

An Ayurvedic Outlook –Garbha Sharir

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Abstract

Garbha sharir can be described in three ways inception, formation, nourishments. term garbha includes zygote, embryo, or foetus. Garbha as result of shukra & shonit which locaten in garbhashaya. garbhashay-location is third avarta of yoni at backside of bladder act as kshetra for implantation & growth of garbha. other elements like garbhasambhav samugri, shadbhav, garbhavranti, garbhini paricharya, is the process of development of garbha from cell to mature foetus. Shadbhav are the factors responsible for formation of foetus.

Introduction

Garbhadhana means conceptions, inception, insemination at the time of Vedic sanaskaras is to be performed by man & women. Ayurvedic texts have proposed development of garbha i.e. garbhotpadak samugri,

Garbhotpadak bhav. Ang pratyang nirman, shadbhav, bhutvyapar, mansanumasik garbhavrudddhi, are important factors required for entire development of foetus. Ayurveda has important perception for describing Garbha sharir.

Important Factors For Formation Of Garbha-

Garbha Sambhav Samagri

They are *Ritu*, *Kshetra*, *Ambu* and *Bija* are including in *garbha sambhav samugri*.

- **Ritu** it's related the proper time for conception. It is studied that ritukala is best period for conception
- **Ambu** - from the ovum and sperm, proper nourishment brought by garbha sharir. Some stages like implantation, cleavage formation, blastola, fertilization, spermatogenesis, fetal organogenesis, umbilical cord formation, and placenta formation are affected by which in proper way nutrition gained.
- **Beeja** "Kulaja Vikara" is not curable which occur

due to "Bija Dosh". Hereditary disease occurs due to the genetic vitiation and it can't be cured.

Genetic material like chromosome, DNA and genes for this termed used beeja. It has capacity to induce new generation.

Kshetra

indicates *Garbhashaya* i.e. [trutiya awarta of yoni] which refers to the reproductive system of mother specifically uterus' and here it is location for where garbha lies.

Panchamahabhuta-

- According to many *Ayurvedic* texts **Panchamahabhuta** play an important role from birth till death, help in growth, development and differentiation of *Garbha* after its formation. Also *Vibhajana* (division), *Pachana* (metabolism), *Samhanana* (solidification) and *Kledana*.

Garbhaj vikruti -

- Acharya Sushrut indicated towards hereditary and congenital disease like – Kustha, Arsh, etc. in the aadibalpravrut, means the disease which occurs due to vitiated Shukra and Artva. due to deformed sperm or ovum.

Shadbhav—

Shadbhavas i.e. Matrija, Pitrija, Atmaja, Satmyaja, Rasaja, and Sattvaja Bhavas are responsible for the formation of Angapratyangas of Garbha i.e. organogenesis.

These shadbhavas are also responsible for the structural growth of foetus .

Regarding ayurvedic texts { samitas}. Soft parts like heart, liver, spleen etc. originate from mother; hard parts like bone, nail, teeth, sperm etc. originate from father; from rasa physical ,mental,emotional development, strength, originate sensory and motor organs, knowledge, from atma wisdom life-span, pleasure, etc.

Garbha Poshana:, there is an adequate literature which throws light on supply of nutrition and gaseous exchange, from the stage of fertilized egg to its full term delivery. Entire requirement necessary for the development of Garbha is made by 'Rasa-dhatu' according to Ayurveda.

Masanumasika Garbha Vridhi-

First month-

After a -the egg is normally fertilized within 24-48 hours. This process, leads to conception.

From 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, after fertilization ovum becomes *Kalal* and in ayurvedic aspects *Budbuda*.

Second month-

In the second month of development the embryo with the help of sheeta (kapha), ushma (pitta) and anila (vayu), the panchabhautik embryo forms/turns into a compact mass i.e. ghana.

Third month-

Charaka describes manifestation of all the sense organs (i.e. Eye, Ear, Nose, Tongue, and Skin) in the 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.

Fourth month –

Garbha becomes stable and dense, Due to the increase in mass, *Anga*, *Pratyang* are more prominently developed; *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 more active and alert. Charaka says, the blood and muscle tissue of the foetus increases, grows com-

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 also *Bala* and *Varna* increase of the *Garbha* during this period.

Seventh month-

In the seventh month of pregnancy, all the body parts of foetus develop completely. All the *anga pratyangas* becomes more mature and evident.

Eighth month-

overall growth of baby is rapid ,tremendous growth of brain is occur at this time.. This is fatal period of *Garbha sharir* also *Garbhini*. Specially in this month outcome of all Dhatus i.e. *Ojas*,. which decide the vitality of the body .

Ninth month

The process of complete development of foetus and child birth may take place at the end of nine month between 9th and 12th month of pregnancy. All the physical and mental qualities are refined and complete for the baby to deliver.

Conclusion

Classical text of *Ayurveda* explained month wise foetal development in detail ,for growth *garbhavruddhikar bhav*.for embryogenesis *garbhsambhav samugri* i.e.ritu,kshetra,ambu,beej. concept of inheritance can be used to prevent the heredity defects and genetic counseling. This can be achieved by following the regimens mentioned in Ayurvedic classics during ovulation and pregnancy period, which will lead to the formation of healthy offspring. *Garbhotpadaka samagri* are essential factors for embryogenesis while *Garbha vriddhikara bhava* are the specific factors responsible for growth of *Garbha*.

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