



Review Article

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EXPLORING KAAM PURUSHARTH IN PERSPECTIVE OF SUPRAJA NIRMITTI: A REVIEW

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ABSTRACT

The conventional, old Indian medical science system is called Ayurveda which means "knowledge of life." Ayurveda prescribed some regimens and Rituals prior to pregnancy. These regimens promised to support the multistate well-being of the fetus from the state of gametes and also it helps in improving re vital capacity of Dosha, Dhatu, and Agni, Manas, Buddhi, Atma. "Garbh Sambhav Samagri" that is Rutu (fertile time, Kshetra (uterus), Ambu (Ahara Rasa, and Beeja (Shukra, Shonit)," are necessary elements required for conception. These four are important for development of Supraja (healthy progeny). Our Acharya were aware of the significance of getting married and having children at the appropriate age. Acharya Charka has mentioned about the value of having children because every species needs a healthy progeny to carry forward his/her lineage. The couple is regarded as fortunate, well-known, prosperous, who possess qualities like bahushakha i.e multiple and healthy progenies, that will lead to healthy society and compared to a tree with many branches, flowers, and fruits and is seen as beneficial to society. Now days, infertility is a global health issue affecting millions of people as body is being impacted in many ways by career-focused lives, poor lifestyles etc. Causes of infertility and complications during pregnancy summarized under the headings of Garbh Sambhava Samagri. For the benefit of society and nation, the study of normal and abnormal features of "Garbh Sambh Samagri is necessary to get rid of from infertility.

Keywords: Ayurveda, Rutu, Kshetra, Ambu, Beeja, Garbha, Kaam Purusharth, infertility

INTRODUCTION

"Swathasya Swatha Rakshanam atursya Vikar Prashamanam Ch"¹ are the historical fundamental of Ayurveda. Ayurveda spring up with two main objectives i.e.to preserve the health of the healthy person and to treat the ailments of the sick

There are 04 main purposes of life like dharma (following path of righteousness), Artha (earning number in a legal way), Kaam (pleasure), and moksha (Salvation). To Achieve these four, one should concentrate on having a long life(ayu). Science of Ayurveda, explains how to achieve this purpose by explaining, 'vidheya' i.e. obedience .It is the most important quality². Longevity of life is the tool to achieve four objectives of life (Purusharth Chatushatya)³. To achieve this goal, one should have good health. Roga that is disease hamper the progress or is the obstacle in achieving these goals. Here Purusharth means "for the purpose of self". Aarogya (Health) is basic fundamental to achieving these goals.

Kaam Purusharth in the context of Hindu philosophy refers to the pursuit of desires and pleasures. Kaam highlights the need to satisfy our sensual and emotional desires in a balanced way. The main role of kaam Purusharth is to create and develop a healthy progeny and not only satisfy the desire of sex. In perspective of this point, ayurveda explains about garbh sharir in detail.

Sharir Sthana of Sushrut samhita is nothing but blueprint of human being and its embryonic development. The principles described in each adhayay of garbh-sharir related with nurturing, to develop the healthy offspring and to maintain healthy life of mother also. Among those global principles, garbh sambhav samgri is one of the broad concepts. The Garbh Sambhav Samagri

comprises of four key aspects that are discussed by Acharyas i.e. Beeja, Kshetra, Rutu, and Ambu. Garbh sambhav samgri gives us clear information of the appropriate time for conception, maternal and paternal units, and the progressive and sequential phases of Garbh. If there is any deformity in Garbh Sambhav Samagari, infertility and other complications during pregnancy could result. According to Ayurveda, Infertility is not only the failure to conceive but also includes failure of successful continuation of pregnancy. Now a day, life become materialistic, unhealthy and Stressful unhealthy food habits, body is getting affected in many ways and person got many issues related with fertile life which leads into infertility. It affects not only partner's relationship with each other but affect social life also Infertility is a significant social and medical problem affecting worldwide and Garbha sambhav samgri have impact on its origin as well as in its treatment. So, with the help of kaam Purusharth and these four elements, we can focus on infertility related causes, resume and rituals should be followed during conception and pregnancy. Through this, we can be aware about pre conceptual care for epigenetic process, physical mental and psychological preparedness of couple. It is like a way of lightening a camp in the infertile couple as A healthy generation will build a healthy nation.

GARBH SAMBHAV SAMGRI

To grow a particular crop(i) Proper season (ii) Good field (iii) Enough supply of water and minerals (iv) Good seed are the essential things. Just in the same way, in a human life also Rutu, Kshetra, Ambu and Beeja are four essential factors of conception⁴.

1.RUTU

The most fertile period or Period related with conception⁵. Ritu Kala is appropriate time for beejutsarga and also for Garbhadhan. Ritu can be expressed with an example of lotus flower. Similar to how a lotus flower closes its petals at the end of the day, the Yoni (vagina) closes after the Kala is finished. It is calendar method of family planning. Ayurveda fixed some rules and regulations for upliftment of human race by enhancing Shreyasi prajam (Healthy offspring). Saumanasya (Euphoria means state of happiness and excitement) is the best aid for achieve pregnancy which can be maintained by avoiding negative emotions like krodha, shoka, bahya etc⁶.

Rutu is a broad concept related to garbh nirmiti. Now point is that which period has to be considering as Ritu. Here Ritu can be divided into 3 stages i.e. fertile age, fertile period, conception period. Fertile age is reproductive age which lasts from approximately the age of 12 to roughly 50 years (Menarche to Menopause)⁷. Fertile period can be correlate with menstrual period, and conceptional period can be correlate with proliferative phase of menstrual cycle ,necessary for fertilization. Sexual counseling in Kala is necessary for the Garbhadhan to obtain a healthy child. During this period, kaam Purusharth and dharma are necessary for origin and development of healthy offspring. Acharya Sushrut also explained about coitus days to achieve male or female child. To get male child, even days of rutukala (Ovulatory period) should be selected and for female child, odd day of Rutukala should be selected. That means our ancient Acharya knows about the process of fertilization. The days left before or after ovulatory period has less efficiency of conceiving,so we can use these days as a barrier method to avoid conception.

While explaining the rajakala (A symbol of fertile age) which is also interlinked with kala, acharya Bhel has stated that Every month, by absorption of rakta in sharir, menstruation fluid (Raja) accumulated and comes out from the body along with mamsa dhatu (Tissues)⁸. Menstruation is absent in Bala (childhood) and Vrudha (Old age). In other words, there is physiological ammenorrhoea before menarche and after menopause.

Characteristic of Rutumati Stree

During Ritu kala, Rutumati stree (Fertile women) possess lakshana like Bright and healthy look, Moist mouth and teeth, Interest towards love stories and sexual relation, Pulsation of flanks, eyes and head, Twitching over arms, breasts, pelvis, umbilicus, thighs, and hip, Happy and excited mood⁹.

According to modern, Because of the influence of estrogen, the women in ovulatory state, appears bright, healthy, joyful, energetic, and sexually interested.

Regimen of Rutumati

Sushruta Samhita Sharir sthana elaborate the concept of Rutumati paricharya by following - from the 1st day to 3rd day of menses, a woman has to be followed Bhrahmcharya. He stresses that intercourse during menses should be avoided, because if a child is conceived (it possible, though less likely) from such an intercourse, then such a child may suffer intra-uterine death or death within few days of the birth, or if alive, then suffer from some deformity¹⁰.

Rutumati paricharya is a code of conduct mentioned during menstrual cycle and ovulatory cycle. Rutumati is the woman who

is in peak fertility period (from the 4th day of the menstrual cycle to 15th day of the menstrual cycle in healthy women. It is also called as preconception period. Preconception care can be defined as the provision of biomedical, behaviour, and social health interventions to women and couples before conception. It aims to improve maternal, paternal, and child health, in both the short and long term.

Regimen for preconception as per Ayurveda

- Both Male and female should first undergo Panchakarma (purification) therapy, starting with Purvakarma (preparatory measures), Snehana (oleation), Swedana, then Vamana, Virechana (purgation), Asthapana (decoction enema), and Anuvasana basti (oil enema).
- Both the partners should follow Brahmacharya (Celibacy) for one month before attempting conception.
- The male should consume Shali rice (Red rice) with Ghrita (ghee) and dugdha (milk). Taila (sesame oil and masha (black gram) should be consumed by the female.

The reason of such dietetic regimen in light of ayurvedic science may be as follows:

Male aspect

A.Ghrita (Ghee): -It has Vata-Pitta-Shamaka qualities and has Sheeta-Virya (cold potency). It increases Rasa, Shukra and Oja. It also has Rasayana properties. All these contribute to the smooth functioning of Shukra and thus aid in attaining conception.

B. Shali (*Oryza sativa*): - It possesses Pitta Dosha shamak property. It has Madhura Rasa, Snigdha, Balya, Vrishya, Brimhana guna which promotes the qualities of Shukra.

Female aspect

A. Masha (black gram): It contains Madhura Rasa, Vatahara guna, Snigdha, and Ushna Virya. It possesses the abilities of Pumsatwa and Balya (increase power). Additionally, it contains chemicals that are needed for conception and pregnancy, including as proteins, carbohydrate, vitamin B, magnesium, calcium, iron, and folic acid. Magnesium and calcium are helpful in controlling oestrogen levels. Its folic acid content aids in the prevention of neural tube abnormalities. Each of these attributes supports artava attributes

B. Taila (Oil): It balances Kapha by not increasing it and works well for Vataja problems. It aids in Yoni Vishodhana (cleansing the Yoni Marga) and strengthens (Balya). Garbhashaya Vishodhanam is a property owned by Tila Taila. Therefore, these characteristics aid in the healthy environment of the female reproductive organs, resulting in fertilization.

The couple's mental well-being or psychological normalcy is one of the most crucial elements in conception. Anger, stress, and hopelessness can interfere with this process and reduce libido. A good factor in achieving conception is the couple's position during coitus. In order to keep all the Doshas in their proper places and prevent incorrect perception of the Beeja, the woman should lie supine

Rutumati Stri Varjya

1. Kshara [alkali], 2. Nasya [nasal administration]

In Modern science, most studies have shown a decrease in fertility in high consumption group of alcohol and tobacco as alcohol produces an increase in estrogen levels, which slow down the production of FSH (Pituitary hormone that intervenes in the

formation of follicles in ovary). Here Hypopituitary and ovarian axis have great role to maintain these hormones. So, alcohol, smoking, Caffeine, fatty food should be prohibited during ovulatory cycle because these all elements have directly impact on maturation of oocyte. In such person, there is also a higher abortion rate and a worse perinatal, foetal alcohol syndrome which is characterized by facial alterations, heart abnormalities and psychomotor development disorders

Garbhdharan kala: Our Acharya have mentioned about Garbhadhankala because at this age respective male and female has Sampurna virya. Proper age of conception for man is 25 years and of women is 16 years because at this age male and female are fully mature physically and psychologically hence, they should be capable for conception. According to modern concept also, a woman's fertility naturally starts to decline in her late 20's.¹¹

It can impact a woman's hormone levels and cause irregular ovulation. A typical woman will have about 3 to 4 million eggs at birth, declining to roughly 500,000 to 700,000 at the start of puberty. As a woman ages, not only does a woman have less eggs, but the eggs also have a higher chance of being chromosomally abnormal. Many scientists have shown that by age 40, at least 50% of the remaining eggs in a woman's ovaries are chromosomally abnormal. Most chromosomally abnormal eggs will never fertilize or implant. In today's time as the women have become more career oriented, they do not give preference to early marriage and conception at right time. That's why proper age for conception is also to be taken care of along with the busy working life.

Rutu Indicators: There are many factors which are considered as indicators of Rutu like monthly menstrual cycle frequency, duration of 28-30 days, bleeding days of 5-7 days, bleeding quantity about 100-150ml and bleeding material should be reddish black blood with endometrial dead cells. It indicated if Rutu occurs normally, it leads to healthy conception and normal pregnancy. A Matured follicle is like a ripened fruit which leads to further germination by a healthy beej.

CLINICAL IMPORTANCE OF RUTU

Thirty days or one month is required for completion of the Rutu Chakra. It is divided into three phases according to changes occur in the female both in the genital organ and general body. i.e.,

1. Rajastrava kala - 3-5 days.
2. Rutukala - 12 or 16 days.
3. Rutu vyatita kala - After 16 days

Rutukala is the appropriate period for Garbhadhana as this period is influenced by Pitta dosha. Uterus is ready for nidation, ovum is ready for fertilization and vagina is ready to allow the passage of sperm through vagina.

In Modern Science, endocrine system plays a very imp role in normal functioning of and nourishing female reproductive system. GnRH is responsible for pulsatile release of FSH and LH. FSH causes growth of follicles, synthesis of self and LH receptors; converts androgens to estrogens in granulosa cells. LH causes secretion of progesterone, synthesis of PG; helps in physical act of ovulation; formation and maintenance of corpus luteum. Estrogen is responsible for proliferative changes in the endometrium. Progesterone causes secretory changes in the endometrium. Even thyroid hormone has effect on the menstrual cycles as low levels of thyroid hormone can interfere with release of an egg from ovary (Ovulation) which impairs fertility. So proper functioning of endocrine system should be necessary to achieve conception.

Stress is a very common factor which affects the pulsatile release of GnRH, FSH and LH, which ultimately lead to menstrual irregularities and anovulation. Hence Manaso-Abhitapaata is one factor told by Acharyas, which is one reason for Vandhya. In Agrya, Acharya Charaka mentions about the importance of Manas as Saumanasya Garbhadharanam Shreshtha, i.e. calm mind is the most essential.

Mithya Aahar-Vihar like high consumption group of alcohol and tobacco can interfere with conception as alcohol produces an increase in estrogen levels. Abnormality in Aartava Strotas, disease of Aartava, improper and unbalanced diet, abnormality in Shadbhava, genetic deformity, disorders of Rutu, kshetra, Ambu beej will lead to infertility.¹²

Some Important clinical points regarding ovulation Period

1. It is regarded as the peri-ovulatory or proliferative stage.
2. By the time the Peri ovulatory phase ends, the mature follicle has developed and burst, releasing the oocyte into the oviduct along with several granulosa cells. At this point, the oocyte is ready for fertilization.
3. Predicting when ovulation will occur, is necessary for advising the best day to practice intercourse in the event of infertility.
4. Ovulatory period also vital to collect ovum for in vitro fertilization.
5. Due to mithya aahar-Vihar, Vata or Pitta dosha of body get hampered. Dosha Dushti also leads to menstrual disorders like alpaartava (Oligomenorrhoea), atyaartava (menorrhagia), kashtaartava (Dysmenorrhoea)¹³.
6. Pramana of aartva in our ancient text is measured as 04 Anjali (measurement by Volume). By measuring the pramana we can diagnose the condition of female. So abnormal Rutu leads to many conditions like amenorrhoea, Dysmenorrhoea, metrorrhagia, oligomenorrhoea, leucorrhoea, and menorrhagia. Damage to Artavawaha srotasa causes dyspareunia and amenorrhoea
7. Menstruation cycle depends upon Prakruti of an individual. For example, Pittaj Prakruti individual possess heavy bleeding, early ovulatory phase. So conceptional care should be planned according to them.
8. If we know Rutuvyatita kala (days after ovulation), it can help as Barrier method. During Kala (Ovulatory period), we can perform pumsavana karma to achieve the healthy progeny.
9. Ladies who use to take good and light diet, have good behaviour and whose uterus as well as body is healthy, are fertile while those with opposite characteristics are infertile.
10. Intercourse with a girl under the age of sixteen i.e. whose sexual characters are not well developed, diseases of Artava, [i.e. ovum] result into sterility.
11. Intercourse with a girl before menarche, causing constriction of Garbhashaya (most probably cervix) gives rise to infertility. A woman is emotionally different during progesterone phase from what she is in estrogen phase. Estrogen leads to beginning of menstrual cycle and she feels relief of tension till ovulation begins. An intercourse with a psychologically disturbed lady [afraid, sorrow, angry, unwilling for intercourse, or with an intense sexual urge.] or a lady with digestive disturbances [over-eaten, hungry or thirsty] becomes a futile one.

Thus, the phase, rutukala is not merely a particular period following menstruation, but it is that period in which female genital organs are in good healthy normal condition, hormones are in balanced state. These all factors lead to a healthy conception

2. AMBU (nourishment including all the hormones)

Ambu is pervaded all over body as it is acquired from Aahar rasa¹⁴. So dhatu preeran is dependent upon aahar. Diet of mother is necessary to develop prakrut dhatu. While considering dhatu poshan, rasa dhatu is the source of nutrition for further dhatus. Main function of rasa dhatu is preeran and Raja and stanya are considered as main updhatu of rasa dhatu¹⁵. Raja that is also called as artava plays main role to develop beej, fertilization process and maintain pregnancy, stan vrudhhi in pregnancy period. Ambu is considered as nutritional fluid for foetus. Foetus is dependent on mother like parasite. Mother's nutritional status affects the pregnancy directly as well as affects the growth of fetus. The nutrients consumed has an impact on several stages, including implantation, placenta formation, and fetal organogenesis. Human body basically originate from Beej i.e. sperm and ovum which contains cytoplasm which is essential for energy production and motility, cell signaling and communication, protein regulation and waste management, fertilization and egg penetration. Cytoplasm can be considered as a Ambu as it nourishes, motivates and helps in proper fertilization.

According to Ayurveda, a Garbha Poshana¹⁶ (fetal nourishment) is carried out by two ways: through Upasneha (osmosis and diffusion) and Upasveda (absorbing moisture) from the moment of conception upto (system development) twelve weeks. After Apra and Garbh Nabhii nadi along with Garbhodaka are formed nutrition takes place through them. Garbhodak can be correlate with Amniotic fluid as a Ambu. In modern science, amniotic fluid present inside the amniotic sac, uterus placenta, foetal membranes along with other nutrients which are helps in development. It acts as shock absorber.

Clinical Importance and Disorders of Ambu

1. Many diseases like Upvishtak (Retarded movements), Upshushkak (IUGR), Nagodar (premature birth) and low birth weight baby are caused due to abnormal Ambu. Proper quantity (proper presence of nutrients) and quality (in terms of amount) should be maintained as its less or excess quantity may hamper the growth.
2. Quantity wise to assess the Ambu during pregnancy, AFI (Amniotic Fluid Index) is the parameter. AFI <5 or AFI >25 is abnormal. During pregnancy, decrease amount of Ambu leads to oligohydromian
3. Blood, intercellular fluid of endometrium and secretions of endometrial glands with required nutrients without any abnormality is helpful for growth of foetus. Endometrium secretes several steroids dependent proteins, important for growth and implantation.
3. A mother's incorrect diet might have a direct impact on the Garbha, resulting in Garbh Vikar similar to Garbhastrava. Ayurveda also states that Madhya, Atiguru, Atiushna, and Atikshna Aahar are Garbhaghatkara. Garbhasrav or mruta-Garbh types may result from hampered Ambu.
4. Embryo spends about 72hours in uterine cavity before implantation. During this, it cannot take nourishment directly from mother. So it is rely on secreted nutrients into uterine cavity, e.g. iron and fat soluble vitamins.

3. KSHETRA

As per Acharya Charaka, Karma purush is made up of Kshetra i.e sharir and kshetragna means atma. Here we can consider kshetra as a whole body (Sarvadeha) of both individuals. For garbh nirmitti; both partners should be potent in perspective of physical and mental health. So, if any partner has physical and mental

illness, the offspring will be developing mental or physical health issues /disabilities. That's why in ayurveda, Garbhadhana sanskara is mentioned. This sanskara helps to boost the mentality of couple for conception. But for the conception and development of foetus, female physique and its related system i.e. reproductive system is important. So, most of Acharyas, focus on Kshetra as garbhashya.

Dalhana considered Kshetra as garbhashaya, a location where Garbh grows and lays¹⁷. A healthy mother's body is essential for Garbha's appropriate development Avyapanna (healthy) female reproductive organs i.e Uterus (Well primed disease free secretory endometrial bed), fallopian tubes, ovary, cervical canal, vagina along with whole Body necessary for conception. It is worth noticing that Indian physicians did not stress on presence of Yoni- garbhāsheya only but stressed on Avyāpannatva of Garbhashaya. The word Avyapanna means undiseased, healthy. Thus healthy-undiseased condition of female genital tract is the second chief factor of conception. For the fertilized egg to mature into a healthy fetus, the unvitiated Kshetra is also necessary. The Garbhashaya is indicated by the name Kshetra. It comes from the terms "Garbha" and "Aashaya."

Shuddha Shukra, having passed through wholesome Yoni, combines with Shuddha Aartva at Garbhashay, where upon Garbhadhan transpires. The Garbhashaya is located in Yoni's third Aavarta. Yoni is similar to a concha shell, or Shankha, in that it has three Aavarta. It implies that its mouth is narrow and wide at another end. According to Acharya, Garbhasya's mouth resembles that of Rohit Matsya's (the mouth of the Rohit fish)¹⁸. Here Garbhashaya and Garbhshayya both are different. Garbhashaya considered as uterus and Garbhashyia should be taken as Endometrial Thickness. Thickness of endometrium growth and hormonal balance like oestrogen and progesterone leads to bear conception. Any structural abnormality in the female reproductive system or Kshetra causes infertility or loss of implantation. Certain ailments such as uterine septal defect, bicornuate uterus, tubal obstruction, and distinct yoni vyapada are classified as Kshetra Vikruti.

Clinical Importance of kshetra

Disease free male and female body play main role in conception. Abnormality in male reproductive system leads to abnormal production of sperm

In the same way, female reproductive system should possess healthy features to conceive.

1. Garbhashya is a symbol for the endometrium part of uterus, with all of its decidual modifications that give favorable nidus for blastocyst implantation and nourish early growing zygotes with their abundant supply of fat and glycogen.
2. The phase of the uterine endometrium that is ready for reception is sometimes referred to as the "Implantation window". The Implantation window follow around 06 days after the peak in luteinizing hormone level (20-23rd day after the last menstrual cycle)
3. Inside the healthy uterus, Garbh lives the intrauterine life of 09 months. Here uterus plays an important role in development of foetus

Cervical Canal

Cervical mucus plays an important role during period of coupling upto the conception as it helps sperms to climb up the cervix and reached upto the fallopian tube. Anomalies of cervix like Suchimukhi (Yoni vyavad), karnini become cause of infertility and abortion

Fallopian Tube and ovary

Various factors like late marriages, stress and lifestyle are found to be responsible for increasing rate of infertility. As a result of hectic and stressful lifestyle many women suffer from PID (Pelvic Inflammatory Disease), Endometritis, and PCOD (Polycystic Ovarian disease). Ultimately it may lead to form blockages/adhesions in Fallopian tube. Nearly 20-25% of female infertility can attribute to Tubal block. In Modern, Treatment available to eliminate these adhesions are Tuboplasty (Laparoscopy) and IVF. Tuboplasty is high on risk causing ectopic pregnancy, while the other option i.e., IVF is less opted by couples due to complex procedure and quite expensive.

Diseases of genital tract (Yoni-roga) affect uterine, cervical or vaginal receptivity to spermatozoa hence the lady does not conceive. These adhesions can be treated with 4 basic principles of Ayurveda i.e. 1. Rutu, 2. Kshetra 3. Ambu 4. Beej. Treatment based upon these 4 principles not only eliminates the adhesions but also contributes to a healthy natural pregnancy.

Disorders of Kshetra

1 Vyapanna (Vitiated) kshetra (Uterus) – Garbhashaya leads to disorders of the female genital tract like TORCH (Toxoplasmosis, Rubella, Cytomegalovirus, Herpes simplex and HIV)

2. Garbhashaya Dosh: In Ayurveda Samhita, many of Garbhashayagata dosha leads to yoni vyapada. Garbhashay gata dosha can be seen in two headings that is via the genetically and not genetically. Genetically linked like hypoplastic uterus, bicornuate uterus, functional and non-genetically linked like cysts.

Vaginismus, Endometriosis, CA Cervix, Tubal block, fibroid uterus, improper formation and fusion of mullerian ducts, septate uterus these all are widely exposed disorders of garbhashaya.

4.BEEJ

Beej means seed, the first and foremost component to germinate anything, which has the power to inspire a new generation. Quality seed produces quality fruits which are rich of quality and quantity. In Ayurveda, Acharya Sushrut describes beej as shukra and shonit.

Shuddha shukra and shonit which can be correlated with ovum (female gametes) and sperm (male gametes) of women and men should be potent and have the ability for conception¹⁹. When normal semen is introduced into healthy uterus through healthy vagina a well-developed proliferative phase which is accompanied with ovulation, then the coitus becomes a fruitful one and conception result. The term "Shudha-shukra-shonita" stresses on healthiness of both along with their presence.

Shuddha Shukra Lakshana

Shuddha Shukra is credited with these attribute which is necessary for ovum fertilization like Sphatikabha (crystalline), Ghrita, Kshaudra-Tail-Nibha (color similar to ghee, honey, and oil), Madhugandhi is honey-scented, Drava is liquid, Pichchhil is slimy, Bahu is abundant, Bahala is thick, Avisra is odorless, Shukla is white, Madhur is sweet, Snigdha is unctuous, Sara is mobile, and Sandra is dense. Apart from these attributes, the Shukra, which is vitiated by the following: Vata, Pitta, Shlesma, Kunapagandhi (with a cadaverous smell, Granthi (with coagulated mass), Puti (foul-smelling); Payu (pus), Kshin (less quantity), vitiated by the following, Mutra and Purish (urine and faeces) is not able for conception²⁰.

Shuddha Aartava lakshan

The color of Shuddha Artava thought to resemble that of red insects like Indragopaka, padmalktak red lotus flowers, laksha rasa means lac juice, and gunja seeds²¹.

Two explanations of Artava are found in Ayurvedic literature: Stri Beeja (ovum) and Rajahsrava (menstrual blood). According to Arundatta, Artava is Rajahsrava (menstrual blood), which doesn't contaminate clothing and resembles rabbit blood or Laksha Rasa (liquid essence of lac).

Clinical importance of Beej

1. Acharya Charak discussed the causes of congenital anomalies and hereditary disorders in Charak Samhita Sharir Sthana 3 and 10 chapters. He there just said that the Beej or its part, whenever vitiated causes the irregularity in that particular part. He explained that the disease is transmitted to subsequent generations if there is a genetic component, otherwise, it is not.

2. Acharya Charka has mentioned 08 Vikruta Garbha, 11 Stree Vyapada, and 12 Purush Vyapada in Sharir Sthana²². Now, to fully comprehend it in terms of genetics, we can relate

A) Beej- It correlates to the sperm and ovum, which are the male and female gametes. These two come with a comprehensive set of instructions on how to construct the body. This hereditarily coded directions are the Hereditary constitution of a living being which decides various qualities of an individual such as Eye tone, Hair colour, Level, Weight, skin tone and so on. Vandhya/Vandhyam i.e. Female and male who cannot produce the Ova and sperm, conditions explained by acharya charka.

B) Beej Bhaag- The conditions come under this is Putipraja/Putiprajam means The Male or Female whose child die in womb or Shorty after they are born. In Recent studies, this one describes as the one whose children are born along with Physical Deformities of different organs. It very well might be contrasted with a chromosome. Genomes are the collection of chromosomal complements that are passed down as units from one parent to the next²³. As a result, Beej Bhaga is held accountable for expression of different characteristics of individual and origin of different organs and tissues of the body.

C) Beej Bhaag awayav - Vartam and Trunaputrika are the conditions explained under this. Vartam means the Female without all the physical and psychological feminine features and Trunaputrika means male without all the physical and psychological features of a man.

This is the most basic substance which can be horribly contrasted with a quality. It is the essential physical also, practical unit of heredity which is basically answerable for articulation of a specific characteristic in a person. These are explicit arrangements that encode guidelines on the most proficient method to make proteins which thus are liable for the declarations of quality

3. Acharya provided the explanation for malformed embryos and fetal anomalies in Charak Samhita sharir sthana. He believes that the following causes malformations during pregnancy: unhealthy gametes, uterine anomalies, improper Aahar food habits, and pregnant women's Vihar (routine).

4. Spermatozoa needed for conception should be normal in quantity, structure, number, viscosity, motility. Abnormality will result into Aspermia, oligospermia, azoospermia, oligospermia, and necrospermia.

5. In the same way, ovum should be normal in shape, size, number, maturation capacity. Abnormality leads to Agenesis, PCOs, Anovulation, Oligoovulation, Ovarian cancer.

DISCUSSION

Rutu, kshetra, Ambu, Beej these four are known as garbh sambhav samgri. In Ayurveda, these all are called as Genetics. Actually, Ayurveda describes the Embryology and genetics and its principles in deep under these four factors while in modern science, research on genetics and its principle still going on These four factors are important for fertility as well as infertility. The journey of a child from the mother's womb to the outside world is clearly explained in Ayurveda. They Provides optimal health to mother and foetus during pregnancy. In developing nations, where genetic counseling is difficult to obtain and prohibitively expensive, these principles may prove useful in preventing genetic disorders or kulaja vikaras. As Best doctor is considered who diagnose /treat the patient without investigations. Acharya Sushruta mentioned all the basic details based on history, sign, symptoms, Teratogenic effect. It means our ancient acharya know very well about Genetics. As in Supraja nirmiti, Pumsavana vidhi plays an important role during pre-conceptional period. Garbhaj Shada Bhava also play valuable role in healthy progeny. After a thorough analysis of all the scientific research on Gargha Sambhava Samagari, it is determined that Ayurvedic literature does a very good job of describing the significance of having healthy, enlightened children. These are crucial for conception and, eventually, producing superior kids. Ayurveda is a holistic tradition and way of life that can assist each of us in claiming and celebrating our capacity for wellness. As a result, the Garbha Sambhava Samagri idea is regarded as bringing healthy offspring into society.

CONCLUSION

The concept of Garbh Sambhav Samgri encompassing Rutu, Kshetra, Ambu, Beej, focuses the importance of fostering an optimal environment for conception, aiming to produce healthy, enlightened offspring. The great Acharya Sushruta and Charak illustrate a comprehensive approach to reproductive health, and also underscore the significance of mental and emotional well-being in this process. They also highlight Ayurveda's profound understanding of genetics and embryology, recognizing factors like teratogenic effects. In this way, they emphasis on genetics and genetic counselling.

Recommendation

In India where genetic counselling is rare, these Ayurvedic principles can serve as essential strategies for preventing genetic disorders. Ultimately, the framework of Garbha Sambhava Samgri provides a foundation for promoting healthy progeny, reinforcing the idea that wellness is a collective endeavour for todays and Future generation. By integrating these insights into modern practices, we can nurture a society that values the health and vitality of future generations.

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