



SHADBHAVAS IN CONGENITAL ANOMALIES: A REVIEW AS PER AYURVEDA

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ABSTRACT

The abnormal fetus development responsible for many disorders and these disorders which occurs from birth termed as congenital disorders. The inherent or congenital disorders affected large number of population thus researchers paid great attention towards the prevention of congenital diseases. The focus to gain healthy pregnancy is only way to attain normal fetus development. There are various factors contributed significantly towards the normal/abnormal fetus development & *Shadbhavas* is one of them. This article summarizes role of *Shadbhavas* for the management of congenital disorders.

KEYWORDS: Shadbhavas, Shadgarbhakarabhavas, Ayurveda, congenital disorders.

INTRODUCTION

The rate of inborn defects in the new born increases world widely due to the genetic disorders, abnormal fertilization and inappropriate fetus development. *Ayurveda* mentioned various approaches for retaining normal health along with healthy progeny. *Ayurveda* described various factors which affect progeny such as; *Shadgarbhakarabhavas* as *Matrija*, *Pitrija*, *Atmaja*, *Rasaja*, *Satmyaja* and *Sattvaja*. As per ayurveda the beneficial effects of these procreative factors are important to attain healthy progeny. The concept of *Shadgarbhakarabhavas* means that healthy mother, father and healthy *Dincharya* along with healthy psychological status of parents responsible for healthy offspring which leads birth of healthy child, while lacking of any of these factors may causes inborn defects. Looking towards the importance of this aspect this article summarizes role of *Shadbhavas* factors for the management of congenital disorders.



Figure: 1 Constitutional Components of *Shadbhavas*.

CAUSES OF CONGENITAL ANOMALIES

□ Genetic factors

Genetic defects may causes congenital anomalies due to the sudden changes in genes in the form of mutation; this may leads intellectual disability, cystic fibrosis and haemophilia.

□ Demographic factors

It is believed that most of the congenital anomalies arise from lower socio economical status due to the insufficient nutritional supply, exposure to the infectious agents such as alcohol and abnormal prenatal development.

□ Environmental factors

Exposure of pregnant women to pesticides, mutagens, alcohol and radiation may affect fetus or causes congenital anomalies.

□ Infections

Maternal infections like; syphilis and rubella may be responsible for congenital anomalies especially in poor countries.

□ Nutritional insufficiency

Nutritional insufficiency to the pregnant mother may also cause various diseasea; folate insufficiency leads neural disorders while vitamin insufficiency affects growth & development of fetus.

PARENTAL ASPECT TOWARDS CONGENITAL DISORDERS

Ayurveda mentioned diet, lifestyle of parents and vitiation of *Vayu*, *Bija*, *Bijabhaga* and *Beejabhagavyava* as etiological factors for congenital anomalies. The diet regimen of pregnant woman affects health of child significantly therefore Ayurveda suggest specific diet routine for pregnant women. Vitiation of *Vata* in parent during *Ritukala* aggravated *Vayu*, which vitiates *Rakta* and *dhatu*s of the fetus may resulted deafness, graying of hair, tawny color of skin and other abnormalities of *Vata*. Similarly aggravation of *Kapha* in pregnant mother may results *Kustha*, *Kilasa* and congenital abnormalities of teeth. The consumption of alcohol by pregnant women may result *Mansa Vikara*. The physical and mental status of parents at the time of conception contribute significantly towards the health of fetus, thus it is important to follow rule of *Dincharya* by the parents to gain normal progeny.

SHADBHAVAS IN HEALTHY PROGENY

The *Matrija*, *Pitrija* and *Atmaja Bhavas* belong from the parents and can not be modified while *Satmyaja*, *Rasaja* and *Sattvaja Bhavas* can be modify for gaining healthy progeny. Conception between similar 'Gotras' must be avoided; since sexual intercourse between similar *Gotras* may leads congenital anomalies related to the *Rakta*.

- It is very essential to consider various factors before conceptions such as; status of *Bija*, *Atmakarma*, health of *Ashaya*, *Kala* of conception, use of discipline life style and balances of *Doshas* help to control congenital anomalies associated with appearance, complexion and *indriyas* of new born.
- *Matrija Bhavas*; different *Gotra*, appropriate age of parents, healthy status of reproductive organs, normal *Bija*, discipline life style of pregnant mother and prevention of other disease also play significant role towards the health of developing fetus.
- *Pitrija Bhavas*: status of *Shukra*, young age of male, discipline life style and normal status of male reproductive organs along with absence of disease condition during conception also affects health status of fetus.
- *Atmaja Bhavas*: The *Atmaja* means soul which possesses good or bad action throughout the series of life span. This life cycle initiated at the time of union of *Shukra* & *Artava* thus good or bad soul (*Charitra*) affects development of fetus. The good or bad soul also depends upon *Karma* of previous life; *Daiva*, if *Daiva* is bad then it's suffer present life cycle if *Daiva* is good then it leads happy and healthy life & prevent any chances of inherent disorders (congenital anomalies).
- *Satmyaja bhava*; the medical science believe that epigenetic factors are also responsible for the phenotype & affects chromosomal activities; thus *Satmyaja* is considered responsible for conception, normal inheritance and development of the fetus.
- *Rasaja Bhavas*: *Rasa* flows continuously it nourishes the body thus resembles as *Ahara rasa*. The intake of appropriate *Ahara rasa* by pregnant woman helps to boost *Sapta Dhatus* in the fetus and affects health of new born.
- *Sattvaja Bhavas*: *Sattva* of the fetus associated with genetic derivatives, *Garbhini Uparjita Karma* & *Janmantara Vishesha Abhyasa*. These factors if vitiated then congenital disorders may occur.

CONCLUSION

There are various types of congenital anomalies which may arises due to the various factors such as, genetic, environmental and others. The ayurveda suggest that the prevalence of congenital disorders controlled by various approaches like; *Shadgarbhakarabhavas* (*Matrija*, *Pitrija*, *Atmaja*, *Rasaja*, *Satmyaja* and *Sattvaja*) which play significant role towards the development of normal fetus. The healthy progeny may also be achieved by obeying rules of Ayurveda. The concept of *Shadbhavas* bring healthy offspring and thus help in the prevention of congenital disorders since it emphasized over diet, lifestyle of parents and balances of *Vayu*, *Bija*, *Bijabhaga* and *Beejabhagavyava*.

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