

## **A Review on *Garbhadhana Samskara* (Cultural Ties related to Conception to obtain Healthy Progeny ) with Special Reference to Ayurveda Philosophy**

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The ancient Indian medical system known as Ayurveda has a long history of using societal and cultural practices to advance health and wellness. Ayurveda emphasize that the physical, mental, and emotional health of the parents at the time of conception can have a significant influence on the health and well-being of the child, *Garbhadhana Samskara* is a traditional cultural practice in Ayurveda that entails a series of ceremonies and practices intended to promote conception, ensure a healthy pregnancy, and produce a healthy offspring. The practice entails a variety of actions, such as choosing an auspicious time for sexual activity, adhering to certain dietary and lifestyle limitations, and carrying out particular rites and ceremonies. The objective of this literature study is to investigate the cultural ties associated with child conception and *Garbhadhana Samskara* that must be adhered to in accordance with Ayurveda, as well as the obstacles and challenges that surround these norms. A thorough search of peer-reviewed articles, books, and other reliable sources was performed to find pertinent research. The literature survey focuses on the Ayurvedic principles and procedures used in *Garbhadhana Samskara*, its historical context, the advantages of the practice for child conception and birth, as well as its difficulties and disputes. The research further investigates the applicability of *Garbhadhana Samskara* in contemporary times and contrasts Ayurvedic practices with contemporary medical procedures. According to the review's conclusions, *Garbhadhana Samskara* is a crucial cultural practice in Ayurveda that supports healthy conception, birth, and progeny. However, it is also a contentious practice that has drawn critique for its patriarchal attitudes toward women. The study makes the suggestion that future studies should concentrate on the moral and societal and cultural implications of *Garbhadhana Samskara* and investigate how to combine this conventional practice with contemporary medical procedures to enhance reproductive health results.

**Keywords:** *Garbhadhana Samskara*, Ayurveda, Child conception, Cultural practices, Literature review, Culture , Healthy progeny