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A Review on Garbhotpadaka Samagri with Special Reference to Ambu

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Abstract-Since always the life has existed on earth the main and foremost aim of human beings was to lead a healthy and disease free life. Ayurveda being a 'science of life' provides not only curative but also preventive principles for healthy and long life. It has paid much attention on preventive principles not only after birth but since very beginning i.e. before the formation of gametes. Since the decision of a child is taken to procure a disease free and healthy (mentally and physically) baby, garbhotpadaka samagri gets into role to provide optimal health to mother and baby. Ayurveda explains regime and rituals before pregnancy to take care of fetus from the very beginning of formation of gametes to promote well being and efficacy of body (dosha,dhatu,mala) , metabolism(agni), perception elements(indriyas) , psyche(manas) , intelligence(buddhi) and inner spirit(atma).

For a healthy pregnancy the pre-requisites explained by ayurveda are-Ritu (fertile period) kshetra (uterus) ambu (nutritive ahar rasa) beeja (shukra and artava-sperm and ovum) are as the primitives. Along with some others like marga(genital passage) hridi(pure controlled consciousness).

Thus, the care for above pre conception factors is must in interest of future of society and to improve health in developing countries.

Keyword-Garbhotpadaka Samagris, Ritu, Ambu, Kshetra, Beeja.

INTRODUCTION

AIMS AND OBJECTIVES

Providing database for the forth coming research scholars regarding garbhotpadaka samagri specially an ambu. The essential factor for conception to take place has been described under Garbhotpadaka *samagri* are:

Ambu- pervading rasa dhatu formed by digested food

Beeja- ovum from women and sperm from men.

RITU- it is described as women's' period of ovulation. And *ritu kala* is the period of maximum fertility extends for twelve to sixteen days after menstruation during the reproductive age.

Just as the lotus flower closes when day gets over , similarly a women's' *garbhashaya mukha* (uterus) gets contracted after the period of conception is over and thus unable to receive the *beeja* anymore. Also the seeds sown after the appropriate season is gone are unable to reproduce.

The women who is cheerful, gums and teeth are moistened , has longevity for men, has interest in loveful talks, has loosened belly and eyes, has twitching in arms,breast , pelvic region, thighs, hip and has excessive desire for sexual intercourse should be known as *ritumati* .

KSHETRA- It is also called as *garbhashaya* or *garbhashayya*. In modern it is referred to the uterus or womb of a woman. It is the organ where shukra and shonita of men and women respectively meets to form a gamete and here only it develops into an embryo. Just as a seed of paddy sown in well-prepared fields result into good yields the un-vitiated *Kshetra* leads into quality pregnancy.

Once the embryo has formed here in this garbhasaya only it will rest and develop to form into a baby over a time period of around nine months. There are anatomical deformities of uterus like position of uterus (Acute anteverted and retroverted) Muscles tone of uterus, Bicornuate uterus, septal defect, tube block.etc. These all conditions are considered as *kshetra vikruti*.

BEEJA- The word *beeja* here refers to the gametes of male and female.

The male gamete is known as *shukra* (semen) and female gamete as *shonita*(ovum). It is said that the type of seedings erupted depend upon the type of seeds sown.

SHUKRA:- The ideal *shukra* as per ayurveda should be crystal clear, and has honey like smell. It has been considered as the seventh dhatu meant for procreation. *Shukra* consist of *beeja* i.e. sperm.

ARTAVA: - *Artava* as its name indicates is cyclical (*ritu kalaja*) in its nature, produced every month. It is one of the important components for formation of *garbha* carrying fractions of *panch mahabhutas*. it is the produced as a byproduct of *Rasa and rakta* .

AMBU- It is considered for the *poshana* the *garbha* receives in the form of *rasa* and *rakta* from the *mata*. It is related with the amniotic fluid in the first 3months and after the 3 to 4 months it is directly taken from the *matruja ahaara rasa* via umbilical cord. Amniotic fluid also called as cameron's fluid and commonly known as pregnant woman's water is a protective liquid contained by the amniotic sac, serve as cushion for foetus. It not only facilitates the exchange of nutrients, water and bio-chemical products between mother and foetus.

The blood and inter cellular fluid of endometrial tissues with healthy and required nutrient without any abnormality is quite helpful for the formation and development of the fetus. entire nutrients absorbed after digestion of the mother food divided into 3-parts and 1-part is supplied by filtration (*upsneha and upsweda*) to the foetus for the development.

Umbilical chord of the foetus is attached to the *rasa* carrying channel of the mother which carries power of food essence of mother to the foetus, by this indirect nutrition the foetus develops from conception until parts and sub parts are distinctly demarcated, the life of foetus is maintained by nutrition supplied by *rasa* carrying vessels spread with ramification in all organs of the body by process of diffusion.

The water in the amniotic fluid is completely changed and replaced in every 3hours.

Disease due to deficiency of *rasa rakta samvahana and garbhodaka* (amniotic fluid) is due to non availability of proper diet to the foetus it suffers with *shosha*.

Thus the *dhatu vridhhi bala varna* and even *kshaya* all depends on *ahara rasa* of mother. This *rasa dhatu* gets circulated by the virtue of *vata* through the *srotas* of the mother.

As per some new researches currently it is the hope of both patients and investigators that human progenitor cells and stem cells can be widely used to replace dysfunctional cells within a tissue. It is speculated that such cells may prove to have the potential to treat or cure a myriad of diseases, including Parkinson's and Alzheimer's diseases, heart disease, diabetes, stroke, spinal cord injuries, and burns.

Inside amniotic fluid are mesenchymal stem cells. This type of stem cell is pluripotent, which means it has the ability to grow into different tissues and may ultimately be used to treat a variety of conditions. Current research shows the benefits of using stem cells to help regenerate these different organs and tissues including kidney, bone, skin, cartilage, liver and heart.

Amniotic fluid stem cells are a perfect match for the baby, meaning organs and tissues grown from these cells will always be accepted by the body without risk of rejection.

CONCLUSION

Reviewing of all available scientific literature on *garbhotpadaka samagri* it is concluded that importance of a healthy and enlightened progeny is very well described in the Ayurved literature. And also it is now adays opening new hopes for a better and diseases free tomorrow. It is in interest of future generation for benefit of society and nation and to maintain the health in the affluent society and to improve the health in developing countries.

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