SHADBHAVAS IN CONGENITAL ANOMALIES: A REVIEW AS PER AYURVEDA

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ABSTRACT
The abnormal fetus development responsible for many disorders and these disorders which occurs from birth termed as congenital disorders. The inherent or congenital disorders affected large number of population thus researchers paid great attention towards the prevention of congenital diseases. The focus to gain healthy pregnancy is only way to attain normal fetus development. There are various factors contributed significantly towards the normal/abnormal fetus development & Shadbhavas is one of them. This article summarizes role of Shadbhavas for the management of congenital disorders.

KEYWORDS: Shadbhavas, Shadgarbhakarabhavas, Ayurveda, congenital disorders.

INTRODUCTION
The rate of inborn defects in the new born increases world wildly due to the genetic disorders, abnormal fertilization and inappropriate fetus development. Ayurveda mentioned various approaches for retaining normal health along with healthy progeny. Ayurveda described various factors which affect progeny such as; Shadgarbhakarabhavas as Matrija, Pitrija, Atmaja, Rasaja, Satmyaja and Sattvaja. As per ayurveda the beneficial effects of these procreative factors are important to attain healthy progeny. The concept of Shadgarbhakarabhavas means that healthy mother, father and healthy Dincharya along with healthy psychological status of parents responsible for healthy offspring which leads birth of healthy child, while lacking any of these factors may causes inborn defects. Looking towards the importance of this aspect this article summarizes role of Shadbhavas factors for the management of congenital disorders.

CAUSES OF CONGENITAL ANOMALIES

- Genetic factors
  Genetic defects may causes congenital anomalies due to the sudden changes in genes in the form of mutation; this may leads intellectual disability, cystic fibrosis and haemophilia.

- Demographic factors
  It is believed that most of the congenital anomalies arise from lower socio economical status due to the insufficient nutritional supply, exposure to the infectious agents such as alcohol and abnormal prenatal development.

- Environmental factors
  Exposure of pregnant women to pesticides, mutagens, alcohol and radiation may affect fetus or causes congenital anomalies.

- Infections
  Maternal infections like; syphilis and rubella may be responsible for congenital anomalies especially in poor countries.

- Nutritional insufficiency
  Nutritional insufficiency to the pregnant mother may also cause various disease; folate insufficiency leads neural disorders while vitamin insufficiency affects growth & development of fetus.

Figure: 1 Constitutional Components of Shadbhavas.
PARENTAL ASPECT TOWARDS CONGENITAL DISORDERS
Ayurveda mentioned diet, lifestyle of parents and vitiation of Vata, Bija, Bijabhaga and Beejabhagavyava as etiological factors for congenital anomalies. The diet regimen of pregnant woman affects health of child significantly therefore Ayurveda suggest specific diet routine for pregnant women. Vitiation of Vata in parent during Ritukala aggravated Vayu, which vitiates Rakta and dhatu of the fetus may resulted deafness, graying of hair, tawny color of skin and other abnormalities of Vata. Similarly aggravation of Kapha in pregnant mother may results Kushta, Kilasa and congenital abnormalities of teeth. The consumption of alcohol by pregnant women may result Mansa Vikara. The physical and mental status of parents at the time of conception contribute significantly towards the health of fetus, thus it is important to follow rule of Dincharya by the parents to gain normal progeny.

SHADBHAVAS IN HEALTHY PROGENY
The Matrija, Pitrija and Atmaja Bhavas belong from the parents and can not be modified while Satmyaja, Rasaja and Sattvaja Bhavas can be modify for gaining healthy progeny. Conception between similar ‘Gotras’ must be avoided; since sexual intercourse between similar Gotras may leads congenital anomalies related to the Rakta.

- It is very essential to consider various factors before conceptions such as; status of Bija, Atmakarma, health of Ashaya, Kala of conception, use of discipline life style and balances of Doshas help to control congenital anomalies associated with appearance, complexion and indriyas of new born.
- Matrija Bhavas; different Gotra, appropriate age of parents, healthy status of reproductive organs, normal Bija, discipline life style of pregnant mother and prevention of other disease also play significant role towards the health of developing fetus.
- Pitrija Bhavas; status of Shukra, young age of male, discipline life style and normal status of male reproductive organs along with absence of disease condition during conception also affects health status of fetus.
- Atmaja Bhavas: The Atmaja means soul which possesses good or bad action throughout the series of life span. This life cycle initiated at the time of union of Shukra & Artava thus good or bad soul (Charitra) affects development of fetus. The good or bad soul also depends upon Karma of previous life; Daiva, if Daiva is bad then it’s suffer present life cycle if Daiva is good then it leads happy and healthy life & prevent any chances of inherent disorders (congenital anomalies).
- Satmyaja bhava; the medical science believe that epigenetic factors are also responsible for the phenotype & affects chromosomal activities; thus Satmyaja is considered responsible for conception, normal inheritance and development of the fetus.

- Rasaja Bhavas: Rasa flows continuously it nourishes the body thus resembles as Ahara rasa. The intake of appropriate Ahara rasa by pregnant woman helps to boost Sapta Dhatu in the fetus and affects health of new born.
- Sattvaja Bhavas: Sattva of the fetus associated with genetic derivatives, Garbhini Uparjita Karma & Janmamatra Vishesa Abhyasa. These factors if vitiated then congenital disorders may occur.

CONCLUSION
There are various types of congenital anomalies which may arises due to the various factors such as, genetic, environmental and others. The ayurveda suggest that the prevalence of congenital disorders controlled by various approaches like; Shadgarbhakarabhavas (Matrija, Pitrija, Atmaja, Rasaja, Satmyaja and Sattvaja) which play significant role towards the development of normal fetus. The healthy progeny may also be achieved by obeying rules of Ayurveda. The concept of Shadbhavas bring healthy offspring and thus help in the prevention of congenital disorders since it emphasized over diet, lifestyle of parents and balances of Vayu, Bija, Bijabhaga and Beejabhagavyava.

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