



A REVIEW OF TWIN/MULTIPLE PREGNANCY W.S.R. TO YAMALA GARBHA

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ABSTRACT

In most of the Pregnancies a single embryo develops in the uterus but in some cases the two or more than two Embryo may develop in the uterus that is categorized as Multiple Pregnancy. In the modern embryology detail anatomical aspects has been described regarding the Multiple Pregnancy. In Ayurveda this type of Event has been described under the Term of "*Yamala Garbha or Bahunamapatayta*." However there is no detail procedural aspect is described in the Ayurvedic Texts. This article emphasis on the review of Concept of Twin/Multiple Pregnancy in the perspective of Ayurvedic Siddhant.

KEYWORDS : Yamala Garbha, Twin, Pregnancy**INTRODUCTION-**

If more than one fetus is carried to term in a single pregnancy. When a mother gives birth to Two Infants at the same time they are called Twins. Three (Triplets), four (Quadruplets) or even more infants are born sometimes simultaneously.¹

Types of Twinning:-

Twins can be produced in two ways-

A) Dizygotic Twins (Polyovular):-²

Two Ova may be shed simultaneously from the ovary. Each of them may be fertilized and may develop in the usual manner. This results in Twins that are called Dizygotic or Fraternal Twins. They have independent Genetic Constitution. These Twins therefore need not be of the same sex, nor do they resemble each other any more.

Each fetus has its own Chorionic and Amniotic Sacs (Bichoridal, Biamnionic). Dizygotic Twinning is more common in Human Beings than Monozygotic Twinning.

B) Monozygotic Twins (Monoovulatory):-³

Twins can also arise from Single Fertilized Ovum. These are called Monozygotic or Identical or Maternal Twins. Genetic Constitution of the Two Twins is exactly same. Hence they are of the same sex. They are also exactly in alike in appearance.

Monozygotic Twins are produced in one of the following ways-⁴**1) Early Blastomere Separation:-**

The Cells formed in the first Few Divisions of the zygote are Totipotent i.e. each cell is capable of developing into a complete embryo. The two cells formed by the first division may separate and develop independently. In such a case the fetuses will have separate chorionic and amniotic sacs as in Dizygotic Twins.

2) Duplication of Inner Cells Mass:-

The Embryo may develop normally up to the stage of the morula. However when the blastocyst is formed two inner cell masses form within it and each develops into a complete fetus.

In this cases the two fetuses have a common chorionic sac but each lies in an independent amniotic cavity. (Monochordial, Biamnionic).

3) Duplication of Embryonic Disc:-

The Inner Cell Mass split into two or two embryonic axes may be established in one inner cell mass. By this we mean that two separate embryonic discs are formed within it. In this cases the two fetuses share a common chorion as well as a common amniotic cavity (Monochorial, Monoamnionic).

Multiple Births may occur by subdivision of One Zygote into more than two parts by the simultaneous fertilization of more than two Ova or by a combination of both these factors.⁵

Garbha is formed as per the Ayurveda is formed by the Union of Sukra and Shonita in Garbhashaya. There is only one Garbha is formed.⁶

As per Sushruta because of the Influence of Vayu inside the Bheja two different Jeeva i.e. Garbha are formed then that is called Yamala Garbha.⁷

According Chakrapani two different Khanda i.e. two different Garbha are formed.⁸

As per the Ashtanga Sanghra due to Influence of Vayu different different Sukra and Aartva fuses with each other and responsible for Multiple Pregnancy.⁹

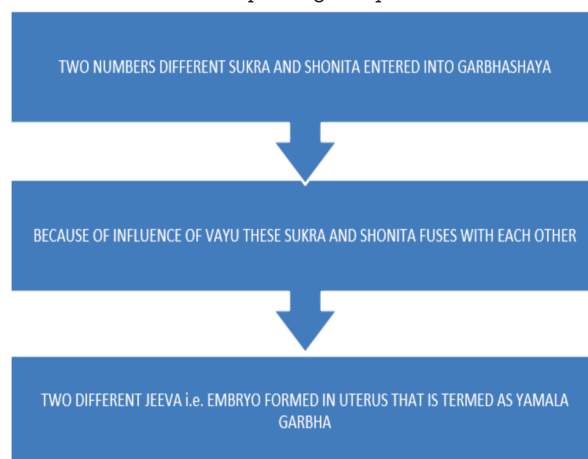
However as per the Indu commentary when because of Vayu this fused Sukra and Aartava is divided into various Khanda and as per the number of Khanda divided, that will decide the number of Garbha in Uterus.¹⁰

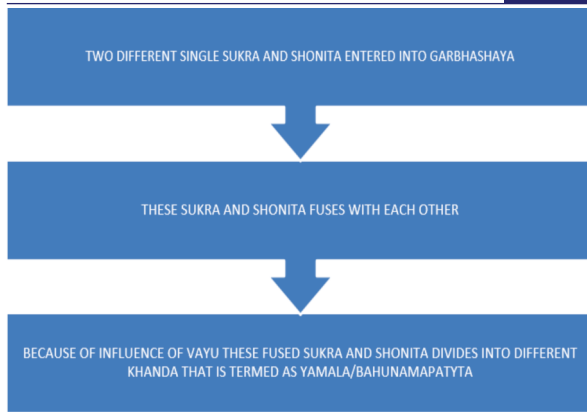
DISCUSSION-

From the references mentioned in the various Ayurveda texts it is cleared that for the formation of Garbha there is union of Sukra and Shonita in Garbhashaya should be occurred and after the union the single Garbha will be formed and developed in the Garbhashaya.¹¹

However in the some female due to dominance of Vayu there may be formation more than one Garbha in the Garbhashaya that is termed as *Yamala Garbha or Bahunamapatayta*.

From the above mentioned concepts of Twin or Multiple Pregnancy mentioned in Ayurveda there will be two aspects of formation of Twin or Multiple Pregnancy.

**First Aspect¹²**



Second Aspect¹³

CONCLUSION:-

From the above discussion it is cleared that Ayurveda describes the aspects of Twin or Multiple Pregnancy has been described in two aspects.

In the First aspect which is mentioned in Sushruta that- After entering two different Sukra and Shonita in female reproductive tract and because of influence of Vayu these two different Sukra and Shonita fuses with each other which forms two different embryo in uterus.

In the second aspect which is mentioned in Ashtanga Sanghra- Single Sukra and Shonita first fuses with each other and this fused Sukra-Shonita divides into different embryo in uterus.

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