

## A REVIEW ON GARBHA SAMBHAVA SAMAGRI W.S.R TO ITS CLINICAL ASPECTS

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### ABSTRACT

*Ayurveda* means “science of life” is one of the world’s oldest whole body healing system. *Ayurveda* has main focus on maintenance and protection of *Swasthya Sharir*. *Acharyas* have explained four important factors as *Garbha Sambhava Samagri* that is Ritu (fertile period), *Kshetra*(uterus), *Ambu* (*Ahara Rasa*, nutrition) and *Beeja* (*shukra, shonita*). These factors are very essential for conception. Infertility may occur if there is any abnormality in *Garbha Sambhava Samagri*. For the best offspring the factors concerned with conception must be in good qualities. The knowledge of *Garbha Sambhava Samagri* helps to generate suitable conditions for conception and healthy foetus. This study will help to create awareness among the people and to understand basic causes of infertility. For the benefits of society, the study of normal and abnormal feature of “*Garbha Sambhava Samagri*” will help.

**KEYWORDS:** Ayurveda, Swasthya Sharir, Garbha, Garbha Sambhava Samagri, Ritu, Kshetra, Ambu, Beeja.

### INTRODUCTION

Ayurveda is the traditional, ancient Indian system of health science. Its name literally means, "life knowledge". Basic principles of Ayurveda are Swathasya Swatha Rakshanamaturasya Vikar Prashamanam. Ayurveda has main focus on maintenance and protection of Swasthya Sharir. It has explained the concept of Garbha Sharir under the heading Sharir Sthana. There are numerous references of Garbha Sharir which are given in the Brihatrayee. *Garbha Sambhava Samagri* is Ritu (fertile period), *Kshetra* (uterus), *Ambu* (*Ahara Rasa*, nutrition)

and *Beeja* (*shukra*, *shonita*). These factors are very essential for conception. *Garbha* is the first stage of developing body. The combination of *Shukra*, *Shonita* and inside the *Kukshi* (uterus) is known as *Garbh*

## AIM AND OBJECTIVES

1. To Review on *Garbha sambhava Samgri*.
2. To study of *Garbha sambhava Samagri* with special reference to its clinical aspects.

## MATERIAL AND METHODS

Literary references collected from *Ayurveda* i.e. classics, commentaries, modern literatures, online portals like Pubmed central, Ayush research portal and Google scholar and analysed.

### Review literature

#### *Ritu*

*Ritu* means menstruation in females<sup>[1]</sup> which is of twelve days duration when *Artava* (Menstrual blood) is visible but some *Aacharyas* say there is a period of invisible *Artava* also. In female's menstruation starts around twelve years of age and ceases at the age of fifty years.<sup>[2]</sup> The period from first day of menstruation till twelfth day of menstruation is termed as *Ritukaala*. According to *Bhavaprakasha*, period from first day of menstruation till sixteenth day is called *Ritukaala*. The period in which ovulation occurs and this period are suitable for conception of *Garbha*.<sup>[3]</sup> This is valid scientifically too where the ovulation occurs on the 14th day in a 28-days cycle and ranges between 12th to 16th day of menstruation.

#### Clinical Aspects of *Ritu*

It is considered as proliferative or peri ovulatory period. By the end of the peri ovulatory phase the mature follicle will develop and rupture, excretes the oocyte with some granulosa cell into oviduct. The oocyte is now competent to undergo fertilization. Prediction of ovulation is important to advice the alternative day for practice to intercourse in case of infertility due to oligospermia. Important to collect ovum for in vitro fertilization.

#### *Kshetra*

The term *Kshetra* indicates the *Garbhashaya* (uterus).<sup>[4]</sup> It is also called *Garbhashayya* and *Kukshi*. It is eighth *Ashaya* which is present especially in females.<sup>[5]</sup> *Garbhashaya* is derived by the combination of two words i.e. *Garbha* and *Ashaya*. *Ashaya* means the place or special site for specific *Dravya* (material) of the body. Thus the *Garbhashaya* means the special

place where *Garbha* lies and develops.<sup>[6]</sup> *Yoni* resembles the *Aavarta* (spirals) of the *Shankha* (conch shell) and having three *Aavarta*. The *Garbhashaya* lies in the third *Aavarta* of *Yoni*. Experts say that *Garbhashaya* is similar in shape and size of the *Mukha* (mouth) of *Rohita matsya* (a kind of fish) which is narrow at the outer part and broad in the inner part.<sup>[7]</sup> Conception of *Garbha* depends upon the healthy or disease free *Garbhashaya*. The power of implantation is lost, if any impairment occurs in the *Garbhashaya*.<sup>[8]</sup> Similarly, twenty types of *Yoni vyapada* (diseases of vagina) also interferes the conception.<sup>[9]</sup>

### Clinical Aspects of *Kshetra*

*Garbhasya* represents the interior of the uterus i.e. endometrium with all its decidual changes which provides good nidus for implantation of blastocysts, supplies nutrition to early growing zygote by its rich source of glycogen and fat. Reception- ready phase of the endometrium of the uterus is usually termed the “implantation window”. The implantation window follows around 6 days after the peak in luteinizing hormone level (20th - 23rd day after the last menstrual cycle).

### *Ambu*

*Ambu* means *Rasa dhatu* which is derived after complete digestion of *Aahar*.<sup>[10]</sup> *Pachakagni* digests the *Aahar* and *Sara* is produced which is called as *Rasa*. *Rasa* or *Ambu* does the *Tarpan* and *Poshana* of *Garbha*. According to *Acharya Charaka* the *rasa* of the pregnant woman serves 3 purposes – *Swasharir pushti* (nutrition of her own body), *Stanya* (lactation), and *Garbhavidhi* (growth of foetus).<sup>[11]</sup> Being supported by that food, the foetus is dependent upon the mother keeps living inside the uterus. In *Ayurveda*, nourishment of foetus is described in two parts first from the time of conception until the different parts of the body and their subdivision have got manifested, the embryo gets nutrition by *Upasneha* (osmosis and diffusion) and by *Upasveda* (absorbing moisture). Second when all the organs and parts of the foetus become manifested a tube connecting the umbilicus of the foetus with the mother’s heart is formed. The nutrients portion of the food travels from the mother’s heart carried through the *dhamanies* and reaches the *Apara* and from there to the *Nabhi*.<sup>[12]</sup> Any improper diet taken by mother may directly affect the *Garbha* and creates *Garbha vikar* like *Garbhashrava*.<sup>[13]</sup> Also mentioned in *Ayurveda* that *Atiguru*, *Atiushna*, *Atitikshna Aahar* and *Madhya* are *Garbhaghatkara*.<sup>[14]</sup>

### ***Beeja***

*Beeja* term is used for genetic material like chromosome, DNA and genes. It has capacity to induce new generation. They play a very important role in conception and further development of *Garbha*. Abnormality of *Beeja* can result infertility. *Beeja* means seed. Most plants grow from their seeds. It is essential that a healthy seed be sown in a fertile soil (land) and to be nourishes with good water supply, essential nutrient and supportive climate to beget a healthy plant from a seed. The same rule is applicable for the *Garbha*. For a healthy *Garbha*, its seed i.e. sperm and ovum from which it is derived should be healthy in terms of quality and quantity. A diseased, contaminated or mutilated sperm and ovum cannot produce a healthy offspring. *Beeja* covers the male gamete i.e. sperm (sperms) and female gamete that is ovum.

*Shukra*, the male factor which is taking part in the formation of *Garbha* is called as *Shukra*. It is composed of *Vayu*, *Agni*, *Jala*, *Prithvi Mahabhuta*. This *Shukra* is formed by the food substances having all the six *rasa*.<sup>[15]</sup> *Shukra guna*: *Shukra* is *Shukla* (white) in *Varna*, *Sphatika* (crystal) like appearance, *Madhura* (sweet) in taste, *Madhu* in *Gandha*, *Snighda*, *Picchila*, *Sandra*, *Guru* in consistency and overall appearance like *Taila* and *Kshoudra*. *Shukra* possessing these characters, only called as *Shuddha Shukra* and capable to produce *Garbha*.<sup>[16, 17]</sup> Quantity of the *Shukra Dhatu* is *Ardha* ( $\frac{1}{2}$ ) *Anjali* in human body.<sup>[18]</sup>

From *Rasa (Dhatu)*, the *Rakta* named as *Raja* is formed. *Artava* is *Agneya*, has characteristics of *Rakta*, forms *Garbha* and is also essential for life. The *Artava* becomes *Vyakta* in a female body from the age of twelve years and persists up-to fifty. Thus it is physiologically absent before twelve years and after fifty years.<sup>[19]</sup> *Rakta* reaching *Yoni* (uterus) and coming out for three days in every month is called *Artava*. The blood collected for whole month by both the *Dhamanis* assuming slight black colour and specific colour or odour is brought downwards to *Yoni-mukha* (vaginal orifice) for excretion.<sup>[20]</sup>

*Shuddha artava*: *Artava* should be unctuous, bright red in colour like *Padma* (red lotus) / *Gunjaphala* (abrus seed) / *Laksha Rasa* (lac juice) / *Indragopa* (cochneal) / *Shasha Asrik* (like rabbit's blood), and free from pain or burning. This menstrual blood does not impart permanent stain on the cloth. The quantity is not very scanty or very excess.<sup>[21, 22]</sup> It is four *Anjali* (approximately four ounces).<sup>[23]</sup>

### Clinical Aspects of *Beeja*

The blood, inter cellular fluid of endometrium and secretions of endometrial glands with required nutrients without any abnormality is helpful for growing fetus. The ovum spends approximately 72 hours in the uterine cavity before implanting. In that time, it can not receive nourishment directly from the blood of the mother and must rely on secreted nutrients into the uterine cavity. e.g- iron and fat solubles vitamins. Endometrium secretes several steroids dependent proteins, important for growth and implantation. Cholesterol and steroid are also secreted.

### DISCUSSION

*Acharyas* have explained four important factors as *Garbha Sambhava Samagri* that is *Ritu* (fertile period), *Kshetra*(uterus), *Ambu* (*Ahara Rasa*, nutrition) and *Beeja* (*shukra, shonita*). These factors are very essential for conception. *Ritu* means *Kala* (time) which can be understood as *Vaya* (age) or *Ritukaala* (menstruation period). It is mentioned that *Garbhadharana kaala* (conception period) is sixteen years because at this age the woman has *Sampurna Veerya*. According to modern science, a woman's fertility starts to decline in her late 20's. A woman has about 3 to 4 million eggs at birth. As the age increases, a woman has not only less eggs but also have a higher chance of being chromosomally abnormal. These chromosomally abnormal eggs will never fertilize or implant. In the other hand, *Ritu* denotes *Ritukaala* (menstruation period) during which conception is most likely to occur. According to *Ayurveda*, it is of 12 days starting from the stoppage of menstruation. When once the *Ritukaala* goes off, the conception does not occur. According to modern science, the ovulation may occur on 14th day after menstruation starts. During proliferative phase of menstruation cycle near to ovulation, the cervical mucus permits the penetration of sperms whereas, in the *secretory* phase, there is hindrance in the penetration of sperm, under the effect of estrogen and progesterone hormones respectively. So, the most fertile period is 10 to 18 days after the onset of menstruation. *Kshetra* is the place where foetus is implanted. *Shuddh Kshetra* is essential for conception and development of foetus. Abnormality of *kshetra* is the cause of failure of implantation and infertility. Modern science has described many congenital and acquired abnormalities of genital tract. Arrest in normal development of Mullerian ducts can cause several congenital anomalies like aplasia and hypoplasia of uterus, fallopian tube and vagina. Asymitric development of Mullerian duct lead to Unicornuate uterus, infantile uterus, pubescent uterus, uterus didelphys, uterus septus are the congenital anomalies. some acquired anomalies like inflammation or obstruction of vaginal Canal by

polyp, fibroid uterus, endometriosis also causes impairment in conception and leads to infertility. *Ambu* represents the *Rasadhatu*. Its function is *Prinana* (nourishment). The *Garbha* gets nourishment by *Upasneha* and *Upasveda* when *Apara* (placenta) is not developed. When placenta is developed then it gets nourishment through *Nabhinadi* (umbilical cord). The *Garbha* is completely dependent on the mother's nutritional status for nourishment. If there is any improper diet taken by mother, it may directly affect the *Garbha* and may end up in various *Garbhaj vikriti* (foetal anomaly) such as *Garbhasrava* (abortion), *Mritagarbha*, *Upavishtaka*, *Nagodara*, etc. According to modern science, after fertilization till the implantation, the blastocyst receives nutrition partly from the substance stored within the ovum and partly by diffusion from the uterine secretion. After implantation endometrium of uterus provides nutrition. *Beeja* is the seed or the gamete which is important for the procreation; it is the combination ovum of woman and sperm of man. Healthy progeny is the outcome of healthy sperm and ovum.

## CONCLUSION

Review of all available scientific literature it is concluded that *Ritu*, *Kshetra*, and *Beeja* are referring to ovulatory phase, healthy uterus, proper nourishment and unvitiated semen of male and unvitiated ovum of female respectively. These are very essential for conception and ultimately the better offspring. All the factors responsible for infertility described in modern science can be included under these four factors. All four contents which are taken for the essential & necessary factors for the conception, are should be well nourished, fertile and come together in the particular time, if any one of these will not be in proper manner the result will not be the best. This study will help to creat awareness among the people and to understand basic causes of infertility.

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