

## *The role of ayurveda in garbhasrava*

**Chavan Sayli Ishwar<sup>1\*</sup>, Salim Mulla<sup>2</sup>**

1. PG Scholar, Prasuti Tantra Avum Streeroga,
2. HOD & Professor, Dept. of Striroga & Prasutitantra

S.M.B.T. Ayurved College & Hospital, Dhamangaon Tal: Igatpuri Dist.: Nashik

\*Corresponding Author: Mob No. 8007797766; E-mail: [drssyliamitmusale@gmail.com](mailto:drssyliamitmusale@gmail.com)

### **Abstract**

Pregnancy is desired and dreamt by all women. Giving birth to a healthy child is important. Indian women seem more likely than other ethnicities to miscarry their first pregnancy or suffer recurrent miscarriages. Ayurveda has a vast knowledge about formation and development of “Garbha” and its pathology. Acharya Charaka termed the expulsion of foetus up to fourth month of pregnancy is termed as “Garbhsrava” because the products of conception are liquid, thereafter in fifth and sixth months it is termed as ‘Garbhapata’ because by this period the foetal parts have attained some stability or have become solid. Ayurveda prescribe herbal preparations for “Garbhasthapaka”. Acharya Sushrut explained various drugs for Garbhsrava chikitsa. It has the Rasayan property and foetal growth promoting action. The present study was designed to find out the effect of

Ayurvedic medicine in Garbhsrava chikitsa. Garbhasthapaka drugs are these which after counteracting the effect of harmful factors for foetus for help in its proper maintenance, thus this can be considered even as a treatment for abortion. Garbhasthapaka drugs are prescribed throughout pregnancy for benefit of mother and foetus.

**Keywords:** Garbhsrava, Pregnancy, Miscarriages, Garbhasthapaka, Ayurveda.

**INTRODUCTION:**

Reproduction is a bio-logical need to continue the progeny. To have a child is the cherished desire of a woman. From the earliest time spontaneous pregnancy wastage has been considered as a major calamity in the females of reproductive age. It is well known that every conception does not result in live born infant. Approximately half of the conceptions are not even recognized 10-15% is lost during 1st trimester and additional 2-3% is lost in later pregnancy. The word abortion means expulsion from the uterus of the product of conception before the foetus is viable. This period of viability is different in different views. In modern medicine the period of viability is taken as 7 months. In Ayurveda this abortion is mentioned with the name of garbhasrava or garbhapata. Up to four months the product of conception expels out in liquid form hence it is called garbhasrava, but after this in 5th and 6th month it is termed as garbhapata because the body of foetus becomes stable or it gets solidified. Charaka has mentioned that if bleeding per vaginum occurs in 2nd or 3rd month to pregnant lady due to apathyasevana, garbha will not retain in uterus because till 3rd month

garbha remains sarhina or ajatsara and stability to foetus comes in 4th month. Pregnancy failure is influenced by a number of factors e.g. nutrition, mode of life, psychology of parents, geography, race, environment, genetic, injury, infection, chronic and acute illness of mother etc.

**MATERIALS AND METHODS:**

Prevention of Garbhsrava can be done by following principles of Ayurveda.

**1. Prakruti Vighata**

For counter acting the factors responsible for the abortion, garbhini paricharya mentioned in Ayurvedic texts should be adopted from starting of pregnancy.

**2. Nidana Parivarjana**

Avoidance of exposure with etiological factors of abortion.

Etiological factors of Abortion including Garbhopaghatakara Bhavas in text by different Acharyas like Charak, Sushrut, Ashtangsangrah, AshtangHridaya, Harit, Kashyap, Yogratnakar, BhavPrakash –

**Aharaja:**

Ruksha, katu, tikta diet etc.

### ViharajaFactors:

Exercise

Coitus

Travelling in carriages

Riding on horse etc.

### Prevention

Primary prevention is adopted by health promotion of pregnant women and specific protection by following certain deeds and avoiding some activities and foods, Ayurvedic concept of prevention of abortion reveals two methods.

### 1.Prakrati Vighata:

Garbhiniparicharyastated by acharyasis a source for health promotion. It must be adopted by pregnant lady for counter acting the factors responsible for the Garbhasrava.

Since abortion is the expulsion of foetus before the period of viability that is 7 months. That's why garbhiniparicharya is mentioned up to 7 months. Charakasays that by initiation of this Garbhini paricharya the women remain healthy and delivers the child possessing good health, energy,voice compactness and superior to others. Reproductive parts and local areas of pregnant lady

remain healthy and suitable for intra uterine life of foetus and normal labour.

### 2.Nidana Parivarjana:

The pregnant lady should avoid the exposure of above said etiological factors of abortion from starting of pregnancy which will prevent the pregnancy wastage. In this way the basic aishna (desire) of every living being especially human beings, the continuance of progeny is accomplished easily.

### Garbhiniparicharya

- According to Acharya Charaka,
- According to Acharya Sushrut,

	Charaka
1 <sup>st</sup> month	Non-medicated milk repeatedly in desired quantity along with congenial diet in morning and evening
2 <sup>nd</sup> month	Milk medicated with <i>madhura</i> drugs
3 <sup>rd</sup> month	Milk with honey and <i>ghrita</i>
4 <sup>th</sup> month	One <i>aksha</i> butter extracted from milk or milk with butter in same quantity
5 <sup>th</sup> month	<i>Ghrita</i> prepared with butter extracted from milk
6 <sup>th</sup> month	<i>Ghrita</i> medicated with drugs of <i>madhura</i> varga

## International Journal of Research in Indian Medicine

7 <sup>th</sup> month	<i>Ghrita</i> medicated with drugs of <i>madhuravarga</i>
-----------------------	---

	<b>Sushrut</b>
1 <sup>st</sup> month	Kashay or Medicated milk prepared with Yashimadhu, shakbeej, Ksheervidari & Devdaru (50 to 100 ml)
2 <sup>nd</sup> month	Kashay or Ksheerpak prepared with Krushnatil, Manjishtha & Shatavari
3 <sup>rd</sup> month	Medicated milk with Shatavari, Shwetasariva, Priyangu
4 <sup>th</sup> month	Medicated milk with Anantmul, Krushnasariva, Kamal, Yashimadhu
5 <sup>th</sup> month	Medicated milk with Brihati, Kantakari, Karkata Kashrunji, Cinamon & Ghrut
6 <sup>th</sup> month	Medicated milk with Prishnaparni, Bala, Shigru, Gokshur, Yashimadhu
7 <sup>th</sup> month	Medicated milk with Yashimadhu, Sita, Raisins.

### DISCUSSION:

The two principles of Ayurveda concerning treatment of any disease are Prakrativighata and Nidana Parivarjana. In

case of Garbhasrava these two principles are very much helpful. Concept of Garbhiniparicharya instructs the mother about specified diet of pregnant woman which helps in her health promotion, healthy growth of foetus & normal labour.

### CONCLUSION:

The present paper entitled as "THE ROLE OF AYURVEDA IN GARBHASRAVA" reveals about the preventive aspect of Garbhasravathrough an Ayurvedic approach. This concept will necessarily contribute in preventing the process of Garbhasrava in present scenario of life.

### ACKNOWLEDGEMENT:

The authors are graceful to the S.M.B.T. institute. The authors are highly thankful to the Principal, S.M.B.T. Ayurved College & Hospital, Nashik and HOD and also thanks to the HOD & Professor, Dept. of Striroga & Prasutitantra for their help and guidance in the study.

### REFERENCES:

1. Ayurveda Prasuti Tantra Evam StriRoga by prof P.V.Tiwari Publication Chaukhamba Orientalia, Varanasi 2nd Ed. 1996.

**International Journal of Research in Indian Medicine**

2. Charaka Samhita with Hindi  
Commentary by Shashtri  
Kashinath, Dr. Gorakhnath,  
Publication Chaukhambha  
Sanskrit Sansthan Varanasi Ed.  
1991

3. Sushruta Samhita by Kaviraj  
Ambika-datta Shastri Publication  
Chaukhambha Sanskrit Series  
Varanasi 7th Ed. 1990.

**Cite this article:**

*The role of ayurveda in garbhasrava*

Chavan Sayli Ishwar, Salim Mulla

Ayurline: International Journal of Research In Indian Medicine 2018; 2(1) : 1-5