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GARBHA SHARIR AN AYURVEDA DESCRIPTION W.S.R. TO DEFORMITIES

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ABSTRACT
Ayurveda is one of the ancient sciences of medical system. Ayurveda encompasses descriptions regarding life science. The understanding of anatomy and physiology is very essential before knowing pathology, medical and surgical management of diseases. The anatomical consideration in Ayurveda comes under heading of *Rachna Sharir*. *Rachna sharir* mainly describe anatomical perspective of human body by *Sushrut samhita*. The *Garbha Sharir* involve detailed about *Garbha* & its development. The fertilization between *Shukra* and *Shonita* produces zygote which further develops into fetus. The *Ritu*, *Kshetra* and *Ambu* etc. are plays vital role in the proper development of fetus. The understanding of *Garbha Sharir* is important towards the care of fetus development. This article represents ayurveda description of *Garbha Sharir* W.S.R. to abnormalities.

KEYWORDS: Ayurveda, Rachna Sharir, Garbha Sharir, Anatomy.

INTRODUCTION

Ayurveda the science of medicine dealt with the aim of *Swastha Sharir*. The knowledge of *Sharir Rachna* is very important to understand any physiological deformities. The *Rachna Sharir* is the ayurveda term which mainly deals with the anatomical and physiological compositions of body. The knowledge of *Sharir* starts from *Garbha*. The understanding of *Garbha* helps to manage healthy progeny. The anatomical perspective during fetus development studied under heading of *Garbha Sharir*. The knowledge of *Garbha Sharir* encompasses all anatomical information related to the various stage of fetus development. The understanding of *Garbha Sharir* helps to acquire necessary conditions which required for the better management of pregnancy. The study of *Garbha Sharir* is also essential for managing fetus abnormalities.[1-4]

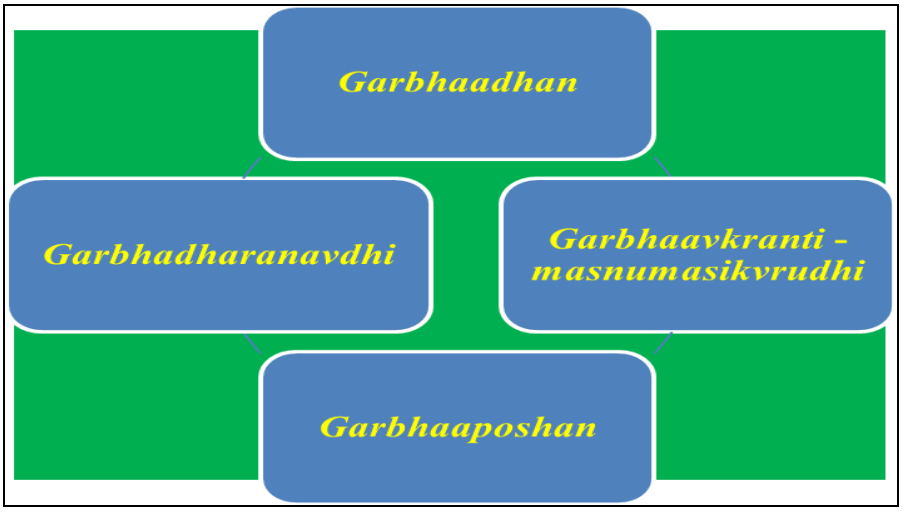

Figure. 1: Various ayurveda terminologies related to *Garbha Sharir*.

GARBHA SHARIR

Samyoga of *Shukra*, *Shonita* and *Jeeva* inside the *Kukshi* is termed as *Garbha*. The intercourse between male and female involve *Shukrachyuti*, *Shukra* moved towards *Yoni* through *Vata* and deposits in *Garbhashaya*. Combination of these *Shukra* along with *Shuddhartava*

forms *Garbha*. The fertilized ovum gets implanted in the endometrium with formation of germ layer. *Aahar Rasa* comes from mother help *Garbha* to grow. The proper formation and development of *Garbha* depends upon the quality of *Shukra*, *Shonita* and *Ritu*. *Shadbhavas* & *Garbhiniparicharya* are also essential for the development of *Garbha*. The predominate *Prakriti* and absence of *Vikara* also contributes towards the development of arms, legs, tongue, nose, ears and hips. *Shadbhava* are the factors responsible for the formation of foetus which also described by modern science such as; maternal, paternal, environmental and nutritional.

The pair of Chromsomes from male and female undergoes changes in a mitotic division resulted formation of an embryo having two cells. After division of the zygote formation of Morula & Blastocyst take place along with implantation & differentiation of Trophoblast, manifestation of Bilaminar and Trilaminar Germ Disc takes place. External appearance of the embryo gets change in shape. Formation of three germinal layer followed by differentiation of each layer then formation of tissue and organs of the body.[2-5]

Development of *Garbha*

- After fertilization, implantation of the embryo into uterine cavity along with formation of cell mass in first month.
- Formation of compact mass & sex determination in the second month, *Pinda* shape of *Ghana sanghata* reveal male child while *Ghana sanghata* as *peshi* reveal female child.
- Formation of buds for limbs and head taken places in 3rd month.
- Formation of organs, heart, element & fetal movements in the fourth month.
- Development of mind takes places in 5th month.
- Development of *buddhi* in the 6th month.
- Complete development of body parts in the 7th month.
- *Ojas* & immunity of the fetus restore (stable) or disturbed (unstable) in 8th month.
- Complete development & birth of child at the end of 9th month.

Anatomy of *Garbha Poshan*

The proper development of *Grabha* requires consideration of *Garbhiniparichrya*. *Garbhaposhan* (nourishment of fetus) occurs in two stages; before formation of *apara* and after formation of *apara*. *Garbhaposhan* initially occurs through *Upsnehannyaya*, *Upsneha* from the fluids nourishes embryo before formation of placenta. The nourishment of fetus mainly depends upon mother. *Rasa* consumed by mother first utilizes for self nourishment then help to promotes breast milk and then it help to nourish fetus.

Maternal food enters in *rasvahininadya* through the *nabhinadi* of *Garbha* then circulates in *garbhasharir*. *Angpratyangposhan* occurs through *Tiryak gat* and *Rasvahadhamnya* to the all over the body of *Garbha*. *Matrupatantrata* absorbed by fetus and nourishment occurs through *Upsnehannyaya*. Oxygen and antibodies are also supplied to the fetus from the maternal circulation. The connective shunts present in fetus are; *Ductusvenosus*, *Ductusarteriosus* & *Foramenaovale*. *Ductusvenosus* connect umbilical vein to the inferior vena cava, *Ductusarteriosus* connect the pulmonary artery to the aorta while *Foramenaovale* is an opening between the right and left atrium.

The modern science also describe that the initial nourishment of embryo occurs through uterine secretion and yolk sac that after nourishment occurs through the placental circulation. Circulatory system of mother not connected to the fetus thus placenta act as bridge for nutritional supply. It also supports waste management through the umbilical cord (umbilical arteries and umbilical vein). Arteries return de-oxygenated blood & foetal waste to placenta, while oxygenated blood and nutrients supply to fetus by umbilical vein. As fetus nourished with maternal blood through placenta similarly *Grabhaposhan* occurs through *Matru ahar rasa* using process of diffusion.

Table 1. Circulatory process & *Rasvahinidhamnya* in *Garbha* developing stage:

S. No.	***Shrotas* (*Rasvahinidhamnya*) & *Garbha* Circulation**
1	*Matruhrdya* (circulation of maternal blood from heart)
2	*Rasvahininadya* (Vessels from mother to heart)
3	*Nabhi* (Foetal umbilicus)
4	*Nabhinadi* (Umbilical cord)
5	*Aapra* (Placenta)

Garbhaj Vikritiya

Garbhaj vikritiya **(**Fetus abnormalities) which associated with deform compositions are; *Garbhaj vikritiya* due to *Bija Dosha* & *Garbhaj vikritiya* due to *matrij vikriti*. The deformities in shape of fetus may also occur due to the various abnormal conditions such as; fetus having snake, scorpion or field pumpkin shape etc. The vitiation of *vayu* and non fulfillment of *Dauhridini* may leads humpbacked, crooked armed, lame, dumb and nasal voiced. The anatomical deformities in fetus may involve formation of crooked-legs, dwarf and irregular shaped of eyes. Abnormalities of *Bija*, *Ashayadosha* and *Dosha* vitiation may also results fetus abnormalities.[5-8]

Beejadosha

The quality of *Bija* also affects anatomical development of *Grabha*, if defective *Beeja* involve in the fertilization then *Grabha Sharir* will be abnormal. *Beeja* of person suffered with *Kustha* may impart formation of defective constitution of skin. *Beeja-Bhagavayava* means parts of seed which mainly take parts in the development of different organs of fetus. Anatomical defects in *Ashaya* also cause abnormalities in fetus. Ovary & fallopian tube disturbance may results fetal anomalies.[7-10]

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