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).

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 yoniyyapada (diseases of vagina) also interferes the conception.¹

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 Balap 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. ³

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, Piti, 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. 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 14th 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.⁴ 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, yoni vyapad 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.5

Ambu represents the Ras dhatu is pranana means nourishment. The Garbha gets nourishment by Upasneha and Upasveda when Apara is not developed. When placenta is developed then it gets nourishment through nabhi 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.5

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 sushrutha sharirasthan chapter 2nd 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.6

Evam Jata Rupvanta: Satvantaichrayush:
Bhavantya Ridasya Mukoater: Satputra: Putrida Hiita:]

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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