

**GARBHA SHARIR; AN AYURVEDA REVIEW W.S.R. TO ANATOMICAL
PERSPECTIVES**Dr. Amardeep Singh*¹ and Dr. Rakesh Kapoor²¹Lecturer, Dept. of Rachana Shaareera, Govt. Ayurvedic College, Patiala, Punjab, India.²Lecturer, Dept. of Samhita, Govt. Ayurvedic College, Patiala, Punjab, India.***Corresponding Author: Dr. Amardeep Singh**

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ABSTRACT

The term *Garbha* includes zygote, embryo or foetus. *Garbha* is the result of fusion of *Shukra* and *Shonita* inside the *Garbhashaya*. *Garbhashaya* acts as *Kshetra* for the implantation and growth of *Garbha*. *Aahar Rasa* of mother provides nourishment and helps in the growth of *Garbha* during the gestational period. Other elements like *Garbha Samagri*, *Shadbhavas*, *Garbhiniparicharya* and *Panchamahabhuta* etc. also play important role in formation and development of *Garbha*. *Garbhavakranti* is the process of development of the *Garbha* from cells to mature fetus. It reveals process of fertilization and development of the *Garbha* starting from the parental units, their fusion, implantation, its growth and finally the delivery. Relation of eight *Prakriti* and sixteen *Vikaras* also shows great impact on the growth of the *Garbha*.

KEYWORDS: *Garbha Sharir*, *Shadbhavas*, *Panchamahabhuta*, *Shukra*, *Shonita*.**INTRODUCTION**

Development of fetus is a continuous process of maturation of structures during the different periods of gestation. *Garbhadhana* term in *Ayurveda* indicates the changes that occur during gestation. Some *Ayurvedic* scholars have proposed the development of *Garbha* under headings of *Parasparaupakara*, *Parasparanupraveshat* and *Parasparanugrahat*. *Garbhotpadak samagri*, *Sadabhava*, *Bhutavyapar* and *Masanumasik garbhavikas* are some important elements required for the development of fetus.

Vayu, *Teja*, *Apa*, *Prithvi* and *Akash* are responsible for the stabilized structural development of body parts. Different factors like *Sadabhava*, proper diet by the mother during *Garbhavastha*, *Upasneha*, *Upasveda*, *Kala* and *Swabhava samsiddhi* play important role in the fetal growth. The concept of *Sadabhava* deals with the development of a complete human being. *Satva & Atma* are some factors which are specific to the *Garbha* (fetus). *Mahabhuta* helps in stimulating secretion of hormones, separation of cell mass and influences transport of nutrients through umbilical cord.

Historical Aspect

Basic principles of *Ayurveda* are *Swathasya Swatha Rakshanamaturasya Vikar Prashamanam*. *Ayurveda* has main focus on maintenance and protection of *Swasthya Sharir*. It has explained the concept of *Garbha Sharir* under the heading *Sharir Sthana*. There are numerous

references of *Garbhasharir* which are given in the *Brihatrayee*. In Vedic literature, age and health (physical and psychological) of mother, heredity and environmental factors are considered as essential factors for a good progeny. These literatures also provide us well observed description of proper time of insemination, paternal units, gradual and sequential stages of *Garbhasharir*.

Garbha Sambhav Samagri

Garbha Sambhav Samagri are some essential factors responsible for the formation of *Garbha*. They are *Ritu*, *Kshetra*, *Ambu* and *Bija* along with *Panchmahabhuta* as depicted in the **Figure 1**:

- **Ritu** describes the state of normal female menstrual cycle which indicates the proper time for conception. It is important as it serves two purposes: releases of ovum and fertilization. *Ritukala* is considered as the best period for conception.
- **Ambu** term deals with the nourishment received by the *Garbha* from the ovum and sperm. Some stages like fertilization, implantation, fetal organogenesis and placenta formation are affected by the nutrition received.
- **Beeja** term is used for genetic material like chromosome, DNA and genes. It has capacity to induce new generation. They play a very important role in conception and further development of *Garbha*. Abnormality of *Beeja* can result in infertility.

- **Kshetra** indicates *Garbhashaya* which refers to the reproductive system of mother specifically uterus. It is the place where *Garbha* lies and develops. Good condition of mother's body is important for the proper development of *Garbha*. Sometimes abnormal conditions can result into infertility.
- According to many *Ayurvedic* texts **Panchamahabhuta** play an important role from birth till death. They help in growth, development and differentiation of *Garbha* after its formation. **Mahabhuta** play an important role in embryogenesis with the help of certain function like *Vibhajana* (division), *Pachana* (metabolism), *Samhanana* (solidification) and *Kledana*. **Panchamahabhuta** also plays important role in determining complexion of fetus. *Tejas* element is the causative factor of complexion.
- **Sadbhava** are the parts of the *Garbha* originating from father, mother, *Rasa*, *Atma* and *Satmya*. Soft parts like heart, liver, spleen etc. originate from mother; hard parts like bone, nail, teeth etc. originate from father; physical development, strength, originate from *Rasa*; sensory and motor organs, knowledge, wisdom life-span, pleasure, etc. originate from *Atma*; energy, health, strength have *Satyamaj* origin.

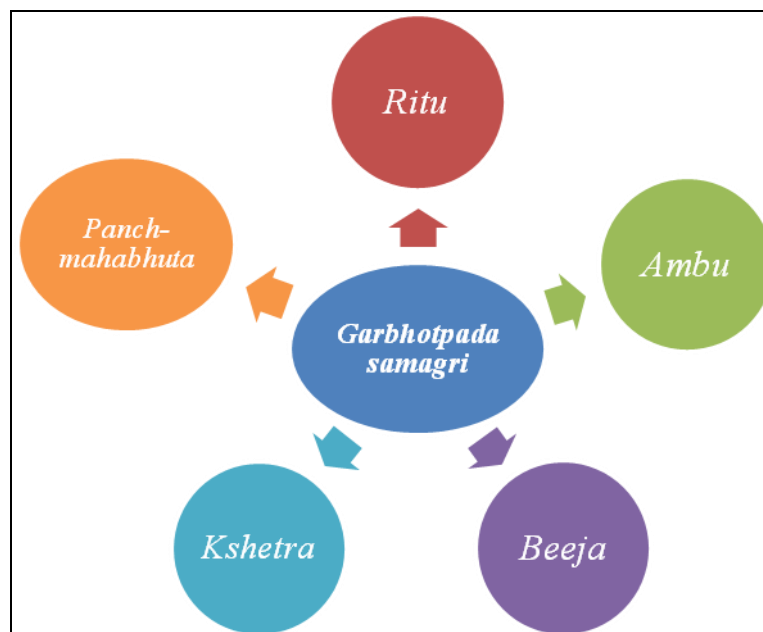


Figure 1: Garbhotpada Samagri.

In *Ayurveda* it is mentioned that *Swastha Sharir* is required for reaching the *Purusharatha Chatushtaya* i.e. *Dharma, Artha, Kaam* and *Moksha*. *Swasthya* depend on *Prakruti* which is formed during *Garbhavastha*. Basic principles of *Garbhiniparichrya* should be followed properly from *Garbhotpatti* till *Nishkraman* to produce a *Swasthya sharir*.

Garbha Poshana

Ayurveda divides *Garbhaposhan* into two stages on the basis of formation of *Apara*. *Upsneha* is the process of providing nutrition. *Garbha* is totally dependent upon mother for the nourishment. Before the formation of *Apara* embryo receives its nutrition through the process of *Upsneha* from the fluid present around it. According to *Ayurveda*, *Rasa* is very important for proper growth of the *Garbha*. It nourishes the body of both mother and fetus and also stimulates the secretion of breast milk. Umbilical cord (*Nadi*) of fetus is attached by the *Rasavaha Nadi* of mother which is supplying *Rasa* to the fetus.

Masanumasik Garbha Vridhi

When fusion of *Shukra* and *Shonita* occurs in the uterus along with the entry of *Atma* (soul) *Garbha* (embryo) is formed. When *Garbha* undergoes cell division and progresses towards differentiation it is called as fetus. This process of change of embryo into the mature fetus occurs very slowly and takes almost nine months.

- **First month-** According to *Ayurvedic* scholars, during the first seven days *Kalal* is formed which is semisolid, slimy and sticky in nature. It is described as *Avyakta Vighraha* means consisting of all the body parts in *Avyakta* form. It possesses all *Anga* and *Pratyanga* that are going to form in the future. The fertilized ovum becomes *Kalal* and *Budbuda*.
- **Second month-** With the help of *Sheeta*, *Ushma* and *Anila*, the *Panchabhautik* embryo turns into a compact mass called as *Ghana*. *Garbha* takes a compact form in the shape of a *Pinda*, *Peshi* or *Arbuda* which helps in identification of the gender. The *Pinda* shaped *Garbha* leads to the production of a *Pumaan* child, the *Peshi* shaped *Garbha* produces

Stree child and *Arbuda* shaped *Garbha* produces eunuch or *Napunsak* child.

- **Third month-** In the third month *Sarva Indriya*, *Sarva Angavayava* manifests them simultaneously. Five buds (*Pindaka*) develop representing the formation of four limbs and head respectively. The *Anga-Pratyanga* begins to form but all are in very minute form. Development of heart and all the sense organs also starts.
- **Fourth month -** *Garbha* becomes stable and dense. Due to the increase in mass, pregnant lady feel the heaviness in body. *Anga, Pratyang* are more prominently developed. The *Sukshma* forms of all body parts acquire certain form and shape. The *Chetana Dhatu* also gets manifested because the *Hridaya* becomes evident and due to this *Garbha* starts movements and responds to sensory stimuli.
- **Fifth month-** Mind becomes well active due to increased *Mansa* and *Shonita* during the fifth month. The *Mana* of fetus becomes more *Sajiva*. The blood and muscle tissue of the *Garbha* increases.
- **Sixth month-** The development of intellect or *Buddhi* occurs. Development of tendons, veins, hair on the body and head, strength, colour, nails and skin occur. There is increase in *Bala* and *Varna* of the *Garbha* during this period.
- **Seven month-** In the seventh month there is an all-round development of the *Garbha* occurs. Differentiation of all the *Anga- Pratyangas* becomes clearer. *Garbha* attains well developed mental and physical form.
- **Eighth month-** Eighth month of pregnancy is fatal period of *Garbha* and *Garbhini*. *Ojas* travel between the mother and the child alternately through placenta and umbilical cord. *Ojas* are considered to be the purest form of all *Dhatus*, which decide the vitality, immunity and strength of the body and without it life becomes unstable.
- **Ninth month-** From the first day of the ninth month till the end of the tenth month this period is known as the period of *Prasava Kala*. In *Ayurveda Samhitas* normal gestational period is said to be 9 to 12 months. After this period if *Garbha* still remains in the uterus, it is called as *Garbhavikriti*.

CONCLUSION

The term *Garbha* represents fetus formed after the union of sperm and ovum. *Garbhotpadaka samagri* are essential factors for embryogenesis while *Garbha vriddhikara bhava* are the specific factors responsible for growth of *Garbha*. Scholars of *Ayurveda* have explained month wise foetal development and also gave importance to mother's health. Mother supplies the seed, *Bhumi* as well as nutrition through blood to the fetus.

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