

ROLE OF GARBHA SAMBHAV SAMAGARI & ITS CLINICAL IMPORTANCE IN HEALTHY PROGENY**Dr. Archana Purushottam Shende^{1*}, Dr. Rajshri Tulshidas Shilimkar² and Dr. Atul Dwarkadas Birla³***¹Professor, ²Assistant Professor and ³Associate Professor

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Article Received on 19/05/2021

Article Revised on 09/06/2021

Article Accepted on 29/06/2021

ABSTRACT

Ayurveda is the traditional, ancient Indian system of health science. Its name literally means, "life knowledge". Ayurveda described regime and rituals before pregnancy to take care of foetus from the state of gametes to promote the multistate well being of child promising the efficacy of body (Dosha, Dhatu, Mala) metabolism (Agni), perception element (Indriyas), psyche (Manas) intelligence (Buddhi) and the inner spirit (Atma). Ayurveda described essential factors for pregnancy as 'Garbha Sambhav Samagri' that is Ritu (fertile period), Kshetra (uterus), Ambu (Ahara Rasa, nutrition), Beeja (Shukra, Shonit). Garbha Sambhav Samagari are essential to provide optimal health to mother and baby. These are essential factors for conception. Combination of all these factors lead to the formation of the foetus. Acharyas have told about the Garbha Sambhava Samgari, which refers to the factors needed for conception. Acharya Charaka has told about the importance of progeny as the couple with progeny have many benefits like he is Bahu Murtitwa, Bahu Mukha, Bahu Kriya, Bahu Chakshu, Bahu Gyan, Bahu Shakha. So for the benefits of society and nation the study of normal and abnormal feature of 'Garbha Sambhav Samagari' will help.

KEYWORDS: Garbha, Garbha Sambhav Samagari, Ritu, Kshetra, Ambu, Beeja and its Clinical importance.**INTRODUCTION**

In Ayurveda, the matter related to the concepts of Garbha and Garbhotpatti is described systematically. Garbha is the first stage of developing (body). When Shukra (sperm) and Shonita are combined with Atma (soul), Prakrit in the Garbhashaya (uterus), this is Garbha (embryo). In the other hand, the combination of Shukra, Shonita and inside the Kukshi (uterus) is known as (Garbha). Acharyas 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 Samagari.

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 Garbha Sharir 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 Garbha Sharir.

Garbha Sambhav Samagari & Its Clinical Importance
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Syadvidhipurvakam A
Ritukshetrambubijanam Samgryadankuro Yatha AA
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Garbha Sambhav Samagari are some essential factors responsible for the formation of Garbha. They are Ritu, Kshetra, Ambu and Bija along with Panchmahabhuta. 'Garbha-Sambhava Samagari' and 'Garbha Bhava' (essential factors for conception) is Ritu – womens period of ovulation. Kshetram- Uterus (Well primed disease free secretory endometrial bed). Ambu- Ambu pervading Rasa Dhatu formed by digested food. Beeja - ovum and sperm of women and men.

• Ritu

It describes the state of normal female menstrual cycle which indicates the proper time for conception. It is important as it serves two purpose releases of ovum and

fertilization. Ritukala is considered as the best period for conception.

Ritu means period suitable for conception of Garbha. As the flower of lotus closes its petals at the end of the day, like that once the Ritukala completed the Yoni (vagina) gets closed. So for the Garbhadhan to get a healthy child sexual intercourse should be done in Ritukala except first three days. In Ayurveda Acharyas explained Ritu in two ways first fertile age which starts around the age of 12 years and stops around the age of 50 years and second the period from first day of menstrual cycle to sixteenth day onwards is called Ritukala. This period is suitable for conception of Garbha. In Ritukala when Shuddha Shukra and Shuddha Artva unites in healthy Garbhashaya it will result the Garbhadhan. The women in Ritukala looks healthy, bright, happy, excited and sexually interested due to estrogen influence. Ritukala is very important for conception because it denotes ovulatory time.

Clinical Importance of Ritu

- It is considered as proliferative or peri ovulatory period.
- By the end of the peri ovulatory phase the mature follicle will develop and rupture, excretes the oocyte with some granulosa cell into oviduct. The oocyte is now competent to undergo fertilization.
- Prediction of ovulation is important to advice the alternative day for practice to intercourse in case of infertility due to oligospermia.
- Important to collect ovum for in vitro fertilization.

• Ambu

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.

Ambu means Rasa dhatu which is derived after complete digestion of Aahar. Pachakagni digests the Aahar and Sara is produced which is called as Rasa. Rasa or Ambu does the Tarpan and Poshana of Garbha. According to Acharya Charaka the Rasa of the pregnant woman serves 3 purposes – Swasharir Pushti (nutrition of her own body), Stanya (lactation), and Garbhavidhi (growth of foetus). Being supported by that food, the foetus is dependent upon the mother keeps living inside the uterus. In Ayurveda, nourishment of foetus is described in two parts first from the time of conception until the different parts of the body and their subdivision have got manifested, the embryo gets nutrition by Upasneha (osmosis and diffusion) and by Upasveda (absorbing moisture). Second when all the organs and parts of the foetus become manifested a tube connecting the umbilicus of the foetus with the mother's heart is formed. The nutrients portion of the food travels from the mother's heart carried through the Dhamanies and reaches the Apra and from there to the Nabhi. Any improper diet taken by mother may directly affect the

Garbha and creates Garbha Vikar like Garbhashrava. Also mentioned in Ayurveda that Atiguru, Atiushna, Atitikshna Aahar and Madhya are Garbhaghatkara.

• Beeja

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 infertility.

Beeja means seed. Most plants grow from their seeds. It is essential that a healthy seed be sown in a fertile soil (land) and to be nourishes with good water supply, essential nutrient and supportive climate to beget a healthy plant from a seed. The same rule is applicable for the Gabha. For a healthy Garbha, its seed i.e. sperm and ovum from which it is derived should be healthy in terms of quality and quantity. A diseased, contaminated or mutilated sperm and ovum cannot produce a healthy offspring. Beeja covers the male gamete i.e. sperm (sperms) and female gamete that is ovum.

Shukra - Acharya have described the qualities of Shukra. These qualities are quoted as Shuddha Shukra Lakshanas – Sphatikabha (crystalline), Ghrita - Kshaudra-Tail-Nibha (colour that of ghee, honey, oil), Madhugandhi (smelling like honey), Drava (liquid), Pichchhil (slimy), Bahu (abundant), Bahala (thick), Avisra (no bad smell), Shukla (white), Madhur (sweet), Snigdha (unctuous), Sara (mobile), Sandra (dense). These are the qualities of Shukra required for fertilization of Ovum.

Other than these qualities the Shukra which is vitiated by Vata, Pitta, Shlesma, Kunapagandhi (having cadaveric smell), Granthi (having coagulated mass), Puti (foul smelling), Payu (pus), Kshin (less quantity), vitiated by Mutra and Purish (urine and faeces), will not be capable of producing an offspring.

Artava – In Ayurvedic literature Artva is explained in two ways Stri Beeja (ovum) and Rajahsrava (menstrual blood). Arundatta stated Artva as Rajahsrava (menstrual blood) which resembles the blood of a rabbit or Laksha Rasa (liquid essence of lac) and that which does not stain the cloth. Shuddha Artva should be similar to colour of Gunja seed, red lotus flower, lac juice and Indragopaka (red insect).

Clinical Importance of Beeja

- The blood, inter cellular fluid of endometrium and secretions of endometrial glands with required nutrients without any abnormality is helpful for growing fetus.
- The ovum spends approximately 72 hours in the uterine cavity before implanting. In that time, it can not receive nourishment directly from the blood of the mother and must rely on secreted nutrients into

the uterine cavity. e.g- iron and fat solubles vitamins.

- Endometrium secretes several steroids dependent proteins, important for growth and implantation.
- Cholesterol and steroid are also secreted.

• Kshetra

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.

As a seed grows properly in well prepared field (Kshetra). Fertilized ovum also needs the unvitiated Kshetra to grow the foetus properly. The term Kshetra indicates the Garbhashaya. It is derived by two words Garbha and Aashaya. Garbhashay is the place where shuddha Shukra after passing through healthy Yoni gets mixed with Shuddha Aartva unites and Garbhadhan occurs. The Garbhashaya lies in third Aavrta of Yoni. Yoni resembles the Shankha (concha shell) having three Aavarta. It means its narrow at mouth and broad at the other end. Acharya stated that Garbhasya is similar to the shape of mouth of Rohit Matsya (mouth of rohit fish). If there is any structural deformity in Kshetra or female reproductive organs it leads to failure in conception or the implantation is lost. Some conditions like septal defect of uterus, bicornuate uterus, tubal blockage and different yoni vyapada are considered as Kshetra Vikruti.

Clinical Importance of Kshetra

- Garbhasya represents the interior of the uterus i.e. endometrium with all its decidual changes which provides good nidus for implantation of blastocysts, supplies nutrition to early growing zygote by its rich source of glycogen and fat.
- Reception- ready phase of the endometrium of the uterus is usually termed the "implantation window". The implantation window follows around 6 days after the peak in luteinizing hormone level (20th- 23rd day after the last menstrual cycle)

CONCLUSION

Review of all available scientific literature on Gargha Sambhava Samagari it is concluded that importance of healthy and enlightened progeny is very well described in Ayurveda literature. In this concept, Ritu, Kshetra, Ambu and Beeja are referring to ovulatory phase, healthy uterus, proper nourishment and unvitiated semen of male and unvitiated ovum of female respectively. These are very essential for conception and ultimately the better offspring. All the factors responsible for infertility described in modern science can be included under these four factors. One thing which have to be understand for this study is that all four contents which are taken for the essential & necessary factors for the conception, are should be well nourished, fertile and come together in

the particular time, if any one of these will not be in proper manner the result will not be the best.

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