

# Garbha Sambhava Samagri and Its Relevance in Modern Infertility

Dr. Pragati Pradip. Mulik<sup>1</sup>, Dr. Prakash R. Kanade<sup>2</sup>, Dr. Rahul R. Muttha<sup>3</sup>.

<sup>1</sup>PG Student, Prasuti Tantra and Strirog Vibhag, Pmt's Ayurved College Shevgaon, Dist- Ahilyanagar, Maharashtra, India

<sup>2</sup>Guide & Head, Prasuti Tantra and Strirog Vibhag, Pmt's Ayurved College Shevgaon, Dist- Ahilyanagar, Maharashtra, India

<sup>3</sup>Associate Professor, Prasuti Tantra and Strirog Vibhag, Pmt's Ayurved College Shevgaon, Dist- Ahilyanagar, Maharashtra, India

**Abstract**—Infertility is a significant worldwide health concern, affecting approximately 10–15% of couples of reproductive ages and impacting psychological, social, and economic aspects of life. Modern reproductive sciences use diagnostic techniques and assisted reproductive technologies (ART) such as IVF, ICSI, and IUI; however, many couples seek holistic or complementary approaches, including Ayurveda, for both preventive and therapeutic support. In classical Ayurvedic texts, conception is described not merely as sperm–ovum union but as a multifactorial physiological process dependent on the harmonious state of essential factors known as *Garbha Sambhava Samagri*. (Factors essential for conception). This review examines the Ayurvedic conceptual framework of *Garbha Sambhava Samagri* and evaluates its context and relevance in modern infertility management.

**Index Terms**—Garbha Sambhava Samagri, Conception, Infertility.

## I. INTRODUCTION

Infertility, or *Vandhyatva* in Ayurveda, is defined as the inability to achieve pregnancy despite regular, unprotected sexual intercourse for 12 months or more. This condition may result from a range of female or male factors, including ovulatory dysfunction, structural abnormalities, endocrine issues, immunological disorders, or unexplained causes. Modern medicine employs hormonal assays, imaging, laparoscopic evaluations, and ART for diagnosis and treatment, but the psycho-emotional burden remains high for many couples.

Ayurveda approaches infertility through the lens of *Garbha Sambhava Samagri*, emphasizing the prerequisites for natural conception. Traditional Ayurvedic scholars such as *Charaka*, *Sushruta*, and *Vagbhata* discuss the harmonious interplay of environmental, physiological, and psychological factors essential for fruitful conception.

## II. TYPES OF *VANDHYATVA* (INFERTILITY)

### [A] ACCORDING TO ACHARYA CHARAKA

Acharya Charaka has classified *Vandhyatva* into three categories<sup>[1]</sup>:

*VANDHYA* – This refers to a woman who is unable to conceive due to congenital anomalies of the reproductive organs or genetic abnormalities, making conception impossible.

*APRAJA* – This type includes women who initially face difficulty in conception but are capable of achieving pregnancy after appropriate medical or therapeutic intervention.

*SAPRAJA* – This category comprises women who have conceived in the past but subsequently fail to conceive again.

### [B] ACCORDING TO ACHARYA HARITA

Acharya Harita has described six distinct types of *VANDHYA*<sup>[2]</sup>:

*KAKA VANDHYA*

*ANAPATYA*

*GARBHASRAVI* – Women who experience recurrent abortions or repeated pregnancy loss.

*MRITAVATSA* – Women who conceive but repeatedly deliver stillborn babies.

*BALAKSHAYA* – Infertility due to debility, malnutrition, or depletion of bodily tissues.

*BAALYA* – Infertility occurring due to immature reproductive age or underdevelopment.

#### [C] ACCORDING TO MODERN MEDICINE

Modern science classifies infertility into two main types:

**PRIMARY INFERTILITY** – This condition refers to women who have never achieved pregnancy. It includes cases where a woman is unable to conceive or cannot sustain a pregnancy to result in a live birth.

**SECONDARY INFERTILITY** – This type applies to women who have experienced at least one previous pregnancy but are unable to conceive again or carry subsequent pregnancies to a viable live birth.

### III. FACTORS RESPONSIBLE FOR *GARBHADHANA* (CONCEPTION)

Ayurvedic classical texts have elaborately described the essential factors required for successful conception. Acharya *Sushruta* explains the process of conception through a classical analogy, stating that just as the sprouting of a seed depends upon the presence of a favorable season, a fertile field, adequate irrigation, and a healthy seed, similarly conception occurs only when these four fundamental factors coexist in harmony.<sup>[3]</sup>

Further expanding this concept, Acharya *Vagbhata*, states that along with the above-mentioned prerequisites, the presence of *Prakṛita Vata* (balanced *Vata Dhoṣa*) and *Shuddha Hṛidaya* (a pure and healthy mind and heart) is also essential for successful *Garbhadhana*.<sup>[4]</sup>

Thus, Ayurveda highlights conception as a holistic phenomenon influenced not only by physical and biological factors but also by proper physiological regulation and mental well-being

### CONCEPT OF *GARBHA SAMBHAVA SAMAGRI* IN AYURVEDA <sup>[5]</sup>

In classical Ayurvedic literature, *Garbha Sambhava Samagri* refers to the collection of essential elements that must be present and in balance for Garbhotpatti (conception) to occur. The principal components include:

**RITU** – Appropriate timing or fertile period

**KSHETRA** – Healthy and receptive reproductive environment (uterus)

**AMBU** – Adequate nutritional and hormonal milieu

**BEEJA** – Healthy gametes (sperm and ovum)

Collectively, these elements ensure a conducive state for fertilization, implantation, and subsequent embryonic development.

#### RITU (FERTILE PERIOD & TIMING)

Ritu corresponds to the fertile phase of the menstrual cycle, traditionally understood as the optimal time for conception. It is of 12 days, starting from the Stoppage of menstruation <sup>[6]</sup>. Proper timing ensures synchronization of ovulation with receptive uterine conditions. Modern reproductive physiology acknowledges similar fertile windows, typically around mid-cycle, correlating with the Ayurvedic idea of Ritu.

#### KSHETRA (REPRODUCTIVE ENVIRONMENT)

Kshetra is often equated with the anatomical and functional soundness of the uterus and associated structures. Structural abnormalities or functional issues (e.g., endometrial thickness, tubal patency, hormonal milieu) can hinder implantation. Contemporary reproductive medicine similarly highlights the importance of an optimal uterine environment for implantation success and healthy pregnancy progression <sup>[7]</sup>.

#### AMBU (NUTRITION & HORMONAL BALANCE)

Ambu signifies nourishment and fluid balance critical for both maternal health and embryogenesis. In modern terms, this may align with metabolic and endocrine factors—adequate nutrition, balanced hormones, and stable internal milieu—which are essential for ovulation and early pregnancy support.

## BEEJA (GAMETE QUALITY)

Beeja refers to sperm and ovum quality. In Ayurveda, attributes such as strength, purity, and vitality of Beeja are key to conception. Modern reproductive science confirms that gamete quality (oocyte health and sperm parameters) directly determines fertilization potential and embryo viability.

## IV. PATHOGENESIS OF INFERTILITY: AYURVEDIC AND MODERN PERSPECTIVES

### AYURVEDIC VIEW

Ayurveda posits those disturbances in one or more components of Garbha Sambhava Sāmagrī—whether due to Dosha imbalances (especially Vata), Dhatu deficiencies, lifestyle factors, stress, or psychological disharmony—may lead to Vandhyatva (infertility). Traditional treatments emphasize correction of these imbalances through diet (Ahara), lifestyle (Vihara), Panchakarma, and specific Ayurvedic interventions to restore the integrity of Ritu, Kshetra, Ambu, and Beeja.

### MODERN VIEW

Contemporary medicine identifies multiple biological causes of infertility: ovulatory disorders, tubal blockages, uterine factors (e.g., fibroids, adhesions), endometriosis, male factor infertility (low sperm count/motility), and unexplained infertility. Diagnostic techniques such as hormonal profiling, ultrasound, laparoscopy, and semen analysis guide therapeutic decisions, while ART options address specific barriers to conception.

## V. RELEVANCE AND INTEGRATION WITH MODERN INFERTILITY MANAGEMENT

The Ayurvedic framework of Garbha Sambhava Samagri aligns with many modern reproductive concepts:

**TIMING OF FERTILE PERIOD (RITU)** parallels ovulatory cycle tracking and fertility awareness methods used in reproductive medicine.

**UTERINE HEALTH (KSHETRA)** resonates with evaluations of endometrial receptivity and structural integrity in IVF and fertility diagnostics.

**NUTRITION AND HORMONAL BALANCE (AMBU)** correspond to lifestyle and metabolic assessments critical in contemporary infertility care.

**GAMETE QUALITY (BEEJA)** aligns with semen analysis and ovarian reserve testing in clinical practice.

Recent discussions highlight the potential of integrating Ayurvedic support—dietary regulation, stress management, herbal supplements, and detoxification—to complement modern treatments, potentially improving outcomes and well-being of couples undergoing fertility care.

## CLINICAL EVIDENCE AND RESEARCH OBSERVATIONS

Although high-level randomized clinical trials remain limited, some observational studies and clinical reports suggest that improving factors analogous to Garbha Sambhava Samagri—such as uterine health and hormonal balance—may improve outcomes in certain infertility cases managed with Ayurveda. For example, case reports indicate successful conception following Ayurvedic regimens in patients with menstrual irregularities or unexplained infertility.

## VI. CONCLUSION

The Ayurvedic concept of Garbha Sambhava Samagri encompassing Ritu, Kshetra, Ambu, and Beeja—provides a holistic framework that complements modern understanding of fertility. It emphasizes not only the physical aspects of infertility but also the nutritional, timing, and psychological components of conception. While modern reproductive medicine offers advanced diagnostic and therapeutic tools, integrating traditional Ayurvedic insights may enhance preventive strategies and support overall reproductive health. Additional high-quality clinical research is necessary to establish clear evidence for Ayurvedic interventions in infertility management within contemporary healthcare systems.

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