

REVIEW ARTICLE ON GARBHA SAMBHAV SAMAGRI FOR CONCEPTION

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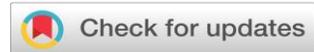
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**ABSTRACT**

Ayurveda is an ancient Indian health science that has been practiced for thousands of years. Its name directly translates to "knowledge of life." The concepts of *Garbha* and *Garbhotpatti* are methodically described in *Ayurveda*. Everything's existence has been scientifically proven at this moment. *Ritu* (fertile time), *Kshetra* (uterus), *Ambu* (*Ahara rasa*, nourishment), and *Beeja* (essential components for pregnancy) are described in *Ayurveda* as '*Garbhasambhav Samagri*' (*Shukra*, *Shonit*). These are crucial elements in conceiving a child. The fetus is formed as a result of the interaction of all of these components. If the '*Garbhasambhav Samagri*' is abnormal, there will be no conception and infertility. Conception is compared to the germination and sprouting of a seed into a tree in *Ayurveda*. The importance of sperm and ovum quality in forming a healthy embryo is discussed in *Ayurveda*, as well as the soil (uterus), which gives nutrients and the correct season (environment) for the seed (embryo) to grow. The study of normal and pathological features of the '*Garbhasambhav Samagri*' will thus be beneficial to society and the nation.

Keywords: *Ambu, Aparā, Beeja, Garbha, Garbhadhan, Garbhotpatti, Kshetra, Ritu, Shonita.*

INTRODUCTION

According to *Aacharya Sushruta*, the seed grows properly in the presence of *Ritu*, *Kshetra*, *Ambu*, and *Beeja*, which are important ingredients for conception in the '*Garbhasambhav Samagri*,' which is *Ritu* (fertile time), *Kshetra* (uterus), *Ambu* (*Ahara rasa*, nourishment), and *Beeja* (*Shukra*, *Shonit*). The health of the sperm, ovum, and uterus all have a role in conception.¹ The health of the *Shukra Dhathu*, or reproductive tissue that is formed in the body, is important for both men's and women's reproductive health. The conversion of nutrients from food to body fluid, blood, muscle, fat, bone, bone marrow, and lastly *Shukra* tissue is aided by proper metabolic activities and appropriate digestion. The *Shukra* tissue in women produces the Ovum as part of the monthly cycle, while the semen in men is created as a result of sexual arousal. *Shukra Dhathu's* health is dependent on the health of the other tissues and the body's smooth metabolic operations.²

LITERATURE REVIEW

RITU - *Ritu* denotes a period favorable to *Garbha* conception. As a lotus flower closes its petals at the end of the day, the *yoni* (vagina) closes once the *Ritukala* is performed. So, except for the first three days, sexual intercourse should be done in *Ritukala* for *Garbhadhan* to have a healthy child. *Ritu* was explained in *Ayurveda* in two ways by *Acharyas*. *Ritukala* is the first reproductive age, which begins around the age of 12 and ends around the age of 50. *Ritukala* is the second fertile age, which begins around the age of 12 and ends around the age of 50.³ *Garbha* can be conceived during this period. When *Shuddha Shukra* and *Shuddha Artva* meet in a healthy *Garbhashaya*, the consequence is *Garbhadhan* in *Ritukala*.⁴

Because of the estrogen influence, the women in *Ritukala* appear healthy, bright, cheerful, aroused, and sexually interested. The ovulatory period is indicated by *Ritukala*, which is particularly crucial for conception.⁵

KSHETRA - A seed will grow properly in a well-prepared field, just like a seed will grow properly in a well-prepared (*Kshetra*). Fertilized ovum also requires

an unvitiated *Kshetra* to effectively develop the fetus. The *Garbhashaya* is denoted by the term *Kshetra*.⁶ It comes from the phrases *Garbha* and *Aashaya*. *Garbhashay* is the point at which *Shuddha shukra* combines with *Shuddha Aartva* after going through a healthy *Yoni*, resulting in *Garbhadhan*.⁷ *Yoni's* third *Aavarta* contains the *Garbhashaya*. *Yoni* has three *Aavarta*, similar to the *Shankha* (concha shell). It signifies the mouth is narrow and the other end is broad. *Garbhasya*, according to *Acharya*, is similar to *Rohit Matsya's* mouth form (mouth of *Rohit* fish).⁸ Any structural defect in the *Kshetra* or female reproductive organs causes conception failure or implantation failure. *Kshetra Vikruti* includes conditions such as uterine septal defect, bicornuate uterus, tubal obstruction, and various *Yoni Vyapada*. **AMBU** - The term *Ambu* refers to the *Rasa Dhatu* (nutritional compounds) that are generated when *Ahar* (food) has been completely digested. *Rasa Dhatu's* principal function is *Prinana*, which means nourishing. The nourishing of the fetus is divided into two components in *Ayurveda*. When the fetal bodily components are not visible, *Upasneha* (osmosis or diffusion) and *Upasveda* provide sustenance (absorbing moisture). Second, after the fetal body parts are visible, nutrients are delivered to them by permeation through the body's *Lomakoopa* (skin pores) and the *Nabhinadi* (umbilical cord). The umbilical cord is joined to the fetal *Nabhi* (umbilicus), and the *Apara* is attached to the umbilical cord (placenta). The placenta is connected to the heart of the mother. Through *Sira*, the mother's heart pumps blood into the placenta (blood vessels). Because it contains all needed factors, this nutrition offers *Bala* (strength) and *Varna* (complexion) to the fetus. The *Aahar Rasa* (the essence of food) created after the digestion of food consumed by the mother is separated into three portions, according to *Ayurveda*. The first element nourishes her body, the second part increases milk production, and the third part nourishes the *Garbha*. *Garbha's* *Nabhinadi* is connected to the mother's *Rasavaha nadi*, which transports *Veerya* (essence) of *Aahar Rasa* (nutritious components) from

the mother to the unborn via *Upasneha* (indirect feeding or diffusion) for fetal development. If the *Garbha* is not properly nourished, it will become *Shosha* (dried up) or have a miscarriage.⁹

BEEJA - Beeja refers to men's *Shukra* (sperm) and women's *Artava* (ovum).

Shukra: *Shukra* is ideal for creating progeny since it resembles *Sphatika* (white-colored rock crystal), *Drava* (liquid), *Snigdha* (unctuous), *Madhura* (sweet), and *Madhu Gandhi* (smelling like honey), while some believe it should resemble *Tail* (oil) or *Kshaudra* (honey). *Shukra* with the qualities of *Bahal* (viscous), *Madhura*, *Snigdha*, *Avistra* (no unpleasant odor), *Guru* (heavy), *Pichchhila* (slimy), *Shukla* (white), and *Bahu* (abundant amount) is unquestionably efficient for ovum fertilization.

Other than these characteristics, *Shukra* is vitiated by *Vata*, *Pitta*, *Shleshma*, *Kunapagandhi* (cadaveric odor), *Granthi* (coagulated mass), *Puti* (foul odor), *Puya* (pus), *Kshina* (less quantity), vitiated by *Mutra* (urine) and *Purisha* (faeces) will be unable to have children.

Artava: *Artava* (menstrual blood) that looks like *Shasha* (rabbit) blood or *Laksha Rasa* (liquid essence of lac) and does not stain the cloth is highly praised. The purity is the same (normal) *Artava* should resemble *Gunja* seed, red lotus flower, lac juice, and *Indragopaka* in appearance (red insect).

Three *Doshas* vitiate *Artava*, and *Shonita* (blood) becomes incapable of creating offspring when they combine in two or all together. Features of such vitiated *Artava*, such as *Varna* (color) and *Vedana* (pain), should be recognized according to *Dosha*. Those tainted with *Kunapa*, *Granthi*, *Puti*, *Puya*, *Kshina*, and those smelling like *Mutra*, and *Purisha* are impossible to purify, while others are.¹⁰

DISCUSSION

The necessary components for conception are *Garbha Sambhava Samagri Ritu*, *Kshetra*, *Ambu*, and *Beeja*. According to *Ayurveda*, the time when conception is most likely to occur in reproductive age and the time of ovulation, which is 12-16 days after menstruation. Because it signifies the secretory phase of the

menstrual cycle near ovulation, it indicates the proliferative phase of the menstrual cycle. During this period, cervical mucus allows sperm access when the *Ritukala* has passed. Because sperm cannot penetrate during this time due to the effects of estrogen and progesterone hormones, the most fertile period is 10 to 20 days after the commencement of menstruation. The location where the fetus is implanted is called *Kshetra*. *Shuddha Kshetra* is necessary for fetus conception and development. Failure of implantation and infertility are caused by *Kshetra* abnormalities. Many congenital and acquired genital tract anomalies have been described by modern research. A halt in the normal development of the Mullerian ducts can result in aplasia and hypoplasia of the uterus, fallopian tube, and vagina. Uni cornuate uterus, infantile uterus, pubescent uterus, uterus didelphys, and uterus septum are congenital malformations caused by asymmetric Mullerian duct development. Inflammation or obstruction of the vaginal canal by polyps, fibroid uterus, and endometriosis are all acquired defects that hinder conception and lead to infertility. Before the creation of the *Apara* (placenta), the fetus is fed by *Upasneha* and *Upasveda*, and after the development of the *Apara*, it is fed by *Nabhi Nadi*. Because the nourishment of the fetus is dependent on the mother's food, a poor diet consumed by the mother can have a direct impact on the *Garbha*, resulting in *Garbha Vikars* such as *Garbhshrava*. *Garbhaghatkara* is also referenced in *Ayurveda* as *Atiguru*, *Atiushna*, *Atitikshna Aahar*, and *Madhya*. According to modern science, the fetus is a parasite on the mother because it gets all of its resources from her, including water, glucose, amino acids, fat, vitamins, and minerals. There are three stages of fetal nourishment absorption: histotrophic transfer, haematotrophic absorption, and haematotrophic absorption. The fetus is sustained via absorption during the early stages of fertilization. Histotrophic transfer occurs after implantation but before the uteroplacental circulation is established. From the third week onwards, haematotrophic nourishment is provided by active and passive transfer with the formation of fetal circulation. Poor fetal growth and abortion are caused by abnormalities such

as utero-placental circulatory insufficiency, hypertension, bleeding at the placental bed, maternal anemia, maternal smoking, and alcohol consumption. *Beeja* represents *Shukra* and *Artava*, and *Shuddha Shukra* and *Shuddha Artava* are capable of bearing children. *Pitta Sleshma* is unable to have children if the *Shukra* and *Artava* are vitiated by *Vata*. Female infertility is caused by illnesses such as menstrual disorders, anovulation, amenorrhea, and ovarian failure, according to current research. Male infertility is caused by sperm abnormalities such as aspermia, azoospermia, oligospermia, and polyspermia, as well as sperm motility abnormalities such as asthenospermia, necrospermia, and morphological abnormalities such as teratospermia.¹¹

CONCLUSION

Following a review of all scientific literature on *Gargha Sambhava Samagri*, it was determined that the value of healthy and enlightened progeny is adequately stated in *Ayurvedic* literature. The journey of a child from the mother's womb to the outside world is clearly explained in *Ayurveda*. *Ayurvedic* treatment is based on ensuring that the woman ovulates properly and produces healthy eggs, as well as that the man's sperm count and production are adequate. *Ayurvedic* medicine also focuses on maintaining the health of both men's and women's reproductive organs. Find out which days are the most productive for conception. *Ayurveda* is a holistic tradition and way of life that can assist each of us in claiming and celebrating our capacity for wellness. As a result, the *Garbha Sambhava Samagri* idea is regarded as bringing healthy offspring into society.

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