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## Effect of *Garbha Samgari* in Production for Healthy Child

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### ABSTRACT:

Ayurveda is one of the most ancient systems of medicine in the world. At present time, the existence of everything has been proved practically and scientifically. So, Ayurveda needs a deep study and research for proving all the facts established by Acharya in ancient time. In Ayurveda, the concept of *Garbha & Garbhotpatti* is described systematically. Acharya have explained four important factors as *Garbha Sambhav Samagri* that is *Ritu*, *Kshetra*, *Ambu* and *Beeja*. These factors are very essential for conception. Infertility may occur if there is any abnormality in *Garbha Sambhav Samagri*. So, for a healthy and best offspring the factors concerned with conception must be in good qualities. The knowledge of *Garbhotpatti* helps to create suitable conditions for conception and healthy foetus also. This study will help to understand the normal and abnormal features of *Garbha Sambhav Samagri* in production of a healthy child.

**Keywords:** *Garbha*, *Garbhotpatti*, *Ritu*, *Ambu*, *Beeja*, Foetus etc.

## INTRODUCTION

*Garbha* is the first stage of developing *Sharir*. When *Shukra* (sperm) and *Shonita* (ovum) are combined with *Atma* (soul), *Prakriti* and *Vikara* in the *Garbhashaya* (uterus), this is known as *Garbha* (embryo). In the other hand, the combination of *Shukra*, *Shonita* and *Jeeva* (soul) inside the *Kukshi* is known as *Garbha*. According to Acharya *Sushrut*, *Garbha* is the result of combination of four factors coming together in the proper way, just like *Ritu* (season), *Kshetra* (field), *Ambu* (water) and *Beeja* (seed) coming together to give rise to the *Ankur* (sprout).<sup>1</sup>

#### **Ritu -:**

*Ritu* means menstruation period of females which

is of twelve days duration when *Artava* (menstrual blood) is visible. In female, menstruation starts around twelve year of age and stops at the age of fifty years. The period from first day of menstruation to sixteenth day onwards is called *Ritukala*. This period is suitable for conception of *Garbha*. Once the *Ritukala* is completed, the yoni gets closed as at the end of the day, the flower of lotus closes its petals. So, to get a child sexual intercourse should be done in *Ritukala* except first three days. When pure *Shukra* and pure *Shonita* unite in healthy *Garbhashaya* during *Ritukala* then this definitely results in the formation of *Garbha*.



**Kshetra -:**

The term *kshetra* indicates the *Garbhashaya* or *Kukshi*. It is eighth *ashaya* which is present especially in females. Thus the *Garbhashaya* means the special place where *Garbha* lies and develops. *Yoni* resembles the *Avarta* (spirals) of the *Shankha* (conch shell) and having three *Avarta*. The *Garbhashaya* lies in the third *Avarta* of *Yoni*. Experts say that *Garbhashaya* is similar in shape and size of the *mukha* of *rohita matsya* (a kind of fish). Conception of *Garbha* depends upon the healthy or disease free *Garbhashaya*. The power of implantation is lost, if any impairment occurs in the *Garbhashaya*. Similarly, twenty types of *yonivyapada* (diseases of vagina) also interferes the conception.<sup>2</sup>

In Ayurveda the word *kshetra* is used for the female. In *Vedas* and *Manusmriti* also *kshetra* is symbolized with Female. The reason behind this simile is that the *Garbhashaya* is only the residing place of *Garbha* in which it grows, but the *Garbha* gets its nourishment from the body of the female. Apart from this the growth and development of a healthy foetus also depends upon the *Aahara*, *Vihara*, *Vichar* etc. of the mother.

**Ambu -:**

The term *ambu* represents *Rasa dhatu* which is formed after complete digestion of *Aahara*. The main function of *Rasa dhatu* is *Prinana* which means nourishment. In Ayurveda, nourishment of the fetus is described in two parts. First, when the foetal body parts are not perceptible, it gets nourishment by *Upasneha* and by *Upasveda*. Second, when the foetal body parts become observable, it receives nutrition by permeation through the *Lomakoopa* of the body and the *Nabhinadi* also. The foetal *Nabhi* is attached to the umbilical cord to the *Apara*. This nutrition provides *Bala* and *Varna* to the foetus as it contains all essential factors.

According to Ayurveda, the *Aahara rasa* formed after the digestion of food consumed by mother is divided into three parts. First part nourishes her body, second promotes the formation of milk and third nourishes the *Garbha*. *Nabhinadi* of *Garbha* is attached with *Rasavaha nadi* of mother which carries *Veerya* of *Aahara rasa* from mother to the foetus by *Upasneha* for development of foetus. If the *Garbha* does not get nourishment then it consequently gets *Shosha* or miscarriage.<sup>3</sup>

**Beeja -:** *Beeja* denotes the *Shukra* of men and *Artava* of women.

**Shukra -:** *Shukra* which is like *Sphatika*, *Drava*, *Snigdha*, *Madhura* and *Madhugandhi* is desirable for producing offspring but some others say that it should be like *Tail* or

*Kshaudra*. The quality of *Shukra* is also quoted that the *Shukra* which is *Bahal*, *Madhura*, *Snigdha*, *Avistra*, *Guru*, *Pichichila*, *Shukla* and *Bahu* is undoubtedly effective for fertilization of ovum.

Other hand these qualities the *Shukra* which is vitiated by *Vata*, *Pitta*, *Shleshma*, *Kunapgandhi*, *Granthi*, *Puti*, *Puya*, *Kshina* vitiated by *Mutra* and *Purisha* will not be capable of producing an offspring.

**Artava -:** *Artava* which resembles the blood of a *Shasha* or *Laksha* rasa and that which does not stain the cloth is greatly praised. Same the pure *Artava* should be similar to color of *Gunja* seed, Red Lotus flower, Lac juice and *Indragopaka*.

*Artava* is vitiated by three *Doshas* and *Shonita* each separately, by their combination in two or all together, becomes incapable of producing offspring. Features like *Varna* and *Vedana* of such vitiated *Artava* should be recognized according to *Dosha*.

**DISCUSSION**

The essential factors for conception are *Ritu*, *Kshetra*, *Ambu* and *Beeja*. *Ritu* means *Kala* which can be understood as *Vaya* or *Ritukala*. In Ayurveda, it is mentioned that *Garbhadharana kaala* is sixteen years because at this age the woman has *Sampurna Veerya*.<sup>4</sup> According to modern science, a woman has about 3 to 4 million eggs at birth. As the age increase, a woman has not only less eggs but also have a higher chance of being chromosomally abnormal. These chromosomally abnormal eggs will never fertilize or implant. At present time women have become more career oriented, so they do not give preference to marriage and conception at right time. That's why, proper age for conception is very important. In other hand, *Ritu* denotes *Ritukala* during which conception is most likely to occur. According to Ayurveda, it is of 12 days starting from the stoppage of menstruation. When once the *Ritukala* goes off the conception does not occur. According to modern science, the ovulation may occur on 14<sup>th</sup> day after menstruation starts. During proliferative phase of menstruation cycle near to ovulation, the cervical mucus permits the penetration of sperms whereas, in the secretory phase, there is hindrance in the penetration of sperm, under the effect of estrogen and progesterone hormones respectively.<sup>4</sup> So, the most fertile period is 10 to 18 days after the onset of menstruation. *Kshetra* provides a space for development of *garbha* and also protects the *Garbha* from the external pressure or trauma. Inside the uterus, the *garbha* lives the intrauterine life of 9 months. The *Shudha*

*garbhashaya* is very essential for the safe conception and development of foetus also. Any abnormality related to uterus, the power of implantation is lost. Similarly, *yonivyapad* can cause deformity in uterus and there by interfere with conception. Anomalies of cervix like *Suchimukhi* or *Shithilamukha* may become causes related to abnormality of uterus in which some are congenital and some are acquired causes. The complete or partial failure of formation mullerian ducts, failure of fusion of mullerian ducts, failure of disappearance of fused septum are congenital causes whereas inflammation or obstruction of vaginal canal, polyp, erosion, cancer, fibroid uterus, endometriosis etc are the acquired causes.<sup>5</sup>

*Ambu* represents the *Ras dhatu* is *prinana* means nourishment. The *Garbha* gets nourishment by *Upasneha* and *Upasveda* when *Apara* is not developed. When placenta is developed then it gets nourishment through *navhi nadi*. The *Garbha* is completely dependent on the mother's nutritional status for nourishment. If there is any improper diet taken by mother, it may directly affect the *garbha* and may end up in various *garbhaj vikriti* i.e. foetal anomalies such as *Garbhasrava*, *Mritgarbha*, *Upavishtaka*, *Nagodara* etc.<sup>6</sup>

*Beeja* represents *shukra* and *Artava*. If any type of abnormality occurs in *Shukra* and *Artava* i.e. the sperm and ova the quality of offspring is lost. So, for a healthy offspring both *shukra* and *artava* should possess all the qualities of *shudh shukra* and *shudh artava*.

Acharya Sushruta quoted in sushruta sharirasthan chapter 2<sup>nd</sup> *shukra shonita shudhi sharira* that the presence of all the four *Garbha sambhav samagri* leads to the production of a *Roopvaan*, *Satvavaan*, *Dirghayu* and *Vrinmochan putra*. This type of offspring is called *Satputra* and *hitakari* for father.<sup>7</sup>

***Evam Jata Rupvanta: Satvvantaichrayush:|***

***Bhavantya Ridasya Mukoater: Satputra: Putrida Hita:|***

## CONCLUSION

*Garbha sambhav samagri Ritu*, *Kshetra*, *Ambu* and *Beeja* are referring to ovulatory phase, healthy uterus, proper nourishment and unvitiated semen of male and ovum of female respectively. These are very essential for conception and best offspring. The developmental anomalies of fetus are due to the abnormalities in these factors. So, the concept of *Garbha sambhav samagri* is described to produce healthy offspring.

## Conflicts Of Interest- NA

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