



# A CRITICAL AND CORRELATIVE STUDY OF GARBHOTPATTI SAMAGRI W.S.R. TO FERTILITY

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**Abstract-** Ayurveda is the world's oldest medical system. A description of the *Sharir Sthan* (Anatomy) is found in all Ayurvedic Literatures. The Sushruta Samhita is said to be the best in the *Sharir Sthan*, where the first description of the dead body preservation method and the cadaveric dissection methods are found in the Sushruta Samhita itself. Within the *Sharir Sthan*, the concept of *Garbhotpatti* is described, in this, the fertilization and formation of the Embryo is described in detail. For *Garbhotpatti* it is very important to have purification of Shukra and Artava. If there is an impurity in them, then those subjects are not capable of production. In this context, there is a further description of the essential factor for conception these are *Ritu*, *Kshetra*, *Ambu* and *Bija* have been called ***Garbhotpadak Samagri***. Origin of the Garbha is not possible in their absence. Just as seasons, region, water and seeds are necessary for seedling origin in nature, similarly all four are very important for *Garbhotpatti*. Acharya Sushruta has described a very beautiful description of essential factor for the conception of *Garbhotpatti* by taking illustrations from nature. In the research paper, an attempt has been made to correlate the concept of *Garbhotpadak Samagri* according to modern opinion in view of its clinical importance for fertility.

**Keywords-** *Garbhotpadak Samagri*, *Ritu*, *Kshetra*, *Ambu*, *Bija*, *Garbhasambhav Samagri*, Sperm, Ovum, Uterus, Ovulation

## I. Introduction-

Garbhavkranti is very important chapter in *Sharir Sthan*. It has a very detailed description about conception to childbirth. Acharya Charak states that when *Shukra*, *Shonit* and *Jiva* are combined in the uterus, then it is called the *Garbha* (Embryo)<sup>1</sup>. In relation to the *Garbha*, Acharya Sushruta says that when *Shukra*, *Shonit* and *Aatma* in the uterus are full of *Ashta Prakriti* and *Shodash Vikara*, then it is called the *Garbha*<sup>2</sup>. The *Garbha* is *Panchbhoutika*. Embryo is the product of *Akasa*, *Vayu*, *Tejas*, *Aap* and *Prthivl* being the seat of consciousness<sup>3</sup>. Acharya Sushruta has said that pure *Shukra* and *Shonit* are very important for Conception<sup>4</sup>. Impure sperm and ovum may not be helpful in embryo formation. In the same context, he has also described the conception material that in the same way, it is very important to have *Ritu* (season), *Kshetra* (area), *Ambu* (Nutrition) and *Bija* (seed) for germination<sup>5</sup>.

For conception, purification of these four is very important. In the present time, most couples can be seen struggling with infertility. There are many reasons for infertility but most of the reasons are prevented in one's own hands. In today's lifestyle all have become careless about their health. Not having good food on time does not lead to the creation of good Rasa Dhatu, consequently the quality of the last Dhatu Shukra decreases, women do not develop good eggs, irregularities occur in menstruation, this causes PCOS to arise, which causes problems in conception. That's why Acharyas said purification of these four is very important.

## II. Aim and Object-

Critical and Correlative study of *Ritu*(season), *Kshetra* (area), *Ambu* (nutrition) and *Bija* (seed) in view of essential factor for conception and importance in fertility.

## III, Material and Methods-

All ayurvedic literatures, Research papers, Journals about *Garbhotpadak Samagri*. Textbook of modern medical science related to subject.

## IV. Literally Review-

***Ritu*** -First material or factor is season. It is very important to have a season i.e. favourable period for seedling growth. Each has its own different period for seedling growth, such as rainy season for paddy, winter season for gram. The example of this law of nature is given by Acharya Sushruta in the human body. *Ritu* in human is taken from the ovulation period of women. This season is from twelve to sixteen

days, at this time the possibility of conception is very high<sup>6</sup>. Sushruta, both Vangabatta considered the Ritukal to be twelve days while Chakrapani, Haarit and Bhavprakash considered sixteen days<sup>7</sup>.

**Kshetra-** Land is required for the growth of seedlings, similarly for the growth of the Embryo, an area is also needed, and it is called *Garbhashaya* (uterus). Sushruta has stated that there are eight *Ashaya* in women; the eighth *Ashaya* is *Garbhashaya* (uterus)<sup>8</sup>. The uterus is considered to be the origin of the *Artava Srotas*<sup>9</sup>. It is located in the third circle of the *Yoni*<sup>10</sup>.

**Ambu-** Seedling requires water to grow. Water here means nutrition. The sprout receives all its nutrition from the field similarly; the Embryo also needs nutrition for growth, which it receives through *Ahar Rasa*. The mother's *Ahar Rasa* is nourished Embryo through the umbilical cord, so here the mother's *Ahar Rasa* is *Ambu*<sup>11</sup>.

**Bija-** Any plant seedlings are produced by seeds, such as paddy seed, gram seed, and wheat seed. This cannot grow without seed. The seed is provided with water after planting it in the ground during the favourable season, then the seed begins to sprout and grows with time to nourish and one day take the form of a tree. In relation to conception, seed here means male seed i.e. *Shukra* (male Gametes) and female seed means *Shonit* (Female Gametes). The origin of the womb is possible only by the combination of *Shukra and the Shonit*<sup>2</sup>.

## V. Discussion-

According to *Garbhavyakarana*, the meaning of *Ritu* (season) should be taken from favourable time for conception, it can consider as ovulation period, because at this time the chances of conception are high. This period depends on the ovulation in women, not on the basis of menstrual secretion. The ovum emits from the ovary during ovulation period, so this period is considered suitable for conception. In a 28-day menstrual cycle, ovulation takes place at about the middle of the cycle. The period between ovulation and the next menstrual bleeding is constant at about 14 days, but the time of ovulation does not have a constant relationship with the preceding menstruation. This is so because the length of the menstrual cycle may vary from month to month in an individual. The ovulated oocyte with its surrounding cells swims toward the fimbrial end of fallopian tube. In the ampulla of fallopian tube several sperms surround the secondary oocyte with its enclosed corona radiate cells. One sperm penetrates the various barriers surrounding the secondary oocyte this process called fertilization. If fertilization does not occur, the secondary oocyte fails to complete the second meiotic division and degenerates about 24 hours after ovulation. Time of ovulation: 14 days  $\pm$  1 day before the onset of next menstrual cycle<sup>12</sup>. The knowledge of ovulation period is very important for both couple. If they missed ovulation period then it fails fertilization. This is known pathological infertility. Only their consciousness about this period helps for conceive so it is a very important factor for conception. Reproductive Period-In an individual, the formation of gametes takes place only during the reproductive period which begins at the age of puberty (10–14 years). In women, it ends between the ages of 45 years and 50 years, but in men it may continue till the age of 60 years or more<sup>12</sup>. So both ovulation period and reproductive period can consider as *Ritu*, proper period for conception.

*Khetra* can consider as uterus. The uterine tube or oviduct transports the oocyte to uterus and is the seat of fertilization. These are a pair of ducts that convey sperms to reach an ovum, and transport secondary oocytes from ovary to uterine tube for fertilization and fertilized ovum from uterine tube to uterine cavity. The uterus is the seat of implantation of fertilized ovum, growth of embryo and foetus during pregnancy and delivery of foetus at labor<sup>13</sup>. In Veda, Manusmriti and some ancient literatures *Kshetra* is consider as Women. They are also right because uterus is female organ. A plant can well grow up only in purified field, if field are impure than plant cannot be healthy. Same laws are allowing in uterus. If inner wall of uterus called Endometrium is healthy then Embryo implantation will be well otherwise may cause miscarriage or fail to implantation.

*Ambu* can consider as nutrition. *Ambu* is the rasa dhatu derived as end product of food digestion which nourishes implanted Embryo. The blood, inter cellular fluid of endometrial and secretions of endometrial glands with required nutrients helpful for growing foetus. Before Implantation Blastocyst gets Nutrition from the uterine Endometrial secretion called Uterine Milk. Before eight weeks wall of decidua provide nutrition after that foetus get nutrition from placenta<sup>14</sup>. Some oral national supplements are can also consider *Ambu*. If implanted Embryo not received proper nutrient then deformities can occur. So proper nutrition is very important for the foetal wellbeing.

*Bija* can consider as Male and Female gametes these are Sperm and Ovum. The male sex cells (spermatozoa) are produced in the male gonads (testes) while the female sex cells (ova) are produced in female gonads (ovaries). The formation of spermatozoa in testis is called spermatogenesis, while the formation of ova in the ovary is called oogenesis. The two are collectively referred to as gametogenesis. The development of a new individual begins at the movement when one male gamete (sperm or spermatozoon) meets and fuses with one female gamete (ovum or oocyte). The process of fusion of male and female gametes is called fertilization<sup>15</sup>. The zygote multiplies and reorganizes to form the miniature new individual called embryo that grows and matures as foetus in the mother's womb and delivered at the end of term of pregnancy. In Manusmriti *Bija* consider for Man. Because they already consider *Kshetra* is women. Sushruta described sign of *shuddha Shukra* and *Artava*, and also described *Shukradosh* and *Artavadosh*. Acharya Sushruta has said that pure *Shukra* and *Shonit* are very important for Conception. Impure *Shukra* (Sperm) and *Artava* (ovum) may not be helpful in embryo formation. In present scenario many males are affected from sperm related diseases like oligospermia, Macrozoospermia, Aspermia, Azoospermia etc. Same may females are also complaining about their irregular menstruation, dysmenorrhea, metrorrhagia, menorrhagia etc. These types of pathological conditions are same as *Shukradosh* and *Artavadosh*. So without clearance from those abnormalities fertilization can fails.

## VI. Conclusion-

The essential factor for conception these are *Ritu*, *Kshetra*, *Ambu* and *Bija* have been called as *Garbhotpadak Samagri* is described by Acharya Sushruta very well. He used nature's law of implanting and growing of plant for better understanding in human life. *Ritu* can consider as ovulation period and reproductive period. Couples have to know about this period for conception. Otherwise they can fail to fertilization. *Kshetra* can be Uterus. Healthy uterus is very important for healthy foetus. Pathologic uterus can lead infertility. *Ambu* is nutrition provided by mother to foetus. Proper nutrition is also very important for foetal wellbeing. *Bija* can be male and female Gametes sperm and ovum. For better progeny, fertilization of healthy sperm and ovum is must. In today's era maximum cause of infertility is,

compromised quality of sperm and ovum. So it is very important to have a better progeny all four *Garbhasambhav Samagri* have to purified and healthy.

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