



AN ANALYTICAL REVIEW OF CHATURVIDHA BHAVAS IN ACHIEVING NORMAL FERTILITY AS DESCRIBED IN SHARIR STHANA OF BRUHATRAYEE

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Abstract

Fertility is a complex physiological process requiring the coordinated functioning of multiple biological factors. Ayurveda describes this through the concept of *Chaturvidha Bhavas*—*Ritu* (timing), *Kshetra* (reproductive field), *Ambu* (nutrition), and *Beeja* (gametes)—as fundamental prerequisites for conception. These are elaborated in Charaka Samhita [1], Sushruta Samhita [2], and Ashtanga Hridaya [3]. This review critically analyzes the anatomical, physiological, and clinical importance of these four factors and correlates them with modern reproductive science. The study emphasizes that impairment in any of these components leads to infertility, highlighting the holistic nature of Ayurvedic reproductive physiology.

Keywords

Chaturvidha Bhava, Ritu, Kshetra, Ambu, Beeja, Fertility, Ayurveda, Garbhotpatti

1. Introduction

Ayurveda provides a comprehensive understanding of human reproduction, emphasizing the role of multiple interdependent factors in conception [1]. The concept of *Chaturvidha Bhavas* is central to this understanding.

Sanskrit Reference

“ऋतुक्षेत्राम्बुबीजानां संयोगाद् गर्भः सम्भवति।” [1]

This indicates that successful conception depends on the proper combination of Ritu, Kshetra, Ambu, and Beeja.

2. Materials and Methods

This is a **review study** based on:

- Charaka Samhita [1]
- Sushruta Samhita [2]
- Ashtanga Hridaya [3]

- Modern medical literature on reproductive physiology [7–9]

3. Concept of Chaturvidha Bhavas

Definition

Chaturvidha Bhavas are four essential factors responsible for conception [1].

4. Detailed Analysis of Bhavas

4.1 Ritu (Proper Timing)

Sanskrit Reference

“ऋतुकाले स्त्री पुरुषसंयोगे गर्भः सम्भवति।” [1]

Explanation

Ritu refers to the fertile period (*Ritukala*), corresponding to ovulation.

Modern Correlation

- Ovulatory phase
- Hormonal regulation [7]

Clinical Importance

- Irregular cycles → infertility
- Anovulation → failure of conception

4.2 Kshetra (Reproductive Field)

Sanskrit Reference

“क्षेत्रं नाम गर्भाशयः।” [2]

Explanation

Kshetra denotes a healthy uterus and reproductive tract.

Modern Correlation

- Uterus, cervix, fallopian tubes [8]

Clinical Importance

- Endometrial defects
- Tubal blockage

4.3 Ambu (Nutritional Factor)

Sanskrit Reference

“अम्बु पोषणार्थं गर्भस्य।” [1]

Explanation

Ambu provides nourishment for embryo growth.

Modern Correlation

- Blood supply
- Placental circulation

Clinical Importance

- Poor nutrition → implantation failure

4.4 Beeja (Gametes)

Sanskrit Reference

“बीजं नाम शुक्रशोणितम्।” [1]

Explanation

Beeja includes sperm (*Shukra*) and ovum (*Artava*).

Modern Correlation

- Gamete quality
- Genetic integrity [7]

Clinical Importance

- Low sperm count
- Ovum defects

5. Interrelationship of Chaturvidha Bhavas

Sanskrit Reference

“सम्यग्योगात् चतुर्णां गर्भोत्पत्तिः।” [1]

All four factors must function harmoniously for successful conception.

6. Pathological Considerations

Sanskrit Reference

“बीजदोषात् गर्भदोषः।” [1]

Ayurvedic Interpretation

- Ritu Dushti → hormonal imbalance
- Kshetra Dushti → uterine disorders
- Ambu Dushti → nutritional deficiency
- Beeja Dushti → genetic defects

Modern Correlation

- PCOS
- Structural abnormalities
- Nutritional deficiency [7–9]

7. Diagnostic Importance

- Menstrual cycle analysis (Ritu)
- Imaging studies (Kshetra)
- Nutritional assessment (Ambu)
- Semen/ovum analysis (Beeja)

8. Therapeutic Importance

Sanskrit Reference

“रसायनं वाजीकरणं च गर्भकारणम्।” [1]

Management

- Rasayana therapy
- Vajikarana therapy
- Panchakarma
- Lifestyle and dietary regulation

9. Discussion

Chaturvidha Bhavas provide a holistic framework for understanding fertility. The Ayurvedic concepts correlate closely with modern reproductive physiology [7]. Each Bhava represents a specific biological component essential for conception:

- Ritu → Ovulation
- Kshetra → Reproductive anatomy
- Ambu → Nutritional support
- Beeja → Gametes

This demonstrates the scientific depth of Ayurvedic embryology.

10. Conclusion

Chaturvidha Bhavas are fundamental determinants of fertility in Ayurveda. Proper coordination of these four factors ensures successful conception, while disturbances result in infertility. Integrating Ayurvedic principles with modern reproductive science can improve fertility management and outcomes.

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