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Abstract –

Motherhood is one of the important act of woman's life. It gives her an opportunity to project her on next generation. The material need of both Garbha (Fetus) and Garbhini(Pregnant woman) is supplied by the mother. Rasaj-bhava(Nutrition) is important to prevent malnutrition and to gain healthy new generation.

Key Words – Rasaj-Bhava, Garbha, Garbhini

Introduction –

In Ayurveda the subject 'Garbha and Garbhini relationship' has been deeply enlightening. According to Ayurveda 'conception' is not only the process of reproduction but it is also one 'Sanskar' to create a healthy new generation. There are lots of explanations in various Samhitas about "Shadabhav"(the six important factors which are responsible for the development of Garbha). According to Acharya Charaka -

"मातृतः पितृतः आत्मतः सत्यतोरसतः सत्वतः
इत्येतेभ्योभावेभ्यः समुदितेभ्योगर्भः सम्भवति ॥"

– च.शा.४/४

These are:Matruj (Maternal), Pitruj(Paternal), Aatmaj (Related to soul), Satwaj(Psychotic), Satmaj (Assimild), and Rasaj (Nutritional). Out of these six factors 'Rasaj-Bhava' is very closely related to the diet taken by the mother

According to modern science Nutrition is defined as a dynamic process in which the food which is ingested is used for nourishment of body, and it is called as 'Rasa' in Ayurveda. According to AyurvedaAahar should be Panchamahabhutatmak and Shada-rasatmak. As per modern science, Dietary constituents of food are Carbohydrates, Proteins, Fats, Vitamins, Minerals and Water.

In developing countries like India malnutrition in pregnant women is quite common. It contributes in the development of many diseases in mothers as well as children. In Ayurveda this problem has been considered and homemade sources of food are recommended to tackle such important topic.

Study of Rasaj-bhava which is very closely related to diet taken by mother and affects the development of Garbha, will be helpful to prevent the malnutrition problem up to some extent.

Definitions –

- **Garbha**– During the union of Purush (male partner) and Stree (female partner) in Rutukal, Vayu and TejaMahabhuta becomes activated, due to this activation Shukraof male partnes

falls in the Yoni of female partner. Then the union of *Shukra* and *Shonit* takes place in *Kukshi* (Uterus). The *Jivatma*(Vitality) then enters and unites with *Shukra* and *Shonit*. Such a union of *Shukra*, *Shonit* and *Jiva* is called as *Garbha*ⁱ.

- **Garbhini** – The women, who is carrying *Garbha* inside her *Kukshi*(Uterus), from conception to the birth of baby is termed as *Garbhini*. It means pregnant woman is called *Garbhini* in Ayurveda. The duration of normal '*Garbhadharana Kala*' is nine to twelve monthsⁱⁱ.
- **Rasaj-Bhava**- It is one of the *Shada-bhava* (Six factors), which are told as a responsible factors for the development of *Garbha*ⁱⁱⁱ.

Garbha derives all required nutrients from his/her mother throughout *Garbhakala*. These nutrients are called collectively as *Rasaj-Bhava*.

Importance of Rasaj-Bhava –

According to *Acharya Charaka*, *Garbha* is produced by aggregation of *Shada Bhava* : *Matruj* (Maternal), *Pitruj* (Paternal), *Aatmaj*(Related to soul), *Satwaj* (psychotic), *Satmaj* (Suitability), and *Rasaj*(Nutritional). Out of these six factors no one alone is able to make *Garbha* but all these entities combined together to give rise to *Garbha*.

Rasaj-Bhava (nutrition) is one of the important factors in the formation of '*Garbha*', even survival of the mother is not possible without nutrition. By malnutrition, conception of proper *Garbha* is not possible. According to *Charaka Samhita*, the entities derived from *Rasaj-Bhava* are Formation of Body, Growth of body, Continuance of vital breath, Strength, Feeling of Happiness and Vigor^{iv}.

According to *Acharya Sushruta* – *Upachaya* of *Sharir*, *Bala*(Strangeness), *Varna*(Complexion), *Sastha*(Health) and *Hani* (unhealthy) are the *Rasaj-Bhava*^v.

According to *Ashtanga-Sangraha* and *Ashtanga-Hrudaya* – Formation and development of all body parts, growth of *Garbha*, *Aloluptata* (feeling of completeness) are the *Rasaj-Bhava*^{vi}.

According to *Kashyap Samhita* – Creation of *Sharir*, *Vruddhi* (growth), *Strongness*, Happiness, Feeling of excitement are the *Rasaj-Bhava*^{vii}.

Acharya Bhavamishra give opinion that *Upachaya*, strength, complexion, condition and constitution of *sharir* are *Rasaj-Bhava*^{viii}.

Conclusion –

As mother cannot live without *Aahar*, then the question of *Garbha* to live without *Rasaj-Bhava* does not arise. From conception upto the birth, nutrients are supplied by mother to *Garbha*.

The *Pancha Mahabhuta* derived from the mother and father by *Shukra* and *shonit*, Those *Mahabhuta* with which *Garbha* is nourished are derived from the *Aahar* taken by mother during *Garbhadharanakal*.

Modern medical science also says that maternal nutrition and daily adequate food intake are essential for successful and healthy reproduction. Adequate balanced diet intake in pregnancy ensures good maternal health and outcome of such pregnancy i.e. new born baby also becomes healthy. So from this we can say that *Rasaj-Bhava* is very important for the development of *Garbha*.

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ⁱⁱⁱ Cha.Sha.4/4

^{iv} Cha.Sha.3/12

^vSu.Sha/3/19, Su.Sha.3/19

^{vi}A.S.Sha. 5/18, A.H.Sha.3/6

^{vii} Ka.Sa.Sha.4

^{viii}Bha.Pra.Garbha 3/3/8

