



A CONCEPTUAL STUDY - GARBHOPAGHATAKARA BHAVAS

[Niveditha Somlapur¹](#), [Kavitha M G²](#), [Shobha M³](#)

¹ Associate Professor, ² PG scholar, ³ Assistant Professor

Dept of PTSR, Shri Jagadguru Gavisiddeshwara Ayurvedic college, and Hospital, Koppal- 583231, Karnataka, India.

Corresponding Author: yadavkavitha25@gmail.com

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**ABSTRACT**

न स्त्री समम् रत्नम् There are no jewel-like Women. Women are precious as she has the capacity to produce life. Among different stages, in women's lives, the reproductive phase is most important. Becoming a mother is a beautiful dream. Pregnancy is the most energetic and challenging phase in a women's life so as to have healthy offspring without any complications before, during, and after pregnancy. Acharyas have mentioned in detail *Garbhini paricharya*, *Patya-apatya*, *Douhruda apamana.*, etc which should be practiced or followed by pregnant women in order to avoid complications and have healthy progeny. *Garbhopaghatakara bhavas* are factors that should be avoided in pregnancy. These are nothing but the daily activities and dietetics if followed by pregnant women lead to complications in the fetus like *Garbha srava*, *Garbha vyapads*, etc. Due to certain unknown errors of nature and lifestyle of pregnant women, it can take a bad U-turn in their life. *Acharyas* have explained in brief about *Yonivyapad* and *acharya Kashyapa* mentions *Jathaharinis*, relating to the abortion / fetal loss taking place in different stages of pregnancy. Critical analysis of these *Garbhopaghatakara bhavas* can guide towards the formulation of a better preventive plan for *Garbha vyapads* mainly abortions.

Keywords: *Garbhopaghatakara bhavas*, *Garbha vyapads*, Abortion.

INTRODUCTION

Ayurveda is a complete science that emphasizes the responsibility of physicians towards pregnancy before conception upto postnatal care. A pregnant women should follow some simple regimens that are mentioned in our classics for a normal and easy process of labor and for getting a healthy child. As the fetus in the intrauterine life is dependent on the mother for physical and mental growth throughout the pregnancy so some dietetics and lifestyle by pregnant women if avoided will be beneficial. Minor unhealthy habits in pregnant may not be liable to produce any illness to her but can have significance consequences on the fetus. In this era where the lifestyle disorders affecting the fertility of women are increasing in number, providing care to pregnant women to prevent complications like abortions,

IUGR, premature delivery, and congenital deformities in the fetus is prime significance. Abortion is the expulsion or extraction from its mother of an embryo or fetus weighing 500gms or less when it is not capable of independent survival. Incidence of abortion is difficult to work out 10-20% of all clinical pregnancies end up in miscarriage and other optimistic figure of 10% are induced or deliberate. *Garbha upaghatakara bhavas* deals with factors that cause destruction to the growing fetus.¹ In classics under *Garbhopaghatakara bhavas* they have mentioned some dietetics and lifestyle which should be avoided by pregnant women. To understand clearly, we classify those under 3 bhavas: *Aharaja bhavas*, *Viharaja bhavas*, and *Manasika bhavas*.,

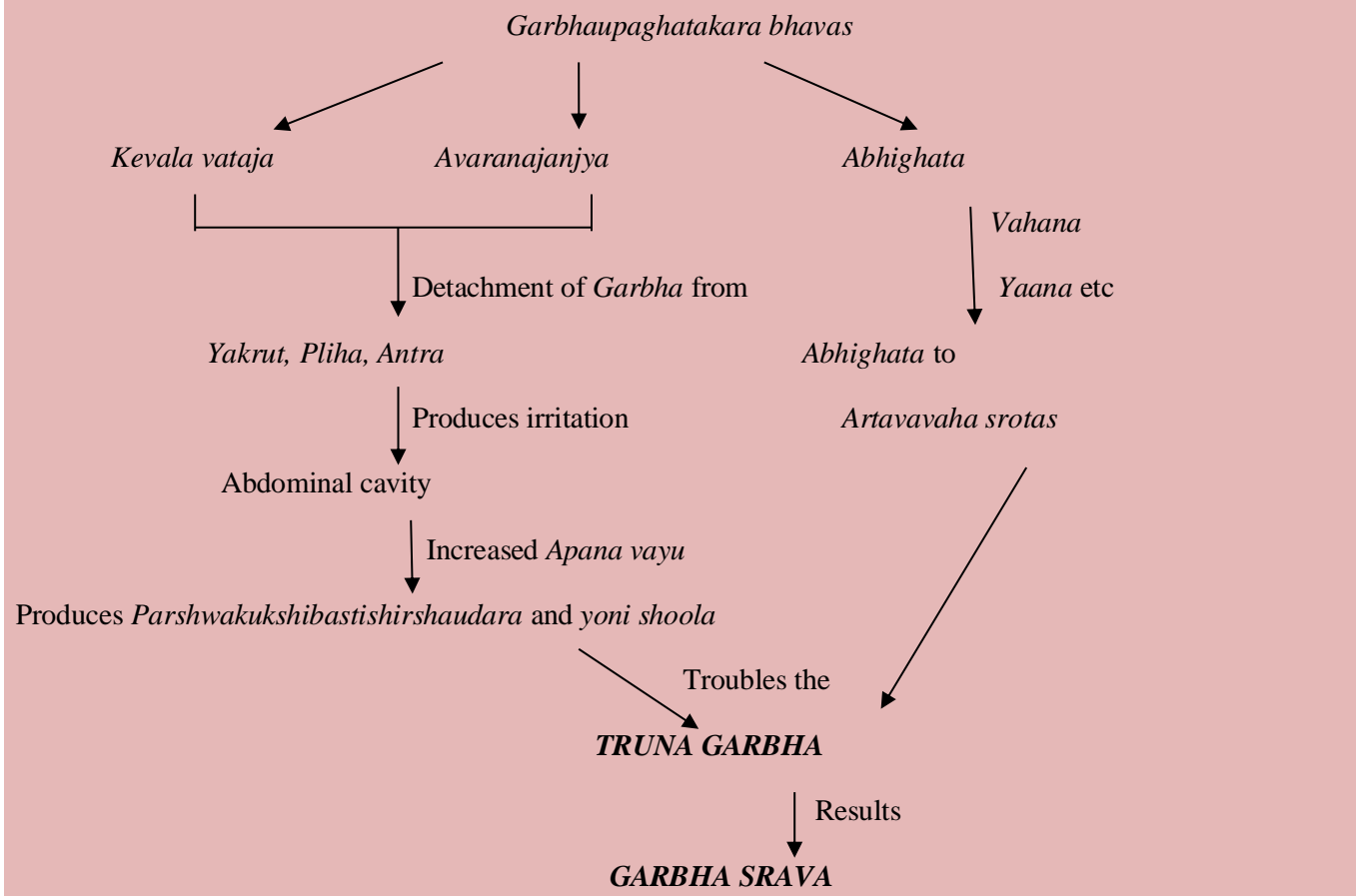
Table 01: According to Acharyas *Aharaja bhavas*:^{2,3,4,5,7}

<i>Aharaja bhava</i>	<i>Dosha</i>	<i>Critical review</i>	<i>Effect on fetus</i>
<i>Atikatu tiktā bhōjana</i>	<i>Vatapitta prakopa</i>	Improper formation of <i>rasa dhatu</i> and <i>stanika dusti</i>	<i>Garbha srava, Garbha sosha</i>
<i>Atikshara Sevana</i>	<i>Pittavata prakopa</i>	<i>Vyavavi, vikasi teekshna gunas</i>	<i>Garbha Srava</i>
<i>Atitikshna ushna padarta sevana</i>	<i>Pittavata prakopa</i>	<i>Vitate agni</i> , nitrate-rich food led to reduced utero placental flow	<i>Garbha srava, Akala prasava</i>
<i>Sushka Ruksha anna Sevana</i>	<i>Vata prakopa</i>	Inadequate calories, Malnutrition	<i>Garbha sosha</i>
<i>Paryushita Kutitha anna</i>	<i>Vata prakopa</i>	Inadequate calories, Malnutrition	<i>Garbha sosha</i>
<i>Dvidala anna sevana</i>	<i>Tridosha</i>	<i>Agnimandya</i> , excess or reduced protein in not recommended	<i>Garbha kshaya, Mruta garbha</i>
<i>Madya nitya</i>	<i>Tridosha</i>	Properties of <i>visha</i> and <i>madya</i> are similar	<i>Trishnalū, Alpa Smriti, Anavasthita Chitta</i>
<i>Varaha mamsa sevana</i>	<i>Vatagna, Kaphapittakrut</i>	Pig harbors the parasites	<i>Garbha Srava</i>
<i>Godha mamsa sevana</i>	<i>Vatagna, Kaphapittakrut</i>	Rich in nitrates and reduces uteroplacental flow.	<i>Sharkarashmari, Shanairmeha.</i>
<i>Matsya sevana</i>	<i>Vata hara, Kapha kara</i>	Mercury crosses the placenta and inhibits the development of the Neurological system	<i>Delayed milestones, garbha srava.</i>

Table 02: According to Acharyas Viharaja bhavas:^{2,3,4,5,7}

<i>Viharaja bhava</i>	<i>Dosha</i>	<i>Effect on fetus</i>
<i>Ativyavaya Ativyayama</i>	<i>Vayu Prakopa</i>	<i>Garbha Peeda, Garbha srava</i>
<i>Yaana, Vahana Adhwagamana</i>	<i>Vayu Prakopa</i>	<i>Garbha Srava, Akala Prasava</i>
<i>Praskalana Prapathana Prapedana</i>	<i>Vayu Prakopa</i>	<i>Garbha Srava Mruta garbha (IUD)</i>
<i>Dhaavana</i>	<i>Vayu Prakopa</i>	<i>Garbha srava Antepartum heamorrhage</i>
<i>Abhighata</i>	<i>Vayu Prakopa</i>	<i>Garbha Srava Mruta garbha (IUD)</i>
<i>Koopa Avalokana</i>	<i>Vayu Prakopa</i>	<i>Garbha Srava Mruta garbha (IUD)</i>
<i>Vishamshyana</i>	<i>Vayu Prakopa</i>	<i>Garbha Srava Mruta garbha (IUD)</i>
<i>Vishama Asana</i>		<i>Garbha Srava</i>
<i>Upavasa</i>	<i>Vayu Prakopa</i>	<i>Garbha Srava IUGR</i>
<i>Vegaabhighata</i>	<i>Vayu Prakopa</i>	<i>Garbha Srava Garbha Shosha Akala Prasava</i>
<i>Dhumapana</i>	<i>Pitta Prakopa</i>	<i>Durbala indriya Vaivarnya</i>
<i>Ratrijagahara</i>	<i>Vayu Prakopa</i>	<i>Garbha Shosha</i>
<i>Atidivaswapna</i>	<i>Kapha prakopa</i>	<i>IUGR</i>
<i>Rahu Darshana</i>		<i>Congenital malformations</i>

Samprapti – 6



Samprapti Ghataka

Dosha - Vatapitta

Dushya – Rasa, Rakta, Mamsa

Agni - Jataragni

Srotas – Artavaha srotas

Sroto dusti – Sanga

Adishtana – Yakrut, Pliha Antra

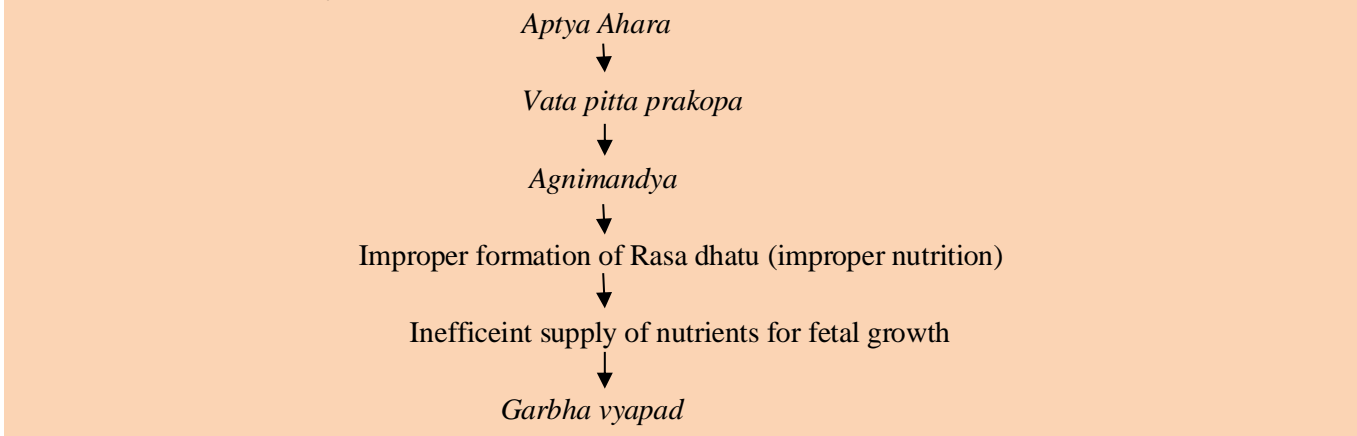
Udbhava sthana- Garbhashaya

Vyakta sthana - Garbhashaya

Roga marga - Abhyantara

Sadyasadyata - Kruchrasadya

A critical review of Aharaja bhavas –



A critical review of Viharaja bhavas:

1. Ativyavaya – There is the release of prostaglandins and oxytocin during nipple and genital stimulation which leads to uterine contractions and cervical ripening and lastly it may result in abortion, preterm labor, or fetal distress.
2. Ativyayama - Stressful exercise should be avoided during pregnancy time.
3. Yaana, Vahana – In the present era, these can be considered as travelling in vehicles on uneven roads which may increase pressure on the uterus and leads to abortion, etc.
4. Adhwagamana – excessive walking is not recommended during pregnancy as it may lead to PROM, early descent of fetal head, and other fetal complications.
5. Praskalana, Prapatana, Prapedana – Stumbling, falling from a height, and compression respectively, or all above three bhavas will lead Abhighata to Garbhini as well as uterus results in Garbha vyapada.
6. Dhaavana – Running is totally contraindicated in Garbhini as to prevent Garbhasrava. On running there will be an increase in blood pressure, heart rate, pressure on abdominal muscles, etc so all these may lead to Garbha vyapads.
7. Koopa Avalokana - The centre of gravity of the pregnant woman will be altered because of the gravid uterus, so peeping into a well or depth there will be the possibility of falling which results in Garbha vyapads.
8. Vishama shayana - Prolonged sleep-in abnormal positions may reduce the utero-placental blood flow and there by leading to fetal hypoxia.
9. Vega abhigata – Normalcy of Apana vayu is more important in Garbhini avastha, due to Vega dharana there is Dusti of Apana vayu.
10. Ratri jagarana - Ratri Jagarana leads to vitiation of vata dosha and it is going to affect the normal development of the fetus by stress factors.
11. Ati divaswapna - This leads to kapha prakopa which causes obstruction in the rasavaha nadi and hampers the nourishment to the fetus causing IUGR.

12. Rakta vastra dharana - For the protection of devatas, rakshasa and their anusvaras red colored cloths should be avoided, red color represents danger, and it has a quality of aggressiveness.

According to Acharyas Manasika bhavas:^{2,3,4,5,7}

All these Manasika bhavas explained by acharyas like Shoka, Krodha, Irshya, baya, Udvega will lead to Tridosha prakopa and causes Garbha vyapada. All the Psychological factors release cortisol from the adrenal gland which crosses the placenta and reaches the fetus in the womb resulting in fetal hypoxia.

Stress or negative emotional status will lead to insatiability or excitability of the autonomic nervous system leading to the causation of abortion. It disrupts the normal hypothalamo-pituitary axis by excessive production of the stress hormone, cortisol. It also leads to the reduced immunological condition.

Present Era Garbhopaghatakara bhavas –

➤ Chemicals used for ripening of fruits:

1. An increased risk of spontaneous abortion and pregnancy loss was found to be associated with exposure to ethylene oxide during pregnancy.⁸
2. Mutagenic, teratogenic, and biochemical effects of ethephon on mouse dams and foetuses were investigated. An increase in structural chromosomal aberrations was observed in both mouse dams and foetus, especially with a high dose of ethephon.⁹
3. Calcium carbide is mostly used for the ripening of fruits and its effect is seen more in the pulmonary system and cardiac system.¹⁰

➤ Junk Foods:

Eating junk food leads to weight gain; pregnancy-induced hypertension and various birth defects. A lack of proteins during pregnancy interferes with the proper development of kidneys in the fetus. Increased risk of premature delivery.

➤ Caffeine:¹¹

Caffeine as a teratogen is derived from various studies that linked a high dose of the compound lead to limb reduction abnormalities and other birth defects.

➤ Ferrous sulphate:

An increased incidence of congenital malformations was found in the foetus of women who ingested ferrous sulphate during the first 8 weeks of pregnancy.

DISCUSSION

A thorough understanding of *Garbha-upaghatakara bhavas* explained by our *acharyas* gives an idea that *acharyas* were having depth knowledge about embryogenesis, teratogenicity, and congenital malformations. *Vata* and *Agni* are the two important factors in maintaining pregnancy. *Vata* plays a vital role in pregnancy, starting from conception to delivery. Consumption of *Satmya ahara* is important and proper digestion of congested food is also still more important for the utilisation of nutrients for the proper development of the fetus. This shows the importance of *Agni* in the development of the fetus. The above-discussed factors will vitiate the normal functioning of *Vata* and *Agni* which hampers the proper nutrition of the fetus. In the present era, the incidence of abortions, IUGR, and LSCS due to cord around the neck and fetal distress has increased due to the indulgence of any of the *Garbha upaghatakara bhavas* and not following the *Garbhini paricharya*.

CONCLUSION

Presently even with advanced medical technology, there is an increased incidence of abortions, IUGR, etc. Hence this article intends to highlight the importance of lifestyle in *Garbhini*, i.e. good diet, avoidance of *Garbhopaghatakara bhavas* for having a healthy progeny. *Acharya Charaka* has stated that *Garbhini* has to be taken care of just like a "*Taila purna patram*". Even a slight agitation could spill the *taila* from *Patra*, similarly, complete attention should be given to *Garbhini* in order to prevent her from any of the *Garbha vyapad*. It is important for a physician

to analyse the lifestyle of women and advise them to follow *Garbhini paricharya* and avoid *Garbhopaghatakara bhavas*.

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