

# **A Critical Analysis of Cultural Ties Related to Marriage for Healthy Progeny with Special Reference to Ayurveda Philosophy**

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Ayurveda is considered as holistic system of medicine and one of the oldest natural healing systems in the world. It is a philosophy that deals with both preventive as well as curative aspects of life. Ayurveda is considered as one of the unique medical systems well-established in India and it is linked to Vedic and Indian cultural aspects. Marriage is one of the most important and prominent cultural events in the Indian cultural system. Especially, the Ayurveda medical system emphasizes the medical aspect of some cultural events related to marriage and pregnancy. *There is an intrinsic link between marriage and procreation.* Ayurveda emphasizes age limits, the selection of the right partner, consanguinity, and many other important criteria that should be considered during marriage. Most studies show that in a population with a high rate of consanguinity, there is a significant increase in the prevalence of common adult diseases like cancer and infertility. Infertility has become a global challenge in the modern era due to lack of knowledge and because of ignoring the cultural ties related to marriage. Therefore, it is essential to turn back to history and compile valuable cultural data before the information gets destroyed over time. Hence the objective of this study was to collect literature data on the scientific aspect of cultural background linked with marriage according to Ayurveda medical system. Available data was compiled through authentic Ayurveda texts, scientific journals, and other relevant authentic texts. According to literature analysis, all compiled data concluded that many of the cultural rituals scientifically affect the procreation process and are more applicable to the modern era. Further, this study would provide an intuition to develop an effective awareness programs focused on young individuals in society, based on revealed data linked with traditional knowledge systems to promote healthy progeny.

**Keywords:** Ayurveda, Culture, *Healthy progeny*, Marriage, *Procreation*,