



KARMUKATA OF MAASANUMAASIKA DRAVYA IN GARBHA VRIDHI

Dr. Manjushree¹, Dr. Mohammed Faisal², Dr. Thejaswi.L.Naik³, Dr.
Gayathri.G.Hegde⁴.

1.PG Scholar, 2. Associate professor PG Department of Dravyaguna, 3. Assistant
professor department of Dravya guna, 4. Associate professor Department of Shalakyaa
tantra.

Sri Dharmasthala Manjunatheshwara College of Ayurveda, Kuthpady, Udupi

Introduction: Due to increase in the complications during pregnancy, it is the need of hour to focus on giving proper anti-natal care. Our classical texts have mentioned various drugs for all 9 months during pregnancy, which focuses on *garbha vridhi*, *garbha sthapana*, and *garbhopaghatakara bhavas* occurring during pregnancy¹. By knowing the *karmukata of dravya*, the *masanumasika paricharya* can be done efficiently by doing different *aushadha yojana* in different conditions of *garbhini* and *garbha*. This helps in bringing up the healthier progeny in society. Hence, When proper *ahara*, *vihara* and *aushadha* are given for 9 months with the knowledge of *dravya karmukata*, proper *Garbha sthapana* will takes place .

Objective: To unfold the *karmukata of dravya* mentioned in the *Masanumasika garbha vridhi*.

Result and Discussion: *Garbhini paricharya* is described in various texts of *Ayurveda*. *Garbhini paricharya* emphasis on knowledge of

masanumasika paricharya, garbhopaghatakara bhavas and garbha sthapaka dravyas. Masanumasika includes ahara, vihara, aushadha. The drugs mentioned in the *garbhini paricharya* directly focuses on protecting *garbhini* and *garbha* with respect to all changes / abnormalities occurring during 9 months of pregnancy. *Guduchi* bieng said in 5th month, directly focuses on reducing sugar levels during pregnancy². Here *karmukata* of *dravya* plays an very important role in deciding *aushadha* in different months in different *garbhini avasthas*. The Acharya charaka has mentioned *karmukata* of *dravya*. *Dravya karmukata* is decided based of various factors such as *Rasa panchaka, adhikarana, kala, upaya* etc. The rate of success increases in nourishing both mother and fetus by administering different *aushadha* with the proper knowledge of *dravya karmukata*,

Conclusion: knowledge of *karmukata* of *Masaanumasika dravya* leads to proper *Garbha sthapana*.

Keywords: *Masanumasika Garbha Vridhi, Dravya karmukata, Garbha Sthapana, Garbhopaghatakara Bhavas.*

INTRODUCTION : Our classical texts have mentioned various drugs for all 9 months during pregnancy , which focuses on *garbha vridhi, garbha sthapana*, and *garbhopaghatakara bhavas* occurring during pregnancy. By knowing the *karmukata* of *dravya*, the *masanumasika paricharya* can be done efficiently by doing different *aushadha yojana* in different conditions of *Garbhini* and *Garbha*. This helps in bringing up the healthier progeny in society. To do the *aushadha yojana* , knowledge of *dravya karmukata* plays important role. *Acharya charaka* explains regarding *karmukata* of *dravya* in a sequential order. He says, there are 3 means by which *karma* takes place, they are *dravya prabhava, guna prabhava, dravya guna prabhava*. To bring out *karma*, he mentions factors like, *yat kurvanti tat karma*(one which is performing an action),

yen kurvanti tadviryam(the potent factor responsible for an action), *yatra kurvanti tadadhikaranam*(where the action is performed), *yada kurvanti sa kala*(when the action is done), *yatha kurvanti sa upayaha*(how the *karma* is performed), *yat sadhayanti tat phalam*(the outcome after the action)³. Once a *vaidya* knows *dravya karmukata*, he can select different drugs for different conditions of *garbhini* during *masanumasika garbha vridhi*. Acharya sushruta, and sahasrayoga text mentions different drugs during 9 months of *masanumasika garbha vridhi*.⁴

AIMS AND OBJECTIVES :

To unfold the *karmukata of dravya* mentioned in the *Masanumasika garbha vridhi*.

MATERIALS AND METHODS :

<u>DRAVYA</u>	<u>KARMUKATA</u>
Madhuka	It has <i>madhura, sheeta</i> and <i>guru gunas</i> which reduce vitiated <i>vata</i> and <i>pitta</i> . It also reduces <i>Globrin</i> which works on oestrogen. Due to its <i>snigdha guna</i> , it increases the <i>shleshmata</i> in the fall.
Shakabeeja	It is known for its <i>Garbha sthapaka karma</i> . It has 15 types of proteins which increase pregnancy maintaining pregnancy.
Payasya	It comes under <i>Jeevaniya gana</i> and <i>Brhmaniya gana</i> . It has <i>gunas</i> like <i>sheeta, madhura</i> muscles and nourishes embryo. It reduces stress levels and prevents.
Suradaru	It acts as <i>Shothahara</i> and <i>vishahara</i> , which reduces UTI'S and other toxic causes of pregnancy like <i>Matericinol, dibenzyl-butero-lactolignon</i> which act as Tissue.

Balamoola

It is one among *Madhura skandha dravyas* and *Garbha sthapaka dravyas*. Its *rakt* prevents abortions.

Concepts related to *Masanumasika garbha vridhi, dravya karmukata* and their clinical application over the symptoms, changes and requirements expressed by the *garbhini* and *garbha* during *masanumasika garbha vridhi* are analysed from Ayurvedic literature, internet source and various journals.

RESULT:

TABLE NO: 1

1ST MONTH PREGNANCY

TABLE NO: 2

2ND & 3RD MONTH PREGNANCY

<u>DRAVYA</u>	<u>KARMUKATA</u>
Ashmantaka	It helps in the process of Fertilization & subsequent development of foetus with competent body structure.
Krishnatila	It has phytochemical constituents like cisemine, Folic acid which protects Garbha. Omega 3,6, PUFAcids which is required for normal growth and brain development. It has fatty acids for continuing pregnancy without poor vascular growth. It has DHA which is transported by placenta from mother to foetus which prevents premature labour.
Tamravalli	It Regulates blood sugar level by preventing gestational diabetes. It Works as foetus & tissue patron. It also Prevents UTI's.
Shatavari	It is Saponin rich which helps in bringing out Antioxytotic activity, preventing reccurent pregnancy loss.
Utpala	It is known for its Garbha sthapaka karma. Its Leaves are used for Miscarraiges. Flowers & Roots for Menorrhagia, abortions, UTI, leucorrhoea. Petioles for bleeding during pregnancy.

TABLE NO: 3

4TH AND 5TH MONTH PREGNANCY.

<u>DRAVYA</u>	<u>KARMUKATA</u>
Ghrita	It Promotes fertility, acts as endocrine stimulant and gives strength to uterus. It has Vit B2 which helps in neuromuscular functions of foetus, preventing abortions. It has Vit b5& folic acid which does DNA synthesis and increases RBC levels, preventing megaloblastic anaemia. It also Helps in Neural tube defects.
Guduchi	It is one among <i>Garbha sthapaka dravya</i> and <i>Tikta skandha dravya</i> which provides significant protection against diabetes & DM induced oxidative stress.
Ksheerishruna	It Prevents Vulvovaginitis during pregnancy. It prevents genital tract infections during early gestation which are causative factor for PTB(preterm birth), PROM(premature rupture of membranes), Spontaneous abortions, prenatal morbidity. It also Increases blood circulation to foetus,
Padma	It Cures <i>Rakta pradara</i> . Acts as <i>Balya & Brihmana</i> . Prevents Recurrent abortions.
Brihati dvaya	It acts as Anti-inflammatory, which reduces pedel edema during this month. It corrects the oxidative damage at placenta level. It Works on TORCH, Antiphospholipid syndrome.

TABLE NO: 4

6TH MONTH PREGNANCY

<u>DRAVYA</u>	<u>KARMUKATA</u>

Prishniparni	Its Leaves are used for treating Gonorrhoea and Uterine contraction which leads to abortions. Its speckled leaf gives protection against evil causing abortions.
Shigru	Its acts as anti-inflammatory and tissue protective. It has high iron levels, high vit.c, it has 4times more Calcium than milk, it has 4 times more vit.A than carrot, it has 2times more protien than milk, 3 times more potassium than banana which nourishes mother during this month.
Shwadamstra	It is diuretic & increases glomerular filtration rate.
Madhuparnika	It stimulates the Reticuloendothelial system, bone marrow cellularity and proliferation of stem cells. It Enhances the haemopoietin growth factor, IL-3. It increases imuunity and prevents gestational HTN
Kanthakari	It acts as Anti-inflammatory and corrects oxidative damage at placenta level, promtes pregnancy.

TABLE NO: 5

7thMONTH PREGNANCY

<u>DRAVYA</u>	<u>KARMUKATA</u>
Shringataka	It acts as <i>Ojo vardhaka</i> . Its Fruit powder is used for bleeding disorders and threateneed abortions.
Visa	It prevents bleeding disorders and menorrhoea. Its seeds causes <i>snehana</i> which stabilizes <i>garbha</i> . It acts as <i>Rakta sangrahi</i> and improves blood cell count. It does <i>Garbha sthapaka karma</i> and reduces the chances of preterm baby, promoting safe pregnancy.
Draksha	It Contains progesterone, which prevents recurrent miscarriage & plays vital role in threatened abortions.

Kasheru	It Prevents from <i>Garbha pata</i> and stabilizes <i>Garbha</i> . It increases progesterone levels which acts on hormonal & immunological mechanism to maintain pregnancy.
---------	---

TABLE NO: 6

8th & 9th MONTH PREGNANCY

<u>DRAVYA</u>	<u>KARMUKATA</u>
Bilwa	It has Anti-fiungal, anti- bacterial and anti- pyretic properties.
Patola	It works as tissue protective. It has Anti-inflamatory property which reduces infection.
Ikshu	It has <i>gunas</i> like <i>Madhura, sara, snigdha, sheeta veerya, madhura vipaka</i> , which acts as <i>brimhana, balya</i> . Even though mother gets over nourished in this month, due to <i>kapha –pitta hara</i> property, it stabilzes both <i>Garbha</i> and mother and gives nutrition to <i>garbha</i> . It Prevents vaginal infections.
Payasya	It is one among <i>Jeevaniya gana</i> and <i>Brhmaniya gana</i> . It has <i>gunas</i> like <i>sheeta, madhura</i> and <i>guru</i> which gives strength to uterine muscles and nourishes embryo. It has antistress activity which prevents Abortions.

DISCUSSION:

- Acharya Sushruta mentions various drugs for *Masanumasika garbha vridhi*.⁵ Sahasrayoga text mentions *eka moolika ksheerapaka kalpanas* during each month of pregnancy⁶.

- During first month, the *garbha* represents itself in *sarvadhātu kalushikruta* form and drugs mentioned during this month like *payasya*, *balamoola* help in nourishing *garbha* leading to proper *garbha sthapana*⁷.
- During 2nd and 3rd month, Miscarriages, pregnancy loss are commonly seen in *garbhini*. *Garbha* represents itself in *pinda/ peshi* form⁸. The drugs mentioned in during these months are Ashamantaka and krishnatila ⁹, which help in the process of subsequent development of foetus with competent body structure. Krishnatila has phytochemical constituents like cisemine, Folic acid which protects *Garbha*. Omega 3,6, PUFacids which is required for normal growth and brain development. Drugs like Tamravalli, shatavari has properties like Antioxytotic activity which prevents reccurent pregnancy loss¹⁰. Utpala Leaves are used for Miscarraiges. Flowers & Roots for Menorrhagia, abortions, UTI, leucorrhoea. Petioles for bleeding during pregnancy.
- During 4th and 5th month, Pedel edema, gestational Hypertension and Diabetes mellitus are commonly seen in *garbhini*. Drugs mentioned during these months are Guduchi, Brihati dvaya. Guduchi being *Garbha sthapaka dravya* and *Tikta skandha dravya* provides significant protection against diabetes & DM induced oxidative stress. Brihati dvaya has Anti-inflammatory action, which reduces pedel edema during this month. Ghrita Promotes fertility, acts as endocrine stimulant and gives strength to uterus. It has Vit B2 which helps in neuromuscular functions of foetus, preventing

abortions. It has Vit b5& folic acid which does DNA synthesis and increases RBC levels, preventing megaloblastic anaemia. It also Helps in Neural tube defects.¹¹

- During 6th month, *garbha* attains *mamsa shonita upachaya* and *Garbhini* experiences *mamsa shonita kshaya*¹². The drugs mentioned during this month are Prishniparni, shigru, madhuparnika . Shigru plays a very important role, as it has high iron levels, high vit.c, 4times more Calcium than milk, it has 4 times more vit.A than carrot, it has 2times more protien than milk, 3 times more potassium than banana which nourishes mother during this month.
- During 7th month, Pre term baby (PTB), threatened abortions are commonly seen¹³. The drugs mentioned like shringataka, is used for bleeding disorders and threateneed abortions.The drug Visa, prevents bleeding disorders and menorrhoea. Its seeds causes *snehana*, which stabilizes *garbha* and reduces the chances of preterm baby, promoting safe pregnancy. The drug Draksha, contains progesterone ,which prevents recurrent miscarriage & plays vital role in threatened abortions.
- During 8th and 9th month *Garbhini* gets over nourished and preterm baby(PTB) is commonly seen. The drugs mentioned like Ikshu has *gunas* like *Madhura, sara, snigdha, sheeta veerya, madhura vipaka*, which acts as *brimhana, balya*. Even though mother gets over nourished in this month, due to *kapha –pitta hara* property, it stabilzes both *Garbha* and mother and gives nutrition to *garbha*.

CONCLUSION:

It can be concluded that it is very essential for a physician to have a proper understanding of *dravya karmukata* for doing *aushadha yojana* according to the different symptoms expressed by *garbhini* and *garbha*. so that the treatment can bring out safe and expected results without any complications, which can lead to proper *garbha sthapana*.

REFERENCE:

1. Vaidya Jadavji Trikamji Acharya. Charaka samhita of agnivesha, shareerashtana, jathisootreeya 8/20, chaukamba publications : Varanasi, 2015; p. 343
2. KV Krishna vaidya, S Gopal pillai. Sahasrayogam, sujanapriya commentary, 30th ed, vidyarambham publishers : alappuza, 2011;p.104
3. Sushruta, Sushruta Samhita, Vol.2, Sharira Sthana, Garbhini Vyakarana Shariraadhyaya, 10/58-65, Edited By Kaviraj Kunjalal, Published By Author, Culcutta1911:237.
4. KV Krishna vaidya, S Gopal pillai. Sahasrayogam, sujanapriya commentary, 30th ed, vidyarambham publishers : alappuza, 2011;p.104
5. Acharya Y T, editor, (1st ed.). Hindi commentary, Nibandasangraha of dalhana on Sushruta samhita of Sushruta, shareeram: Chapter 10, verses 3. Varanasi: chaukamba orientalia, 2021; 387.

6. KV Krishna vaidya, S Gopal pillai. Sahasrayogam, sujanapriya commentary, 30th ed, vidyarambham publishers : alappuza, 2011;p.104
7. Dr. Meghana PP, Dr. Emysurendran, Dr. Varsha Sumedhan, Dr. sinimol TP. A critical review of Garbhini ksheerapakas mentioned in ayurvedic texts of kerala. J Ayurveda Integr Med Sci 2019;3:55-58.
8. Dr. Divya Pawar, Dr.Sameer Gholap , A critical review on Sushrutokta madhukadi dravya in garbhasrava. S.M.B.T College and hospital nashik, Maharashtra. International Journal of Reseach in Indian Medicine. April 2020.vol.4; Issue: 2nd.
9. Sushruta, Sushruta Samhita, Vol.2, Sharira Sthana, Garbhini Vyakarana Shariraadhyaya, 10/58-65, Edited By Kaviraj Kunjalal, Published By Author, Culcutta1911:237.
10. Jadhav A N Et Al., Ayurved And Gynecological Disorders, J.Ethnopharmacol, 2005; 97: 151-159.
11. Concept Of Prevention Of Abortion By Principles Of Ayurveda. Singh Reeta 2singh. S.P. Ijaar Volume III Issue 11 Jan-Feb 2017
12. Sushruta, Sushruta Samhita, Vol.2, Sharira Sthana, Garbhini Vyakarana Shariraadhyaya, 10/58-65, Edited By Kaviraj Kunjalal, Published By Author, Culcutta1911:237.
13. Dr.D.C.Dutta. Text book of Obstretrics.Seventh Edition. Kolkata : New Central book agency (P) Ltd- LONDON, 2013. ISBN: 81-7381-142-3