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A Review on Garbhadhan Vidhi

*1*Dr. Bhavna Khandagre, 2*Dr. Sucheta Ray, 3*Dr. Ekta Singh Parihar, 4*Dr. Priyanka Hajare*

1*P.G. Final Year Scholar, Prasuti Tantra and Stree Roga Mansarovar Ayurvedic Medical College, Hospital and Research Centre, Bhopal, MP.

2*M.S. Prof. & HoD Dept. of Prasuti Tantra and Stree Roga Mansarovar Ayurvedic Medical College, Hospital and Research Centre, Bhopal, MP.

3*M.S. Assistant Prof. Dept. of Prasuti Tantra and Stree Roga Mansarovar Ayurvedic Medical College, Hospital and Research Centre, Bhopal, MP.

4* M.S. Assistant Prof. Dept. of Prasuti Tantra and Stree Roga Mansarovar Ayurvedic Medical College, Hospital and Research Centre, Bhopal, MP.

Email Mail Id – serviceheb@gmail.com, bhavanakhandagre@gmail.com

Abstract

Garbhadhan Vidhi, also known as the ritual for conception is a traditional Hindu practice aimed at ensuring a healthy and spiritually endowed progeny. It is one of the sixteen *samskaras* (sacraments) in Hinduism, marking significant stages of an individual's life. The ceremony seeks divine blessings for conception, emphasizing the importance of a pure and auspicious beginning for the new life. It reflects the cultural and religious significance placed on family and progeny within Hindu society. Giving birth to a high-quality progeny is the demand of the today society and holistic *Garbhadhan Vidhi* as described in classical text fulfill this demand. *Ayurveda* describes simple methods to procure a healthy offspring and the planning of which starts from the selection of partner. These methods are popularised as *Garbhadhan Samskara*. In *Ayurveda* text *Garbhadhan* sacrament elaborated related to environmental factors, specific diet and cleansing measures which might influence the reproductive capabilities and have great physiological and psychological significance.

Keywords: *Garbhadhan vidhi* , Pre-conceptual, *Garbhadhan Samskara*, *Shreshthpraja*.

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