



## VITALNESS OF GARBHOPATTIKAR BHAVA'S TO HAVE HEALTHY PROGENY (GARBHA)

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### ABSTRACT

Mother Nature has provided the gift of reproduction to all living beings, enabling them to preserve their Species. Human being the most evolved creature is fully aware of better progeny. The theme of growth differentiation, specialization and development of an individual or that of a species of a particular kind, has led to the studies of embryology. The whole biological development cannot be explained in isolatory way in reference to Morphology only; Ayurvedic approach is significantly complete in this respect, because Ayurveda explains the growth, developmental process, nourishment on the pillars of fundamental principles laid down by our Acharyas. In life every couple are dreamed for momentous decision of child and to have disease free and healthy (mentally, physically) baby along with good excellence. Acharya Sushruta says about essential factors for Garbhotpatti, which are Garbhotpattikar bhava's and Garbhaviddikar bhava's. Rutu, Kshetra, Ambu, Beeja, as Garbhotpattikar bhava's. Matruja, Pitruja, Atmaja, Rasaja, satmyaja, satvaja, as Garbhaviddikar bhava's. The conglomeration of these pro-creative factors is must for healthy progeny. The physical, mental, social, and spiritual well-being of the person and practice of wholesome regimen plays a prime role in achieving a healthy offspring.

**KEYWORDS :** Garbha, Garbhotpattikar bhavas, Garbhaviddikar bhava's.

### INTRODUCTION

Garbhotpattikar bhava as garbhasambavasamgree -i) Rutu-Rutu kala is the appropriate period for Beejaotsarga and also for Garbhadhana 'Garbhagrahanayogyastusaevasamayaha smrutaha' Rutukala is defined as period most suitable for achievement of conception. The Rutukala in which, the seeds deposited are likely to bear fruits. This directly refers to the period of ovulation wherein the chances of conception are most. Rutukala is a period in which ovulation takes place. So Rutukala is highly fertile periods of menstrual cycle in reproductive age. There are various opinions about the duration.

- It is of twelve days after menstruation<sup>2</sup>.
- It may be of sixteen days.
- It may be of entire month<sup>3</sup>.
- Sometimes Rutukala may come up without menstruation<sup>4</sup>.

### Changes during Rutukala:

- Females after 7 days of menstruation i.e. in Rutukala are called as Rutumati (Harita).
- Charaka says that after the previous Raja is shed off and new one (navina rajah) has set in and after taking the bath the woman possessing healthy Yoni, Garbhashya and Shonita (healthy reproductive system and ovum) is termed as Rutumati<sup>5</sup>.
- Here, Navina rajah means establishment of the follicle going to get mature for the ovulation. So that in Rutukala uterus is ready for nidation. The ovum is ready for fertilization and vagina is ready to allow the passage of sperm.
- This Rutukala is not merely particular period following menstruation but it is a period in which the female genital organs are in good and healthy condition.
- Importance of Rutukala is for conception Charaka has emphasized on the healthy condition of reproductive system and ovulation, least abnormalities of these hamper fertilization and others have described just psychological changes.
- It is mentioned earlier that women was kept secluded for three days, after that use of bath and adornment on fourth day and permission as anxiety to have sexual relation might be responsible for above mentioned changes.

- The women with face is corpulent, cheerful, body, mouth and gums excessively moistened, has belly, eyes and hairs loosened, develops twitching in arms, breast, pelvis, umbilicus, thighs, pelvic-region And buttocks and has excessive desire for sexual intercourse should be known as Rutumati (that is season or period of conception).
- Features of Rutumati- bright and healthy appearance, moist mouth and teeth, laxity in flanks, eyes and hair, twitching in arms, breast, pelvis, umbilicus, thigh, and hips. Exhilarated and happy moods, interested in hearing the love stories and to have sexual relation. The women in Rutukala looks healthy, bright, happy, excited and sexually interested due to oestrogen influence Rutu and its specific importance for conception denote ovulatory time including proliferative phase under the influence of F.S.H. and oestrogens.

**KSHETRA-** (Garbhashaya): Synonyms: Garbhashaya, Garbhashayya, Dhara, Kshetra, garbasthan explained in SharangdharaSamhita<sup>6</sup>. The important factor described by Acharya Sushruta is Kshetra. Here in the context of Ankur, the type of earth /soil necessary for cultivation can be rightly called as Kshetra. In the context of garbha, the place where garbhotpatti takes place is kshetra. Acharya Dalhana states kshetra as garbhashaya. According to Sushruta the term garbhashaya has been used for uterus. It looks like oral opening of rohita fish. The simile of uterus with mouth of rohita fish. According to Acharya Vagbhata the garbhashaya is placed at eighth position in the list of ashaya and placed between Pittashaya (gull bladder) and Pakwashaya (Rectum)<sup>7</sup>.

Acharya Sushruta the female reproductive organs have been recognised as artava-vaha srotas and moola of this srotas is Garbhashaya and artava-vahadhamani. Here the term artava-vahadhamani can be taken further for two fallopian tubes or two vessels supplying to uterus.

As a seed of paddy sown in well-prepared fields result into good yields the un-vitiated kshetra leads into quality progeny. Un-vitiated shukra passing through healthy yoni reaches healthy Garbhashaya and get mixed with disease free

shonita resulting in pregnancy. They are anatomical deformities of uterus like position of uterus as acute anteverted and retroverted, rudimentary uterus, uterus didelphis, unicornuate uterus, etc. These all conditions are considered as kshetra vikruti. Therefore, Uterus with normal structure along with its proper function can able to implant the zygote. Thus, its leads to well and healthy development of embryo. Endometrium thickness is very important to get implant. If it's not there it may cause to abortion or Dysfunctional uterine bleeding.

**AMBU:** The blood and inter cellular fluid of endometrial tissue with healthy and required nutrient without any abnormality is helpful for the formation and development of foetus. The term Ambu represents rasa dhatu which is formed after complete digestion of Ahara<sup>8</sup>. The growth of the foetus is the result of the effect of ahara rasa of mother and blowing of vayu. Entire nutrients absorbed after digestion of the mother food divided into three parts one part is supplied by filtration to the foetus for development. Umbilical cord of the foetus is attached to placenta (Apara) is attached to the mother's heart. The mother's heart plunges the placenta with blood through blood vessels. This nutrition provides Bala (strength), Varna (complexion) to the foetus. The life of foetus is maintained by nutrition supplied by rasa carrying vessels spread with ramification in all organs of the body by process of diffusion. Due to deficiency of rasa it can leads shosha of Garbha. The vayu moving upwards dries Rasavahi channels of foetus thus it suffers from vata disorders, emaciated and remains in uterus. A woman by observing facts and indulging with vata aggravating and deficient food the foetus gets desiccated and its growth is retarded. Ahara rasa of mother and inflation of vata facilitates the growth of the foetus. Deprivation of nutrition leads to Garbha vyapad like upavistaka, Nagodara, Garbhashosha.

**BEEJA:** The seed from which cultivation of crop or fruit is possible can say Beeja. In the context of Garbha Beeja is spermatozoa as we can say shukra in males and ovum in females<sup>9</sup>. The dietary habits of the couple along with their life style play an important role in the production of prakrita shukra and shonita (arthava in female). If couple taking asatmyaahara (improper diet) will leads to production of heena ahara rasa in body. Similarly, if they take satmyaahara (proper diet) will produce shresta ahara rasa. Thus, producing good rasa dhatu. Further enhancing the production of other dhatu and finally well develop of shukra and shonita dhatu. The Beeja is to be normal and healthy. Acharya Sushruta has described four factors for good and healthy progeny. The couple should be with their fertility age. One should possess normal structure of sperm and ovum. Sushruta has described that Artava (menstrual blood / ovum) i.e. Beeja possesses the same characters as of blood and helps in the formation of Garbha (embryo). Vagbhatta says the occurrence of Artava is periodical and it is of two(dwi), three(tri) Bindu Pramana. While commenting on the Samyoga of Shukra and Artava, Dalhana has described the Swarupa of Artava as Alpa, Styanibhuta, Sukshma, and Asanchari. Artava is Agneya having dominance of Agni Mahabhuta. Shukra is ultimate tissue (seventh Dhatu) meant for procreation.

**SHUKRA:** The criterion for ideal semen is like a crystal fluid, (sphotika) and has honey like smell. The other scientists of the view that ideal semen is having tila taila or honey like colour, Drava (liquid), Snigdha (unctuous), Madhura (sweet), is desirable for producing offspring<sup>10</sup>. The quality of shukra is also quoted that shukra which Bahal (viscous), Madhura, Snigdha, Avistra (devoid of unpleasent smell), Guru (heavy), Pichchhila (slimy), Shukla (white) and Bahu (profuse amount) is undoubtedly effective for fertilization of ovum<sup>11</sup>. As ashuddha shukra laxanas are which vitiated by Vata, Pitta,

Shleshma, Kunapagandhi (having cadaveric smell), Granthi (having coagulated mass), puti (foul smell), puya (pus), Kshina (less quantity), vitiated by Mutra (urine) and Purisha (faeces) will not be capable of producing offspring. Like some structural abnormality of sperm as are teratozoospermia, oligospermia, immotile sperm, sperm with misshapen head, or crooked, Double tail, all these can lead to failure in conception.

**ARTAVA:** "Raktalakshanamaartavam" Sushruta has described that Artava (menstrual blood / ovum) i.e. Beeja possesses the same characters as of blood and helps in the formation of Garbha (embryo)." Rutobhavamaartavam " Vagbhatta says the occurrence of Artava is periodical and it is of two(dwi), three(tri) Bindu Pramana. While commenting on the Samyoga of Shukra and Artava, Dalhana has described the Swarupa of Artava as Alpa, Styanibhuta, Sukshma, and Asanchari. "Aartavamaagneyam" Artava is Agneya having dominance of Agni Mahabhuta. Artava which resembles the blood of a Shasha (rabbit) or Laksha rasa (Liquid essence of lac) that which does not stain the cloth is greatly praised<sup>12</sup>. Same the pure (normal) Artava should be similar to colour of Gunja seed, red lotus flower, Indragopaka (red insect), Artava is vitiated by three Doshas and shonita each separately, by their combination in two or all together, becomes incapable of producing offspring. Features like Varna (colour) and Vedana (pain) of such vitiated Dosh, among these, those vitiated with Kunapa, Granti, Puti, Puya, kshina and that resembling Mutra and Purisha in smell are impossible to purify where as other kinds are purifiable. Like some structural abnormality of ovum as blighted ovum, blighted ovum sac, anovulation (Disfunction of ovary), PCOD, etc can leads to failure to get progeny in female.

**DISCUSSION:** Acharya Sushruta highlighted the concept of garbhoutpattikar bavas as a garbhasambhavasamgarees. The factors which are mainly responsible for the formation of garbha. Ritu the period which is said as fertile period, the period in which ovulation occurs, ovum get released by ovary. Menarche the word refers to the in-girl's life when menstruation first begins. Menopause is referring to time in woman's life when menstrual periods permanently stop. Once woman attains menopause, she has least chance to yield progeny. So, the fertile period is very important for conception. Kshetra is nothing but Garbhashaya (Uterus), in which embryo gets implanted starts to develop the body structures. Uterus play as ashaya for Garbha, gives nourishment through endometrium. Ambu (Rasa dhatu), which we can say nourishing fluid for the development of Garbha. We can also say Amniotic fluid which serves as cushioning agent for baby against blows to the mother's abdomen, allowing for easier foetal movement, promoting muscular/skeletal development etc. Rasa Dhatu is must require for developing Garbha for the purpose of nutrients. Beeja as we know these are male and female gamete (sperm and ovum). The conception happens when only the combination of normal structure of sperm and ovum get combines. If Beejas are abnormal it may leads to abnormality in development of Garbha, or it may cause to Garbhasrava (Abortion), baby with congenital anomalies, Growth retardation, still born. Today's generation are most suffering from infertility due to changes in their lifestyle, food habit, stress, strain, occupational pressure, smoking, alcoholism, all these can cause for infertility. Causes of infertility – (classified on gender) i.e. Male – 30 to 40%, Female – 40 to 55%, Both – 10%, Unexplained – 10%. Infertility is estimated that globally 60-80 million couples suffer from infertility every year, of which probably between 15 to 20 million couples suffer from infertility every year, of which probably between 15-20 million couples from India.

**CONCLUSION:** Acharya Sushruta described very precisely about importance of garbhasambhavasamgree. In this

concept Rutu, Kshetra, Ambu, and Beeja are referring to ovulatory phase, healthy uterus, proper nourishment and unvitiated semen of male and unvitiated ovum of female respectively. Concept of garbhopatitkar bhavas in Ayurveda is to bring healthy progeny into the life of couple.

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