

Department :- Ayurved Samhita & Siddhant

Garbha and masanumasika garbha vruddhi krama
with special refrence to chathurtha masa

गर्भ

शुक्राशोणितं गर्भाशयस्थं आत्म प्रकृति
विकार सममूर्छितम गर्भा ईत्युचते॥ सु.शा ५/३

According to **sushruta Samhita** garbha is combination of shukra that is sperm ,arthava that is ovum ,aatma soul ,prakruti 8 natures and vikara 16 effects featured in garbha .



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शुक्राशोणित जीवसन्योगे तू खलु कुक्षिगते गर्भं सञ्ज् भवति ॥ च.शा ४/५

According to **charak** the creation of garbha in garbhashaya by the permutation of shuddha shukra and artava with atma is known as garbha the process is known as garbhadharan.

गर्भास्तु खलवातारीक्ष वायवाग्नितोय भूमिविकारश्चेतनाधिस्तन भूतः।
एवमन्य युक्ताया पंचमहाभूतविकर समुदायात्मको गर्भश्चेतना अधिष्ठन्भुत्
स ह्यासा षष्ट धातुस्त्वः॥

The other definition for garbha by **charak Samhita** is that the embryo inside uterus

मासानुमासिक गर्भ वृद्धि क्रमा

First month development

प्रथम मासे- तत्र प्रथमे मासि कललं जायाते।

सु.शा ३/१८

- It is formed as kalala[embryo]
- It appears like jelly 1st day in 7 days frothy ,within fortnight like bolus
- At the end it solidifies.

According to other texts

- Become kalala in 7th day {AH.sha. 3/18}

गर्भोपनिषद्

- during ritu kala after conception ,the zygote/garbha appers as kalala in one night.
- in 7th day-appears as budbuda (visicle like sac)
- In 15th day-appears like pinda(soft spericle mass)
- In 1 month-become kathina(solidification)



Second month development

द्वितीये मासी- द्वितीये शीतोषमानीलैरभिप्रपचयमाननां महाभुतानां
संघातो घनं सज्जयाते यदि पीण्डः पुमन स्त्री चेत पेशी, नपुंसकः चेदार्बुदमिति ॥
सु.शा ३/१८

- it is processed by tridosha like vata, pitta, kapha become solide mass of panchmahabhoota with atma
- If pinda shaped (spericle mass)-male
- If elongated like peshi (muscle fibre)-female
- If arbuda (tumor like)-napumska
- च.शा ४/१० has explained the same
- AH.sha 1/49 and AS.sha 2/7 –ghana, peshi, arbuda-purusha, stri, napusanka
- गदर्भोपनिषद-shira is formed



End of first month



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Third month development

तृतये मासि- तृतये हस्तपादाशीरसां पांचपिण्डका निवर्तन्ते अङ्
प्रत्याङ्गा सुक्ष्मो भवति । सु.शा ३

- The foetus grow and develops into five buds of two arms, two legs and head
- All organs of body and subdivisions of organs are in minute and non visible form

तृतये मासि सर्वइन्द्रियणी सर्वाङ्गावायवश्च यौगपध्येनाभिनिवर्तन्ते। च
शा ८/३२

- All the major and minor parts appears simultaneously

- Appearance of body hair according to **chakrapani tika c.sha8/32**

गर्भोपनिषद्

- Appearance of limbs

काश्यप

- Praspandana (pulsation)-च.शा 4/१५
- Chetana appears and feels pain.
- Also appearance of mana indriya
- AH.sha.1/54-55 - 5 body parts are manifested



Fourth month development

चतुर्थे मासि-चतुर्थे सर्वङ्गः प्रत्याङ्गः विभागः प्रव्यक्तो भवति, गर्भं हृदय
प्रव्यक्तिभावच्चेतनाधातूरभिव्यक्तो भवति, कस्मात्? तत्स्थानत्वात्।
तस्माद् गर्भश्चातुर्थे मास्यभिप्रायमिन्द्रियमेथेषु करोति, द्वीहृदयां च नारी दौहृदिनीमूचक्षते ।
दौहृदविमाननात् कुब्जं कुणिं खंजं जडं वामेनां विकृताक्षमनक्षं वा नारि सुतं जनयति, तस्मात् सा
यध्यदिच्छेततस्यै दीपयेत्, लब्धदौहृदा हि विर्यवन्तं चिरायुषं च पुत्रं जनयति।। सु.शा ३/१८

- All the organs and their sub divisions become more visible
- Chetana dhatu get manifested due to foetal heart become more obvious
- Now foetus desires things to taste and smell

In this month heart is formed now mother posses two hearts

Desires of foetus are expressed through mother if they aren't full filled will lead to form deformities in baby

चथुर्थे मासि स्थिरत्वमापद्यते गर्भः च.शा ४/२०

- The foetus get stabalized so the pregnant women get feeling of excess heaviness of the body

गर्भोपनिषद

Appearence of digits ,jathara,katipradesha

काश्यप

- Foetus get stability and become free from abnormilities so the pregnant women get feeling of excess heaviness of body
- All body parts are epressed **AH.sha 1/57**
- **AS.sha.2/13-** stable,organs and its parts fully developed



Complications occurs in 4th month

- 4th month has given special importance because in this month foetus become stable if not it will lead to complications
- Charak, vagbhata, bhela, sushrut achary's has explained about उपशुष्क/नागोदर, नाइगमेश
- here in 4th month there will be no further development of foetus foetus remains inside womb for very long time like elephant's
- There will be no contraction and it is considered as intra uterine foetal death
- This is due to aggravated vata leads to bleeding, with holding pitta and kapha leads compression of rasavaha nadi

Fifth month development

पंचमे मासि-पंचामे मनः प्रतिबुद्धतरं भवति॥ सु.शा३
पंचमे मासि गर्भस्य मांसशोणितोपचयो भावत्यधिकमन्येभ्यो मासेभ्यः॥ च.शा ४/२१

- In 5th month mind and wisdom become more noticeable and perception
- Excess increase of muscles, blood

गर्भोपनिषद्

- Formation of pristavamsa(back bone)
- AH.sha.1/57-Chetana dhatu
- AS.sha.2/13- manifestation of mana,musle and blood mass increase

Sixth month development

षष्ठे मासि- षष्ठे बुद्धिः॥ सु.शा ३

- In sixth month wisdom perceived

बलवर्णोजसांवृद्धिः षष्ठे॥ का.शा २/७

- Increase in strength, complexion and ojas so mother get exhausted

गर्भोपनिषद्

- Ear, face-nose and its bone
- AH.1/57 , AS.sha.2/13
- Formation of snayu, sira, roma
- Strength, complexion, nail-hair formed



Seventh month development

सप्तमे मासि- सप्तमे सर्वङ्गप्रत्यङ्गविभगः प्रव्यक्तरः ।
सु.शा ३/३०

- There is distinct development of all body Parts completely

गर्भोपनिषद्

- During this moth the(jeevanna sangyukto bhabati)foetus become viable

AH.sha.1/50 and AS.sha.2/13

- Full growth and development of fetus and well nourished too



Eight month development

अष्टमे मासि-अष्टमे अस्थिरीभवत्योजः, तत्र जातुश्चेन्न
जीवेन्नीरोजस्त्वाद नैरुक्लतभागत्वाच्च ततो बली मांसौदनमास्मे
दापयेत्॥ सु.शा ३

- The ojas become unsteady .suppose the foetus born in this month does not survive
- Therefore,sacrificial offerings of flesh and cooked rice should be offerd
- गर्भोपनिषद्-complete development of foetus
- Charak,Kashyap astang hrudaya(sha.1/62-63)
- Due to immature foetus,oja move from mother to foetus and foetus to mother



Ninth month development

नवमे मासि- नवमदाशमैकादशद्वादशानामन्यतमस्मिञ्जयते, आतो अत्यंथा विकारी भवति ॥ सु.शा ३/१८

- Usually delivery occurs in 9th month if not 10th, 11th or 12th month if delivery occurs after more than 12th then it is considered as abnormal
- AH.sha.2/30, AH.sha.1/66 same as sushruta
- Chakrapani tika C.sha.4/25-best period of labor is 9 to 10th month in 11th and 12th month amount of abnormality is very less

conclusion

- Various Acharyas had described about month wise development of fetus in ayurveda, explanation of Acharyas are not so clear to understand exact development of fetus from fertilization to parturation
- Some of the changes explained by Acharyas are found to be similar to that of modern science and some can be correlated with basic concept of knowledge
- There are still many points;those given by Acharyas, these are difficult to explain and correlates in term of modern applied science and need to undergo research for their actual explanations.

Thank you...