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## A review of garbhavikruti

Tanmay Laxman Rupanawar\*<sup>1</sup>, Manda Sanjog Ghorpade<sup>2</sup>

1. P.G. Scholar,
2. Professor

Stree rog and Prasuti Tantra Dept.,  
 Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune, Maharashtra

\*Corresponding author: [pinurupanawar@gmail.com](mailto:pinurupanawar@gmail.com)

### Abstract:

The health of the nation depends on the health of its citizens. Data reveals that 3-5 % of all births result in congenital malformations, 20-30% of all infant deaths are due to genetic disorders and 30-50% of post neonatal deaths are due to congenital malformation.<sup>1</sup> Ayurveda the ancient Indian medical system has given due emphasis on this and postulated various measures to minimize the risks. The measures start well before conception. Proper pre conception preparations of the parents are essential pre-requisites for a healthy progeny. Biomedical behavioral of social risks to the health of the mother and the baby is identified by pre-conception care. It includes both prevention and management emphasizing health issues that require action before conception very early in pregnancy for maximum impact.

**Keyword:** Garbhavikruti, Congenital anomaly.

### Introduction:

Ayurveda an ancient science gives us knowledge about Garbha, Garbhavkranti and Garbhavikruti, their Hetu and

management. According to Ayurveda the combination of Shukra, Shonita, Atma and Shadbhavas gives rise to healthy progeny or offspring.<sup>2</sup> The union or Sammurchhana of Shukra, Shonita and soul inside the womb is known as Garbha.

Shadbhavas plays an important role in formation of Garbha and its development.<sup>3</sup>

They are as; Matruja ,Pitruja,Aatmaja, Satmyaja,Rasaja, and Satvaja.

According to Ayurveda soft organs and tough organs develops from Matruja and Pitruja Bhava respectively.<sup>4</sup> During the process of organogenesis that is Garbhavkranti due to the Dushti of Dosha and Dushya or their improper Samurchana Garbhavikruti is produced.

Garbhavikruti occurs as a result of Beejdushti ,Beejbhag Dushti, Purvajanamakruta Karma , Swakulajavivaha, Douhridayavamana , Vikruta Ahara Vihara Sevana etc.<sup>5</sup>

The man should not lie below the woman, because after this postural copulation if woman delivers a male child, he will have

feminine characters and if female child then she will have masculine habits.<sup>6</sup>

According to modern science of medicine congenital malformations occurring in offspring are due to chromosomal abnormality<sup>7</sup>. Though modern medicine has advance in all the ways and techniques in field of health but it still has fail to explain the exact cause of congenital malformations.

According to Ayurveda combination of Shukra, Shonita, Aatma and Shadbhavas gives rise to healthy progeny or offspring. Negligence of any of the factor can cause unhealthy or defective offspring.

## Aim

To review Garbhavikruti according to Ayurvedic science.

## OBJECTIVES

Conceptual study of Garbhavikruti.

## REVIEW OF LITERATURE

According to Acharya Charaka due to abnormalities at Beeja, Atma, Karma, Kala, Ashaya and dietics along with the mode of life of mother, the vitiated Dosha's produces abnormalities at foetus affecting its appearance, complexions and Indriyas. As tree fallen in the stream of water at river, it gets disintegrated due to woods, stones and flowing water. Similarly an aggravated Dosha's situated in Kukshi disfigures the foetus.<sup>8</sup>

Acharya Charaka said that whatever the Beejansha gets Dushta due to any cause, the organ developing from that part has defect in it. Hence not always but sometimes the progeny produced from

defective Beeja is defective. The deformity in organs is due to deformity in any of Beeja, Beejabhaga or Beejabhagavayav or all of them. Whenever any of them is vitiated causes the malfunctioning of respective organs which are supposed to be developed from that part.<sup>9</sup>

In modern science also it is concluded that any congenital anomaly occurring in a foetus is due to the impact of mutation of gene which is responsible for genetic makeup of the respective organ.<sup>10</sup>

Acharya Charaka has also stated that the physical mental and spiritual status of a pregnant woman is also responsible for fate of her child. He opines that whatever a pregnant woman thinks affects the foetus in her womb. The bad thoughts in her mind may mutate the child's personality. If a woman thinks of a specific species of an animal in her mind the progeny produced may have similar character of that species.<sup>11</sup>

Thus in short Atheism of parents, bad deeds of previous life and aggravation of Vayu are three main causes of teratologic abnormalities.<sup>12</sup>

## EFFECT OF APATHYA VIHAR OF RAJASWALA ON FETUS<sup>13</sup>

दिवास्वपत्यां	-	स्वापशीलः
अन्जनात	-	अंधः
रोदनात	-	विकृतदृष्टि
स्नानानुलेपनात	-	दुःखशील
तैलाभ्यंग	-	कुष्ठीः
नखापकर्तनात	-	कुनखी
प्रधावनात	-	चंचल
हसनात	-	श्यावदंत ओष्ठतालु
जिह्वा	-	

अतिकथनात	-	प्रलापी
आर्तशब्दात	-	श्रवनाद्धधिरः
अवलेखनात	-	खलित
मारुतसेवनात	-	उन्मत्त

The pregnant women have the desires likewise the foetus inside her has. When due to some reason, if there is insult of desires or non-fulfillment of desires, the foetus created inside Kukshi has the deformity in it. The foetus then becomes humped back with physical defect or disabled, dwarf, or with deformed eyes etc.<sup>14</sup>

Dushita Vata causes Vikruta Yoniyukta Praja or causes the foetus which looks like deer, sheep or cat.<sup>15</sup>

Also according to Vagbhata when the conception occurs during 1<sup>st</sup> three days of menstruation, or it occurs in the women with the age less than 16 years, or it occur due to Dushita Shukra or Artava then it causes Garbhavikruti.<sup>16,17</sup>

If there is early ejaculation of semen if there is any obstruction in ejaculation of semen, then it leads to abortion, or postmaturity or malpresentions or deformity in organs<sup>18</sup>.

## CHIKITSA

### NIDANAPARIVARJANA

Accordingly we can avoid many Hetus likewise by taking healthy diet (Samyaka Aahara Vihara Sevana). Doing good Karma, worshipping God, Yogyakalmaithuna, Shukra-Artava Dushti Chikitsa and then conception etc.

Secondarily if any child delivered with physical disability then it can be

corrected by surgeries if possible. The Garbhavikruti topic gives us an idea about the Nidana (etiology) of it. In order to avoid Garbhavikruti, we have to eliminate the causes i.e. Nidanparivarjana. Nidanparivarjana is nothing but the process of avoiding the causes which causes Garbhavikruti.

In theory of Chikitsa of any Roga or disease the first line of treatment is Nidanparivarjana. Earlier we have described the causes of Garbhavikruti.

Now I am going to discuss about its chikitsa

- To follow the Rajaswalacharya<sup>19</sup>
- To follow Rutumacharya<sup>20</sup>
- To follow Garbhinicharya<sup>21</sup>
- To follow Prasawkalincharya<sup>22</sup>

Sushruta has mention that from the day of conception the woman should totally give up coitus, exercise, excessive satiation (Santarpana or anabolics), excessive emaciation (Apatarpana or catabolism), sleeping in day and awakening in night, grief, riding on vehicle, fear, squatting or the posture of on the sitting on the arms with the soles of feet touching the ground (utkatukasana) and untiming use of snehan(oleation) blood letting and suppression of natural urges. The coitus troubles the foetus<sup>23</sup>. She should not touch the dirty or disfigured persons possessing less body parts; should give up foul smelling, awful looking substances and exciting stories; should not eat dried up, stale, putrefied or wet(moistened) food. She should avoid outing, visit of lonely place, Chaitya (haunted tree), cremation ground or shade of a tree; acts likely to promote anger and disgrace, talking in high pitch etc. all things likely

to harm the fetus. Repeated excessive massage of oil and unguents should not be done, and she should not fatigue herself.<sup>24</sup>

## FACTORS ESSENTIAL FOR SUPRAJA NIRMITI

According to Acharyas the progeny produced is might be defective due to defective Beeja that means the defective sperm or ovum in order to avoid that we have to know about Shuddha Shukra<sup>25,26</sup> and Shuddha Artava<sup>27</sup> in order to prevent congenital deformities caused by Dushta Beeja.

## GARBHASANSKARA

Sanskara means to enhance the properties of an element without changing its original qualities. In Ayurveda, Acharya Dayananda has described 16 types of Sanskaras.

Ayurveda has explained these Sanskara in order to decrease the defects in foetus and in order to obtained a healthy progeny. Out of them the first three are of more important as they are indicated in intrauterine life in order to enhance the good qualities in foetus and to avoid the bad effects of any teratologic factor.

## CONGENITAL ANAMOLIES<sup>1</sup>

Congenital anomalies are the anomalies that effects a body part or physiologic function and is present at birth. It is caused by abnormal development of a foetus, the process is affected by a genetic, environmental or both factors.

The disturbance of the regulation and development cascades takes place on the level of tissue, cell or molecule.

## ETIOLOGY OF CONGENITAL ANAMOLIES

1. Genetic disorders
2. Environmental factors
3. Maternal infections
4. Hormones
5. Physical agent
6. Unknown factors

## PRENATAL DIAGNOSIS OF CONGENITAL ANAMOLIES

There are two main methods of prenatal diagnosis –

1. Invasive
2. Non invasive

### Invasive method

1. Amniocentesis
2. Chorionic villi sampling
3. Cordocentesis
4. Fetoscopy and fetal biopsy

### Non invasive method

1. Ultrasound diagnostic
2. Magnetic Resonance Imaging
3. Biochemical screening
4. Preimplantation genetic diagnostics

## TREATMENT FOR CONGENITAL ANAMOLIES

As like Ayurveda the modern medicine also believes in term that “prevention is better than cure.”

### Primary prevention

The main goal is to prevent anomaly or malformation before they develop (that means before conception or during pregnancy)

The woman should avoid pregnancy in very low or very high age. The parents should avoid any contact with mutagens or teratogens. No stress, smoking, drugs or alcohols should be used during pregnancy. Clinical geneticist should be consulted in advance- if necessary (H/o recurrent abortions, congenital anomalies in family, genetic diseases etc.)

Good compensation of mothers disease (Diabetes Mellitus, Phenyl ketone urea etc.)

Supplementation with Folic acid is must.

### **Secondary prevention**

The main goal is to prevent the birth of a child with congenital anomalies. However the termination of pregnancy is not a prevention. We can terminate pregnancy in order to prevent such births. However, the termination of pregnancy may not be legal in each country. In India is legal to terminate a pregnancy up to 20<sup>th</sup> week of gestation for sever congenital malformations.

### **ASPECTS OF TREATMENT OF CONGENITAL ANOMALIES**

Treatment options vary depending on the conditions and level of severity. Some birth defects can be corrected before birth or shortly after birth. Other defects, however, may affect a child for the rest of her life. Mild defects can be stressful, Cerebral palsy or Spina bifida, can cause long term disability or even death.

- **MEDICATION**

Medication may be used to treat some birth defects or to lower the risk of complications from certain defects. In some cases,

medications may be prescribed to mother to help correct an anomaly before birth.

- **SURGERIES**

Surgeries can fix certain defects or ease harmful symptoms. Some people with physical birth defects, such as cleft lip may undergo plastic surgeries for either health or cosmetic benefits. Many babies with heart defects will need surgery as well.

- **HOME CARE**

Parents may be instructed to follow specific instructions for feeding, bathing and monitoring an infant with a birth defect.

### **GENETIC COUNSELLING**

A genetic counselor can advise couples with family history of a defect or other risk factors for birth defects. A counselor may be helpful when you are thinking about conception or already expecting.

Genetic counselor can determine the likelihood that your baby will be born with defects by evaluating family history and medical records. They may also order test to analyze the genes of mother, father and baby.

### **Discussion:**

The physical, mental, social, and spiritual well-being of the person, proper nutrition of the mother during pregnancy, and practice of a wholesome regimen, play a prime role in achieving a healthy offspring, thus structuring a healthy family, society and nation. Negligence toward any of these factors becomes a



cause for unhealthy and defective child birth. The present conceptual study, thus focuses mainly on interpreting these observations, on the basis of modern scientific knowledge.

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