

PUMSAVANA KARMA

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ABSTRACT: "Pumsavana is one of the Shodasha Karmas (Sixteen rituals) performed in various stages of life in ancient India. It deals with the technique of genetic engineering to ensure healthy progeny and to determine the sex of the child. The author also probes here the relevance of this technique at this age and describes how the modern biology supports it.

Genetics plays an important role in the modern world. It is the science of life pertaining to genes or the basic unit of heredity. It is through this science that man is now able to bring about revolutionary changes in the bio-logical features. It effects not only plant life, animal kingdom but also human domain. It is a vast subject with a multi-spectrum. But my article is restricted to the change of sex in the embryo of the conceived woman. Pumsavana is one of the sixteen rituals known as Shodhasha Karmas. This samskara or treatment is administered to the pregnant lady in the third month after conception.

In view of the adventurous journey of human life, ancient Rishis of India formed at every stage throughout life, from birth to death. As rational beings we have to adopt those samskaras for the benefit of a prosperous and fruitful living.

These ceremonies are divided into two categories 1) Pre-natal ceremonies 2) post-natal ceremonies. Pre-natal ceremonies are:
1. Garbadhana, 2. Pumsavana, 3.

Seemantham, Post-natal are 4. Jathaka, 5. Namakarana, 7. Annaprasna, 8. Chuda or Keshakandana, 9. Karnavedha, 10. Upanayana, 11. Akshrabhyasam, 12. Samavartham, 13. Vivaham, or Marriage, 14. Gruhasthashramam or household-life, 15. Vanaprasthashram or practice of detachment, 16. Sanyasa or renunciation.

In Mahabharatha we read about the lineage of Pandavas. The mysterious birth of Kunthi Puthras. How a virgin princess would give birth to these illustrious sons through the grace of Devas i.e., Yama, Indra, Surya, Ashwani etc.,

Another feat of genetic engineering, a case of transplantation of foetus is observed in Bhagwatha Purana. Under the guidance of superphysician – Bhishagvara Yogarat Lord Krishna, Yoga maya, the super lady surgeon, pulled out the foetus from the womb of Devakidevi by applying hypnotic anaesthesia and safely transplanted it in the womb of Rohini.

One more astounding case of genetic engineering is noticed in Mahabharatha. Aswathama, the heroic son of Dronacharya used a nuclear weapon called Brahmasironamaka to wipe off the lineage of Pandavas by killing the child Parikshit in its mother's womb.

The child was protected by super genetic-engineer, Lord Krishna who neutralized the terrific effects of radiation through his anti nuclear disc Sudharshanachakra. Similarly we come across the queer births of several mythological figures like Kamalasambhava, Kumbhasambhava, Anjaniputra, Drona, and Masthyagarbha etc., in puranic literature. There was a time when such births were considered as fantastic myths or fictitious stories, full of super-natural romanticism but now we have test-tube babies among us. They are the marvels of scientific research and genetic advancement. With the aid of modern science we can understand the secret natural laws hidden till now behind the mysterious births of such mythological heroes.

In the present article, I have labored to give a faint picture of the enormous advancement made by our fore-fathers in the field of genetics, thousands of years ago in the remote past when the rest of the globe had not seen the ray of light. Our subject is concerned with the pumsavana Samskara which holds the nuclear part of the epic.

Marriage is not merely a social contact but is considered to be a sacred bond according to Hindu law. It is a pledge entering into household life by male and female to carry on "Gruhastha Dharma" for the purpose of keeping one's lineage to achieve four goals

in life – chaturvidha Purusharthas, Dharma, Artha, Kama and Moksha.

Nisheka is the sexual contact of the male and female, Garbadhna implies the sowing of seed in the fertile field. Man and women are boundless electricity, when they are brought together sexually, a series of electric currents would be released which may react on them favourably or adversely depending upon the harmonious or discordant nature of the vibrations released. Sexual union, pregnancy and reproduction of human species are the essentials on which the world exists, sexual union should never be based upon simple sense gratification. There is a sacredness about sexual functions and when moral and spiritual considerations are not respected and the corresponding offspring will be of most heinous type.

Charaka, the glorious physician of ancient times, prescribes a code of conduct to be adopted by the couple to get the child of their choice.¹ Man and woman should undergo cleansing process through Snehakarama or oil massage Svedhan or Steam bath, Vamankarma or Vomiting or Virechana or purging. They should further have both types of vasthis or enemas 1. Asthapana and anuvasana vasthis, evacuating and assimilating respectively. Man should take in milk prepared from MADHUR OUSHADHIS and ghee. Woman should take in plenty of puddings prepared with blackgram (Udud) and sesame oil

The expert physician, further advises the woman to follow strictly the rules for three days after menstruation.

1. Sleeping on the floor.

2. Taking food in an unbroken new plate.
3. Avoiding all the articles of shringar or items of dressing like kumkum (Tilak) oil Kujal, lepan and flowers etc.

After three days on the fourth day she should be given a thorough oil headbath using sugandha ubaton paste. After bath woman should wear white sari. The man also must put on white clean robes the man and woman should adorn with beautiful necklaces and flower garlands While exchanging sweet smiling looks they are expected to have copulation when ignited by romantic sparks.

HOW TO GET CHILD OF FAIR COMPLEXION

In charaka Samhitha sage Atreya applied the principles of colour therapy on the gees in the following formula. Man and woman longing for a child with a good physique, fair complexion lion-heart full of grace and noble qualities, should follow instructions given as under. On the fourth day of the menstruation of woman shall have a cleaning bath. She should be given in a silver plate Sattu (Flour of puffed wheat) mixed with ghee, honey along with milk of whit cow having a white calf. This tonic recipe should be continued for a period of seven days. In the usual menu also the woman should be fed rice and other foodstuffs along with milk of curd, ghee and honey. Care should be taken that the milk procured should be from a white cow having a white calf. She should dwell in a white

washed house. Her clothing bedding, vehicles other utensils of domestic use should be white in colour. Both at sun-rise and sun-set the woman shall have darshan of a big white bull or a horse or dolls of these beasts made of white sandalwood (Ivory) etc. She shall wear white washed house. Her clothing bedding, vehicles other utensils of domestic use should be white in colour. Both at sun-rise and sun-set the woman shall have darshan of the big white bull or a horse or dolls of these beasts made of white sandalwood (Ivory) etc. she shall wear white lotus flower garlands and put on ornaments made of silver. She should be kept in joyful moods by means of interesting stories or lovely chat. The woman shall always fix her mind in the personality of ideal Mahapurusha, whose characteristics she intends to pass on to the coming child. She is warned not to look at indecent, ugly, obnoxious, cruel and terrifying scenes or persons. She is advised to associate herself with the gentle and handsome friends having sweet tongue. This should be continued for a period of week days. There are elaborate functions of Putrayasti or Putrakamesti described in vedic texts and Srimad Ramavana of Dasaratha times. But charaka has simplified the ceremony. Where in the man and the woman are made to perform Homa with herbs like palasha, Hingudi, Audhumbara, Madhuki, combined with ghee, honey and white lotus flowers under the supervision of vedic scholars as Rithwiks. The Rithwiks perform Homa praying Brahma with the Rik (hymn) ‘Vishnuryonim Kalpayathu’ for fruitful conception of the women as desired before to get a noble son of great virtues. After

Homa the couple is made to partake the Yognasesha that is remnants of the payasam ghee etc., with the blessings of Ritwiks. Subsequently the couple is advised to have copulation for eight days.

This is the technique to get a child of one's choice in hue and complexion. But only change in the procedure as described above is to change the colour as per one's desire. Charaka the wise sage has still further simplified the method for mass the poor and depressed householders need not perform Yesti ceremonies. It is enough that they approach Mahatma or Siddhapurshas and pray falling on their feet to grant their desire. The success of the technique lies in making the woman to constantly recall to her mind the noble qualities of the person whose characteristics she intends to implant in her coming child. The picture formed on the screen of brain T.V. and the thought currents generated will be transmitted through channels of motor nerves and these waves are received by the brain studio of the embryo and forms a replica of the original. That is the reason why shastras declare that father is born in the form of son*

It will not be out of place if I quote two mysteries of instructing the child in the womb of its mother through the genetic Engineering process mentioned in the ancient scriptures Bhagavatha Purana and Mahabharatha.

Rani Leelavathi, the consort of King Hiranyakashipu was pregnant when she was taken to Naradamuni's Ashram in exile. There Maharshi took care of her well-being. He made her listen to the glorious of Narayanatatwa. The child in the womb

grasped the teachings of the saint and that was the reason why Prahallada became a staunch Vishnubhakta since his birth though born to a Rakshasa Parents.

In the second instance the Mahabharata says that when Abhimanyu's father Arjuna was describing the secrets of warfare – Padmavyuha to his consort Subhadra Abhimanyu listened to the conversation from other's womb.

The above two incidences seem to be more fictitious and they need verification of the facts whether it is possible to impart instruction to the child in the womb. Recently some light has been thrown by the U.S Scientists on this dark chamber of human life. The U.S Scientists studying the hearing capacities of foetus confirmed that learning begins before birth. A report in a leading magazine "Science" says.

The report says that human babies have the ability to recognize voices and even poems that they first heard before they were born. Mr. Anthony Decasper, a psychologist at the University of North Carolina and his colleague William Fifer, tested ten new-born babies with a system in which the babies could suck a nipple that was attached to a tape-recorder.

By sucking in one pattern, a baby would hear its own mother's voice and by sucking another way, the baby would hear another woman's voice. Babies, Mr. Decasper and Mr. Fifer found tended to suck so as to hear their own mother's voice.

They also found that this preference for mother's voice occurred no matter whether

the babies were breast and whether they were less than 36 hours old or more than 72 hours old.

Mr. Decasper wondered if babies might not just learn to prefer any voice that they heard from birth onward. So, he and his colleagues Phyllis Prescott asked six men to participate in another experiment.

The report says these men, who had been present at the birth of their baby daughters, were asked to talk to their babies as much as possible.

By the time the test began, five of the men had spend about four hours each talking the their daughters and one had spent ten hours.

The scientists found “These babies had negligible contact with male voice”.

Further studies indicate that these babies could not discriminate between male voices. They just did not seem to especially prefer to hear the voice of their own father when they are two days old. However, within a few weeks they did prefer to hear their father’s voice. There-fore, the scientists conclude that “it looked like auditory preferenced after birth are influenced by what is heard pregnantally”.

These findings have been further confirmed by the scientists when they asked 16 pregnant woman to read aloud a book twice a day before and after birth.

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CHANGE OF SEX PUMSAVANA SAMSKAR

The wise physician charaka offers a feat of Genetic Engineering for the change of sex. A woman having all the female issues continuously in every delivery is sure to have a male child if she follows the techniques given by him. This technique is known as Pumsavana Samskar. (Puman Syevyatha Anena Karmana Ithi Pumsavana Karma) the process by which the female is changed to male in the foetus that is known as pumsavana. This process is conducted during the third month of the pregnancy. Only during third month of the conception of the sex entity I.e, male or female comes into life.

In recent years the science of Genetic has made astounding advances. It will not be out of place if I may just make a few observations of modern medical science. According to modern biology the human body like other multicellular living things plants, or animals consists of innumerable minerals, which are responsible for its structure and function. Each cell is a miniature organism ad regarded as the fundamental unit of life. New cells come into being by the diversion of previously existing cells as noted by ³Dr. villee the cell theory includes the concept that the cell is the fundamental unit of both functions and structure. The fundamental unit that shows all the characteristics of living thing other than the body cell or the germ cells which have the property of reproduction. The resproductive cell in the female body I the Ovum or egg. The common name for both I the egg. Each gamet is single cell which the acquired traits of parents belong to the body cells, their inherited characteristics belong to the genetics the egg and the sperm. So the

inherited characteristics are transmitted to the offspring but not the acquired traits according to the present day biologists.

Inside the reproductive cell there are rodshaped bodies called chromosomes. Inherited characteristics are carried from generation to generation by the chromosome, a complex protein structure in the nuclear of the cell. Man has normally 46 chromosomes which are designated as XX (female) XY (male). The remaining 22 pairs are called autosomes. (not sex determents) Chromosome are composed of thousands of genes, which are the basic units of heredity. It is the gene which is the information area for the transmission of an inherited trait. The genes are arranged in a linear fashion on the chromosomes. The exact location of gene on a chromosome is its locus. Each chromosome has thousands of loci arrange in a definite manner and the number of arrangement of genes on homologous chromosomes are identical, genes which occupy homologous loci are alleles, or partner genes. Each individuals therefore has 2 of each kind of gene, one on each pair of chromosomes.

Although genes usually remain stable from generation to generation, it is possible for them to undergo a change or mutation, and there by to transmit a new or altered trait. This change will then be transmitted to future generation Mutation may occur spontaneously or may be induced by such environmental factors as radiation, medication or viral infection. Both advanced maternal and paternal age favour.⁴

THE PROCESS OF PUMSAVANA SAMSKAR

In the third month after conception the woman should be administered Pumsavana treatment before the manifestation of the sex in the foetus.

Obtaining two un-broken buds from two twigs proceeded from the Eastern and Northern side of a banian (*Ficus Indica* Linn) growing in a cowyard as also a dingle grain of paddy and a single seed of masha (*Phaseolus Radiatus* Roxb). Both well developed or two seeds of white mustard ad throwing them into a quantity of curds. The woman that has conceived should be made to drink it under the constellation of pushya. Another Pumsavana Medicine is the following:

The Kalka are paste of (a) Jeevaka (b) Rishabaka (c) Apamarga (d) Sahachara or of each if desirable should be boiled with milk and given to the women to drink.

Further in the likeness of a man very small proportions made of gold, or silver, or Iron made red hot in fire and then dipped into a measure of curd or milk or water should be swallowed without leaving remnant, under the influence of the constellation pushyami. Under the same Nakshatra of Pushyami the woman may be made to inhale the vapours of a cake (pishta) that is being baked on fire and then dissolving that cake a measure of water the mixture should be cast over the threshold of the door. This water the woman should then using a stick of cotton apply to her right nostril.⁵

In the above process we find that the condition of human well-being is linked up with the position of constellation. Hence astrology plays vital role in every sphere of

Ayurvedic treatment. For the convenience of the learned readers I shall quote some of the observations made by Prof. B.V. Raman, editor astrological magazine of International fame.

The Ceremony of Pumsavana should be celebrated in the third month when signs of pregnancy are evident. All lunar days except the fourth, sixth, eighth, ninth, twelfth, fourteenth full moon and new moon days are good.

Prof. Nicoklai Constantinovitch of Moscow discovered an electric treatment which separates and segregates the male and female spermatozoa. Children of either sex may be obtained by using chromosomes of the opposite in artificial impregnation. Natural spermatozoes are deposited in the curved end of the tube filled with a physiological solution. A slight electrical current draws, the male and female cells to opposite ends of the tube. The male spermatozoes are deposited in the curved end of the tube filled with a physiological solution. A slight electrical current draws, the male and female cells to opposite ends of the tube. The male spermatozoa are drawn to the Anodes or the side where the current leaves. Macfaddan says "Conception time with reference to the menstrual cycle normally runs its course in twenty eight days and so corresponds in length to the lunar month". There is a feminine physiological habit which in some ways at present clearly understood, closely corresponds to the movements of the moon. The theory is that

if fertilized when first discharged from the ovary the Ovum is female in tendency while latter as the ovum ages it becomes male so that fertilization between the third and fifth day after menstruation is liable to produce a girl, between the fifth and eighth days a boy or a girl and between the eight and between the eight and twelfth days, a boy.

Through Pumsavana Samskara, it is evident that our ancient Rishes brought sexual changes in the embryo son or daughter as desired. Hence, even now in this ultra modern space-times the principles of Pumsavana Samskara as enumerated by Charaka can be practiced for the benefit of the human society. But this much we are sure that the process of Pumsavana Samskara is in vogue in upper strata of the society in our country and it is yielding satisfactory results.

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