

CONTRIBUTION OF ACHARYA SUSHRUT IN MANAGEMENT OF GARBH SRAVA AND GARBHA PATA

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<https://doi.org/10.46607/iamj10p6042022>

(Published Online: May 2022)

Open Access

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Article Received: 29/05/2022 - Peer Reviewed: 06/06/2022 - Accepted for Publication: 10/06/2022



ABSTRACT

Having a child is a boon not only to the mother but to the whole family. Each and every pregnancy is unique in its way as every woman shows different characteristics at the time of pregnancy, yet it consists of basic common characteristics. It's not easy for every woman to carry this easily, many times pregnancy becomes complicated, and the baby is lost, most incidences occur during the first trimester and some after that. As per *Acharya Sushruta*, it is known as *Garbha Sarva* for up to four months and *Garbhapata* after that. *Acharya Sushruta* has described the treatment to prevent this month-wise. There is a detailed description of what is to give to the pregnant woman if she is threatened to lose his baby. **Material And Methods-** Matter will be collected from *Sushruta Samhita* and its different commentaries, and other books related to the subject will be studied. Different articles and online material will also be studied to collect data. **Conclusion-** The present study will be helpful to prepare a base for clinical practice in the prevention of *Garbha Srava* and *Garbha Pata* with help of *Acharya Sushruta's Masanumashik Garbha Srava Chikitsa*.

Keywords: *Garbha Sarva, Garbha Pata, Masanumashik Garbha Srava Chikitsa.*

INTRODUCTION

Word *Ayurveda* itself is a combination of two words that is *Ayu* means life and *Veda* which means science, so the *Ayurveda* is the science of life that deals with each and every aspect of life that is from *Garbha* to *Moksha*. It has been explained very beautifully by *Acharyas* not only about *Garbha* but also the factors affecting the quality and longevity of *Garbha* Each, and every pregnancy is unique in its way as every woman shows different characteristics at the time of pregnancy, yet it consists of basic common characteristics. It's not easy for every woman to carry this easily, infection affects the pregnancy, smoking, etc. Pregnancy may result positive or negative based on the women's lifestyle and regime. Many times, pregnancy becomes complicated, and the baby is lost, most incidences occur during the first trimester and some after that. As per *Acharya Sushruta*, it is known as *Garbha Sarva* for up to four months and *Garbha Pata* after that. *Acharya Sushruta* the expulsion of the fetus up to the fourth month of pregnancy is termed as *Garbha – Srava* because the products of conception are liquid, thereafter in the fifth and sixth months it is termed as *Garbha- Pata* because by this period the fetal parts have attained some stability or have become solid. Other reasons for miscarriage are any chronic disease such as uncontrolled diabetes any infection affecting the pregnancy, smoking, etc. Our *Acharyas* have given numerous causes of *Garbha Srava* and *Garbha Pata* which are known as *Garbha Upghatkar Bhava*. They may be categorized as *Aaharaj* and *Viharaj Bhav*. *Aaharaj Garbh Upghatkar Bhava* includes *Ushna, Tikshna, Vidahi*, consumption of excessive *Kshara*, emetics, purgatives, all negative emotions like anger frustration, stress, grief, due to coitus, travelling in a carriage, riding on a horse, journey on foot, staggering or stumbling, failing from height as a palace, etc, compression, running fast, sleeping or sitting in uneven place can be included in *Viharaj Bhav*. Causes of *Garbha Pata* may also be categorized as *Sharirik, Manasik*, and *Aagantuj*, the same is described in contemporary science. *Sharirik* reasons may be any disease mother is suffering from, *Manasik* can be considered as mental stress it is well

known that the mental status of a mother to be affects the progeny while *Aagantuj* may be any trauma or any infection such as a TORCH. While we go in-depth most the miscarriage during the first trimester occurs due to genetic factors which can be stated as *Asadhya*, but if it is due to other reasons such as any chronic disease, or unsuitable lifestyle we can treat it by changing the lifestyle that is *Hitkar Aahar Vihar* sevan and using the medicines told by *Acharya, Acharya Sushruta* has described the month-wise treatment to prevent this. The present paper will be helpful to understand the importance of the topic and will provide a theoretical base for clinical application. **INCIDENCE** - It is estimated that 15.6 million abortions take place in India every year, 10-20% of all clinical pregnancies end in miscarriage and another optimistic figure of 10% are induced or deliberate. About 75% miscarriages occur before the 16th week and of here about 80% occur before the 12th week of pregnancy.

MASAANUMASHIK CHIKITSA OF GARBHA-SRAVA AND GARBHAPATA ACCORDING TO ACHARYA SUSHRUTA--

अत ऊर्ध्वं मासानुमासकं वक्ष्यामः- ॥५८॥ मधुकं
शाकबीजं च पयस्या सुरदारु च | अशमन्तकस्तलाः
कृष्णास्ताम्रवल्ली शतावरी ॥५९॥ वृक्षादनी पयस्या च
लता सोत्पलसाररवा | अनन्ता साररवा रास्ना पद्मा
मधुकमेव च ॥६०॥ बहू त्यौ काश्मरी चापप
क्षीररशुङ्गास्त्वचो घृतं मधुपिणी बला
सशङ्खः श्वदंष्ट्रा मधुपर्णिका ॥६१॥ शृंगाटकं बबसं
द्राक्षा कशेरु मधुकं ससता | वत्सैते सप्त योगाः
स्युरधिश्लोकसमापनाः | यथासङ्गं प्रयोक्तव्या गर्भि
त्वे पयोयुताः ॥६२॥
कपपत्थबहूतीबबल्वपटोलेक्षुननददस्थधका | मूलानन
क्षीरससद्धानन पाययेनिषगष्टमे ॥६३॥ नवमे
मधुकानन्तापयस्यासाररवाः पपबेतु क्षीरं
शुण्ठीपयस्याभयां ससद्धं स्याद्दशमे दहतम ॥ [१]

॥६४॥ सक्षीरा वा दहता शुण्ठी मधुकं सुरदारु च ।
एवमाप्यायते गर्सि तीव्रा रुक् चोपशाम्यन्त ॥६५

1st month – *Dravya* to be used are *Madhuk*, *Shak Beej*, *Payasya* and *Surdaru*. *Madhuk* is *Balya*, *Madhur Rasa*, *Snigdha*, *Shonit Sthapana*, *Chhardi Nashak*, having mucolytic properties as it contains glabrin and glabridin which acts like estrogen and promotes lubrication helps to maintain proper lubrication in fallopian tubes, antioxidant, anti – inflammatory, anti-pepsin effect, weight gain *Shak-Beej* is *Mutra Janan* and *Garbhsthanan*, it contains 15 types of proteins which helps to improve endometrial thickness. Thin endometrium is cause of infertility, antioxidant, diuretic activity. *Payasya* is *Rasayana*, it provides nutrition to endometrium, have antioxidant and anti-inflammatory properties. *Devdaru* is antioxidant (contains matairesinol, nortrachelogenin and dibenzylbutyrolactollignan)

2nd month- Acharya has suggested the use of *Ashmantak*, *Krishan Tila*, *Tamra Valli* and *Shatavari* during second month to maintain the healthy pregnancy. *Ashmantak* is *Amla* and *Kashaya* as per *Acharya Charak*, *Acharya Susruta* have explained about *Ashmantak* fruit uses in *prameha*. *Krishna Till* is *Madhur Snigdha*, so it acts as *Balya dravya*, it also acts as *Stanya Janan Dravya*. *Krishna Till* contains sisemin & sisemolin which are good source of folic acid, so it helps to protect neural tube defects.

Tamravalli or *Manjistha* is *Balya*, it contains Manjistin glucoside, anti-inflammatory agent rubimallin, and anti-bacterial compound sitosteol Antioxidant like alizarin and rubiadin, etc. are present, it improves liver function and thus prevents intra hepatic cholestasis of pregnancy which occurs in 60% of ANC, Anti diabetic.

3rd month – *Vrikshadani*, *Payasya*, *Utpal*, *Sariva*, and *Lata/ Priyangu* are drugs to be used during the third month. *Vrikshadani* is an unidentified and controversial herb, *Shatavari Rasayan*, source of many vitamins like A, B1, B2, C, and E, minerals like magnesium, phosphorous, calcium, and folic acid, *Utpal* and *Padma* are *Balya* and *Vishaghna* it prevents bleeding during pregnancy. *Priyangu* Improves

pancreatic function thus preventing GDM. *Kashaya Rasa* helps to prevent bleeding tendencies *Sweta Sariva* Has the strength to alter deformities associated with abnormalities, also acts as an antioxidant

4th month - *Rasna*, *Madhuk*, *Padam Anantmool*, and *Krishan Sariva* are administered during the 4th month. *Rasna* is used as a substitute – antioxidant. *Anantmool* and *Sariva* are antioxidants. *Anantmool* Has the strength to alter deformities associated with chromosomal abnormalities. *Krishan Sariva* is having mild anti-glycemic action. *Kamal Pushpa* prevents hypertension- provide nutrition to foetus, Antioxidant, anti- inflammatory, prolonged estrous cycle, property to inhibit the estrogen surge for implantation, antiestrogenic nature, reduction in protein content of the female genital tract suggests inhibition of estrogen production *Yasthimadhu* helps in the proper functioning of lungs, weight gain.

5th month- *Brihati*, *Kashmari*, and *Vat* or *Ksheerivriksha* are used in the 5th month. *Brihati* is known to have hepatoprotective, antioxidant, and antibacterial properties, source of minerals – calcium, sodium, potassium, zinc and helps to treat urinary tract infections. *Kashmari* is *Garbha Sthapan*, *Stanyajanan* and its fruits are *Balya*. It acts as Immunomodulator, reduces inflammation of the uterus. *Shung* is *Garbhsthanak* and *Garbhashaya Shothahar* as it has antibacterial and anti-inflammatory properties.

6th month- Acharya suggested the use of *Prishnaparni*, *Bala*, *Shigru* and *Shwadanshra*, and *Madhuprnika* reduce the risk of *Garbh Pata* during the 6th month. *Prishnaparni* is one of the drugs of *Laghu Panch Mool*, it is a diuretic and *Balya*, prevents renal infection as it has anti-bacterial properties, it also possesses anti-inflammatory, antimicrobial, antioxidant properties, it is helpful to control diabetes to helps to fight against gestational diabetes mellitus. *Shigru* roots have Pteigospermin which acts as an antibiotic, it is known to have very high nutritional value as it contains Vitamins A, B1, B2, and B3 and also minerals like Ca, K, Mg, Fe, Zn ad P. *Shwadanshra* also known as *Gokshuru* is also component of *Laghu Panch Mool* and *Mutral*, *Garbhsthanak*, and *Balya* it prevents hypertension in

pregnancy with the help of its diuretic property it also contains protodioscine(alkaloid)- helps to increase muscle mass that is *Balya Guna* of *Shwadanshtra*. *Bala* reduces backache.

7th month- *Shringatak*, *Bis* or *Kamal Kanda*, *Draksha*, *Kasheru*, *Madhuka*, and *Sita* are the drugs to be used during the 7th month of pregnancy. *Shringatak* is *Balya* as it contains protiens, fat, carbohydrates, and minerals like Ca, P, Fe, Cu, Na, K, Mg, Mn, I, and also Vit. A, B, C. *Bis* or *Kamalkanda* is a great source of nutrition as it contains water, protein, fat, Starch, sucrose calcium, vit B, and C, it also contains Aspirin which helps to maintain the pregnancy. *Draksha* is *Garbha Sthapan*, *Balya*, *Brihan*, and *Jivaniya*, it acts as a uterine tonic contains many minerals like Na, K, Ca, source of vitamin B1, B2, B6, and C. *Kasheruka* tubers contain progesterone which helps in maintaining pregnancy. *Yasthimadhu* is *Balya* contains glabin and glabridin which acts like estrogens, it also improves cognitive functions of the brain.

8th month -*Kapittha*, *Brihati*, *Bilva*, *Ikshu* and *Nidigdhika* should be used during 8th month. *Kapittha Phala* is antioxidant, anti-microbial and anti-inflammatory, hepatoprotective and roots contains amino acids, malstose, inositol-helps in foetal nutrition. *Bilva* acts as *Garbhashay Shothhara*, ripened fruits are *Balya*, roots are cardiotoxic, anti- bacterial, anti-fungal, antioxidant. *Bruhati- Brihati* is known to have hepatoprotective, antioxidant, and antibacterial properties, source of minerals – calcium, potassium, etc also acts as renal protective, and neuro protective. *Ikshu* is *Balya*, *Brihan* and *Stanyajana* it acts as Anti-hepatotoxic, anti- hyperglycemic, Anti-inflammatory, and diuretic so it prevents urinary tract infections, and liver infections, and controls diabetes. *Nidigdhika* or *Kantakari* is *Garbhasthapak* it has Antibacterial and Antioxidant properties.

9th month- *Achaya* has been advised to use *Sariva*, *Madhuyashti*, *Durva*, and *Ksheeravidari* during the 9th month of pregnancy. *Sariva* provides strength to uterine muscles *Ananta* is a Mild diuretic- that helps to relieve the pressure of the urinary bladder. *Yasthimadhu* Improves lubrication of uterine mucous

membrane, *Durva* is *Jivaniya*, *Vishaghna*, and *Praja-Sthapana* it contains protein, carbohydrate, Ca, K, Mg, etc, *Ksheeravidari* is *Madhura*, *Snigdha* so it is used as *Balya Dravya* to overcome the weakness of body, it has Anti nephropathic, Anti-diabetic, immunomodulator, antioxidant and Anti-stress properties.

10th month- *Shunthi*, *Payasya*, *Madhuyashti*, and *Devdaru* should be used during the 10th month. *Shunthi* is *Vatanulomak*, *Shothahara*, and *Balya* it acts as an Anti-inflammatory, immunomodulator, and anti-microbial agent. As per *Ayurveda* drugs show their effect by *rasa*, *guna*, *virya*, *vipaka*, and *prabhava*. The drugs mentioned above help in the maintenance of pregnancy due to different properties they have. Some of them are having great nutritional value thus provide nutrition to both mother and fetus, some act as anti-infective, anti- inflammatory agents which helps to fight against infections, drugs having anti-thrombolytic properties improves circulation of the fetus and thus nourishment, antioxidants reduce oxidative stress during pregnancy, anti-depressant drugs will be useful to treat *Manasik* factor.

DISCUSSION

In the case of prevention of abortion – The two principles of *Ayurveda* concerning the treatment of any disease are *Prakrati Vighata* and *Nidana Parivarjana* are very helpful, the factors responsible for loss of pregnancy must be avoid either it is *Sharirik*, *Aaghataj*, or *Mansika*. As per *Ayurveda* man and sharir are dependent on one another so the pregnant lady must avoid the unpleasant atmosphere as it will cause stress, aggression, etc. bad emotions and that bad emotions, in turn, will lead hypertension. First trimester vaginal bleeding is the most common problem in pregnancy. Common causes of miscarriage in the first trimester are genetic factors, endocrine disorders, thyroid abnormalities, infections, ectopic pregnancy, molar pregnancy, blighted ovum, or genetic termination. Pregnant women should follow *Nidan Parivarjan*, and the medicines described. The maximum drugs described by *Acharya Sushruta* are *Garbh Sthapak*, *Balya*, *Sothahara*, *Madhur rasa*, *Sheet Virya*

which help to maintain pregnancy and provide nutrition as well.

CONCLUSION

The present paper entitled ' will provide a base for clinical interventions. As discussed above the factors responsible for loss of pregnancy are divided into three categories that are *Sharirik*, *Manasik*, and *Agantuj* and we have to keep in mind all the above factors to avoid miscarriage. Following *Masanumasik Garbhini Paricharya* to avoid *Garbha Srava* and *Garbha Pata* will be very useful. In the present era, the paper will help to understand their mode of action in terms of contemporary science also the drugs described must be used and their clinical efficacy should be documented.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL

Puja Gupta & Vikash Bhatnagar: Contribution of Acharya Sushrut in Management of Garbh Srava and Garbha Pata. International Ayurvedic Medical Journal {online} 2022 {cited May 2022} Available from: http://www.iamj.in/posts/images/upload/3505_3509.pdf