Importance of Rasaj-Bhava on Development of Garbha.

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Abstract –

Motherhood is one of the important act of woman’s life. It gives her an opportunity to project her on next generation. The material need of both Garbha (Fetus) and Garbhini (Pregnant woman) is supplied by the mother. Rasaj-bhava (Nutrition) is important to prevent malnutrition and to gain healthy new generation.

Key Words – Rasaj-Bhava, Garbha, Garbhini

Introduction –

In Ayurveda the subject ‘Garbha and Garbhini relationship’ has been deeply enlightening. According to Ayurveda ‘conception’ is not only the process of reproduction but it is also one ‘Sanskar’ to create a healthy new generation. There are lots of explanations in various Samhitas about “Shadabha” (the six important factors which are responsible for the development of Garbha). According to Acharya Charaka -


These are: Matruj (Maternal), Pitruj (Paternal), Aatmaj (Related to soul), Satwaj (Psychotic), Satmaj (Assimild), and Rasaj (Nutritional). Out of these six factors ‘Rasaj-Bhava’ is very closely related to the diet taken by the mother.

According to modern science Nutrition is defined as a dynamic process in which the food which is ingested is used for nourishment of body, and it is called as ‘Rasa’ in Ayurveda. According to Ayurveda Aahar should be Panchamahabhutatmak and Shada-rasatmak. As per modern science, Dietary constituents of food are Carbohydrates, Proteins, Fats, Vitamins, Minerals and Water.

In developing countries like India malnutrition in pregnant women is quite common. It contributes in the development of many diseases in mothers as well as children. In Ayurveda this problem has been considered and homemade sources of food are recommended to tackle such important topic.

Study of Rasaj-bhava which is very closely related to diet taken by mother and affects the development of Garbha, will be helpful to prevent the malnutrition problem up to some extent.

Definitions –

- Garbha – During the union of Purush (male partner) and Stree (female partner) in Rutukal, Vayu and Teja Mahabhuta becomes activated, due to this activation Shukra of male partner...
falls in the Yoni of female partner. Then the union of Shukra and Shonit takes place in Kukshi (Uterus). The Jivatma(Vitality) then enters and unites with Shukra and Shonit. Such a union of Shukra, Shonit and Jiva is called as Garbha.

- Garbhini – The women, who is carrying Garbhainside her Kukshi(Uterus), from conception to the birth of baby is termed as Garbhini. It means pregnant woman is called Garbhini in Ayurveda. The duration of normal ‘Garbhadharana Kala’ is nine to twelve months.

- Rasaj-Bhava- It is one of the Shada-bhava (Six factors), which are told as a responsible factors for the development of Garbha. Garbha derives all required nutrients from his/her mother throughout Garbhakala. These nutrients are called collectively as Rasaj-Bhava.

**Importance of Rasaj-Bhava –**

According to Acharya Charaka, Garbha is produced by aggregation of ShadaBhava : Matruj (Maternal), Pitruj (Paternal), Aatmaj(related to soul), Satwaj (psychotic), Satmaj (Suitability), and Rasaj(Nutritional). Out of these six factors no one alone is able to make Garbha but all these entities combined together to give rise to Garbha.

Rasaj-Bhava (nutrition) is one of the important factors in the formation of ‘Garbha’, even survival of the mother is not possible without nutrition. By malnutrition, conception of proper Garbha is not possible. According to CharakaSamhita, the entities derived from Rasaj-Bhava are Formation of Body, Growth of body, Continuance of vital breath, Strength, Feeling of Happiness and Vigor.

According to Acharya Sushruta – Upachaya of Sharir, Bala(Strangeenness), Varna(Complexion), Sastha(Health) and Hani (unhealthy) are the Rasaj-Bhava.

According to Ashtanga-Sangraha and Ashtanga-Hrudaya – Formation and development of all body parts, growth of Garbha, Aloluptata (feeling of completeness) are the Rasaj-Bhava.

According to KashyapSamhita – Creation of Sharir, Vruddhi (growth), Strongness, Happiness, Feeling of excitement are the Rasaj-Bhava.

Acharya Bhavamishra give opinion that Upachaya, strength, complexion, condition and constitution of sharir are Rasaj-Bhava.

**Conclusion –**

As mother cannot live without Aahar, then the question of Garbhato live without Rasaj-Bhava does not arises. From conception upto the birth, nutrients are supplied by mother to Garbha.

The PanchaMahabhuta derived from the mother and father by Shukra and shonit, Those Mahabhuta with which Garbha is nourished are derived from the Aahar taken by mother during Garbhadharanakal.

Modern medical science also says that maternal nutrition and daily adequate food intake are essential for successful and healthy reproduction. Adequate balanced diet intake in pregnancy ensures good maternal health and outcome of such pregnancy i.e. new born baby also becomes healthy. So from this we can say that Rasaj-Bhava is very important for the development of Garbha.

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