

Role of ‘GHRUTT’ (cow ghee) in ‘Garbhasamskar’ in Antenatal Stage & Concept of intelligent (BUDDHI) according to Ayurved

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Introduction

Garbha Sanskar is not a new concept in India. Today science has proved that intra uterine baby cannot only listen, touch, feel but also can respond by its own way. More than 60% intellect development occurs in intra uterine phase. Garbhasamskar- that are special scientific afferents taken to stimulate baby’s sense gently because so at that time cortical development is maximum.

Buddhi or Intelligence, Intellect, talent and mostly depends upon mother’s prenatal care. *Buddhi* is an Ayurvedic term applied to one’s own talent, Mind and intelligence runs hand-to-hand. They are close to each other and have special value in life. Every parent expects that their kid should be intellectual but they are not aware of taking special prenatal care of fetus as regards to intelligence. Hindu mythology says that Abhimanyu son of Arjun learned the famous war strategy - destruction of chakravyuh when he was in womb. Is it possible that fetus can learn during gestation period?

Cow Ghee according to Ayurved

“Ghee is sweet in taste and cooling in energy, rejuvenating, good for the eyes and vision, kindles digestion, bestows lustre and beauty, enhances memory and stamina, increases intellect, promotes longevity, is an aphrodisiac and protects the body from various diseases.” (Bhavaprakasha samhita 6.18.1)

According to Ayurvedic concept, ghee increases ojas.(vital power). Indeed, an aversion to milk and ghee is given as one of the reasons leading to foetal malnutrition in pregnancy. A generalised treatment is giving ghee medicated with life nourishing herbs. Phala ghee,

mixed with medicinal fruits is also prescribed in pregnancy to strengthen the uterus and nourish the foetus. Such ghee and herb formulations act by increasing ojas, without which there can be no life.

As well as being similar to ojas, ghee is also similar to the reproductive fluids (known as shukra in Ayurveda). For this reason, ghee is widely used in Ayurvedic aphrodisiacs of which there are many! For example, massage the penis with Shatavari ghee or Bala ghee for low libido. Women can massage the pubic bone with either ghee formulation to strengthen the reproductive tissues.

Ghee rejuvenates the mind during pregnancy

Beyond rejuvenating the body, Ayurveda has specific tonics for the mind. These have ghee as a key ingredient as its sweet taste nourishes the nerve tissue and brain. Brahmi ghee is prescribed in the fifth month of pregnancy for mental development of the foetus as both Brahmi and ghee aid the development of consciousness and intellect. The newborn is also fed honey and ghee to stimulate intellect and ojas (the essence of all tissues) in an important ritual.

Beyond maintaining a healthy mind, ghee is also prescribed for anxiety, depression, dementia, insanity, epilepsy and other disorders of consciousness. Ghee older than one year especially good for healing the mind. It is more heating and bitter, properties which enable it to remove blockages in the mind's subtle channels.

Bhudhee(intelligence)

Definition - in·tel·li·gence definition 1

- **: the ability to learn or understand or to deal with new or trying situations**
- **: the ability to apply knowledge to manipulate one's environment or to think abstractly as measured by objective criteria (as tests)**
- **: mental acuteness**

According to Ayurved That, mind and its power develops in the fifth month of pregnancy by Sushruta - chapter of anatomy

- **All sensory organs and four limb, nasal openings, urethral and anal openings, auditory opening (external) and ophthalmic openings and all other organs of the body begins to develop simultaneously in the 3rd month of pregnancy .**

Sensory functioning of sensory organ begins in the third month of gestation in the form of various longings Brain development in the fetus (preterm infant) and neonate includes sensory systems, motor systems, social/emotional systems, and cognitive systems. All of

these systems are connected and integrated throughout late fetal and early neonatal life. These systems do not develop in isolation.

All exogenous or outside sensory stimulation has an emotional component as well as the sensory component. Many sensory stimuli also have social or motor components integrated into the sensory recognition and response. As the sensory systems mature in the last 8 to 10 weeks of fetal life, fetal and neonatal learning begins.

- Baby before birth has 10,000 billion brain cells that he will ever need through his life. The foundation of baby's intelligence is being built while he is still a fetus. This stage of baby's life is very critical because this is where the raw materials of his intelligence and personality are being formed. Fetal brain development has long lasting effect on your baby's personality.
- According to Sushruta, the Buddhi or the intelligence or talent develops in the 6th month of pregnancy During 6th month of gestation there is accumulation of strength and power in fetus and imparts more complexion to skin. The pregnant woman is devoid of strength where as the color complexion of her skin turns down.
- According to Ayurvedic science, there are five organs of intelligence, which receives and conveys five types of perception or special senses i.e. smell, taste, see, hear, and tactile perception.

1)Chakkshurindriya or organ for vision(RUP)

2) organ for smell or Ghranendriya(Gandh)

3) organ for Hearing or Shrotrendriya(Shabda)

4) organ for taste or rasendriya(Ras)

5) organ for touch or sparshanendriya (Sparsh).

Man is the only creature in nature who has got 5 senses. Sensory performance of human fetus is best judged and observed in 5th and 6th month of gestation. The Jean-Pierre LECANUET_ and Benoist SCHAAL found that fetus responds to auditory, gustatory and olfactory sensations more in second half of gestation. Dietary regime - as regards to intelligence(buddhi) these two i.e.5th and 6th month are very important.

Special care for diet is advised during this month. Fifth Month

During the 5th month she should be given ghee prepared with butter, cooked rice with ghee, meat, milk, rice, and gruel. During this month the woman becomes emaciated as all her nourishment is passed on to the foetus Paste of Pomegranate leaves and Sandalwood in curds and honeyshould also form part of her diet.

Sidha ghrutt with vidarigandh and some other balya, medhya group can also be given. As this group is an anabolic, it prevents emaciation and maintains health of foetus and mother. Ghee medicated or mixed with milk or buttermilk helps in maintaining strength and complexion of mother as during the 6th month foetus derives more nourishment from the mother and hence she feels more tired. Modern science suggest that prenatal iron and folic acid supplementation had a significant impact on the offspring's intellectual level and motor ability and ability during school age It had an impact across a range of function, including intellectual function, executive function and fine motor function. Giving pregnant women folic acid and iron supplements may increase the intelligence of their children later in life.

The Ayurvedic masters of ancient India believed old ghee(*puran ghrutt*) could regenerate brain cells, and this is an area worthy of further study with the rise of Alzheimer's disease today. *Panchagavya ghee* is also useful as, like old ghee, it is sharp in nature.

No other substance is as widely used to prepare Ayurvedic medicines as ghee. Ghee is also cited as the best substance for preparing the body for Ayurveda's internal detoxification (Panchakarma). One reason for this is that ghee is given as the best remedy for diseases due to aggravated Pitta and Vata doshas. Ghee alleviates Pitta dosha by its cold, sweet properties and Vata by its oiliness. Ghee is hence recommended in autumn when Pitta's hot nature can get aggravated after summer. But there is more to ghee than its dosha balancing properties. This article explores ghee's role in working alongside Ayurvedic herbs, as well as its own inherent healing abilities not found in other fats.

Summary

- Ghee's widespread prevalence in Ayurvedic medicines and treatments is due to its beneficial effects on the digestion, absorption and delivery of Ayurvedic herbs. Ghee's actions on both agni and ojas are hence at the heart of all Ayurvedic chikitsa. *Ghee* increases the *oja* by providing the raw materials to the immune system, it is a good antidote. . ghee as an anabolic, it prevents emaciation and maintains health of foetus and mother. Ghee also nourishes and regenerates the body and mind, improving the overall quality of life. Finally, Here our focuses on how such uses of ghee in both diet and treatments, sp.in antenatal care.

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