

COMPARATIVE STUDY OF CHATURTHA MAS GARBHA AND 4th MONTH FOETAL DEVELOPMENT

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ABSTRACT

Embryology deals only with those development events of human body which take place before birth during intrauterine life. The fourth month of intrauterine life extends between thirteenth to sixteenth weeks. In this period all the body organs develop more precisely. Ayurved has termed it as vyaktangavastha or the month in which body parts manifest clearly. The foetal face looks like human face. This is the stage where foetus starts showing its presence through his or her own movements or through mother's desires. Ayurved call it as dauhrud avastha which develop in 4th month of pregnancy. If this desires are abolished it may lead to unhealthy pregnancy or deformity in foetus.

Keeping that in mind mother's desires should be fulfilled to get a healthy baby. The knowledge of these events helps a surgeon or gynaecologist for easy diagnosis of such anomalies and also for treatment.

KEYWORDS: Foetal development, Garbha, Dauhrud.

INTRODUCTION

Studying the garbha is like studying sharir right from its origin. All the basic concept of sharir are known, understood and to be studied in garbha. Garbha is like minuet form of sharir from which grows in periodical manner. As atma (soul) impelled by the afflictions of his own dids or karma, enters into along with shudha shukra (Sperm) and shudha artava (Ovum), gives rise to the formation of garbha (Embryo). Sushrutacharya says, in garbhashay (Uterus) panchabhutatmak shukra and artava along with atma, prakriti, vikar forms garbha. After formation of garbha, it shows masanumasik (Monthly development) garbha vrudhi (Growth) and according to that laxanas (Changes) in the body of garbhini or mother.^[1] The

start of pregnancy is actually the first day of last menstrual period. This is called the “menstrual age” and is about two weeks ahead of when conception actually occurs that is “gestational age”.^[2] Also the modern science uses weekly development method. But in our study we are studying about menstrual age method which is also used by the Ayurvedic acharya.

Chaturth Mas Garbha: As per Sushrutacharya says, in the 3rd month hasta, pad, shir are started defining. Which are in sukshama form also called as pancha pind swaroop (human shape). During the fourth month, all the body parts manifest very clearly. As along with all body parts hrudya (heart) starts showing its bhav or desires. Because hrudya is sthan of chetana (consciousness). Due to that, garbhasya hrudya chetana received by mother’s hrudya, this is called as dauhrud laxana. These desires of garbhasya indriya, it is seen in mother activities or demands.^[3] Charakacharya says that, in fourth month garbha becomes sthir in swaroop.^[4]

Douhrud Vivechan: Since garbhasya hrudya is maternal in origin and is connected with the hrudya of mother. The desires of pregnant (dauhrud) women should not be dishoarded or refused. Even unsuitable or unhealthy things which are demanded by her should be given along with healthy ones and in small quality. Refusal of the desires may lead to abnormalities in the garbha or premature expulsion.^[3] According to Charakacharya, garbha starts experiencing sukha (happiness) and dukha (sorrow), which gives rise to spandan in hrudya (heartbeats). This hrudya shows desires of good things which it is missed or got in its purvajanm or past life. As mothers hrudya is connected to garbhasya hrudya, the desires completed by mother.^[4]

Douhrud Puran Mahatva: As pregnant woman shows the desires of garbha which are in relation with sparshadi indriyas (sense organs). But these desires need to be fulfilled because it is important to keep her and garbha happy and healthy. By fulfilling her demands she will give a birth to veeryavan and dirghayu putra (longevity of life).^[3]

Douhrud Vimanana: According to Shushrutacharya, if desires of pregnant woman are refused or ignored that will lead to deformity in foetus as like kubja, kuni, khanja (deformity in body parts), jad (mentally retarded), vaman (short stretched), vikrutaksha (deformity in eyes or blind). If pregnant woman desires unsuitable things then that should be first converted to suitable things and then it should fulfil her desires. But don’t deny her wishes. Or put those

unhealthy things in minimum quantity along with healthy things in this way her desire will be fulfilled. If it is denied the vat prakop occurs and leads to destruction of garbha (foetus) which resides in garbhashay (Uterus). Along with other conditions this also be considered as garbhoghatakar bhav^[3] (factors destroying the garbha).

Specific Desires of Douhrud (Pregnant Woman)

1. If douhrud desires to see raja, then will give birth to dravyavan and mahapunyavan progeny.
2. If douhrud desires different ornaments and reshmi vastra then she will give birth to alankar priya and roopavan offspring.
3. If douhrud demands to stay in ashram and do worship of devata (God), then she will give birth to jitendriya and dharmatma offspring.
4. The one who desires to see lion like animals then she will give birth to krur (cruel) garbha.
5. The one who desires to eat godha mamsa, her offspring will be nidralu (sleepy) and dharnatmak.
6. The one who desires to eat gava mamsa, her child will be balwan (strong) and sarva kleshasaha.
7. The one who desires to eat mahisha mamsa, her offspring will be lomyukta with raktaksha.
8. The one who desires to eat varah mamsa, her offspring will be nidralu and shur.
9. The one who desires to eat mrug mamsa, her child will be always wondering in jungle and fast runner.

Like this way what the douhrud thinks or what she does by her achar, vichar and shila (regimen) such kind of putra or putri will be produced.^[3]

4th Month Foetal Development

- At completion of 4th month (16th week), foetus is nearly 13cm (5.1 inches) long from crown to rump and weights about 140gm (4.9oz).
- Mother may start to feel baby kicking for the first time, that is called as quickening.
- Foetal skin is begun to develop a whitish coat of a slick, fatty substance called vernix caseosa. This protects skin during its long immersion in amniotic fluid.^[5]

- Foetal heartbeat maybe now audible by Doppler.
- The fingers & toes are well defined. Eye-lids, eyebrows, eyelashes, nails and hair are formed.
- Foetus can suck his or her thumb, yawn, stretch and make faces.^[2]

Systemic Development

- **Oral Cavity:** The soft palate and hard palate differentiate with each other. Lymphoid cells starts developing like palatine tonsil.
- **Digestive System:** The digestive and enzymic glands in stomach and intestine grows.
- **Respiratory System:** The tracheal glands, elastic fibres of lungs starts growing.
- **Urogenital System:** Testis are ready. The uterus and vaginal canal develop.
- **Circulatory System:** Haemopoiesis starts within spleen. Myocardial muscles develop properly.
- **Bones:** Joint cavity and bone develop. By the end of fourth month and beginning of fifth month foetal movement's start and mother becomes conscious for the same. This is called as quickening.
- **Nervous System:** Cerebral Hemispheres appear more clear. Nervous system starts to function.
- **Sensory Organs:** As already mentioned above the eyes, ear, and nose are now approaching their normal position. The foetal face looks like human face. By the end of this month eyes move further into an anteriorly directed position. The external ears approach their characteristic form and are nearer to their normal position at the site of head.^[6]

AIM AND OBJECTIVE

1. To explore the science of garbha vrudhi according to masanumas (month wise).
2. Detail study of Chaturth mas garbha and its laxanas.
3. Study of embryology related to 4th month.

MATERIAL

Collection of data from Ayurvedic literature. Modern embryology books, published literatures and authentic internet sources.

DISCUSSION

According to Ayurveda, in fourth month all the divisions of anga and pratyanga (body parts) become more developed and foetus gets equipped with chetana dhatu (consciousness) and expresses his or her desires through mother. Further can be said that Acharya's have firm view that heart becomes fully developed and foetus starts movements which are felt by the mother in 4th month. According to modern concept the face of foetus looks like human being. The face becomes broader. This description is much more nearer to the description given by Charak and Sushruta. They mentioned that the body parts look more developed. The foetus attains stability in sense of weight and size. The modern scientist is also of view that heart is developed until now. In this month, pregnant woman is called dauhrudini that having her own heart and another foetal heart. This means mother is emotionally attached with foetus; so the desires of mother are considered as desires of foetus and accordingly fulfilled. On contrary if mother's desires are not fulfilled, the foetus gets affected and becomes slothness in the intelligence.

CONCLUSION

Ayurvedic acharya and modern science both are developed their own methods to study and to access the pregnant women and foetal development. After evaluating them put forth theory regarding foetal development that, both the sciences believe that foetal anga, pratyanga (body parts) are well developed in 4th month. Along with other body parts, heart is also well developed. As the heart is developed well it starts showing its presence by expressing its desires through mother. Keeping that in mind mother's desires should be fulfilled to get a healthy baby. Otherwise it may lead to deformity in foetus. As these desires are nothing but necessary things for growth and development of foetus; and if those are abolished then it may lead to deformity in the foetus. The knowledge of these events helps a surgeon or gynaecologist for easy diagnosis of such anomalies and also for treatment.

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