

## GARBHA SAMBHAV SAMAGRI AS ESSENTIAL ELEMENTS FOR CONCEPTION

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### ABSTRACT

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Ayurveda is the traditional, ancient Indian system of health science. Its name literally means, "life knowledge". In Ayurveda matter related to the conception of Garbha and Garbhotpatti is described systematically. At present time the existence of everything has been proved scientifically. Ayurveda described essential factors for pregnancy as 'Garbhasambhav Samagri' that is Ritu (fertile period), Kshetra (uterus), Ambu (ahara rasa, nutrition), Beeja (shukra, Shonit). These are essential factors for conception. Combination of all these factors lead to the formation of the foetus. If there is any abnormality in 'Garbhasambhav Samagri' it results no conception and infertility occurs. Ayurveda compares conception to the germination and sprouting of a seed into a sapling. Ayurveda discusses the importance

of the quality of the sperm and ovum to form a healthy embryo as well as the soil (uterus), which provides nutrition and the right season (environment) for the seed (embryo) to grow. So for the benefits of society and nation the study of normal and abnormal feature of 'Garbhasambhav Samagri' will help.

**KEYWORDS:** Garbha, Ritu, Kshetra, Ambu, Beeja, Shonita, Garbhadhan, Aparā, Garbhotpatti.

### INTRODUCTION

According to Aacharya Sushuta as the seed grows properly in the presence of Ritu, Kshetra, Ambu and Beeja like this 'Garbhasambhav Samagri' that is Ritu (fertile period), Kshetra (uterus), Ambu (ahara rasa, nutrition), Beeja (shukra, Shonit) are essential factors for conception.<sup>[1]</sup> Conception depends upon the health of the sperm, ovum, and that of the

uterus. For both men and women, reproductive health depends on the health of the *Shukra Dhathu* or reproductive tissue which is created in the body. Proper metabolic functions and effective digestion helps in conversion of nutrients from food to body fluid, blood, muscle, fat, bone, bone marrow and finally into Shukra tissue. In women, the Shukra tissue produces the Ovum as part of the monthly cycle, and in men the semen is formed due to sexual stimulation. The health of Shukra dhathu depends on the health of all the other tissues and smooth metabolic functions of the body.

**Ritu** – Ritu means period suitable for conception of Garbha. As the flower of lotus closes its petals at the end of the day, like that once the Ritukala completed the yoni (vagina) gets closed. So for the Garbhadhan to get a healthy child sexual intercourse should be done in Ritukala except first three days.<sup>[2]</sup> In Ayurveda acharyas explained Ritu in two ways first fertile age which starts around the age of 12 years and stops around the age of 50 years<sup>[3]</sup> and second the period from first day of menstrual cycle to sixteenth day onwards is called Ritukala.<sup>[4]</sup> This period is suitable for conception of Garbha. In Ritukala when shuddha Shukra and shuddha Artva unites in healthy Garbhashaya it will result the Garbhadhan.<sup>[5]</sup>

The women in Ritukala looks healthy, bright, happy, excited and sexually interested due to estrogen influence. Ritukala is very important for conception because it denotes ovulatory time.<sup>[6]</sup>

**Kshetra** – As a seed grows properly in well prepared field (kshetra). Fertilized ovum also needs the unvitiated kshetra to grow the foetus properly. The term kshetra indicates the Garbhashaya.<sup>[7]</sup> It is derived by two words Garbha and Aashaya.<sup>[8]</sup> Garbhashay is the place where shuddha shukra after passing through healthy Yoni gets mixed with shuddha Aartva unites and Garbhadhan occurs.<sup>[9]</sup>

The Garbhashaya lies in third Aavrta of Yoni. Yoni resembles the Shankha (concha shell) having three Aavarta. It means its narrow at mouth and broad at the other end. Acharya stated that Garbhasya is similar to the shape of mouth of Rohit Matsya (mouth of rohit fish).<sup>[10]</sup> If there is any structural deformity in kshetra or female reproductive organs it leads to failure in conception or the implantation is lost. Some conditions like septal defect of uterus, bicornuate uterus, tubal blockage and different yoni vyapada are considered as kshetra vikruti.

**Ambu** – Ambu means Rasa dhatu which is derived after complete digestion of Aahar.<sup>[11]</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>[12]</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 Apra and from there to the Nabhi.<sup>[13]</sup> Any improper diet taken by mother may directly affect the Garbha and creates Garbha vikar like Garbhashrava.<sup>[14]</sup> Also mentioned in Ayurveda that Atiguru, Atiushna, Atitikshna Aahar and Madhya are Garbhaghatkara.<sup>[15]</sup>

**Beeja** – 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 Gabha. 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.<sup>[16]</sup>

**Shukra** - Acharya have described the qualities of Shukra. These qualities are quoted as shuddha Shukra lakshanas – Sphatikabha (crystalline), Ghrita-Kshaudra- Tail-nibha (colour that of ghee, honey, oil), Madhugandhi (smelling like honey), Drava (liquid), pichchhil (slimy), Bahu (abundant), Bahala (thick), Avisra (no bad smell), shukla (white), Madhur (sweet), Snigdha (unctuous), Sara (mobile), Sandra (dense). These are the qualities of shukra required for fertilization of Ovum.<sup>[17]</sup>

Other than these qualities the Shukra which is vitiated by vata, pitta, shlesma, kunapagandhi (having cadaveric smell), Granthi (having coagulated mass), Puti (foul smelling), Payu (pus), kshin (less quantity), vitiated by mutra and purish (urine and faeces), will not be capable of

producing an offspring.<sup>[18]</sup>

**Artava** – In Ayurvedic literature Artva is explained in two ways stri beeja (ovum) and Rajahsrava (menstrual blood). *Arundatta* stated Artva as Rajahsrava (menstrual blood) which resembles the blood of a rabbit or laksha rasa (liquid essence of lac) and that which does not stain the cloth.<sup>[19]</sup> Shuddha Artva should be similar to colour of Gunja seed, red lotus flower, lac juice and indragopaka (red insect).<sup>[20]</sup>

Whereas Astang hridayakar explained Artva as stri beej when shuddha Artava get mixed with shudha shukra than fertilization occurs. If Artava is vitiated by doshas it is incapable of fertilization. Artava dusti like vataj, pittaj, kaphaj, kunapgandhi, granthi puti, puya, kshin and mutra purish in smell are incapable of conception.<sup>[21]</sup>

## DISCUSSION

Garbha Sambhava samagri Ritu, Kshetra, Ambu, and Beeja are the essential factors for conception. Ritu means time when the conception is most likely to occur according to Ayurveda it is reproductive age and the time of ovulation that is of 12-16 days starting from menstruation It indicates the proliferative phase of menstrual cycle near to ovalution, In this phase cervical mucus permits the penetration of sperm when once the Ritukala goes of the conception does not occur Because it indicates the secretory phase In this phase under the effect of oestrogen and progesterone hormones respectively so that the sperm cannot penetrate therefore the most fertile period is 10 to 20 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 means Rasta dhatu which gives nutrition to foetus by Upasneha and Upasveda before development of Apara (placenta) and after development of apara it gets nutrition by Nabhi

Nadi. As nutrition of foetus depends on Mother's nutrition if improper diet taken by mother may directly affect the Garbha and creates garbha vikar like Garbhshrava. Also mentioned in Ayurveda that Atiguru, Atiushna, Atitikshna Aahar and Madhya are Garbhaghatkara. According to modern science foetus is a parasite to mother since all nutrients like water, glucose, amino acids, fat, vitamins and minerals are derived by foetus from mother. There are three stages of fetal nutrition absorption, histotrophic transfer, haematotrophic. In early past fertilization period foetus is nourished by absorption. Histotrophic transfer - following implantation and before the establishment of utero placental circulation. Haematotrophic - with the establishment of fetal circulation nutrition is obtained by active and passive transfer from the third week onwards. Abnormality like utero-placental circulation insufficiency, hypertension, hemorrhage at placental bed, maternal anemia, maternal smoking and alcohol causes poor fetal growth and abortion.

Beeja represents the Shukra and Artva, Shuddh shukra and Shuddh Artava are capable of produce an offspring. If the Shukra and Artava are vitiated by factors like Vata, Pitta Sleshma are not able to produce offspring. According to modern science in female some disorders like menstrual disorders, anovulation, amenorrhea, ovarian failure are the causes of female infertility. In male sperm abnormality related with sperm count like aspermia, azoospermia, oligospermia, polyspermia and abnormalities related with sperm motility like asthenospermia, necrospermia and morphological abnormalities like teratospermia are the causes of male infertility.

## CONCLUSION

Review of all available Scientific literature on Gargha Sambhava Samagri it is concluded that importance of healthy and enlightened progeny is very well described in ayurveda literature. In Ayurveda, the journey of a child from mother's womb to the outer world is well explained. The basis of Ayurvedic treatment is to ensure that the woman ovulates properly and produces healthy ova and the man's sperm count and sperm production is adequate. Also, ensuring that the reproductive organs of both men and women are healthy is a major aspect of Ayurvedic treatment. Know which are the most fertile days to get pregnant. At its root, Ayurveda is a holistic tradition and way of living that can help each of us to claim and celebrate our capacity for wellness. So the concept of Garbha Sambhava Samagri is described to bring healthy offspring into the society.

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