



IJAYUSH
International Journal of AYUSH
AYURVEDA, YOGA, UNANI, SIDDHA AND HOMEOPATHY
<http://internationaljournal.org.in/journal/index.php/ijayush/>

International Journal
Panacea
Research library
ISSN: 2349 7025

ReviewArticle

Volume 10 Issue 05

Sept – Oct 2021

A CONCEPTUAL STUDY OF MASANUMASIK VRUDHI: A REVIEW

¹Dr Vivek Kumar and ²Dr Sakshi, ³Dr Jannu Manohar, ⁴Dr Subhas Upadhyay

¹PG Scholar, Dept. of Rachana Sharir

²Associate Professor, Dept. of Rachana Sharir

³Professor, Dept. of Rachana Sharir

⁴Professor and HOD, Deptt of Rachana Sharir

Sriganganagar College of Ayurvedic Science & Hospital, Tania University,
Sriganganagar – 335001, INDIA

ABSTRACT

Background: Garbh Masanumasicvriddhi 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 MASANUMASIC 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 GarbhAnga - 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 MasanumasikVriddhi.

Keywords: Garbh, MasanumasikVriddhi, AngaPratyang

INTRODUCTION

Ayurveda is a science of life, where life begins with GarbhUtpatti. It starts from ShukraShonitasamagam and results in Masanumasikvruddhi 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 Sushrta has described fetal development in detail with unique approach. 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 AngaUtpatti (organogenesis) has its own importance and clinical aspects. Various research has 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 Masanumasikvruddhi and its clinical importance, where every month has its particular AngaUtpatti 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 AngaUtpatti.
- To study the applied aspect assessed through month wise development of Anga in Garbh.
- To study the preventive aspect of MasanumasikGarbhvruddhi and AngaUtpatti.

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 Kalal.

In Second month- It is described that the Swaroopof Garbh indicates its lingai.e., if spherical, it is male, if elongated like muscle, it is female and if liketumor it is hermaphrodite.

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

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.

In Five month- Mana is more awakened.

In the sixth month-Sushruta stated that Utpatti of Buddhi 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 demon.

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 GarbhSthapakadravyas are needed. Acharya Sushruta has prescribed Madhura, sheet and Drava Ahara for firstthree month of Garbh. 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, vishvadevaetc mixes with milk and given as nasal drop for Uttam Santana prapti. 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 milk. Congenital disorder like sensory neural hearing loss, deaf and dump, 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 Heart. 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 Hridyadravyas 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 Medhyadravyas can be given to Garbhini, which cannot 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. Medhyadravyas can also be used in this month. 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 lifestyle 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 month has its own clinical concepts and preventive measures. Nutrition of Garbhini and development of organ (organogenesis) also included by deferent references.

REFERENCES

1. Dr Bhaskar Govind Ghanekar commentary by Sushruta Samhita sharirsthana, Sanskrit text with "Ayuvedarahasyadipika Hindi, Meharchand Lachhmandas publications, Reprint- 2012.

2. Dr Bhaskar Govind Ghanekar commentary by Sushruta Samhita sharirsthana, Sanskrit text with "Ayuvedarahasyadipika" Hindi, MeharchandLachhmandas publications, Reprint- 2012.