

A Review of Conceptual Study of Garbhasambhav Samagri

1. Dr. Sujata Sampatrao Ghuge

Assistant Professor Rachana Sharir Department,
Aditya Ayurved College Beed.

2. Dr. Kavita Raghunathrao Phad

Professor Rachana Sharir Department
Aditya Ayurved College Beed.

Abstract

Ayurveda, the "Science of Life", is a real wealth of medical sciences. Ayurvedic medicine is one of the world's oldest holistic healing systems. It was developed more than 3000 years ago in India. Acharya has explained four important factors as Garbha Sambhav Samagri that is Ritu, Kshetra, Ambu and Beeja.

Garbha-Sambhavasamagri they are Ritu, Kshetra, ambu and beeja are important to conceive healthy pregnancy. Garbhasambhavsamagri is essential for health new born baby. These factors are very essential for conception. Infertility may occur if there is any abnormality in Garbha Sambhav Samagri.

Keywords=Garbha, Garbhotpatti, Garbha Sambhav Samagri, Ritu, Kshetra, Ambu, Beeja,

Introduction

Infertility is very common in today's era.

Because of busy, professional and social life, carrier oriented life, unhealthy life styles, use of chemical product and polluted environment, unhealthy food habits etc. the body is getting affected in all the ways. For normal Healthy Pregnancy creating favourable arrangements fertile period, Healthy uterus, Amniotic fluid, healthy Male and female seeds are essential.

A) Ritu:

Ritu means Proper and compatible climate. Ritu means an ideal climate for seeding and for the plant to grow. The same rule is applicable to Garbha also. For Garbha to be formed, an ideal climate should be required in the Garbhashaya. The sperm to fertilize with the ovum in fertile period of Female. According to Ayurveda Garbhadharanakaala is period of conception. As age increases Ritukaala disturbed abnormal pregnancy may take place. Therefore, proper age and consideration of Ritukaala is very essential for proper conception. The period from first day of menstruation to sixteenth day onwards is called Ritukaala. This period is suitable for conception of Garbha.

According to modern science, the day of ovulation in women is 14th day and period between 12th to 16th days is called the fertile period. In

female menstruation starts around twelve year of age and stops at the age of fifty years.

Ritu is one of the essential factors for desire conception. Thus Ritu covers – an ideal environment provided by the uterus so as to welcome the sperms and have them in active state until ovulation, the days around ovulation, the timing of planning coitus and prepaiddness of women to receive the sperm.

B) Kshetra

Kshetra means fertile land, ideal for the plant to grow. The same rule is applicable for the formation of Garbha. Here the land correlates to a disease free and healthy uterus, the womb of the woman or Garbhashaya. The term Kshetra indicates the Garbhashaya. It is eighth Ashaya which is present especially in females. Garbhashaya is place where the fertilized ovum gets adhered and grows. After the semen has been ejaculated into vagina of women the sperm swim into the uterus and move towards the fallopian tube. The ovum which is coming towards the uterus following ovulation meets the sperm. The sperm enters the ovum and fertilizes it. The fertilized ovum now comes into the uterine cavity and gets adhered into the wall of the uterus. The process is called implantation.

For healthy implantation and growth of Garbha, the kshetra or Garbhashaya and other parts (Beejavahini, Dimbgranthi, Yoni) must be in a healthy. It should be free from any disease or infection. An unhealthy womb will not allow proper implantation and growth of the child.

C} Ambu

Ambu means water. For plant to sprout from its seed and for the seed to shape into a plant, the most essential element needed is water. The same rule is applicable for the garbhaalso. For the garbha to grow properly nutrition is needed.

Explained at just beginning of conception nourishment of garbha is done by nutrients present in beeja. Nourishment to the foetus is offered through the Ahara rasa of Mother through the foetal circulation.

Aahar taken by mother is used into three parts. First part nourishes her body, second for the formation of milk and third nourishes the Garbha. Nabhinadi of Garbha is attached with Rasavahanadi of mother which carries Veerya of Aahar rasa from mother to the foetus by Upasnehafor development of foetus.

According to modern science the fetus is connected by the umbilical cord to the placenta. This is the organ that develops and implants in the mother's uterus during pregnancy. Through the blood vessels in the umbilical cord, the fetus gets all needed nutrition and oxygen. The fetus gets life support from the mother through the placenta. Waste products and carbon dioxide from the fetus are sent back through the umbilical cord and placenta to the mother's circulation to be removed. This nutrition is essential for the foetus to develop and grow in the womb properly and proportionally. If the nutrition to the embryo is cut off, the fetus doesn't grow properly or one can find stunted growth or malformations.

D} Beeja

Beeja means seed. Most plants grow from their seeds. Healthy Beeja can produce Healthy and disease free plant. Here Seeds term used for Artav of female and sperm of male. A diseased, contaminated sperm and ovum cannot produce a healthy offspring. That's why Sperm and Ovum should be diseased free. Thus Beeja (Sperm of man and Ovum of Woman) should be healthy and disease free in adequate quantity for normal pregnancy and healthy Garbha.

Aims

Conceptual study of GarbhasambhavSamgri in Female with Modern Aspects.

Objectives : To Review GarbhasambhavSamgri in Both Ayurvedic and Modern text.

Materials And Methods

Garbhasambhavasamagri is studied in detail from Charaka Samhita. Susruta Samhita and Vagbhata Samhita and Modern literature and contemporary texts including websites will be reviewed. Several Research works were also reviewed for this discussion purpose.

Discussion- The review of Garbhasambhavsamgri from the preview of modern Aspect will be discussed.

Conclusion -

After review of GarbhasambhavSamgri it can be concluded that Rutu, Kshetra, Ambu, Beeja these four factors have major importance in Garbhadharana and also for good pregnancy.

These are very essential for conception and ultimately the better offspring. All the factors responsible for good, healthy, and happy pregnancy.

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