

A Review Article on Prajasthapan Mahakashaya on Garbhastarv and Garbhapat W.S.R. To Abortion

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Abstract

Ayurveda is considered as science of life. In Charak Samhita, 50 groups of medicinal herbs are given which are in decoction form which works according to Doshaj Prabhav, some by ras - virya-vipaka. These drugs are also having rasayana properties, which improves the quality of all body elements. They are grouped together to expect the specific action on Ritu (Fertile Period), Ambu (Nourishment for developing zygote), Beeja (Activated Ovum), Kshetra (organs of reproductive system). It means, Prajasthapan Mahakashaya can be used in all conditions related to conception & help in fixing to excellence in progeny. The objective of present study is to review on Prajasthapan Mahakashaya on Garbhastrav and Garbhapat w.s.r to. Abortion & to collect information of these ten drugs on female reproductive system.

Keywords: Ritu, Ambu, Beeja, Kshetra, Bramhi, Drugs.

Introduction

In recent years, there has been increasing recognition that achieving a healthy pregnancy outcome i.e. strongly influenced by a woman's health status, lifestyle and history prior to conception. A healthy baby and a healthy mother are valued hopes and dreams of all cultural heritage. A new WHO report shows that preconceptional care has a positive impact on maternal and child health outcome.

Before a try for a pregnancy there are some things to consider that can help improve your chances of getting pregnant and having a healthy pregnancy. According to Acharya Manu "Woman is born for reproduction." Preconceptional care is a set of intervention intended to identify and to modify biomedical behavioral and social risks in women of reproductive age. The goal of preconceptional care is to improve pregnancy outcome & women's health in general. In 2013, the WHO pointed out that preconceptional care is relevant for all women of reproductive age.

Acharya Sushruta has described four essential factors for fertility which are

- 1) Ritu: Season or period near ovulation or Ritukala
- 2) Ambu: Water i.e. nourishing substances
- 3) Beeja : Seed i.e. Ovum and sperm
- 4) Kshetra : field i.e. female reproductive system

Miscarriage, also known as spontaneous abortion and pregnancy loss is the natural death of an embryo or fetus before it is able to survive independently.

Acharya Charakacharya has described fifty mahakashaya in his charak samhita in fourth chapter of sutra sthan. They are named and titled on the basis of their karma. One of them is Prajasthapan Mahakashaya which stands on forty ninth numbers.

Prajasthapan Mahakashya includes following Drugs:

<i>Brahmi</i>	:	<i>Bacopa monnieri</i> (L.) pennell
<i>Aindri</i>	:	<i>Centella asiatica</i> (L.) urban
<i>Shatavari</i>	:	<i>Asparagus racemosus</i> willd.
<i>Doorva</i>	:	<i>Cynodon dactylon</i> (L.) pers.
<i>Patala</i>	:	<i>Stereospermum suaveolens</i> Gaertn.
<i>Guduchi</i>	:	<i>Tinospora cardifolia</i> Miers.
<i>Haritaki</i>	:	<i>Terminalia chebula</i> Linn.
<i>Kutki</i>	:	<i>Picrorhiza kurroa</i> Royle ex Benth.
<i>Bala</i>	:	<i>Sida cordifolia</i> Linn.
<i>Priyangu</i>	:	<i>Callicarpa macrophylla</i> Vahl.

With the help of Ayurveda and modern medical science this study has been done with the following aims and objectives.

- 1) To recollect the scattered knowledge of the drugs of Prajasthapan mahakashaya.
- 2) To analyze the action of these drugs on female body in those diseases which causes abortion & so how these drugs can be effective.

Keeping these all aims in my mind Charakacharya has given this Mahakashaya.

General Description of Garbhastrav and Garbhapat

The expulsion of fetus upto fourth month of pregnancy is termed as Garbhasrava because the product of conceptions are liquids, thereafter in 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.

According to Ayurveda

Acharya Charak says that abnormalities in the factors responsible for proper growth and development of fetus mentioned earlier can cause either intrauterine death of the fetus or its expulsion before viability

Acharya Vagbhata I says if the woman does not give up contra indicated things the abortion occurs.

Bhela says that all the twenty yonivyapad can cause abortion while Harita holds vitiated dosas specially Vata responsible.

According To Modern Medical Science

Definition: Abortion is the expulsion or extraction from its mother of an embryo or fetus weighing 500 gm or less when it is not capable of independent survival (WHO). The expelled embryo or fetus is called abortus. The term miscarriage, which is mostly used, is synonymous with spontaneous abortion.

Incidence: The incidence of abortion is difficult to work out but probably 10-20% of all clinical pregnancies end in miscarriage and another optimistic figure of 10 % and induced illigaly. 75% abortions occur before the 16th week and of these, about 75% occur before the 8th week of pregnancy.

Etiology: The etiology of spontaneous abortion is often complex and obscure. The following are the potential causes:

- Genetic factors
- Endocrine and metabolic factors
- Anatomic factors
- Infection
- Immunological
- Others

Treatment:

According to Ayurveda

Treatment before expulsion is Use of dry and cold substances is beneficial. Soup prepared with mudgavetc. Should be prescribed in diet for digestion of Ama. Once the state of ama is corrected, unctuous along with cold or only unctuous measures should be used. After expulsion of products of conception, for cleansing or complete evacuation of uterus and relief of pain, wine is beneficial, a fat and salt free Laghu (light) potion prepared with appetizing drugs is beneficial

Prajasthapan Drugs

1) Bramhi

It works as stanyajanan and stanyashodhan. Acharya charak has described Bramhi as nerve tonic, improves the brain cellvfunctions and hence used in various mental conditions leading to psychosis. This drug is used as tonic and foetus promoting drug.

2) Aindri

It helps in Aartavajanan . It works on diseases of menstruation thus helps in conception. Hence we can say as it helps in treating Kashtartava and Vandhyatva. Acharya charaka kept it in Balya, prajasthapan, vayasthapan and shonitsthapan varga respectively. It described as prrabrati shaka in aahar varga.

3) Shatavari

Charakacharya has described Shatavari in different Gana, as Mulasava And Shakavarga etc. The drug has been kept in Balya, Shukrajanan, Prajasthapak And Vayasthapak gana of Mahakashya which are examples of balyadi varga and shonitsthapnadi varga respectively.

4) Doorva

Charakacharya has described doorva in Varnya Mahakashaya

5) Patala

lower of Patala as hridya, Vishada and Sugandhyayukta.

6) Guduchi

Charakacharya has kept Guduchi in Vayasthapan, Stanya shodhan, dahaprashaman, Trishnanigrahan , Chhardi nigranadi

7) Haritaki

charakacharya included Haritaki in Prajasthapan , Kushtagna, Arshoghna, Kasagna, jwarahar gana of Shoditasthapanadi, Truptignadi, Kasahardi varga

8) Kutki

Charakacharya has described Kutki in different gana as Lekhniya, Bhedniya Mahakashaya and stanya Shodhan Mahakashaya.

9) Bala

Charakacharya has described bala in Brahaniya, Balya, Prajasthapan gana of Jivniyaadi, balyadi and shonitsthapanadi resp.

10) Priyangu

Charakacharya has kept Priyangu in mutravirajniya, Purish sangrahaniya varga.

Conclusion

The objective of the present study entitled a review article on Prajasthapan Mahakasaya on Grabhastrav and Grabhapat w.s.r to abortion to analyze all ten drugs of Prajasthapan Mahakashay to provide safe and better pregnancy and the action of those drugs on reproductive system.

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