

Garbha Sambhava Samagri W.S.R to Lokapurusha Samya Sidhantha

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Abstract: ‘Garbha-Sambhava samagri’s [1] are four in number; they are Ritu, Kshetram, ambu and beeja. Ritu – woman’s period of ovulation/ proper age of man and woman for conception. Kshetram- Uterus (it is the endometrial bed in which the baby grows). Ambu -is nothing but the permeating rasa dhatu which is formed by the essence of digested food in mother. Beeja is the combination of ovum of woman and sperm of man. All these four factors actively participate in the reproduction leading to good progeny. Acharya Charaka explained the concept of loka purusha samya sidhanta and told that “man is the tiny replica of universe” [2], there exist a close link between man and universe. Whatever is found in the universe is found in man and vice versa. So, the man survives and perishes according to universe

Keywords: Garbha sambhava samagri, loka, purusha, samya, ritu, kshetra

1. Introduction

Creation/Genesis is nature’s rule. All living and non-living beings are a part of the universe which formed because of creation or *srushti*. In case of *purusha*, *garbhaprakriya* is the process of *srushti*[3]. Great Acharyas have told about the *Garbha Sambhava Samagri*, which refers to the factors needed for conception.

2. Materials and Methods

Garbha sambhava samagri is studied in detail from Charaka samhita , susruta samhita and vagbhata samhita .

3. Discussion

Quality and quantity of *garbhasambhava samagri* are important to acquire good progeny.

Ritu

Ritu can be considered as *Garbhadhan yogya kala* (**appropriate** age of man and woman for conception). To get a child of possible good qualities, male at age of twenty five and female at the age of sixteen years should try for pregnancy, at these ages both the partners will be full of energy and physically mature too. Like this in Prakruti also flowering and fruiting happens only after attaining the proper maturity of the plant.

Another instance of *ritu* is *ritukala* (the time when the sperm and ovum could meet during intercourse). According to Susruta duration of *ritukala* is 12 days (starts from 4th day of cessation of menstruation)[4].It is called *ritukala* because in this period of woman’s menstrual cycle *garbhasaya* gather the seeds (sperms) and there will be an opportunity of pregnancy. As lotus flower closes after sunset in a similar way after *ritukala* the *yoni* of women get constricted and does not allow the entry of *sukra*[5].

Kshetra

Kshetra is the place where *kshetrajna* can reside, here it is *garbhasaya* or *kshetra* which becomes the adobe for *garbha*. Condition of *garbhasaya* is important for proper nutrition of *garbha* just like ploughed land sharpens the speed of germination of seeds. Acharya Charaka while explaining *janapadodwamsa* stated that *dushita desa/ desa vikruti* can lead to improper growth of creepers and plants etc[6]. This explains the importance of *desha* or *kshetra* in cases of birth abnormalities.

Ambu

Ambu is the nutritional fluid which supplies nutrition to the *garbhashaya* and fetus. *Ambu* is formed from *Rasa dhatu*[7] which is formed out of the essence of food. If proper nutrition is not supplied will lead to *Garbha vikritis*.

Beeja

It is the seed or the gamete which is important for the procreation; it is the combination ovum of woman and sperm of man. Healthy progeny is the outcome of healthy sperm and ovum. Diseased, contaminated or mutilated sperm and ovum cannot produce a healthy offspring or lead to infertility.

According to *Guna Siddantha*, *Loka* is *agni someeyam*[8]in nature whereas *sukra* is *Soumya* and *arthava* is *Agneya*[9], and thus combination of both lead to the formation of *Purusha*. From this we can understand that there is a close relation between *loka* and *purusha*.

4. Conclusion

From the above study it is concluded that the various objects in *loka* which have similarity with *purusha*- established as *lokapurusha samya sidhanta*, holds good in case of *garbha sambhava samagri* also. From this it is clarified that the *ritu* may be compared to the ideal season, *kshetra* the fertile land, *ambu* with the proper irrigation and *beeja* with the good quality seed.

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