



ORIGINAL RESEARCH PAPER

Anatomy

GARBHAJA VIKRITIS - A CONCEPTUAL STUDY

KEY WORDS: Garbhaj-vikriti, dauhrada, beeja dosha, garbhopaghathakara bhava.

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ABSTRACT

From conception to completion of pregnancy there are many reasons due to which deformities in the foetus are possible. Due to malformation, the fetus dies in the uterus or the baby dies sometime after delivery or may live lifelong suffering from those disorders. The cause of Teratologic disorders given in ayurveda can be divided as following, Negligence of dauhrada, Beeja dosha, Garbhopaghathakara bhava, Nutritional deficiencies etc. Present article describing some anatomical abnormalities related to garbhaj-vikriti.

Introduction-

Pregnancy is the most energetic and challenging phase in a women's life. Any negligence or deprivation in nourishment may affect physical and mental growth of the fetus or either led to miscarriage, premature delivery or an underweight baby. The normal growth and development of the foetus can be adversely affected by number of factors such as infection, teratogens, complication and psychosomatic stress. Teratogens are substances that may produce physical or functional defect in the human embryo or after the pregnant woman is exposed to the substances. From conception to completion of pregnancy there are many reasons due to which deformities in the foetus are possible. The cause of Teratologic disorders given in ayurveda can be divided as following-

- 1) Negligence of dauhrada
- 2) Beeja dosha
- 3) Garbhopaghathakara bhava
- 4) Nutritional deficiencies

Conceptual Study

1) Negligence of dauhrada-

Sushruta has mentained that non fulfillment of desires produces the fetus which is hump back, crooked armed and legged, idiot, dwarf, disc-shaped eye or has absence of eyes. What so ever she desires should be fulfilled due to fear of fetal abnormalities. Non fulfillment can harm both mother and fetus.

2) Beeja dosha-

Ayurved philosopher suggested that quality of beeja play important role towards the formation and development of normal garbha. If defective beej involve in fertilization then anatomical abnormalities in grabha sharir may observed. Garbhaj vikritiya mainly involve beeja dosha and matrij vikriti.

Beeja means both the gametes. This beeja is the collection of functional units representing the structures and features of all parts and organ of an individual. The explanation about beeja, the role of beeja in the formation of garbha (foetus) and hereditary disease are explained in samhitas.

Shushruta explained different types of napumsaka. Charaka acharya also describe various types of genetic sexual abnormalities like dvireta, pavanendriya, samskaaravaahi, narashanda, naareeshanda, vakree, eershyaabhirati and vaatikashan.

These sexual abnormalities are found to be due to

abnormality at like genetic level. These can be considered with chromosomal abnormalities like hermaphroditism with 46-XX karyotype. In true gonadal intersex or hermaphroditism both ovarian and testicular tissue will be present in individual. For them sex chromosome have male and female masacism. Most often chromosome compliment is 44-XX and also exist evidence of chromosomal material on one of autosomes. This individual may have uncertain external genitalia with sizable penis and are there for reared as males. They may have develop breast during puberty and menstruate. In rare condition they produce sperm. They have male external genitalia but the chromosomal constitution and reproductive organs of female. 44-XX ambiguous female external genitalia but chromosomal constitution and reproductive organ of a male. Though the testicles may be absent or malformed. Also we can consider the chromosomal abnormality like turners syndrome XO and klinefelter syndrome XXY. Turners and klinefelter have male and female genitalia respectively with retarded development of sexual characteristics (Dvireta, Pavanendriya, Samskaravahi etc.).

3) Garbhopaghathakara bhava - some activities and substances which are harmful to fetus, these may cause some congenital defect in the fetus. These can be grouped under ahara (diet) and vihara (behavior). If the garbhini is exposed to garbhopaghatakara bhavas, this may cause following complication-

- A) Intrauterine death
- B) Pre -mature labour
- C) Abortion
- D) Intrauterine growth retardation

According to Acharay Sushrut -

Ahara - dry, food kept overnight, boiled food, wet or moistened food.

Vihara - night awakening, day sleeping, prolong sitting & abnormal postures, travelling, suppression of natural urges, excessive sativation, excessive emaciation.

According to Acharay Charaka-

Ahara - tobacco/ smoking, cocaine, alcohol, intake, caffeine (tea, coffee),

Vihara- high pitch voice, suppression of natural urges, exercise, coitus, strenuous work, going outside alone to lonely places, visiting cremation places, etc.

4) Nutritional deficiencies-

A) Spina bifida- a lack of vitamin B9 that is foliate can cause neural tube defects in infants, such as spina bifida and anencephaly which usually begins during the first trimester of pregnancy. In infant with spina bifida, the spinal column does not completely close, resulting in nerve damage and paralysis of leg.

B) Cleft palate – It is a defect in which the roof of the mouth does not completely close during development. A lack of folic acid, and vitamin A in the mother diet are associated with isolated cleft palate.

C) Congenital heart disease- mother how has a diet low in riboflavin and niacin are at risk of having babies with congenital heart disease, especially if they eat diet rich in saturated fats. Congenital diformities found in neonates or foetus can be prevented by following garbhini paricharya as per ayurveda. In present era number of women population are malnourished due to faulty food habit.

CONCLUSION-

Pregnancy and child birth are nature's gift. If proper dietary regimen and lifestyle are not maintained during pregnancy; it may result in many complication to mother as well as to foetus leading to abnormalities. This especially implies the importance of rajaswalacharya and garbhinicharaya in ayurveda. If the aahara and vihara are unwholesome it will vitiate the dosha which inturn will cause defect in bheejabhaga. The vitiated dosha may not completely affect the beeja. If she conceives at this time the foetus gets damaged in one of the matrujbhava. Moreover special importance is given to gabhinee charya, the food and regimen adopted by a pregnant lady in order to deliver a healty child.

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