

## Ayurlog: National Journal of Research in Ayurved Science

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### The concept of garbhasambhav samugri of ayurveda

Gore Supriya Ashokrao<sup>\*</sup>, Nilesh Kulkarni<sup>\*\*</sup>

<sup>\*</sup>Second year. MD Samhita Siddhant

<sup>\*\*</sup> Reader, MD Samhita Siddhant

Dept.,S.S.A.M. Hadapsar,Pune.

**\*Corresponding author :** [Supriya.gore16@rediffmail.com](mailto:Supriya.gore16@rediffmail.com), Mob No. 82752832

#### ABSTRACT

In society couple dreamed for momentous decision of child and they dream a procure disease free and healthy (mentally, physically) baby endowed with excellence. *Garbhasambhav samugri* are essential to provide optimal health to mother and baby . 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, Dhātu, mala*) metabolism (*Agni*), perception element (*Indriyas*),psyche (*Manas*) intelligence (*Buddhi*) and the inner spirit(*Atma*). Pre-requisites for healthy pregnancy described in ayurved *Ritu* (Fertile period), *Kshetra* ( Uterus), *Ambu* (*ahara rasa* nutrient), *Beeja*-( *shukra and aartava-*

sperm and ovum), *Marga* (genital passage), *Hridi* (pure controlled consciousness). Pre-conceptional care comprises of treatment methods like *purva karm snehan, swedan,* purificatory method *Vaman, virechan,* and nutritive *basti* associated with diet restriction ,abstinence ,religious rituals to ensure *Beeja-shudhi, Kshetra –shudhi,* and *Mano Shudhi* and *putresti yajna* .Above the pre conceptional care to bring healthy offspring and in interest of future generation for benefit of society and nation and to maintain the health in the affluent society and to improve the health in developing countries.

**Keywords:** *Garbhasambhav samugri : Ritu,kshetra, ambu, beeja, Purv karm, Shodhan karma, Bramhacharya, Vajeekaran , Manoshudhi*

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### INTRODUCTION

'*Garbha-Sambhava samagri*' 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. Other three factors like *Marga Hridi* and *vata Marga*-Disease free genital passage. *Hridi*-Illustrated ,pure controlled Mind and consciousness.*Vata*- Participation of unvitiated *Vata* is necessary in the formation and development of fetus. *Garbha shat bhavas* (Factors contributed by the paternal ,maternal etc) Embryo is originated by the aggregate of these entities– *Matrija* (mother), *Pitrija*( father), *Atmaja* (self), *Satmyaja* ( suitability), *Rasaja*( nutrition) and *Sattvaja*( psyche). Combination of all these factor lead to the formation of foetus. Promotion of qualities of above said is essential to acquire a quality child , as all of these factors participate in reproductive activity leading to pregnancy.

*Garbhadhan yogya kala (ayu)* To get a child of possible good qualities male at age of twenty five and female at the age of sixteen years should try for pregnancy ,as both the partners are full of vigour and physical maturity. As the seeds (*purusha Beeja*) deposited during this period are likely to bear the fruits (conception) hence it is termed as *Ritu kala*. According to different authorities , *Ritu kala* the period of maximum fertility extends for twelve to sixteen days after menstruation during the reproductive age ,in a healthy menstrual cycle .*Dalhan* clarified among sixteen days of *Ritu Kala* ,the first three days due to menstruation and last one day due to cervical constriction cannot be considered as suitable to conception.

As lotus flower closes positively when the day is over ,women *Garbhashaya*( uterus) contract after the period of conception is over and as such does not receive the seed any more. Similar to the seeds sown after its appropriate season are unable to generate

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into baby plants ,the gamates after fertile period will not generate properly.

The women whose face is corpulent and cheerful,body,mouth and gums excessively moistened, who has longing for man, likes talks, has belly ,eyes and hairs loosened, develops twitching in arms ,breast, pelvis, umbilicus, thighs, pelvic region and buttocks and has excessive desire for sexual intercourse should be known as '*Ritumati*' (that is season or period of conception). Features of *ritumati* -Bright and healthy appearance, Moist mouth and teeth, Laxity in flanks, eyes and hair, Twitching over arms breast arms,breast, pelvis umbilicus ,thigh and hips., Exhilarated and happy moods ,Interested in hearing the love stories and to have sexual relations<sup>7</sup>. The women in *Ritu kala* looks Healthy ,bright ,happy, excited and sexually interested due to estrogen influence Ritu and its specific importance for conception denote ovulatory time including proliferative phase under the influence of F.S.H. and estrogen.

### ***Kshetra-***

As a seed of paddy sown in well-prepared fields result into good yields the un-vitiated

### ***Kshetra***

leads into quality pregnancy. Un-vitiated *Shukra* passing through healthy Yoni reaches healthy

*Garbhashaya* and gets mixed with disease free *Shonita* resulting in pregnancy. There are anatomical deformities of uterus like position of uterus (Acute anteverted and retroverted ) Muscles tone of uterus,Bicornuate uterus,septal defect,tubule block.etc.These all conditions are considered as '*Kshetra Vikruti*'.

### ***AMBU-***

The blood and inter cellular fluid of endometrial tissues with healthy and required nutrient without any abnormality is quite helpful for the formation and development of the foetus. *Shukra* and *rajas* (gamates ) from father and mother provide four *Maha bhutas* to *Garbha* Nourishment to gamates is derived though *Anna rasa* (Digested food material) ,which provide four

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maha bhutas from exterior. The growth of the foetus is the result of the effect of *Ahara ras* of mother and blowing of *vayu*. Entire nutrients absorbed after digestion of the mother food divided into three parts and one part is supplied by filtration (*Upsneha* and *pshweda*) to the foetus for the development<sup>4</sup>. Umbilical cord of the foetus is attached to the *rasa* carrying channel of the mother which carries power of food essence of mother to the foetus, by this indirect nutrition the foetus develops, from conception until parts and sub parts are distinctly demarcated, the life of foetus is maintained by nutrition supplied by *rasa* carrying vessels spread with ramification in all organ of the body by process of diffusion. Disease due deficiency of *rasa rakta savhan*, and *garbhodak* (amniotic fluid) is Due to non availability of proper diet to the fetus it suffers with *Shosha* (emaciation). The *vayu* moving upwards dries *Rasavahi* channels of fetus thus it suffer from *vata* disorders, emaciated and remains in uterus. The women by observing facts and indulging with stale *vata* aggravating and deficient food the fetus gets

desiccated and its growth is retarded. *Ahara rasa* of mother and inflation of *vata* facilitates the growth of the foetus. The *Agni –sthana* and *Vata*. Which are present in the umbilical region expands in all directions, contribute for the growth and development of the foetus. The growth of the foetus in the womb is affected by *Rasa dhatu* formed out of food, which is circulated by the virtue of *Vata* through the *srotas* of the mother. These *srotas* are connected to *Nabhi nadi* of *Garbha*. By osmosis through the *Nabhi nadi* the potent nutrients are circulated in the foetus and thus foetus grows and *Vyana vayu* is responsible for overall circulation of nutrients among the body. Deprivation of nutrition leads to *Garbha vyapad* like *Upavishtaka*, *Nagodara*, *Garbhashosha* etc.

### **Beeja (The gametes)**

The type of seedings erupted depend upon the type of seeds sown. For the procreation of progeny with quality (*shreyasi praja*) the basic needs are healthy spermatozoon and oocyte (*avyapanna shukram*, *shonitam*),

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Factors responsible for the progeny , when dwell in the uterus

obtain the shape and charactes of the parents like the melted metals (gold ,silver ,coppe, lead or bronze) poured in the mould take the shape of mould. *Beeja* according to origin is of two types ,

*Stree beeja* –*Artava* , *Pum beeja-shukra*.Contribution of *beeja* to *garbha* (provision of *pancha*

*Mahabhutas*)The embryo is composed and organized by five elements (*panchmahabhuta* ) and

few of the sources of these *bhutas* are Father , mother gamates (*shukra and raja* ) from father and mother provide the matter stuff (*Mahabhutas* ) . Digested food material (*anna rasa* ) provide

*mahabhutas* to gamates by nourishment.The physical characters (traits ) of embryo depend upon relative predominance of maternal paternal or soul dependent physical elements. Dominant of *Rajas* and *Tamas* and the actions in the past life are responsible for the variations in the form of *Bhutas* to the sperm and ovum.

### Concept of *beeja bhaga* –

The word *beeja* in *garbha sambhava samagri* refers to male and female gamates, *Beeja* and its component ingredient are the minute forms of the organs and parts of the body and the particular

parts consequently develop into the specific organs and parts .The genetic material present in sex

cells i.e. chromatin material responsible for transmission of characters from parents to offspring can be taken as *panch mahabhutas* provided by *stree* and *purush beeja*. Thus the food effect the

genetic material deciding the traits of human being hence some of the disease can be treated by changes in the diet etc.The *vayu*

along with *kala* (time factor) differentiates and associates the various structural units leading to formation of different organs and systems. The innumerable parts of the body ,their conjunction and disjunctions depend on the *Vata* and on the natural phenomenon (as a result of earlier deeds).

### *Artava*

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By observing the different description we can summarize the following *Artava* is derived from *rasa* and *rakta* as a bye product .The production of *Artava* is result of integrity and efficacy of the *Artava vaha srotas*. *Pitta* is involved in the information of *Artava*. *Artava* as its name indicates is cyclical (*ritu kalaja* ) in its nature, produced every month. It is one of the important components for formation of *Garbha* carrying fraction of *Panccha mahabhutas*, It is responsible for certain traits ,organ and organ system(*matrija*).

### **Shukra**

The criteria of an ideal semen is like a crystal fluid,(*sphatika*) and has honey like smell. The other scientists are of the view that the ideal semen is having *tila* oil o honey like colour. *Shukra* is the ultimate tissue (seventh *dhatu*) meant for procreation. *Shukra*, consisting of *beeja* (sperm)

emanates as an essence ,carrying the representation of each organ and tissue convening the concept of *beeja bhaga* (genes).*Atman* (soul) being presiding factor enters along with the five elements. The developmental anomalies of foetus are also possible due to the abnormalities in the components of the *Beeja*, which are the genetic sources of such structures .The normal and healthy factors of *Beeja* subsequently give rise to a good progeny.

### **CONCLUSION**

Review of all available scientific literature on *garbha sambhav samugri* it is concluded that importance of a health and enlightened progeny is very well described in the Ayurved literature. Concept of *garbha sambhav samugri* in ayurveda is to bring healthy offspring into society .This care to be used have an ideal progeny are part of the treasure of Ayurvedic knowledge. It is in interest of future generation for benefit of society and nation and to maintain the health in the affluent society and to improve the health in developing countries.

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