

AN AYURVEDA CONCEPT ABOUT GARBHAJA VIKRITI: A REVIEW

¹*Dr. Neeraj Tiwari, ²Dr. Rita Marwaha and ³Dr. Amrita Tiwari¹Lecturer, Department of Rachna Sharir, Shubhdeep Ayurveda Medical College, Indore.²Professor & HOD, Department of Rachna Sharir, Pt. KLS Govt. Ayurveda College, Bhopal.³RBSK Ayush Medical Officer, DEIC, Indore.Article Received on
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Corresponding Author*Dr. Neeraj Tiwari**Lecturer Shubhdeep
Ayurveda Medical College,
Indore.**ABSTRACT**

Ayurveda is an ancient basic science. It defines the life in very precisely manner from combination of *Shukra* (semen) *Shonita* (ovum) & formation of *Garbha* (embryo) till death. There are many chances of getting malformation and a defect in growing fetus and anomalies in growing baby due to many *causes* which known as “*Garbhaja Vikriti*”. *Ayurveda* defines the *Beeja dusti* (Unhealthy Sperm/Ovum), under the concept of *Anuvanshika Vikara* (Hereditary diseases) which can be correlated with modern genetics. While, the other causes of the fetal defects are considered under metabolic origin and described under as *Garbha Vridhikarabhava*. *Beeja Dosha* forms the genetic

basis of fetal defects like origin of different types of *Napunshaka* etc. While *Garbha Vridhikarabhava* like *Garbhini aahar vihara* (metabolic causes) leads to many other types of fetal defects. Broadly it can say that fetal defects are caused by two basic mechanisms one is of genetic origin and other is of metabolic origin.

KEYWORDS: *Garbha, Garbhaja Vikriti, Beeja Dosha, Anuvanshika vikara, Garbhavridhikara bhava, Garbhani aahar vihara*

INTRODUCTION

In *Ayurveda* under *Garbhavakranti Sharir* “*Garbha* “ (embryo/fetus) form as the union of the *Shukra* (Sperm), *Shonita* (Ovum), and *Atma* (Soul); which gets implanted in *Garbhashaya* and grow in it till the birth. Growing in the *Garbhashaya* there are some chances of getting some defects in the *Garbha*.^[1] These defects can be occurred either due to vitiation in the *Shukra* or *Shonita* or any other *Garbhani* related causes like maternal metabolic disorder, intrauterine infection etc. These defects are called as *Garbha Vikruti* in

Ayurveda literature. According to ancient science there are different causes of *Garbha Vikriti* like *beeja dosha*, *Aahara* (Diet) and *Vihara* (life style), Negligence of *Dauhridaya*, etc. which result an *Antarmrita Garbha*, *Garbhashrava*, *Garbhapata* & others *Garbhaj Vikara* and if baby get born it may bears some *Janmajata Vikara* (genetic disorder) in own.^[2] Here author attempt to review all *Garbhaj Vikriti* related in gestational period as well as related after birth.

MATERIAL AND METHODS

Different *Ayurveda* Classical text books, viz. *Charaka Samhita*, *Sushruta Samhita* with *Sanskrit* commentary of *Dalhana* and Hindi & English commentary of different *Ayurveda* scholars like Prof. *Ambika Datta Shastri*, *Ghanekara*, P.V. Sharma & different *Ayurveda* research articles.

This article is a review article focuses mainly on interpreting and analyzing the concept of “*Garbha Vikriti*”. The information compiled from different *Ayurveda* text books and e-sources, journals is discussed, analyzed and correlated.

REVIEW OF AYURVEDA LITERATURE

Causes of *Vikrit Samtan Utapatti*

Due to defects of *Beejas*, the present & past deeds, deformities in *Garbhashaya* (uterus), *Vikrit Kala* (time) and abnormal mother's food and behavior, the vitiated *Dosas* produce various abnormalities in shape, complexion and sense organs. The defect in the procreative factors like *Matraj*, *Pitraj* etc *Garbhautapadaka bhavas* lead to absence of child birth or child born will many types of anomalies.^[3]

When a woman uses aggravating factors, the *Dosas* get vitiated and in course of spreading reach the ovum and uterus but do not affect them entirely. She conceives but the foetus gets damaged in one or more maternally derived organs; that part is affected with morbidity in the gene, wholly or partially, of which the *Dosas* are vitiated^[3]. *Achaarya Sushruta* says due to atheism of parents, evil deeds of previous births, and the vitiation of *Vatadi dosha* the *Garbha* is deformed.^[4] *Acharya Sushruta* mentioned the pregnancy is insulted by *Vata prakopa* or by the not fulfillment of *dauhridayavastha*, child may be a *Kubada* (hunkback), *Lula*, *Langada* (limp), *Gunga* (dumb) or *Minminatva* (stutter).^[5] The *Garbha* have with distorted shape like snake, scorpion, frog etc. should be considered as the result of sinful deeds.^[6]

Types of *Garbhaj Vikriti*

Acharya Charak, Sushruta and Vagbhatta mentioned different types of *Garbhaj Vikriti* in their text books. *Garbhaj Vikriti* can be classified under *Garbhavasthajanya Vikriti*, *Vikriti during Garbhajanm Kala (Muda Garbha)* and *Vikriti after baby birth (different types of Napunshaka etc.)*

1) *Garbhavasthajanya Garbhaj Vikriti*

Garbha shrava & Garbhapata: Due to mismanagement, shows menstrual blood during the second or the third month, there is little chance of retaining the foetus because during this period the foetus lacks supporting strength. If she shows the discharge of menstruation during the fourth month or onwards due to anger, grief, envy, jealousy, fear, terror, sexual intercourse, physical exercise, jerk, suppression of urges, sitting, sleeping or standing on uneven ground, excessive hunger and thirst or dirty food, If the bleeding is associated with ama often it causes damage to the foetus.^[7] The destruction of garbha up to four months is called *Garbhashrava* and after that the loss of stable garbha in the fifth and sixth month is termed as *Garbhapata*.^[8]

Garbh Vichyuti: Worm (bacterial infection), outbreak of false diet-behaviour and trauma on the stomach and mental shocks caused by anxiety, grief, becomes hot, that is, falls from its place.^[8]

Upavishtak: If a pregnant women uses hot and sharp things and due to this bleeding or another discharge ensues from vagina when the foetus has gained sufficient strength, it does not develop further because of having been discharged. It stays for long and is said as *Upavistaka* by certain scholars.^{[9],[10]}

Nagodara: When a pregnant women constantly observes fasts and other religious vows in the state of her malnutrition and aversion to fats uses things which aggravate *vata*, the foetus does not develop because it is dried up. This also stays for long without quickening. This is said as *nagodara*.^{[9],[10]}

Leengarbha: If the foetus is benumbed and does not quicken is called *leengarbha*.^{[9],[10]}

Antarmrita Garbha: If the foetus dies in the womb due to excessive aggravation of dosas or excessive use of sharp and hot things, or suppression of the urges of wind, urine and faeces, or use of uneven seat, bed, standing, compression and injury; or anger, grief, envy, fear, terror

etc. or other over-exertive actions by the woman, her abdomen becomes still, stiff, blown up, cold and stony hard containing the foetus devoid of quickening. Besides, there is severe pain, labour pains do not arise, there is no discharge from vagina, eyes are slackened; she feels darkness before eyes, pain, giddiness, dyspnoea and intense restlessness. The natural urges also do not appear properly. These are the signs and symptoms of a woman having a dead foetus.^{[9],[10]}

2) *Vikriti during Garbhajanmkala (Mudagarbha)*

The fetus moves away from its ligation (uterine relation) due to different *Hetu* (causative factors). After being released from the ligation of the womb, after some time, it comes down in the birth path and obliterated it thus *Apana Vayu* gets *Vaigunya* which causes 4 types fetal presentation known as *Mudagarbha* (obstructed labour). These are:- 1) *Keelak* 2) *Beejak* 3) *Pratikhur* 4) *Paridh*,^[8]

3) *Garbhaj Vikriti after child birth*^[11]

- 1) ***Dwiretas (hermaphrodite)***: In case the zygote formed equally *Sukra* (sperm) and *Artava* (ovum) or both are vitiated by *Vatajadi Doshas* the progeny has characters of both female and male and as such is called '*Dwiretas*' (hermaphrodite).
- 2) ***Pavanandriya***: *Vayu* having afflicted the location of semen in the foetus causes *Pavanandriya* (devoid of semen).
- 3) ***Samskaravahi***: When *Vayu* obstructs the passage of the location of semen, it causes *Samskaravahi* (conditioned aphrodisia).
- 4) ***Shanda***: When the parents have sluggish and diminished reproductive factor, are weak, unstimulated and with damaged genetic portion, they cause the two disorders male and female sterility.
- 5) ***Vakri***: Due to mother's lack of desire (for coitus) or complicated posture (during coitus) and also due to genetic deficiency of father, *Vakri (with curved organ)* is caused.
- 6) ***Irşyābhirati***: it is caused if the parents are subdued by jealousy and have mild passion. When the testicles get destroyed by aggravation of *Vāyu* and *Agni*.
- 7) ***Vātika Sanda***: it is produced. Thus eight types of genetic sexual disorders due to past deeds should be determined.

Type of Napunshaka^[8]

Asekyā: This type of eunuch is born due to the very low quantity of *Beeja* of the parents.

Saugandhik: This is born in a contaminated vagina. He gets strength in sex by coming to the fragrance of vagina.

Kumbhik: The man who having sex with another man in his anus called *Kumbhik*.

Irshyak: The man who enters into sexual intercourse to see others in sex are called *Irshyaka*.

Nari & Nara Shanda

When male *Garbha* born with female characters and female *Garbha* born with male characters which has lost their sexual power are known as *Nara and Nari Shanda*.

DISCUSSION

The different *Hetu* (causes) for the deformity of the *Garbha* has been described by various *Acharyas*. The origin of “*Garbha*” is due to the combination of *Shukra* & *Artava* and at the time of fusion of *Shukra* and *Artava* the *Atma* (soul) enters in it. The *Panchmahabhutas*, doing their respective functions & thus increase the growth of the *Garbha*, due to which the *Garbha* gets proper develop.

According to *Acharya Charak, Sushruta & Vagbhatta*, due to *Beeja Dosha* (abnormal semen & ovum), *Kukshi Dosha* (abnormal uterus), *Kala Dosha* (abnormal fertile period), *Atma Dosha* (good & bad deeds done in previous birth), negligence of *Dauhridayavastha*, result deformity in the *Garbha*. Here an attempt to classify the deformity of the *Garbha* into three types. First- fetal malformation occurs during pregnancy - when the fetus does not achieve proper nutrition which leads to either retarded growth of the fetus in uterus or dead of fetus before birth. These can be defined by the *Upavistaka, Nagodara, Leen Garbha, Garbhapata, Garbhasrava, & Antara mrita Garbha* etc. Second, when the developed *Garbha* is being born, the fetus gets free from its *bandhana* (contact with maternal uterine endometrium) and attains different positions and movements in the uterus, which is called *Mudagarbha*.

Third, if *Garbha* takes birth but it is deformed and has different mental and physical abnormalities like different types of *Napunshakatva* and other diseased full child which mentioned in different *Ayurveda* text books.

CONCLUSION

The root causes of *fetal anomalies* are genetic and metabolic which can include under the

violation of *Garbhautapadaka Bhava* & *Garbhavidhikara Bhava*. All the deformities that arise from these induced *Garbhaj Vikriti*. By completeness of *Garbhautapadakahava* & *Garbhavidhikara bhava* & removing this pregnancy related diseases a pregnant woman can deliver a healthy Child.

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