentioned in different phases of a woman's life, like during pregnancy, during and after delivery, to prevent abortions, to protect newborn etc.

KEY WORDS: pregnancy, *mantras*, *slokas*, *daiva vyapasraya chikitsa*, previous deeds, unidentified factors.

INTRODUCTION

Diseases in Ayurveda are broadly classified as 2 folded

1. *Sareerika* (physical)
2. *Manasika* (psychological)

Treatment is divided into 3 types (broadly)

1. *Daiva vyapasraya* {treatment with remedies like *mani* (amulets), *mantra* (hymns), *homa* etc }
2. *Yuktivyapasraya* (treatment with medicines using logic/intelligent)
3. *Satvavajaya* (treatment for mind)

Daiva vyapasraya chikitsa

According to Cha.su11/54 (Chakrapani commentary)

- ▶ *Mantra, aushadha, manidharana*
- ▶ *Mangala prada karmaacharana*
- ▶ *Bali to devathas, Havan, Saucha*
- ▶ Happiness, *tapas, swadhyaaya, eswara bhajan*
- ▶ *Prayaschitta, upavasa, namaskaras to devatas, gurus, elders etc*
- ▶ *Darshana* of holy places to remove *purva janma kruta papam*
- ▶ The above *chikitsa* will treat diseases through their effect (*prabhava*)
- ▶ Apart from the diseases that occur to body and mind, there are certain conditions that cannot be explained through any medical parameters.
- ▶ They are considered to have occurred due to deeds of past lives.

- ▶ Such diseases are treated by *daiva vyapasraya chikitsa* (treatment to correct the mistakes done to God, *gurus* etc. in previous lives)
- ▶ *Daiva* means which is not seen.
- ▶ Even the deeds of past life cannot be seen apparently but can be felt through their effect.
- ▶ Ex: in infertility cases when all the reports are normal but still couple are not able to conceive, then it is considered as unexplained infertility. This can be taken as caused due to previous deeds.
- ▶ Certain hymns (*mantras*), measures, proper diet and mode of life that influence the pregnant women and the fetus inside are explained in Ayurveda.
- ▶ Music also proved to be effective on the fetus.
- ▶ There are many contexts where different remedies through *mantras* have been explained.

REFERENCES OF MANTRAS / RECITATIONS IN AYURVEDA

1. *Garbhadana vidhi* (pre-conceptual care)
2. Measures to prevent labour (abortion)
3. Causes of congenital abnormalities
4. Importance of *dauhrida*
5. Contraindications of pregnant women
6. Effect of *jataharini*
7. Disorders of fetus (*garbha vyapad*)
8. *Varanabandha* to prevent abortion
9. Management after descent of the fetus
10. *Chyavana mantra*
11. *Aushadhi* and *mantra* for delivery of alive fetus in obstructed labour (*mudhagarbha*)
12. *Mantras* for resuscitation in new born
13. *Raksha karma* (measures adopted to protect the child against diseases)
14. *Shanti karma*
15. *Sashthi ratri raksha karma* (protective measures to be taken on 6th night of child birth)
16. Naming ceremony
17. *Sashthi* diseases caused due to abnormal dietetics
18. *Graha dushita stanya* (milk vitiated by grahas)

GARBHADANA VIDHI

- ▶ After the complete stoppage of the menstrual bleeding, the priest should guide for specific rituals and the husband should start the rituals.¹
- ▶ Hymn to be recited before coitus²

Meaning: Oh *garbha!* you are like sun, you are my longevity, you are my prestige by all means. *Dhata* (God of protection) and *vidhata* (God of creation) should protect you. You should have Brahma in you! Lords brahma, brihaspati, vishnu, soma, surya, aswini kumara and mitravaruna having divine powers bless me with the courageous son.

Putreshta yagna³ - for the desired child.

Benefits: Children born are handsome, endowed with goodness, have long life, repay the debts of parents and are excellent in qualities.

- ▶ The couple respecting or worshiping dieties and brahmanas, observing chastity and using beneficial dietetics give birth to the child having all good qualities, while having opposite deeds deliver the child devoid of good qualities.

- ▶ Methods to get child of different complexions⁴
- ▶ Effect of psychology of the woman on the fetus⁵
- ▶ The woman desirous of having a child resembling to the persons of any specific country should use diet, mode of life, behaviour and garments identical to the persons of that country.
- ▶ For achievement of conception happy mood is essential.

Measures to prevent labour in 8th month⁶

- ▶ The oblation of meat and cooked rice should be offered to please the *rakshasas* because the death of the child is due to *rakshasas* which are said to be inflicted upon the child by *rudra*.... Su.sa.3/30

Causes of *garbhanga vikruti* (congenital abnormalities)⁷

- ▶ *Beeja dosha*, *atma karma dosha* (*purva janma asubha karma*)
- ▶ *Garbhastaya dosha*, *kaala dosha* (abnormality of *ritu kala*)
- ▶ *Ahara vihara* of mother aggravating *vata dosha*
- ▶ *Naastikata* of parents, bad deeds of previous life of fetus and aggravation of *vayu*
- ▶ The unfulfilled desires of pregnant woman about a particular *indriya* may cause abnormality of that particular *indriya*.
- ▶ All these cause various abnormalities of fetus affecting its appearance, complexion and *indriyas* (sensory and motor).

DAUHRIDA

- ▶ According to Charaka, when *indriyas* of the fetus become conspicuous, the *manas* gets association of *vedana* or feeling of happiness and sorrow during same period and due to this the fetus starts quivering and expresses the desires based on the experience of previous life, that is why elder persons have called it *dauhruda*.
- ▶ The woman due to possession of 2 hearts is called *dauhruda*⁸
- ▶ The fetal heart formed with the maternal components is attached to the mother's heart via *rasavahi* channels and by these channels it expresses its longings through the mother or in other words the desires expressed belong to the fetus and not to the mother.
- ▶ As the desires of the fetus are expressed through the mother, they should be fulfilled because the negligence or non-fulfillment can cause abnormalities or even death of the fetus.
- ▶ Mostly, welfare of the woman is identical to that of the fetus, thus wise persons always treat pregnant woman affectionately and with beneficial substances.
- ▶ However, if she desires to use the articles likely to harm the fetus, the articles should be provided with addition of beneficial substances counteracting the harmful effects.
- ▶ *Haritha*⁷ (Ha.sa.3rd sthan.49/10) has mentioned that fulfillment of *dauhruda* gives birth to a very handsome, valiant, intelligent and well behaved child.

Desires of the mother	Characters of the child
To live in <i>ashrama</i>	Capable of controlling <i>indriyas</i> & religious
To look at snake and other wild animals	Ferocious and ruthless

Dos of pregnant woman

Pregnant woman should always

- ▶ Be with pleasant mind
- ▶ Nicely decorated
- ▶ Maintain celibacy
- ▶ Wearing white coloured dress (light colours)
- ▶ Worship *gurus* etc.,
- ▶ Eat food which is *snigdha*, *hridya*, *madhura praya*, *drava* and *laghu bhojana* prepared with *deepaneeya* (appetizing) drugs.

Don'ts during pregnancy

- ▶ Red coloured dress not to attract followers of *devatas* and *rakshasas*.
- ▶ Travel on horses etc.
- ▶ Avoidance of visit to cremation ground – sudden shock may cause fetal abnormality or abortion.

Mode of life of mother	Effect on fetus
Sleeping in supine position with stretched extremities	Umbilical cord encircles the neck of the fetus and troubles it
Over sleepy	Sleepy, ignorant and possess less digestive power

JAATAHARINI (REVATI)

- ▶ *Revati kalpadhyaya* in Kashyapa samhita mentions about *revati (graha)* which afflicts impious or immoral persons of all castes and kills villainous and unrighteous persons.
- ▶ She is seen by divine vision and religious virtues are the only remedies.
- ▶ *Revati* is named as *jaataharini (jata- born; harini – destruction – destruction of offspring)*
- ▶ *Jaataharini* cause disappearance of *pushpa* (menstruation), destructs body, fetus, born/to-be-born or to be born in labor creatures specially *asuras*, non-religious persons or their children⁹.
- ▶ Angry *Revati* afflicts a menstruating woman, pregnant, puerperal or woman staying inside a hut during all the 3 periods (childhood, middle age and old age and also in beginning, mid and end of the day and night)
- ▶ On the basis of transmission – it is of 3 types – divine, human and animal.

Result of affliction by these jaataharinis¹⁰

- ▶ It is only extreme unrighteousness which provides an opportunity to *revati*, which getting extremely angered, kills the progeny of woman along with herself or else kills both these separately.
- ▶ Causes of I & II trimester abortions – curses of God, infliction by *Jaataharini* & effects of deeds of previous life.

Garbhashtaapaka drugs (drugs to protect pregnancy)¹¹: Amulet of *trivrut* should be tied in the waist of pregnant woman.

- ▶ These drugs should be collected with enchantation of mantras and tied as amulet during *pushya nakshatra*
- ▶ *Varana bandha*¹²– for preventing abortion before 8th month.
- ▶ *Bhutahruta, naigamesha hruta garbha*¹³
- ▶ Management of labour – mention of *Kautuka mangala* (for welfare of mother and her child) mantras.
- ▶ Management after descent of the fetus – *mantra* in the ear during bearing down

TREATMENT WITH MANTRAS

- ▶ When the fetus has descended downwards, the woman should be made to lie down and advised to bear down.
- ▶ Another woman should recite repeatedly in low voice the mantra..... *Kshitirjalam ... Kartikeyaabhirakshitaam*¹⁴
- ▶ 2 more mantras for fast delivery
- ▶ *Chyavana mantra*¹⁵
- ▶ Water recited with *chyavana mantra* is given to the woman and *ubhaya trimsaka mantra* (numbers added on all the sides give 30 as total) is shown to her.

UBHAYA TRIMSAKA YANTRA¹⁶

16	6	8
2	10	18
12	14	4

- ▶ Unhusked 5 grains of rice washed with water treated with a mantra should be strewn over the woman; with this she delivers the fetus immediately.
- ▶ In the context of general principles of treatment and treatment of *mudhagarbha* (obstructed labour) like removal of placenta, *mantras* mentioned in *atharva veda* should be used for easy delivery¹⁷
- ▶ *Sutika roga samanya nidana* – general etiology of puerperal disorders¹⁸
- ▶ Wandering during night, terror or fight, sudden fall from height, jealousy, grief, fear, anger, suppression of natural urges etc.
- ▶ Puerperal disorders are very difficult to cure or incurable.
- ▶ *Mantras* for resuscitation (for proper respiration in new born)
- ▶ *Angadangat sambhavasi...twaabhirakshatu*¹⁹
- ▶ *Rakshakarma*²⁰ or measures adopted to protect the child against diseases
- ▶ Certain drugs which have anti- infective property should be kept in the room where mother and child are present.
- ▶ For pacifying acts to avert evils – *shanti karma* was advised by Vagbhata with recitations of *maayuri, mahamaayuri etc.*
- ▶ *Rakshakarma* or protective measures to be done on *shashti ratri*²¹ (6th night after birth) Entire *raksha karma* is aimed at offering protection from infective disorders to the mother and child.
- ▶ The various drugs prescribed for the purpose might be either making the environment free from infective organisms or else reduce the virulence of these organisms.
- ▶ *Graha dushita stanya*²² – 9 *grahas* (invisible organisms) are mentioned by Susruta and 12 by Vagbhata.
- ▶ Milk gets vitiated by *grahas* like *Sakuni, Putana, Skanda, Shashthi*²³ and change the taste and effect.

CONCLUSION

- Though there is a lot of advance in modern science and technology, still some conditions are not clearly understood even today. Our ancient science i.e Ayurveda has given certain contexts where simple slokas are advised for the improvement of the conditions which can be implemented on the patients as there is no harm in using them as they are non- invasive also.

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