

SACRAMENT OF IMPREGNATION

Before carrying out this sacrament, the husband and wife should reach a mental state of starting a family. Once they have happily decided to start a family they should first do Havan with all the rituals. Now let us understand every aspect of this ritual.

To decide the date: During the 4 days of menstruation the couple must not copulate. The next 12 days are favourable for impregnation. In these 12 days the couple should avoid Amavas (Jet Black night), full moon, 11th and 13th day after the stoppage of menstruation. The copulation on 2nd, 4th, 6th, 8th, 10th and 12th day is for a son and 3rd, 5th, 7th, 9th and 11th day for a daughter is recommended. According to Maharishi Dayanand Saraswati the later days are the best. For example if a couple desire a son then 12th day and if a daughter then 11th day is the best.

Reader should refer to a Hindu calendar or consult a priest if in doubt about Moon cycle. By following the above advice parents may be blessed with the desired child (son/daughter).

According to our religious scriptures if mother gets impregnated on 12th or 10th day after excluding first 4 days of menstruation the son is more likely to be a very intelligent and well cultured in future and if impregnated on 11th, 9th or 7th day after excluding the first 4 days of menstruation the daughter is more likely to be a very intelligent and well-mannered and cultured in her life.

Menstruation: A woman goes through a menstruation period every month. This period last about 4 days in a healthy woman. After completion of these 4 days period the following 12 days are the best period for a woman to get pregnant. It is important for a couple to know how to calculate the days correctly. If a woman starts bleeding per vagina before midnight then following morning will be counted the 2nd day of the period. If a woman starts bleeding after midnight then the following morning will be counted as first day of the period.

Medicines to help conceive

In his book “**Sanskar Vidhi**” Maharishi Dayanand Saraswati has written in detail about the Ayurvedic (Herbal) medicines which can help to conceive. These medicines can help wife and husband both.

In his book “**Sanskar Vidhi**” Maharishi Dayanand Saraswati has highlighted the following aspect of impregnation like age consideration, the day of copulation, desire of a son or daughter and act of impregnation.

Let us try to understand these in detail.

1. Age consideration - The age of impregnation or conception is the same as age of getting married. It is important to understand 3 age groups.

- Child group - For males under 16 years of age, for females under 12 years of age.
- Teenage group - For males under 25 years, for females under 18 years of age
- Youth - For males after 25 years, for females after 18 years of age.

According to Vedic teachings a marriage in childhood and teen age is totally barred (unacceptable). The age of youth is the correct age for marriage. So for pregnancy the earliest age of male should be 25 years and the earliest age of female should be above 18 years.

The children born to Child group of parents are physically weak, mentally subnormal and more likely to be ill with a short life span. Children born to teenage parents may be physically better compared to children group of parents but their brain, mental status, intellect and knowledge will be suboptimal. The children born to youth parents are physically, mentally and psychologically fully grown up. So it is very important that at the time of marriage a man should be above 25 years of age and a woman above 18 years of age. The children of such age group couple will be handsome and beautiful, healthy, well cultured with human values and will not be immature physically and mentally. The children born to child and teenage parents are bound to be physically defective and mentally subnormal. **So it is the duty of the society that childhood and teenage marriage should not take place.**

2. The time of copulation - After 4 days of menstruation period, the following 12 days are the most optimum period for copulation between a husband and wife.
3. Son or daughter - This aspect has been explained in detail previously. We will summarise the following facts.
 - a) When sperm count and healthy sperm of a man is quite high a son will be born. When ovum is more prominent a girl is born.
 - b) When a husband is physically of a strong built and of mature age and wife is of a thin built most probably a son will be born.
 - c) When a couple copulate on even days of 12 days after menstruation they will be blessed with a son and when on odd days a girl will be born.
 - d) The sperms from right side of testis will give birth to a son and left side of testis will give birth to a daughter.
 - e) Similarly an ovum from right ovary will most probably give birth to a son and from left ovary to a daughter.

For more information please read “**Sanskar Chandrika**” written by Dr. Satyavrat Sidhantalankar.

In Vedic culture the act of impregnation is a religious Sacrament. It is a respectable act. Some people think this act of impregnation as a shameful deed. But in Vedic culture the act of impregnation after marriage is one of the most cultured, well

respected and an important one. It is due to this act a pure soul takes place in the body of a foetus in a new mother. When this child takes birth then husband and wife get the title of mother and father in the family, society and nation. A child brings all kind of happiness in the life of his/her parents. This is how this universe progresses and carries on.

This act of impregnation is very important for the existence of this universe.

This is very true that the mental state of a mother at the time of impregnation does affect her child. The story of mother Madalsa is famous. The first 8 children of mother Madalsa became saint because she wanted them to be saints. Her 9th child became a king because she wanted so. The story of King Dhritrashtra, Pandu and Vidur in Mahabharat also proves this point to be correct.

Mother Satyavati did not get any grandchildren from the marriage of her two sons called Vichitravirya and Chitrangad. Vichitravirya died of Tuberculosis and Chitrangad got killed in a war. Mata Satyavati got worried about future of her dynasty (family). She instructed the widows the widows of her two sons named Ambika and Ambalika to have a sex with Maharishi Vyas in order to get pregnant and deliver a child. Maharishi Vyas was a very dark skinned man with a very long moustache and a beard. During the intercourse Ambika got frightened by looking at Maharishi Vyas and she closed her eyes. She delivered a blind son called Dhritrashtra. Similarly Ambalika also got very scared and turned pale at the time of intercourse with Maharishi Vyas. She gave birth to a son who was weak and pale and thus was named Pandu. Mother Satyavati instructed Ambalika again to go to Maharishi for copulation. On this occasion Ambalika sent her maid to Vyas ji. The maid had sex with Maharishi Vyas very happily. Thus she gave birth to a healthy and intelligent son called Vidhur.

On the basis of a research it was found that in cold European countries the children born in August and October months are usually deformed and mentally subnormal because of excessive consumption of Alcohol and non-vegetarian food by their parents in winter months of November to January. This is why it is strongly recommended to the parents to eat vegetarian food and avoid drinking Alcohol 13 days before copulation for a child. On the day of copulation the couple should perform Yajna and then with a happy mind and love should perform the act of impregnation. This is why we call the sacrament of Impregnation as an act of making of a healthy child. A pregnant mother should eat pure vegetarian food, avoid drinking Alcohol and think positively.

It is written in Ramayan that when Sita ji became pregnant Maryada Puroshotam Ram, a well cultured and a supreme man, instructed his younger brother Luxman to take her to the hermitage of Maharishi Valmiki. When they reached the hermitage Sita ji told Luxman to go back to Ayodhya and tell all her mother in laws to pray for the well-being of the baby of their son in her womb. She spent her pregnancy period in the hermitage of Maharishi Valmiki so that she could eat proper meals, live in a peaceful and happy environment so that she can give birth to a healthy, happy and intelligent child.

The knowledge related to the Sacrament of Impregnation

1. While performing the Havan for the Sacrament of Impregnation the wife sits on the left side of her husband on the altar. Similarly while performing Havan for Namkaran (Naming) and Niskraman (Exit) Sacraments the wife sits on the left side of her husband on the altar. The reason behind this ritual is because the wife and child both need extra protection. The husband tries to say that he would like to keep his wife and child nearer to his heart in order to provide extra protection. During pregnancy period a wife needs physical as well as mental (psychological) protection from her husband. A husband will protect his expecting wife with all his might so that his expecting wife can live without any fear and anxiety for the development of her child in her womb. Sitting on the left side of her husband also symbolises her following her husband. Sitting on the right side of her husband symbolises her moving ahead of her husband. This is why wife sits on the right side of her husband while performing other Sacraments. The wife is trying to say that now she is knowledgeable, cultured and well aware of performing Havan so now she will be his (husband) right hand and add to his strength Acharya Manu has said quite appropriately

“ यज्ञ-कर्म विवाहेषु पत्नी तिष्ठे | दक्षिणा ”-मनुस्मृति । “

The Naming Sacrament (Namkaran) and Niskraman (taking the child out of the house first time) sacrament are also attached to the same thinking. In Naming ceremony the father provides the name to his child by using his authority. The mother puts the child in the lap of his/her father by walking behind him. The father gives a name to his child and showers his love, affection and promises to give protection in front of people attending the ceremony. He also takes vows to provide protection to his wife. The same thing happens in Niskraman Sacrament. Here the parents take the child to some religious place or a garden for the very first time after birth. In this sacrament the wife and child both need protection and support of the husband and father. This is why wife sits on the left side of her husband while performing Havan of Niskraman Sacrament.

2. Consideration for change of lineage (Gotra) During the Marriage Sacrament a man and a woman become bound to gether by taking several vows and commitments. But there is no change of lineage. During the giving away of daughter ceremony (Kanya Dan) by her father, both the bride and bridegroom tell the guests about their lineage (Gotra). The bride tells the guests that in order to wear the children of her husband in her womb she would like to accept the lineage of her husband.

The Sacrament of Impregnation should take place on the fourth day after the Marriage ceremony. During the ceremony of Sacrament of Impregnation the change of lineage should also take place.

In the Sacrament of Impregnation the wife and husband become committed to each other physically as well as mentally.

After the Marriage Ceremony the wife comes to the household of her husband. The wife accepts the surname (Lineage) of her husband. This practical step changes the lineage of wife to her husbands's lineage. This change provides for

the lineage of the father to the future children of this couple. This is in accordance of Vedic tradition.

3. In the middle of performance of this Sacrament one prays to God in combination Of 5-5 Mantras. The meanings of these Mantras are as following.
 - a) One prays to Fire, Air, Moon and Sun together that in his/her life the money earned by him/her should be by honest means only.
 - b) Husband and wife stay alive together for the rest of their lives.
 - c) The couple should be blessed with children.
 - d) Husband and wife should not live against each other.
 - e) The mind and body of wife should be without any fault so that her behaviour is faultless as well.
 - f) The wife should be able to carry on with her pregnancy for full 9 months term. This means that she stays healthy physically and mentally so that she gives to a well-developed healthy child.
 - g) The touching of right shoulder of her husband by his wife shows mutual affection between the couple.
 - h) The couple pray for stable pregnancy, for healthy, bright, intelligent and long life of the child.
 - i) In Havan ceremony Husband who performs the ceremony (Yajman) has to put few drops of butter Ghee in to a small water container. The wife should apply this Ghee and water over her body and take shower and wear clean clothes and join the Havan ceremony with her husband. While performing this ceremony the couple should think about Sun and pray for a child who will be shining like Sun. The wife should take the name of the lineage (Gotra) of her husband and pay respect to him as well as father in law, mother in law and all elderly people present in the ceremony. So that in future she respects and values her in laws.
 - j) To know the importance of nutritious food and pure way of living her life.
 - k) The pregnant wife should drink a warm milk mixed with little amount of saffron, musk, nutmeg, Feronia Elephantom (Choti Ilayachi) and Javitri so that she gives birth to a beautiful and a healthy child.