



THE ANATOMICAL STUDY OF GARBHAVKRANTI IN AYURVEDA

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ABSTRACT: -

Ayurveda the study of medication manages the point of Swastha Sharir. The Rachna Sharir is the ayurveda term which for the most part manages the physical and physiological pieces of body. Sushrut samhita is one of those Ayurvedic exemplary which manages human life structures and physiology. It gives exact depiction of Garbha vrudhhi and vikas kram exhaustively. The information on Sharir begins from Garbha. The comprehension of Garbha assists with overseeing sound descendants. As per Ayurveda, the association of shukra (spermatozoa), shonita (ovum) and Atma (soul) inside the uterus is known as garbha (undeveloped organism). The preparation among Shukra and Shonita produces zygote which further forms into baby. The Ritu, Kshetra and Ambu and so forth assumes fundamental part in the appropriate advancement of hatchling. Various parts starting from Five Components partakes in the arrangement, advancement of the garbha. The entire course of improvement of the hatchling from two cells to develop baby is called Garbhavakranti. It incorporates the premise of the earliest embryology which was known to the individual. In Ayurvedic texts the course of sequential advancement of the hatchling is made sense of plainly. The comprehension of Garbha improvement assists with securing fundamental circumstances which expected for the better administration of pregnancy. Broad review and conversation are fundamental to comprehend old idea of Garbha vikas kram. Audit of Ayurvedic text alongside present day message will assist with getting information in regards to this. This study is an endeavor to expand and think about both old and current idea of fetal turn of events.

KEYWORDS: - Samhita, Ayurveda, Swastha, spermatozoa, Shonita, embryology.

INTRODUCTION: -

Underpinning of Ayurveda Science depends on the antiquated methods of reasoning which are major studies of the old Indian research organization. Old researchers have identified various variables, which together lay the physiological and actual make-up of a person. In Sharirsthana Acharya Sushrut has explained course of Garbha utpatti. He has made sense of attributes of Shuddha for example typical Shukra (semen) and Artav (feminine stream). Garbhavakranti is the word which in a real sense implies drop of the spirit into the belly. There is precise depiction of fetal improvement what begins from Shukra-shonit sanyog i.e., treatment. Our Acharayas has done parcel of examination work on garbha sharir and its sequential month wise advancement during antenatal period. These days Progressed imaging and symptomatic procedures work with evaluation of fetal development and improvement. In this way, it is extremely simple now to grasp progressing occasions inside uterus during antenatal period. Evaluating similarity in Ayurvedic and current clinical viewpoint would be useful.

MATERIAL AND METHODS: -

Gun of Shukra & Artava: -

Shukra (Semen) has the nature of being white like soma and Artava is red like fire. All components are likewise present in them in minute degrees. These components have the normal property of aiding and reinforcing one another and blending with them. Just as a bundle of ghee dissolves when set close to a fire comparatively the female seed is gone ahead in coition with man.

GHARBHAVAKRATI: -

Garbhavakranti involves two words, i.e., the „Garbha“ and „Avakranti“, which in a real sense gives a thought regarding drop of a lethargic encapsulated life standard. In old writing of Ayurveda "Garbhavkranti Shariram" is the science which manages this multitude of peculiarities. Veda, Purana, vrihatrayi, Laghutrayi, Pundits of samhitas particularly Dalhan, chakrapani, Arundatta and so forth additionally has delineated garbhavkranti-Shariram. It very well may be partitioned into three sections so the progressive turn of events and arrangement can be concentrated without any problem. (1) Garbha Avataran (Commencement) (2) Garbha Nirman (Arrangement) (3) Garbha Poshana (Sustenance As per Indu; the observer of Astanga Sangraha, Vayu discharges during fornication, the Tejas energy of the body and this joining with Vayu, launches semen. This enters the female entry and consolidates with Artava. The undeveloped organism which creates from this is subsequently a mix of Soma and Agni and cabins in the uterus. It is just when Jiva slides in this blend of Shukra and Artava that a baby starts to shape. Jiva is called Kshetrajna and inferable from its foreordained association with the gross components and the three characteristics for example Sattva, Rajas and Tamas, it becomes blessed with a person entirely heavenly or mostly so; or satanic and prompted by Vayu, enters the uterus and stays there. Samyoga of Shukra, Shonita and Jeeva inside the Kukshi is named as Garbha. The intercourse among male and female includes Shukrachyuti, Shukra moved towards Yoni through Vata and stores in Garbhashaya. Blend of these Shukra alongside Shuddhartava structures Garbha. The treated ovum gets embedded in the endometrium with development of microbe layer. Aahar Rasa comes from mother assist Garbha with developing. The appropriate arrangement and advancement of Garbha relies on the nature of Shukra, Shonita and Ritu Shadbhavas, Garbhiniparicharya, legitimate eating regimen by the mother during Garbhavastha, Upasneha, Upasveda, Kala and Swabhava samsiddhi assume significant part in the feotal development. Satva and Atma are a few factors likewise fundamental for the improvement of Garbha. Shadbhava are the elements answerable for the development of baby which additionally portrayed by current science, for example, maternal, fatherly, natural and wholesome. Vayu, Teja, Apa, Prithvi and Akash are answerable for the balanced out underlying advancement of body parts. Mahabhuta helps in animating emission of chemicals, partition of cell mass and impacts transport of supplements through umbilical rope. Garbha is the blend of the male and female seeds in the uterus where the spirit joins with them personally alongside the eight Prakriti (rudimentary standards) and sixteen Vikaras for example development of Prakriti. The incipient organism is staled a body just when it is hence evolved with hands, feet, tongue, nose, ears, posterior and different organs.

MASANUMASIK VIKAS OF FETUS: -

In current science, the formative life structures is examined is the branch named as "Embryology". Embryology is the investigation of the incipient organism/hatchling from the snapshot of its commencement upto when it is conceived a newborn child. Intrauterine existence of hatchling can be separated into (1) Ovum stage - From treatment to end of first week. (2) Undeveloped organism stage - From second to Eighth week (3) Embryo stage - From third month to birth. The most intricate and exact depiction of the underlying transformative phase of garbha which looks like most to the cutting-edge embryological ideas is referenced in Haarit Samhita. Charaka conclusions that in the primary month, atma gets stirred up or vitiated by all the dhatus (tissue) and accomplishes a mucoid appearance. Already due to prithvi tattva, the shape is strong Sushruta and vagbhata are of the assessment that during the primary month, the undeveloped organism is in state of Kalala. According to garbhupnishad the treated egg becomes Kalala in one evening, budbuhda in 7 evenings, pinda in 15 days and strong in one month. Yajnavalkya Smriti has expressed that after association of Shukra and Shonita alongside panchmahabhuta as well as plummet of atma every one of these gets stirred

up and are soaked in first month Sankledabhut“ Harita has expounded the perspectives on Yajnavalkya and expressed that after association of Sukra and shonita right from the start, it achieves the type of Kalala, On the tenth day it becomes budbuda, on 15th day a strong and on twentieth day a mass of tissue. The Panchmahabutas gets related with it on 25th day and toward the finish of one month all the tatavas become obvious.

ACCORDING TO ACHARAYA SHUSHRUTA: -

1st month- As per Ayurvedic researchers, during the initial seven days Kalal is framed which is semisolid, foul and tacky in nature. The treated ovum becomes Kalal and Budbuda.

2nd month- In this month Sheeta, Ushma and Anila,guna help to turn, the Panchabhautik undeveloped organism into a smaller mass called as Ghana. Garbha takes a smaller structure looking like a Pinda, Peshi or Arbuda which helps in ID of the orientation. The Pinda formed Garbha prompts the development of a Pumaan youngster, the Peshi molded Garbha produces Stree kid and Arbuda formed Garbha produces Napunsak kid.

3rd month- In the third month Sarva Indriya, Sarva Angavayava shows them at the same time. Five buds (Pindaka) create addressing the development of four appendages and head separately. The Anga Pratyanga starts to shape however all are in exact moment structure. Improvement of heart and all the receptors additionally begins.

4th month- In the fourth month Garbha becomes steady and thick. Because of the expansion in mass, pregnant woman feels the substantialness in body. Anga, Pratyang are all the more conspicuously evolved. The Sukshma types of all body parts secure specific structure and shape. The Chetana Dhatu additionally gets showed in light of the fact that the Hridaya becomes obvious and because of this Garbha begins developments and answers tactile boosts.

5th month- In the fifth month mind turns out to be well dynamic due to expanded Mansa and Shonita during the fifth month. The Mana of embryo turns out to be more Sajiva. The blood and muscle tissue of the Garbha increments.

6th month- In the 6th month the advancement of mind or Buddhi happens. Advancement of ligaments, veins, hair on the body and head, strength, variety, nails and skin happen. There is expansion in Bala and Varna of the Garbha during this period.

7th month- In the seventh month there is an overall improvement of the Garbha happens. Separation of all the Anga Pratyangas becomes clearer. Garbha achieves advanced mental and actual structure.

8th month- In the eighth month of pregnancy, life is lethal for Garbha and Garbhini. Ojas travel between the mother and the youngster on the other hand through placenta and umbilical rope. Ojas are viewed as the most flawless type of all Dhatus, which choose the imperativeness, invulnerability and strength of the body and without its life becomes shaky.

9th month- In this month full development of embryo is finished. In Ayurveda Samhitas ordinary gestational period is supposed to be 9 to a year. After this period on the off chance that Garbha actually stays in the uterus, it is called as Garbhavikriti.

ACCORDING TO MODERN: -

1st month- Current obstetrics expresses that toward the finish of first month, a prepared egg develops inside an amniotic sac. Advancement of placenta happens which has nutritive and excretory capabilities. In course of embryogenesis, after preparation, improvement of morula happens from embryoblast. Morula contains multicellular mass and liquid. A few liquid passes into the morula from the uterine depression. As amount of liquid expands, the morula secures the state of sore. As pregnancy proceeds with morula get changed into blastocyst. Blastocyst leads to three microorganism layers-1). Endoderm 2). Ectoderm 3). Mesoderm. All tissues of the body are gotten from at least one of these layers.

2nd month- At 6th week, child's heart starts to isolate into four chambers, and it pulsates multiple times in a moment. Undeveloped organism has relatively enormous head than trunk. Focal sensory system, tactile organs

and stomach related framework begin to create. Fanning of nerve cells in fetal cerebrum results into arrangement of early brain connections. In spite of the fact that it is beyond the realm of possibilities to expect to affirm orientation of baby by ultrasound until following 15 weeks, his privates start to shape at ninth week.

3rd month- During 8-twelfth week communities of hardening show up. Fingers and toes get separated. Improvement of skin, nails and hairs happens. Variety in outer genitalia starts.

4th month- For 12 four months eye developments start which shows development of midbrain. The piece of fetal cerebrum answerable for complex contemplations, for example, critical thinking, and memory begins to shape at thirteenth week. Assurance of fetal sex is conceivable as outer genitalia give authoritative indications of male or female. All out-weight gain throughout singleton pregnancy for a solid lady midpoints 11 kg. Significant weight gain happens during second and third trimester which is around 5 kg in each.

5th month- For 16-20 weeks development of cochlear capability starts so baby can answer sound. At nineteenth week fetal mind begin to frame separate regions which are specific for feeling of smell, test, hearing, vision and contact.

6th month- For 20-24 weeks eyebrows and eyelashes become unmistakable. Lung advancement practically finished. An embryo brought into the world as of now will pass on because of nonattendance of terminal sacs. Improvement of brain torment framework occur.

7th month- For 24-28 weeks skin become red and get covered with vernix caseosa. Babies show separated eye flickering. Creation of platelets start at bone marrow at seventh month. It happens in liver and spleen before seventh month.

8th month- For 28-32 weeks Cerebrum become more intricate. Bones keep on solidifying. Skin becomes smoother. Most interior frameworks are advanced. Last trimester of pregnancy can achieve unpleasant feelings and emotional episodes. Chemical levels change during pregnancy which influences mind synthetic compounds responsible for directing temperaments. The first and third trimesters are the most widely recognized times for peevishness and issues of emotional episode.

9th month- For 32-36 weeks pregnancy is considered as full term. Hatchling swallow lanugos hairs and vernix caseosa which result into meconium after birth.

DISSCUSSION: -

In Sharirsthana Acharya Sushrut has explained course of Garbha utpatti. He has made sense of attributes of Shuddha for example typical Shukra (semen) and Artav (feminine stream). Garbhavkranti is the word which in a real sense implies drop of the spirit into the belly. The association of shukra (spermatozoa), shonita (ovum) and Atma (soul) inside the uterus is known as garbha (incipient organism). The preparation among Shukra and Shonita produces zygote which further forms into baby. The Ritu, Kshetra and Ambu and so forth assumes imperative part in the appropriate advancement of baby. Various parts starting from five components partakes in the arrangement, advancement of the garbha. The entire course of advancement of the hatchling from two cells to develop embryo is called Garbhavakranti. In the first place the baby acquires its sustenance from rasa which is provided by mother. That plainly implies sustenance and advancement of the embryo relies on all the Shadbhava (six variables of origination). Ayurvedic Acharya referenced six procreative elements (shadgarbhakarabhavas) which significantly affect the course of treatment and improvement of the baby. Ayurveda has made sense of month wise fetal advancement thoroughly, with its own standards. It is fascinating reality that the insights about month wise fetal improvement were noted in a period when types of gear, innovation of the cutting-edge science were absent. As in the principal month it is a phase of kalalam or bubbuda awastha as in the second and third month of fetal turn of events, dependability of the hatchling is significant or it turns out to be relatively steadier, the pregnant lady ought to include herself in delicate exercises for unwinding and smoothness. The division into the five pinda happen by akasha mahabhuta. In 8-9 weeks of fetal advancement sonographic study uncovers that appendage bud show up, Head should be visible as isolated from the body. Portraying the advancement of the hatchling in the fourth month the shape and every one of the pieces of the body is practically framed. According to the advanced science palpation of the fetal body parts can be made. Fetal developments can be felt by setting the hand over uterus. Sushruta

called the pregnant lady as dauhradini (with two hearts). Desires of the pregnant lady ought to get satisfied during this period. In the 6th month, Baby obtains advanced structure in physical and mental viewpoint. Mother looks brilliant. The skin of the hatchling becomes ruddy and crumpled because of the absence of basic connective tissue. In the seventh month, the testies plunge downwards. An embryo brought into the world during this period (for example 6th or the mid seventh month) has made due with extraordinary consideration. In the eighth month, Affidavit of fat under the skin and kinks vanish. According to present day science skin becomes extended and tight because of the more statement of fundamental fat. In the event that the introduction of a youngster happens in this month, it is undeniably challenging to make due. Taking into account every long stretch of fetal advancement according to Ayurveda, numerous realities that Ayurveda researchers have depicted in their samhitas are viewed as obvious based on sonographic studies.

CONCLUSION: -

Ayurvedic embryology makes sense of month wise fetal improvement alongside the antenatal consideration of the pregnant lady which is viewed as obvious based on present day science. As we notice the two perspectives, there are a few unmistakable similitudes between Ayurvedic garbha vikas and current fetal turn of events. However, there were no best in class strategies, Acharyas have portrayed a detail of fetal improvement which is fitting in this period moreover. Each day, there are disclosures of new realities. In this way, my work is a pathway for future examination which plan to confirm old realities with current devices. Mother supplies the seed (ovum), bhumi (uterus) as well as nourishment through blood (rasaja and sattvaja bhava) to baby so ayurved gives most extreme significance to mother's physical and psychological well-being. On the off chance that we can grasp their logic and follow their way, we will actually want to comprehend Ayurveda completely and go on following their impressions.

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