

APPLIED ASPECT OF GARBH MASANUMASIK VRIDDHI – A CONCEPTUAL STUDY

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ABSTRACT

Background: *Garbh Masanumasic vriddhi* has its own clinical concept. Many *Acharyas* have given theory of fetal development; especially *Acharya Sushruta* has described fetal development in detail with unique approach.

Aim and Objectives: In this study, we would like to share the applied aspect of month wise development of *GARBH*, according to *Ayurvedic* texts and *Acharya* specially *SUSHRUTA SAMHITA*. In *Brihatrayi* the *GARBH MASANUMASIK VRIDDHI* is described in detail - This description has important clinical aspects which should be applied in clinical practices. **Material:** *Ayurvedic Samhita* and their commentaries, modern embryology books, published research papers, articles, medical journals and internet. **Methods:** Type of study - Conceptual study.

Results: For example in fourth month *Garbh Anga - Pratyang* are distinctly developed and manifestation of heart occurs. From above description it is obvious that this month is important for the preventive aspect of heart disease - hypertension, ischemic heart disease, valvular disease etc. In this month, *Garbhini* should be advised to take proper *Ahara*, *Vihar* and *Hridya* drugs to prevent heart disease. **Conclusion:** Similarly, the *Anga- pratyangas* which get developed in a particular month should be studied in above mannered applied aspect w.s.r. to *Garbh Masanumasic Vriddhi*.

Keywords: *Garbh, Masanumasic Vriddhi, Anga Pratyanga*

INTRODUCTION

Ayurveda is a science of life, where life begins with *Garbh Utpatti*. It starts from *Shukra Shonita samagam* and results in *Masanumasik vriddhi* of *Garbh* and at the end *Garbh* comes into this world through the process called *PRASAV*. When *Garbh* develops inside the mother's womb various *Anga-Pratyang* (Body parts) starts developing. Many *Acharyas* have given theory of fetal development; especially *Acharya Sushruta* has described fetal development in detail with unique approach¹. As per *Ayurvedic* text, it has been stated that

“*Sharire, Sushrut, Shreshthah*”. *Garbh* development has important clinical aspect, which is helpful in clinical practices. Month wise development and particular *Anga Utpatti* (organogenesis) has its own importance and clinical aspects. Various researches have been done in the field of fetal development but hereditary disorders and congenital anomalies is always an issue of concern. This study is an attempt to elaborate and establish the concept of *Masanumasik vriddhi* and its clinical importance, where every month has its partic-

ular *Anga Utpatti*² which provides information about treatment of the disease related to concern organ. This will be helpful to develop preventive measure for these hereditary disorders and congenital anomalies.

AIM AND OBJECTIVES

- To analyze the month wise development of *Garbh and Anga Utpatti*.
- To study the applied aspect assessed through month wise development of *Anga in Garbh*.
- To study the preventive aspect of *Masanumasik Garbh vriddhi and Anga Utpatti*.

MATERIAL AND METHODS

MATERIAL- *Ayurvedic Samhita* and their commentaries, modern embryology books, published research papers, articles, medical journals and internet.

METHODS- Type of study - Conceptual study

Literature related to the title is searched from all authentic *Ayurvedic* journals and internet. Data evaluation is done.

REVIEW OF LITERATURE-

In First month- *Garbh* appears like *Kala*³.

In Second month- It is described that the *Swaroop of Garbh* indicates its *linga* i.e. if spherical, it is male, if elongated like muscle, it is female and if like tumor it is hermaphrodite⁴.

In Third month- Five protruding points are hand, feet and head along with minute demarcation of parts and sub parts⁵. According to *Acharya charka* all *INDRIYAS* appear in this month⁶.

In Fourth month- Demarcation of all parts and subparts are manifested well and due to such manifestation of fetal hearts the element of consciousness arises. Hence the fetus, in the fourth month indicates its desire in sense objects and because of posing two hearts the mother is called as *Dauhradini*⁷.

In Five month- *Mana* is more awakened⁸.

In the sixth month- *Sushruta* stated that *Utpatti of Buddhi*⁹ occurs (intellect evolves).

In the Seventh month- All the parts and subparts become more distinct.

In the eighth month- *Ojus* become unstable and as such if the fetus is delivered in that it does not survive because of being devoid of *Ojus* and the portion of demon¹⁰.

The normal time of delivery is any time from ninth to twelfth month; otherwise it should be treated abnormal

DISCUSSION

At the beginning of Embryological growth, the origin of any organ is not clear. At this moment only *Garbh Sthapaka dravyas* are needed. *Acharya Sushrutana* has prescribed *Madhura, sheet* and *Drava Ahara* for first three month of *Garbh*¹¹.

Above method can use as *Linga nirdharan* tool like sonography irrespective of its invalidity. The *punsavana karma* is also done in this month. Where some drugs like *Lakshmana, vatankur, sahadeva, vishvadeva* etc mixes with milk and given as nasal drop for *Uttam Santana prapti*¹². *Garbhini* with history of habitual abortion or delayed conception or chances of any fetal anomalies should be undergone *PUNSAVANA*.

Particularly in third month, she should be fed with boiled *Shashtika rice* with milk¹³. Congenital disorder like sensory neural hearing loss, deaf and dumb, congenital blindness etc related to all five *INDRIYAS* can be treated in this month.

Heart is a very important *MARMA* in our body. Concept of *Tri marma* includes Heart¹⁴. So, the appearance and manifestation of heart itself an important thing in *Garbhini* also for *Garbh*. The clinical importance of this month is that if any history of heart disease in the family of *Garbh* or upcoming child preventive measures can be done. All *Hridya dravyas* can be given to the *Garbhini* so the *Garbh* do not get heart disease in future or not any congenital anomalies occurs in *Garbh* related to the heart.

All *Mansik bhava* are related to *Mana*. So, here the prevention of mental disorder can be done. Selected *Medhya dravyas* can be given to *Garbhini*, which can not harm or affect the pregnancy.

Similarly, modern medical science also believes that development of Cerebrum become completed in sixth

month of intra uterine life. All intellectual things are related to this month. In this month, we can think of the preventive measures related to the intelligence retardation. So, the disorder related to the *Buddhi* or intelligence disorder i.e. Alzheimer's disease, Mental etc. *Medhya dravyas* can also be used in this month. If delivery happens in seventh month, the child is more likely to survive, because body parts are well defined or well formed.

According to *Acharya*, meat-rice¹⁵ should be as offering to him. Meditation and increasing the sense of feeling content in life is one of the most effective ways to increase ojus. Get rest and avoid excessive exercise.

Since *Ayurveda* is mostly concern with sustaining life on the earth, pregnancy is the most sacred and transformative period a woman can go through in life. She needs extra rest, care and support. No medicine needed at this time. Only wait for the baby to deliver.

CONCLUSION

Whole world is looking towards Ayurveda for better life style and preventive method of congenital anomalies and hereditary disorders. In this conceptual study we like to share the preventive aspect of congenital and hereditary disorder during Pregnancy. Each and every month has its own clinical concepts and preventive measures. Nutrition of *Garbhini* and development of organ (organogenesis) also included by deferent references.

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