

STATUS OF SHARIR DOSHA IN GARBHINI WITH SPECIAL REFERENCE TO RAKTALPATA -AN OBSERVATIONAL STUDY

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ABSTRACT

The woman is the origin of progeny. *Garbhavastha* is one of the most important events in the life of every woman. During *Garbhavastha* woman experiences a lots of physiological changes at the level of *Dosha*, *Dhatu* and *Mala*. These changes are mainly due to maternal adaptation to the increasing demand of growing foetus. *Raktalpata* in pregnancy is one of the commonest conditions occurring due to increasing nutritional load on mother. The Aim of this study is to estimate the status of *Dosha in Garbhini with Raktalpata* condition. It was across sectional study carried out on 44 *Garbhini* of OPD and IPD of Government Ayurved College of city. For this study *Garbhini* of second trimester of 18-30 years old without any complication were selected. Out of them 28 *Garbhini* were having *Raktalpata* (Hb% 8-10 gm% and RBC- 3.2 million Cells /microliter. All selected *Garbhini* were assessed for status of *Dosha* with the help of questionnaires. It was estimated that in *Garbhavastha-Vata Vriddhi Lakshanas*, *Pitta Kshaya Lakshanas* and *Kapha Vriddhi Lakshanas* were observed in *Raktalpata* condition.

Keywords: *Vata, Pitta, Kapha, Raktalpata, Dhatu, Garbhini*

INTRODUCTION

The God has empowered each living being to produce itself and thus to perpetuate its kind of race. The function of reproductive system is the novel and should be the most

reverent of all human powers. God has given this magnanimous gift only to the women. The woman is considered as one of the most essential factor for continuity of the human race.

Garbhavastha is one of the most important events in the life of every woman. During *Garbhavastha* woman experiences lots of anatomical as well as physiological changes at the level of *Dosha*, *Dhatu* and *Mala*. These changes are mainly due to maternal adaptation to the increasing demand of nutrition. Pregnancy is a state in which all physiological functions are hyper stimulated in order to meet demand of growing foetus (1). The growth and development of foetus need more nutrition from mother. This cause extra workload on the maternal *Dhatu* so she needs extra nutrition during *Garbhavastha*.

Among lots of physiological changes, *Raktalpatha* is one of the commonest conditions during *Garbhavastha*. In *Garbhavastha*, *Garbhini* becomes emaciated due to lack of nourishment of maternal *Dhatu* as the *Rasa* is driven to nourish more and more *Mamsa Dhatu* and *Shonit* of foetus, so it naturally develops *Raktalpatha* in *Garbhini*(2).

The signs and symptoms appear immediately after conception named as '*Sadyo Grihita Garbha Lakshanas*'. The various symptoms mentioned by Acharya (3). During *Sadyo Grihita Garbhavastha*, the activity of *Rasa Dhatu* becomes more prominent. Hence, *Kapha's* activity also increases because of *Ashrayaashrayi sambandha* (4). So, the above said symptoms appear. In fourth month, woman attains *Guru Gatrata* due to *Sthirata* of *Garbha*. *Kashyapa* has mentioned same explanation (5). In fifth month, *Garbhini* becomes emaciated due to lack of nourishment of maternal *Dhatu* as the *Rasa* is driven to nourish more and more *Mamsa Dhatu* and

Shonit of the foetus. Mother attains *Karsyata* due to the foetus of *Mamsa* and *Shonit* gain (2). Here *Karsya* does not denote weight loss but in contrary, the loss of *Mamsa* and *Shonita Bhavas* in the mother. *Chakrapani* also explains that after *Poshana* of *Garbha*, *Ksheen Aahar Rasa* is not so nutritive for *Poshana* of mother's *Dhatu*. In six month, as the foetus attains the *Upachaya* of *Bala* and *Varna*, there is loss of *Bala* and *Varna* in the mother (6). Hence *Garbhini* experiences *Balahani* and *Varnahani* which is *Raktalpatha Lakshana*. *Garbhini Paricharya* suggested in Ayurveda text includes *Aahar* and *Vihar* for *Garbhini*. Though it was advised thousands of years ago it is totally scientific (7). Month wise regimes are given by *Acharya Sushruta* in *Garbhini Paricharya*(8)(9).

Every physician has to assess status of three *doshas* in living body. A physician should always be aware whether statuses of three *doshas* are within physiological limit or not (10). This present study is an attempt to know the status of *dosha* in *Garbhini* in *Raktalpatha* condition in second trimester of pregnancy as lots of changes takes place during this period.

AIM AND OBJECTIVES

1. To Estimate Status Of *Sharir Dosha* in *Garbhini* in *Raktalpatha* Condition

MATERIAL AND METHODS

This is cross sectional type of observational study carried out at OPD and IPD of Government Ayurved College, Nagpur. Initially 44 *Garbhini* were examined to assess *Raktalpatha*. For this assessment of *Raktalpatha*

subjective as well as objective parameters e.g. Haemoglobin in gram percent and Red Blood Cells count was taken into consideration. In initial screening out of 44 *Garbhini* 28 *Garbhini* were found to be suffering from *Raktalpata* having Hb% between 8 to 10 gm%. After screening 28 *Garbhini* were registered for further study after signing informed written consent from them. The detailed clinical examination of *Garbhini* was done on the basis of proforma containing all details of vital data, *Ashtavidha Parikshan* and the assessment of status of *Sharir Dosha* were done with the help of questionnaire.

Inclusion Criteria

OBSERVATION AND RESULT

Table 1: Showing *Vata Dosha Avasthaa* Wise Distribution of 28 *Garbhini* of *Raktalpata*

SR	<i>Vatadosha</i>	No of <i>Garbhini</i>	%
1	<i>VataSamyata</i>	01	3.6
2	<i>VataKshaya</i>	07	25
3	<i>VataVridhhi</i>	20	71.4
Total		28	100

From above table 1 it was observed that 71.4% *Garbhini* were having *Vata Vridhhi Lakshanas* 25% *Garbhini* having *Vata*

- 1) *Garbhini* of age group 18-30 years without any complication
- 2) *Garbhini* either *Primi* or *Multigravida* in second trimester of pregnancy
- 3) Haematological investigation Hb%- 8 to 10gm%
RBC-3.2 million Cells /microliter.(lower limit)

Exclusion Criteria

- 1) *Garbhini* having Hb % below 8gm%.
- 2) *Garbhini* having any apparent diseases or involvement of any other Systemic complication.

Kshaya Lakshanas and 3.6% of *Garbhini* having *Samanya Vata Dosha Lakshanas*.

Table 2: Showing *Pitta Dosha Avasthaa* Wise Distribution of 28 *Garbhini* of *Raktalpata*

SR	<i>PittaDosha</i>	No of <i>Garbhini</i>	%
1	<i>PittaSamyata</i>	03	10.73
2	<i>PittaKshaya</i>	19	67.85
3	<i>PittaVridhhi</i>	06	21.42
Total		28	100

Above table shows that 67.85% *Garbhini* were experiencing *Pitta*, 21.42%

Garbhini 10.73% *Garbhini* were experiencing *Pitta samanya Lakshanas*.

Table 3: Showing *Kapha Dosha Avasthaa* Wise Distribution of 28 *Garbhini* of *Raktalpata*

SR	<i>Kapha Dosha</i>	No of <i>Garbhini</i>	%
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1	<i>Kapha Samyata</i>	02	7.14
2	<i>Kapha Kshaya</i>	3	10.72
3	<i>Kapha Vriddhi</i>	23	82.14
Total		28	100

From above table it was observed that 82.14% *Garbhini* were having *Kapha Vriddhi Lakshanas* 10.72% *Garbhini* were having *Kapha Kshaya Lakshana* and 7.14 % *Garbhini* were having *Samanya Karma* of *Kapha Dosh*.

DISCUSSION AND CONCLUSION

Raktalpatha in *Garbhini* is one of the most common conditions in maximum number of *Garbhini* Growth of *Garbha* demands extra nutrition. It is a physiological adaptation, so after particular time means after labour, woman can regain her normal haematological condition. This *Raktalpatha* occurs in maximum in healthy *Garbhini* in her second trimester. According to modern science, the physiological anaemia occurs due to hemodilution and negative iron balance. To fulfil additional intravascular spaces, the blood volume raises up to the mark during pregnancy. The disproportionate increase in plasma and RBC volume produce a stage of hemodilution and in addition there is marked demand of extra iron during pregnancy (11).

The *Raktalpatha* is one of the *dhatu kshayavastha* which affects other body constituents like *Dosha*, *Dhatu*, and *Agni* also. As this is physiological adaptation *Garbhini* does not bother it but after some time when it becomes severe it affects both *Garbhini* as well as her *Garbha* also.

On the observation of age wise distribution of 28 *Garbhini* of *Raktalpatha*, it was found that maximum numbers of *Garbhini* i.e.

28.6% were between the age group of 24-26 yrs. In this study, 64.3% *Garbhini* were educated among them 14.3% were graduate and aware to take care of themselves in *Garbhavastha* but as it is physiological stage most of *Garbhini* were suffering from it . 93.2% *Garbhini* were housewife suffering from *Raktalpatha*; the reason might be work load of family, inadequate diet and improper antenatal care.

Majority of i.e. 64.3 % *Garbhini* were belonging to middle socio economic class. As it is the one of the physiological adaptation, involvement of all socio economical classes is seen but severity is less or more. In this study maximum i.e. 28.6% were belonging to 5th month, 32.1% to 4th month of *Garbhavastha*. Various ancient Ayurveda experts has been already mentioned that second trimester of *Garbhavastha* is the period for *Bruhana* as well as *Sthirakarana* of *Garbha*, So increasing need of *Garbha* demands more nutrition from mother, so *Garbhini* suffers from *Raktalpatha*.

In this study maximum i.e. 47.7% *Garbhini* were of *Vata Pitta prakruti*, dominance of *Vata* and *Pitta* is more than *Kapha*. This explains '*Vataladya Sadatura*' (12) and as per *uttam, madhyam, hina Prakruti*. *Vata* and *Pitta Prakruti* were more prone to develop changes than *Kapha Prakruti*. As per *Jatharagni* wise distribution 61.4% *Garbhini* were having *Mandagni* this may be due to *Agnimandya* leading to *Mandagni* in maximum *Garbhini*. Data shows maximum i.e. 45.5% of *Mrudu kostha* and 43.2% of *Krura kostha*.

Vata vriddhi lakshanas were found in 71.42% *Garbhini*, *Vata kshaya lakshan* were found in 25%, *Vata samanya karma lakshanas* were found in 3.57 %. This *Vata vriddhi* found due to *Raktalpata*. As Acharya Susruta's quotation any *Dhatukshaya* leads to *Vata vriddhi* so because of *Raktalpata Vata vriddhi Lakshana* were seen (13). Table no 2 cleared that 67.85 % *Garbhini* had *Pitta kshaya Lakshanas*, 21.42 % *Garbhini* had *Pitta Vriddhi lakshanas* and in 10.71% *Garbhini* had *samanyalakshanas* of *Pitta* were found. According to *Ashray Ashrayi Bhavasam bandha*, the *Pitta* is *Aasraya* to *Raktadhatu* and *Rakta dhatu* also depends on *Pitta*(2). *Kapha vriddhi* was found in 82.14% of *Raktalpata Garbhini*, *Kapha kshaya* found in 12 %, in 7.14% *Kapha samanya karma* was present. Due to *Garbhavastha*, *Jatharagnimandya* occurs which causes *Dhatwagni Mandya* leading to *Rasa vriddhi*. Because of *Rasa vriddhi*, *Kapha Vriddhi* was seen, as *Rasa* and *Kapha* has *Ashraya-Ashrayibhava sambandha*(2).

In *Garbhavastha Vata Vriddhi Lakshanas*, *Pitta Kshaya Lakshanas* and *Kapha Vriddhi Lakshanas* were present in *Raktalpata* condition.

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