Sixteen sacraments are important in Indian culture. In the present time, marriage etc. rituals are hereditary, there is no sense in them. Only the method of appearance is done to handle the social customs. The one who makes life better, the one who incarnates the best soul on earth, the one who handles the axle of the nation, is the conception ceremony for the children. But they are completely ignored. Children are produced only by enjoying animalistic pleasures. The child born without unwanted understanding becomes the seed form. That’s why care is not taken in their upbringing. In our scriptures, there is a conception ritual to get the best child. The rites performed by a couple before having a child are called Garbhadhan rites. The way the farmer prepares the field and the seed. Prefers field and seed. Cleanses the area, cleansing it with essential nutrients. He likes the seeds, cleans them, sows the seeds after giving them cow dung bags etc. In the same way, it is necessary for the couple to prepare beforehand for the best child, the woman in the form of field and the husband in the form of seed. The rites of conception are an undertaking to be shown here.

In Taittiriya Upanishad, after practice, the graduate is instructed by Guruji in the following way "प्रजातन्त्रस्य व्यवच्छेत्सीः" After Brahmacharya Ashram, Grihastha Ashram is prescribed. In it "Prajatantu…. 's command. That is, the acceptance of the wife is not for the sake of enjoyment but for the attainment of children, it is for the welfare of the people. This subject should be able to support the nation and should be able to carry the culture. Weak, sick, not fearful. Society tells a woman to give birth to a devotee, a donor and a brave child, otherwise don't lose your light. In the Shrimad Bhagavad Gita, the Lord has said that I am Kamadeva for the sake of creation in His Vishvuti.2

Conception is the only ritual to get the best child. In this, the couple has to do pre-preparation before embryo transfer. Have to do penance. In Shrimad Bhagwat, Daksh Prajapati created the universe with penance,3 Brahmagi also created the universe after one thousand years of penance by the order of Lord Narayan. Hence penance is essential for the creator of the universe. In the Taittiriya Upanishad, Swadhyaya-Pravacha has also been said along with Praja Utani, Prapautra, Dohitra in the preaching of essential duties like Swadhyaya, discourse, guest service etc.

"प्रजा च स्वाध्यायप्रवचने च। प्रजतंत्र स्वाध्यायप्रवचने च। प्रजाति स्वाध्यायप्रवचनेः॥"4

Humans should perform self-study-discourses, Veda-abhyas etc. rituals and routines along with marriage etc. works.

**ELIGIBLE SELECTION**

In the view of Indian mystics, marriage is not just for sexual pleasure. To give birth to the best child. Therefore, criteria for eligible selection have been given. The girl who is proposed to marry should not be a Sagotra, it should be at least five generations later on the mother’s side. There should be no genetic disease in their progeny. Must be mentally and physically healthy.

अस्विम्ब तथा मातृसप्तुगुण च या पितुः। सा प्रशस्त दिवात्तिनां दार्दिक्षणि मैथुने ॥ ॥

अरोगीणी भारतवस्तिमसमस्येनान्त्यागाम ।

फल्यमात्र सर्मदान्ये मातृत: पितुस्वस्तस्या॥

1. तैत्तरीय उपनिषद् अनुवाद- 11
2. श्रीमद्भागवत १०.२८
3. अथ मेघाकाव्यात देवस्मादत्यत्वात् दास्यम।
4. नव विश्वनाथ मुन्नान केदारदाससूजवन् - श्रीमद्भागवत ६.२.४०
5. तैत्तरीय उपनिषद् - ९.९. पृ ४४
6. अनुवाद- ३.१५
Sage Yajnavalkya also advises the girl's father not to give his daughter to a patient, mentally deficient, sexually immoral, treasounous, atheistic, in whose progeny only daughters are born, suffering from genetic disease, devoid of Vedas.

एतैरेव गुणमूः कः सङ्कः: श्रवियो वरः ।
यज्ञात्सर्वशिष्टं पुरुषे सुवा धीमाम् जनशिंयः॥ ॥ ॥ याज्ञ. १.५४

It has also been said in Narad Smriti.

अपट्यायें दिवं नरः: दृढः: शैवेन बेजिनो नरः ।
क्षेत्रं बौज्यवते देवं नावोशी श्रेष्ठमहीति ॥ - नारदस्मृति

In the Kanyadan resolution of marriage ceremony...

"अस्य कल्याया: अनेन वरेण धर्मप्रजया उम्योवेशवृद्धयमेत्रस्तु।" ॥

That is, I donate this girl to create religious subjects. Here in the method, the father of the girl tells the bridegroom that I give this girl to you for the attainment of lust and the attainment of subjects.

कल्यायान कर्मकर्तुगुणप्राप्तिकामो वा भ्रजोत्यादेव भायेत्येव तुभ्यमहं सम्प्रदेः ॥

रजोदरशन शान्ति

The deeds that are done for the peace of the known physical, verbal and mental inauspicious deeds of human beings, to prevent them from bearing fruit in the next world etc., are called atonement deeds, peace of menstruation is such atonement. Only after that they get the right to conceive. Wise men have talked about Bhuvaneshwari Shanti in it. According to Naradasmriti, it is considered inauspicious if women have their first menses in Nindya Nakshatra, date, time, place and dress. Therefore, Shanti is meant for making peace by doing Rajodarshan.

निन्यशिन्यतिपियवरुः बदिद पर्वम चर्ययते।
अशुभं चंद्रां शैवं निन्यशिन्यवां च वाससी।
तव शान्तिः प्रकृतिः, यहवरपुरा: संख्यः। ॥ ॥

Conception rites should be performed only after menstruation. By having sex with a woman without menstruating, a man's Venus is wasted. Maharishi Ashvalayan says -

प्रायोदशनात्त्या नेवायत्वा पतत्वं: ।
व्यवीकरणं, शुक्रस्यं प्रायोदशनात्त्या ॥ ॥

Yogishwar Yajnavalkya accepts wife's marriage even in the अशुभकाल -

यथाकामी भवेत्यापि शैवं निन्यशिन्यमस्त।
स्वदार्शनात्त्याम दियो रश्या यत: स्मृतम्: ॥ ॥

8 याज्ञवल्क्य स्मृतिः ६.५५-५६
7 यही ६.५४
8 नैमिन्तिक कर्मस्त्रान्तक - पृ. २९१, संपादकः पीताम्बर अनंद, प्रकाशन - आनंद, विलास
9 यही- पृ. ३६६
10 यही- पृ. १९१-१९३
11 यही पृ. १९६

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In the scriptures, seasons and off-seasons have been told for the company of women. But the law in it is seasonal only. Four or five days condemned in the season itself, on the day of Shraddha is prohibited. Pair for son and unpaired for daughter should go for night.

After the birth of a child, there is freedom from ancestral debt. It has been said in 'Parashara Samhita' that the one who does not perform pregnancy at the time of season, commits the sin of female foeticide.

It has been said in 'Bhavprakash' that after the pregnancy for procreation in the season, the pregnancy should be done for the second time after the season, that is, only after knowing that the pregnancy has not taken place. One should not travel for the second or third time in the same season. Because the first four days of the womb are forbidden because; They do not bear children. If it is worn, it leads to miscarriage or the birth of a disabled or short-lived child.

Sushrut also says that by not following the rules of Ritukal, handicapped children are born.

An ineligible child is born by moving even in the condemned, date, war, time. In the Shrimad Bhagwat, Diti, who is suffering from sexual intercourse in the evening, asks Sage Kashyapa to pacify her lust. Diti does not give up her insistence even after a lot of persuasion by the sage. As a result, Hiranyakashipu and Shukra become defective. Only a diseased child will be born from such malefic Raja-Shukra. As is the cause, so is the effect, this Sankhya principle is eternal.

"Bhavprakash" car says that stool comes out from everywhere after digestion of the food taken. But there is no impurity in gold heated a thousand times, in the same way there is no impurity in the form of Venus that has been cooked again and again.
The semen that produces the best child is like a crystal, flowing, aliphatic, sweet and fragrant like honey. In the opinion of other Acharyas, it is like oil and honey. Acharya Sushrut says in "Sharir Sthan" that a malefic male with malefic power is not able to produce a perfect, healthy child.

Later Acharya Sushrut discusses the measures to make Shukra-Raj pure. In Garbhopanishad, the juice of food is semen-raj. Therefore, "like food, like people" means parents should take healthy, virtuous, pure, holy food. This food should not only be pure and pure, it should be taken from the money obtained from righteous path, only food. No, air, sky, water and fire should also be clean along with them, because it is only by the combination of all these that semen-rasa and creation is created out of them.

In the magazine 'Ayurveda Vikas', Dr. Kamal Prakash Agarwal states that, "The man who wants my son to be of Gaur Varna, to study the Vedas and live for a hundred years, make him a milk-rice kheer and add ghee to it." Should eat together with wife. One who is Kapilvarna, a student of the two Vedas and wants a son full of age, should cook curd and rice and eat it with his wife. The one who wishes to have a full-fledged son who studies Shyamvarna, Raktanetra, Vedatrayi, should eat rice cooked in water and mixed with ghee with his wife. The one who wants me to be a full-aged wise girl, she should eat sesame-rice porridge with her wife and the one who wants my son to attend the assembly of famous Pandit Vedvadis, to speak beautiful words, to study all the Vedas and to be full Ayushman. After cooking urad-rice khichdi, mixing Ukshan or Rishabh, a medicine to increase semen potency, both husband and wife should eat it. The food that the couple consumes, will consume the child. In the Taittiriya Upanishad, it has been said about the origin of people from food. A man desirous of having a good child should go to a woman in a good bed, being happy, healthy, clean after bathing, applying flowers, consuming sperm-enhancing substances, wearing clean clothes, being attached to the woman.
It is said in Bhavprakash special that a child who has eaten a lot, has no patience, is sick, is hungry, is in pain, is suffering from hunger, should not associate with a woman.

By association with a woman with an unhealthy mind, blind, disabled, hunchbacked, Vaman children are born. At the time of company, air pollution is born. This has been told in Garbhopanishad.

Shri Mataji explains that, "The state of consciousness of the parents at the time of meeting is more important. Low level and heinous thoughts in their consciousness will be reflected in their children. Incomplete, disabled, low intelligence, malnourished children are the result of the consciousness of the parents at the time of conception. The state of consciousness of the parents at the time of conception of the child is of utmost importance. This condition is going to affect the entire life of the child." Shri Mataji specially says, "At least one year before conception, the prospective parents should try to build a balanced and sound health. So that the child gets a suitable basis of physical and mental consciousness. The couple should each have a positive outlook in life, a sense of contentment, blissful nature, love for mankind, faith in God and a prayerful life. All this is important in taking the quality of the child further. All these things are in the conception ceremony. Therefore, after preparing intelligently, the couple having sexual intercourse with the desire of having a child, with a healthy body and a clean mind, they definitely get the best child. As is the action, so is the result.

**Santandhyanthya:**

[1] Taittiriya Upanishad, Gitapress
[5] Naimittik Karmaprakash, Geetpress
[7] Bodybuilding, Chaukhamba Publication
[8] Garbhopanishad, Chaukhamba Prakashan