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**Address**

• Vikram Nagar, Boudhi Chouk, Latur.  
• Tq. Latur, Dis. Latur 413512 (MS.)  
• (+91) 9922455749, (+91) 8999250451

**Email**

• aiirjpramod@gmail.com  
• aayushijournal@gmail.com

**Website**

• www.aiirjournal.com

**CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE**

**A Review on Punsvan Sanskar**

**Dr. Manjusha Balbhim Puri**

M.D. (Rasashastra BK), Ph.D. (Rasashastra BK),  
Principal & Professor  
Late. B. V. Kale (Manjara) Ayurved Medical College and Hospital,  
Latur. 413512 (MS)

**Abstract:-**

Ancient scriptures have depicted Punsavan Sanskar as one of the 16 sanskar. Punsavan Sanskar is putting certain noble Ayurveda Medicine drops for overall growth and development of fetus. The concept about this ritual is that Punsavan Sanskar is intended for getting a male child but the study of this texts suggests that the preceptors of our basic treatises did not have such an idea. They have not even mentioned about gender the embryo in this context. The Punsavan Sanskar performed during the period of pregnancy or before pregnancy, invoking blessings for Divine protection for his/her bright future. The aim is to ensure fertility in the newly developing child. This sanskar ensured that the child born will further be able to have children as well. Both men & woman play an equally important role in the formation of a strong social framework and ensuring the continuation of our species.

**Keywords :-**Punsavan, Purushak, Pushya Nakshatra, Panchamahabhut.

**Introduction:-**

An Indian tradition give great importance to Sanskar. Sanskar means "culturing". These sanskar's contribute to bringing about a desirable positive change in us. Punsavan Sanskar is one of the 16 Sanskar in Hinduism which are rites of passage that begin with one's birth, celebrates certain early steps in baby's growth and his or her welcome in to the world in the presence of friends and family. These rites of passage are not uniform and vary within the diverse tradition of Hinduism. Punsavan is a composite word of pums+savana. Pumas mens "to grind, move and "a man, a human, being a soul of spirit, while savana means "ceremony", rite oblation festival". Punsavana thus literally means "quicken a being, soul or man. Punsavan is a rite of passage observed when pregnancy begins to show typically in or after the third month of pregnancy and usually before the fetus starts moving in the womb and ensure that the child to be born is full of life energy.

Ayurved has suggested special measures, whereby Punsavana Sanskar aims to ensure the proper physical development of the child, so that it remains healthy and free of diseases, with sufficient virya and ojus for its entire life, irrespective of its gender. Although the name may suggest that this sanskar is religious ceremony, in fact a completely Ayurvedic treatment. Ayurveda clearly start that the success of this procedure it dependant on many factors, such as the time and place and the karma as well as the destiny of the person. Only if these factors are positive can the procedure be successful. The roots of Punsavan Sanskar in the form of ritual are found in section 4.3.23 and 4.62 of the Atharava veda.

अव्यक्तः प्रथमे मासि सप्ताहात्कललीभवेत् ।

A.H.S.1/37, Page 124

It is mentioned that in 7 weeks seems like rounded mass and not manifested with its organs. The main body parts of the embryo become manifested in the third month. Then onwards it can feel the sensation of pleasure and pain.

Here the word puman does not denote a puman means male a gender. It denotes purush which according to Ayurveda is a proper combination of *panchamahabhutas* and the soul.

According to the modern knowledge about sex chromosomes, in males chromosomes are 44+XY and in female 44+XX. An ovum has 22+X and sperm has either 22+X or 22+Y chromosomes. At the time of fertilization, the sperm of 22+X chromosomes unites with ovum of 22+X chromosomes the offspring of 44+XX will be female child. If the ovum fertilizes with sperm of 22+Y chromosomes, the offspring of 44+XY will be male child. Thus determination of the sex gets completed while fertilization takes place. After fertilization sex of the fetus cannot be changed.

#### Literary Study :-

The roots of *Punsavan* ritual are found in *Atharva Veda*. The *Atharva veda* contains charms to be recited for the birth of child and prevention of miscarriages, such as in section 4.6.17. *Atharva veda* states a ritual invitation to the wife by her husband to mount the bed for conception.

In Sanskar Garbhadan Sanskar has been described in details for the conception. It includes the process of preparing for conception, and focuses on ensuring purity of sperm and ovum. Ensuring that conception occurs at the appropriate time. In *Punsvan Sanskar* ensures the birth of healthy intelligent and will endow child.

Satva being impelled by the affliction of its own past actions enters into a peculiar womb unites with the shukrartava and becomes an embryo. As a result of its own wicked deeds, various kinds of defects and deformities may affect the embryo. To avoid all these calamities the ritual *Punsavan sanskara* is being done.

वली पुरुषकारो हि दैवमप्यतिवर्तते ।

A.H.S. 1/37, Page 124

This shlok has been referred to change the gender of the fetus by the commentators. But the shlok has been mentioned here for the prevention of teratogenicity and infertility. Because before this shlok Acharaya has been described many causes of the teratogenicity and infertility in detail. Then after the shlok *Punsavan Sanskar* has been stated as the remedy for the same. It means that it is not for the gender.

तयो कर्मणा वेदोक्तेन .....

..... गर्भस्य पुंसवनमस्यै दद्यात् ।

Charak sh. 8/18, Page 939

*Acharaya Chakrapani* has mentioned in *Charak Samhita* that before presentation of sex character as male child & female child by conseraning desha, kal for well being of fetus. This *Punsavana Sanskar* has to be done. Pregnant mother have to complete this Sanskar before appearance of fetal genital organs, then it will be result as a healthy fetus.

In the third month of pregnancy fetal growth regarding physical & spiritual has started, that's why fetus has impacted by both maternal & paternal behavior. Conserving with this maternal stage as mentioned by ancient manuscripts. *Punsavan Sankar* has taking care of mother's mental & spiritual health.

Also in our mythological manuscripts explained main motto of this Sanskar as healthy and intellectual growth of fetus.

The experiments on the *Punsvan Sanskar* have revealed startling results. The mothers, who were prone to abortion or whose earlier issues were subjected to metabolic system's deficiencies or to some genetic disorders since birth have delivered healthy babies after this Sanskar. A specific herbal preparation energized in the sacrificial of yagya is given to the mother for each the fetus. This special treatment to performed with chanting of mantras during yagya strengthens healthy development of the gross (physical) subtle (mental) and astral (conscious ) body of the child.

During the period of pregnancy while the *vedic karamakand* specialists perform *Punsavan Sanskar* special herbal medicines are administrated to her for a sideeffect free immune enhancement, which will lead to the birth of a healthy child without any congenital problems.

Main aim of this Sankar as well beingness of fetus.By *Dharmashindu* every fetus has go through this Sanskar & also by *Paraskarguhyasutra* development of fetus have to go through by the proper channel.This myth Sanskar as it has done for male fetus, but this type of *homehavan* has done for healthy baby & being thankful to god, not for male sex fetus. In this gestation period power of this Sanskar will take care of that fetus. *Punsvan Sanskar* encloses some function as fallows

For healthy reproductive cells, culturing the seeds, creating the atmosphere,the body's reproductive infrastructure, feminine balance.

*Punsavan Sanskar* is putting certain nasal Ayurvedic medicine drops for overall growth of the fetus.

**Procedure :-**

पुष्पे पुरुषकं हैमं .....।  
..... तस्यान्जलिं पिबेत् ॥

A.H.SH. 1/37, Page 124.

A Purushak made of gold, silver or iron is to be made red hot and dipped in a cow's milk. One anjali of this milk is to be taken internally. This should be done on the day of Pushyanakshrata.

गोरदण्डापामार्गे .....।  
..... पिष्टानेकद्वित्रिसमस्तशः ॥

A.H.SH. 1/39, Page 124

On the day of *Pushyanakshtra Apmarg* (*achyranthus aspera*), *Jivak* (*malaxis acuminata*), *Sairyaka* (*nilgirianthus ciliatus*) should be taken separately or in combination of two, three or all and grind with water and take it internally.

पयसा लक्ष्मणामूलमं .....।  
..... बाहयन्तरुपयोजयेत् ॥

A.H.SH. 1/40-41, Page 124

Roots of laxmana should be grind with milk and consumed through nose or mouth. This helps the formation and survival of the embryo. Eight sprout of vata (*ficus benghalensis*) also give



similar effect if used in the same manner. Besides drugs *jivaniyadigana* should be used externally and internally also.

This ritual has done before conception & after conception too. As explained above if this *ritu, kshetra, ambu, beeja* as best quality then upcoming fruit will be the best. As par this presentation before conception Punsavan Karma has done, and after conception punsavan karama has moto of well being & healthy growth in gestation period & also deliver on proper time with proper way.

#### **Discussion :-**

Some methods and medicines are suggested in *Ashtang Hridayam* other prescription can be seen on *Charak Samhita and Ashtang Sangraha* on this subject. In *Sushrut Samhita* though the word *Punsavan* is not even mentioned one prescription is referred as below.

The explanation of this treatment available in its commentary deserves special attention. It start that this *Nasya* is to be administered before the conception. Woman desirous of the pregnancy should do this for five days. At that time her food should be only boiled rice with milk. After five days she should copulate with her husband. This procedure helps for conception.

The *nasya* describe here if administered after conception will protect and maintain the embryo. In this *shlok Sushrut* suggest the right nostril only the root for drug administration not any other. Here the word *putra* has been for child or future pregnancy may be male or female. *Sushrut* has not even mentioned word *vamnasaput or duthitra*. This is interference in the original text by the later commentators.

In some texts it is found that the pituitary gland is one of the important endocrinal gland situated at the base of the brain. It controls and regulates other hormonal gland. It also regulates our emotions temperature, hunger and thirst. A pituitary gland development begins 45 days post conception. *Punsavan Sankar* is performed in the second month for hormonal balancing which result in healthy and intelligent growth of the fetus. On the auspicious movement in the second month of pregnancy *nasya* of few drops of certain Ayurvedic medicines is done in the pregnant woman.

There are several benefits of *Punsvan Sankar* in the mean time apart from other benefits. Development of fetus heart in the fourth month of pregnancy and foetoplacental circulation is also benefited from *Punsvan Sanskar*. Diseases related with hormonal imbalances or family history can be prevented by *Punsvan Sanskar*.

#### **Conclusion :-**

Thus the objectives of *Punsvan Sankar's* are –

- 1) Before the conception – For healthy reproductive cells, culturing the seeds and creating the atmosphere and ensure the fertility.
- 2) After the conception – Ensure the proper physical development of the fetus, so that it remains healthy and free of diseases, with sufficient *virya and ojus* for its entire life, irrespective of its gender.

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