

A CRITICAL ANALYSIS OF GARBHASTHAPAKA DRAVYAS OF BHAVAPRAKASH NIGHANTU

¹Dr Khushbu Desai, ²Dr Rekha Parmar

¹Final year PG Scholar, Department of Dravyaguna, Parul Institute of Ayurved, Vadodara, Gujarat, India.

²Professor and H.O.D., Department of Dravyaguna, Parul Institute of Ayurved, Vadodara, Gujarat, India.

Abstract: In Ayurveda Brihatrayi, the concept of Garbha Sharira is systematically described in “Sharira Sthana”. Acharya Charaka has described ‘Garbha’ as combination of 3 factors i.e. Shukra, Shonita and Jeeva¹ and Kshetra for Garbhashaya which is important for implantation, proper growth and development of Garbha. In present era, women are facing many problems in conceiving due to changes in lifestyle. Sometimes even after conception, due to non- congenial diet and mode of life bleeding occurs in second and third month. Due to instability of fetus, it is not retained. The incidence rate of abortion in India is estimated 15.6 million every year.³ about 75% miscarriages occur before the 16th week and of these about 80% occur before the 12th week of pregnancy.⁴ There are many Dravyas which act as Garbhashthapaka, Garbhaprada, etc., in Bhavprakasha Nighantu. In present study, the Dravyas having Garbhashthapaka Karma are screened from Bhavaprakasha Nighantu (Lexicon) which is one of the Laghutrayis written by Bhavmishra on the basis of their Rasa, Guna, Virya, Vipaka, Prabhava, Doshakarma and corresponding references mentioned in it. Out of 426 Dravyas, 23 Dravyas identified which possess above mentioned Karma scattered throughout Vargas which includes herb, minerals and animal origin.

Keywords: Bhavprakasha, Garbhashthapaka, Garbhaprada, Infertility, Nighantu.

1. INTRODUCTION

Acharyas had defined Garbhashthapana action as that which removes all the abnormalities in body, which cause obstacles in the conception. They also remove the disorders in fetus which leads to its fetal wastage. Out of those disorders of fetus “Garbha srava” or “Garbhapata” (abortion) is important to understand. In Charak Samhita “Garbhakara Bhava” are described which are the ideal factors required for birth of an ideal baby. The absence of any defect in these factors leads to problems in conception or in sustenance of pregnancy. The same thing is described as Garbhopaghatkar Bhava. both factors represent the causes of difficulties in Garbhashthapana action. They are also known as the structural and functional abnormalities in organs related to conception and female gametes. Main aim and objective of this work is to evaluate all the Garbhashthapaka, Garbhaprada Dravyas which are described in Bhavaprakash Nighantu with their Rasa, Guna, Virya, Vipaka and Dosha Karma along with their latest researches done in their reference of Garbhashthapaka Karma.

The drugs are taken from different Vargas of Bhavaprakasha Nighantu (Indian Materia Medica) of Shree Bhava Mishra (C.1500-1600 A.D.) commentary by Prof. Krishna Chandra Chuneekar, published by Chaukhambha Bharati Academy, Varanasi, and Reprint. In this study we have selected the Dravyas which are having Garbhashayavishudhdhikruta Karma, Garbhaprada Karma, Garbhasansthapanam Karma, Garbhakarini Karma, Putrajanani Karma, Garbhadah Karma, Garbhasansthapan Karma, Garbhashayavishuddhikruta Karma, Garbhashaya vishodhanam Karma, Yonishukravishodhanam Karma described in Shloka form [1]–[3]. Table 1 shows the different name section in the system like carum, kalajajee. Table 2 shows the different name of the book in the vedas structure, Table 3 illustrates the jeevaniya gana in the basic structure of the cycle. Table 4 illustrates the vatadi vargo in the basic structure. Table 5 represents the aamradi phalavarga in the life cycle. Table 6 illustrates the dhatvadi varga in the system of the structure Table 7 illustrates the taila varga in the life cycle of the living being Table 8 discloses the haritakyadi varga in the life cycle on the living being. Table 9 shows the karpuradi varga in the viparka action, Table 10 shows the guduchyadi varga in the system of the living organism. Table 11 shows the vatadi varga in the system of the wellbeing Table 12 shows the aamradi phala varga in the pharmacological action, Table 13 discloses the dhatvadi varga in the vipaka system. Table 14 shows the taila varga in the guna and rasa system in the life cycle

1.1. Haritakyadi Varga

Table 1: Illustrated the Different Name Section in The System Like Carum, Kalajajee.

Sr. No.	Sanskrit Name	Latin Name	Family	English	Action
1	Jirakatraya				Garbhashayavishudhdhikruta
	Jeeraka	Cuminum cyminum Linn.	Apiaceae	Cumin seed	
	Krishna Jeeraka	Carum carvi Linn.	Ranunculaceae	Black Caraway seed	
	Kalajajee	Nigella sativa Linn.	Ranunculaceae	Small fennel	
2	Vrudhdhi	Habenaria intermedia D. Don.			Garbhaprada

*1.2.Karpuradi Varga***Table 2: Shows the Different Name of the Book in the Vedas Structure**

Sr. No.	Sanskrit Name	Latin Name	Family	English	Action
1	Padmaka	Prunus puddum Roxb. Ex Wall.	Rosaceae	Mild Himalaya Cherry	Garbhasansthananam
2	Gorochana	Bezoar Extractum fellis bovini	Cervidae	Gall- Stone Serpent stone	Garbhastrava

*1.3.Guduchyadi Varga***Table 3: Illustrated the Jeevaniya Gana in The Basic Structure of The Cycle.**

Sr. No.	Sanskrit Name	Latin Name	Family	English	Action
1	Kantakari	Solanum surattense Burm. F.	Solanaceae	Wild Eggplant	Garbhakarini (Syn. Garbhada)
2	Jeevaniya Gana				Garbhaprada
	1.Jeevaka	Microstylis musifera Ridley	Orchidaceae		
	2.Rushbhak	Microstylis wallichii Linn.	Orchidaceae		

	3.Meda- Mahameda	Polygonatum airrhifolium Royle	Asparagaceae		
	4.Kakoli- Ksheerkakoli	Roscoea procera Wall.	Zingiberaceae		
	5.Ruddhi	Habenaria intermedia D. Don	Orchidaceae		
	6.Vruddhi	Habenaria acuminate Thw.	Heliconiaceae		
	7.Yashtimadhu	Glycyrrhiza glabra Linn.	Fabaceae		
	8.Jeevanti	Leptadenia reiculata W.&A.	Asclepiadaceae		
	9.Mrudagparni	Phaseolus trilobus Ait.	Fabaceae		
	10.Mashparni	Teramnus labialis	Fabaceae		
3	Lakshmana	Ipomoea sepiaria Koen.	Convolvulaceae	Purple heart glory	Putrajanani
4	Dugdhika	Euphorbia hirta Linn.	Euphorbiaceae	garden spurge	Garbhakarini

1.4.Vatadi Varga

Table 4: Illustrated the Vatadi Vargo in The Basic Structure.

Sr. No.	Sanskrit Name	Latin Name	Family	English	Action
1	Putrajeeva	Putranjiva roxburghii Wall.	Euphorbiaceae	putranjiva	Garbhadah

1.5.Aamradi Phalavarga

Table 5: Embellished the Aamradi Phalavarga in The Life Cycle.

Sr. No.	Sanskrit Name	Latin Name	Family	English	Action
1	Padmakshama	Nelumbium speciosum Willd.	Nymphaeaceae	Sacred lotus	Garbhasansthapaka

1.6.Dhatvadi Varga

Table 6: Illustrated the Dhatvadi Varga in the system of the structure

Sr. No.	Sanskrit Name	Latin Name	Family	English	Action
1	Bolam	Comniphora myrrha Holmes	Burseraceae	Myrrh	Garbhashayavishuddhikruta

1.7.Taila Varga

Table 7: Illustrated the Taila Varga in the Life Cycle of the Living Being

Sr. No.	Sanskrit Name	Latin Name	Family	English	Action
1	Tilataila	Sesamum indicum Linn.	Pidaliaceae	Sesame oil	Garbhashaya vishodhanam
2	Erandtaila	Ricinus communis Linn.	Euphorbiaceae	Castor oil	Yonishukravishodhanam

1.8. Haritakyadi Varga

Table 8: Discloses The Haritakyadi Varga In The Life Cycle On The Living Being.

Sr. No.	Sanskrit Name	Rasa	Guna	Virya	Vipaka	Doshakarma/ Prabhava	Pharmacological action
1	Jirakatraya						
	Jeeraka	Katu	Lagu Rukha	Ushna	Katu	Kapha- Vata Shamaka Pitta Vardhaka	Appetizer, Digestant, Blood purifier, Antispasmodic, Aphrodisiac
	Krishna Jeeraka	Katu	Lagu Rukha	Ushna	Katu	Kapha- Vata Shamaka	Appetizer, Digestant, Antispasmodic, Cardiotonic, Anti- inflammatory
	Kalajajee	Katu	Lagu Rukha	Ushna	Katu	Kapha- Vata Shamaka	Appetizer, Digestant
2	Vrudhdhi	Madhura	Guru Snigdha	Sheeta	Madhura	Pitta Shamaka	Antioxidant, Blood purifier, Appetizer, Tonic

1.9.Karpuradi Varga

Table: 9 Embellished the Karpuradi Varga in the VIPARKA Action

Sr. No.	Sanskrit Name	Rasa	Guna	Virya	Vipaka	Doshakarma/ Prabhava	Pharmacological action
1	Padmaka	Kashaya Tikta	Laghu	Sheeta	Katu	Kapha-Pitta Shamaka/ Vedanasthapan a	Antibacterial, Antimicrobial, Anti- inflammatory
2	Gorochana	Tikta	Laghu Ruksha	Ushna	Katu	Kapha-Vata Shamaka	Antidote to poisons

1.10. Guduchyadi Varga

Table 10: Shows The Guduchyadi Varga In The System Of The Living Organism.

Sr. No.	Sanskrit Name	Rasa	Guna	Virya	Vipaka	Doshakarma/ Prabhava	Pharmacological action
1	Kantakari	Tikta Katu	Laghu Ruksh a Tikshn a	Ushna	Katu	Kapha-Vata Shamaka	Appetizer, Antibacterial, Anti- inflammatory, Aphrodisiac
2	Jeevaniya Gana	Madhura	Guru Snigd h a	Sheeta	Madhur a	Pitta Shamaka	
	1.Jeevaka						Antioxidant, Blood purifier, Appetizer, Tonic
	2.Rushbhak						Antioxidant, Blood purifier, Appetizer, Tonic
	3.Meda- Mahameda						Antioxidant, Blood purifier, Appetizer, Tonic
	4.Kakoli- Ksheerkakol i						Antioxidant, Blood purifier, Appetizer, Tonic
	5.Ruddhi						Antioxidant, Blood purifier, Appetizer, Tonic
	6.Vruddhi						Antioxidant, Blood purifier, Appetizer, Tonic

	7. Yashtimadhu						Antiinflammatory, Antiviral, Antibacterial
	8.Jeevanti						Antioxidant, Immunomodulatory
	9. Mudgaparni						Anti- inflammatory, Aphrodisiac, Antimicrobial
	10.Mashparni						Anti- inflammatory, Aphrodisiac, Nervine tonic, Antibacterial
3	Lakshmana	Madhura	Sara Ruksha Guru	Sheeta	Madhura	Tridosahara	Antifungal, Antioxidant
4	Dugdika	Katu, Tikta	Guru Ruksha Kshara	Ushna	Katu	VataKara	Antithrombocytopenic, anti-inflammatory, immune stimulatory, antimicrobial

1.11. Vatadi Varga

Table 11: Embellished the Vatadi Varga in the System of the Wellbeing

Sr. No.	Sanskrit Name	Rasa	Guna	Virya	Vipaka	Doshakarma/ Prabhava	Pharmacological action
1	Putrajeeva	Madhura Katu	Guru Picchhil	Sheeta	Madhura	KaphaVardhaka Vata-Pitta Shamaka/ Garbhakara	Anti-inflammatory, Antipyretic

1.12. Aamradi PhalaVarga

Table 12: Embellished the Aamradi Phala Varga in the Pharmacological Action

Sr. No.	Sanskrit Name	Rasa	Guna	Virya	Vipaka	Doshakarma/ Prabhava	Pharmacological action

1	Padmakshama	Kashaya Madhura Tikta	Laghu Snigdha Pichchhila	Sheeta	Madhura	Kapha-Pitta Nashaka	Antidote for poison, Antipyretic, In Bleeding condition
---	-------------	-----------------------------	--------------------------------	--------	---------	------------------------	---

1.13. Dhatvadi Varga

Table 13: Discloses The Dhatvadi Varga In The Vipaka System.

Sr. No.	Sanskrit Name	Rasa	Guna	Virya	Vipaka	Doshakarma/ Prabhava	Pharmacological action
1	Bolam	Tikta Katu Kashaya	Ruksha Laghu	Ushna	Katu	Tridosahara	Digestive, Carminative, Aphrodisiac, Intellect promoting, Anti- inflammatory

1.14. Taila Varga

Table 14: Shows the Taila Varga in the Guna and Rasa System in the Life Cycle

Sr. No.	Sanskrit Name	Rasa	Guna	Virya	Vipaka	Doshakarma/ Prabhava	Pharmacological action
1	Tilataila	Madhura Kashaya Tikta	Guru Snigdha	Ushna	Madhura	Vata Shamaka Kapha-Pitta Prakopaka	Antidiabetic, Antimicrobial, Antioxidant
2	Erandtaila	Madhura Katu Kashaya	Snigdha Tikshna Sukshma	Ushna	Madhura	Kapha-Vata Shamaka	Antimicrobial, Anti- inflammatory, Analgesic

2. DISCUSSION

In modern science, the difficulty or failure in conceiving is called as infertility. Garbhasthapana action is to prevent the abortion or miscarriage which is due to the organ abnormalities of fetus, expulsion of fetus, sometimes due to malformation of fetal organ or some maternal pathological condition. Majority Dravyas in Bhavaprakasha Nighantu having Madhura Rasa – Madhura Vipaka and Sheeta Virya. Madhura Rasa contains Prithvi and Aap Mahabhuta. Prithvi Mahabhuta is having Guru and Sthira property which gives strength to the organs of mother hence gives stability to fetus. Vata Dosha is the main factor which is responsible for the organogenesis. If the Vata Dosha is not in its normal state, the anomaly can be developed in fetus. Figure 1 shows the dravyas in Varga of BPN. Figure 2 illustrated the different section of (RASA, GUNA, VIRYA, and VIPAKA) [4], [5] .

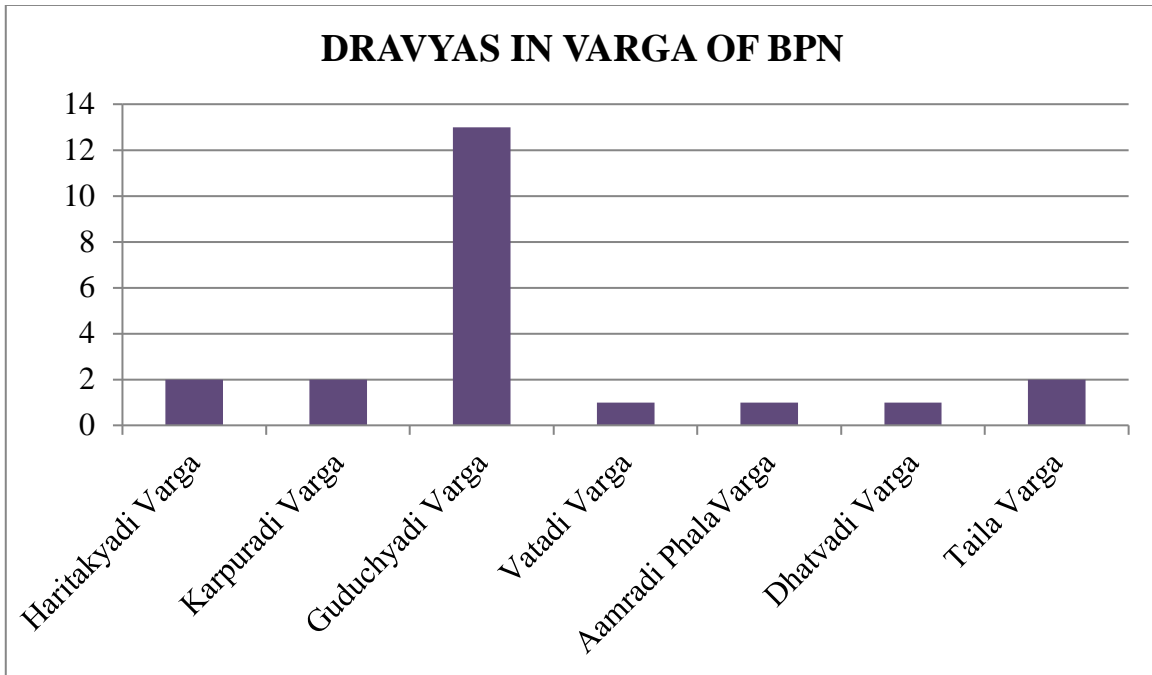
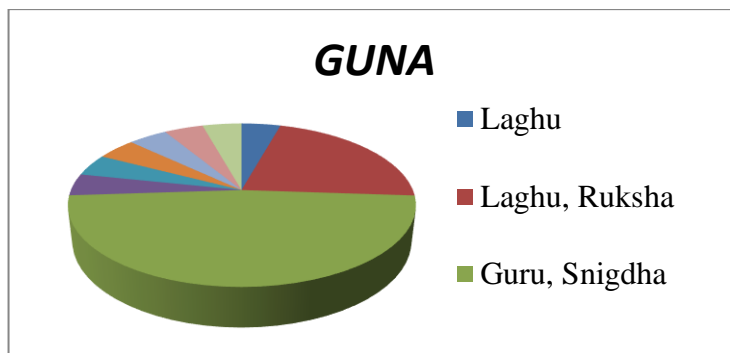
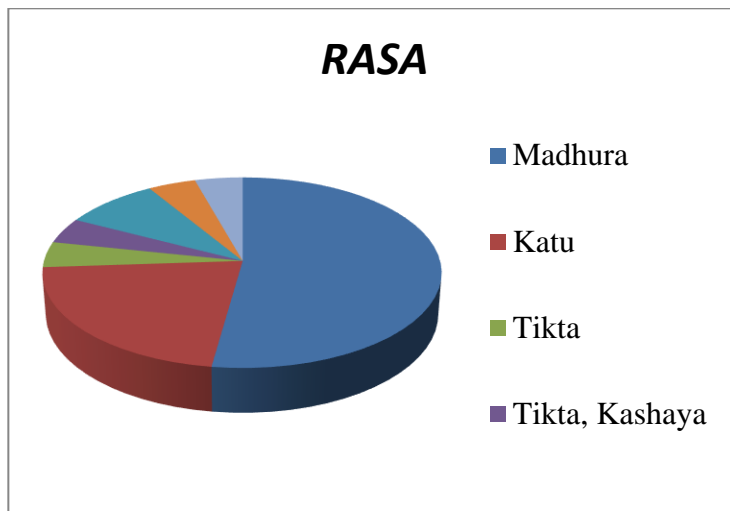


Figure 1: Illustrated the Dravyas in Varga of BPN[6], [7].



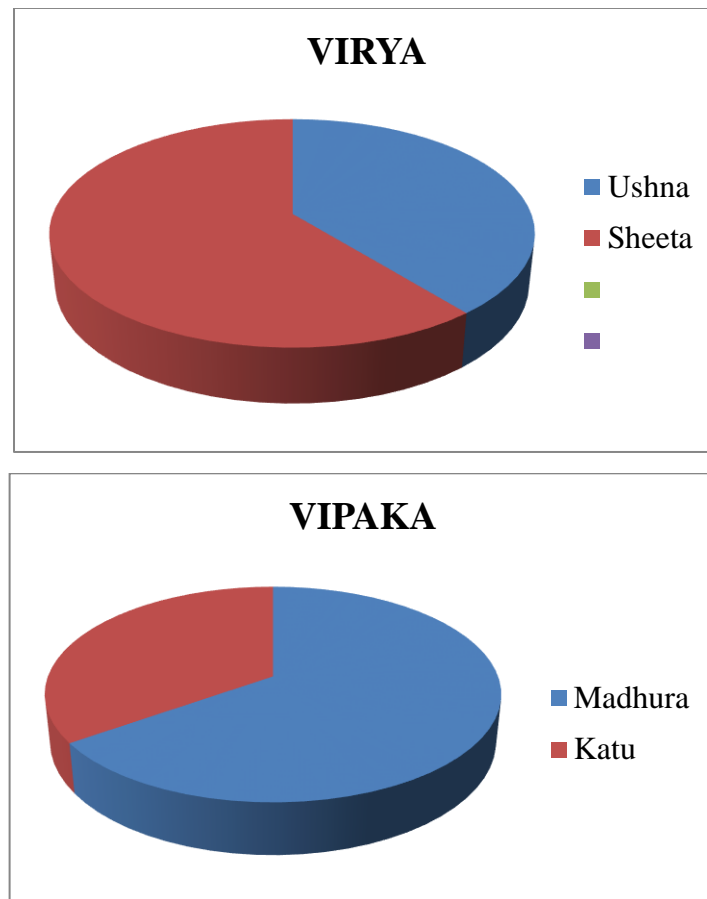


Figure 2: Illustrated the Different Section of (RASA, GUNA, VIRYA, and VIPAKA)

Thus, the Dravyas having Madhura Rasa and Madhura Vipaka like Jeevaniya Gana are useful to pacify the Vata Dosh. Avayava Utpatti is also concerned with the Dhatu. Dhatus are main constitutional factors for genesis and development of Avayava. For example Hridaya is mainly composed of Rakta Dhatu and Kapha Dosh. In the same way different Avyava has been explained in Ayurveda which are developed from different Dhatu. This whole process also depends on the quality of Rasa Dhatu. If the Rasa Dhatu is proper, the Uttarottara Dhatu will be proper according to Dhatuposhana Nyaya. In such a condition the Dravyas having Katu Rasa and Katu Vipaka like Jeeraka- traya are useful to improve the Dhatvagnis to produce Uttarotara Dhatus. Dravyas like Padmaka and Yashtimadhu having Antibacterial, Antiviral, Anti-inflammatory property so they help to protect mother from various diseases during pregnancy. One should use them as per ones need by Yুক্তipramana.

3. CONCLUSION

The above explained Dravyas which are mentioned in Bhavaprakasha Nighantu may help as Garbhasthapaka Dravyas and could also be used in treatment of Infertility. As a result of the research, it can be inferred that dravyas with laghu, ruksha guna, tikta, Kashaya rasa, katu vipaka, and ushna virya have laghu, ruksha guna, tikta, Kashaya rasa, katu vipaka, and ushna virya. Pramehahara characteristics will be improved. The medications they are not mentioned in Ayurvedic scriptures but are beneficial it is possible to try having the above-mentioned characteristics. To produce the Pramehahara effect in a therapeutic setting.

REFERENCES:

- [1] D. Dutta's, "1. Textbook of Obstetrics, Hiralal Konar, 9th Edition, Chapter-16, page no – 151."
- [2] Vaidya Yadavji Trikamji Acharya ed, "1. Sushruta Samhita of Sushruta with Nibandha Sangraha commentary of Dalhanacharya, Sharirasthana, 4/27, published by Chaukhamba Sanskrit Sansthana Varanasi, edition reprint, 2010; 321."
- [3] Vaidya Yadavji Trikamji Acharya ed, "1. Sushrut Samhita of Sushruta with Nibandha Sangraha commentary of Dalhanacharya, Sharirasthana, 4/18, published by Chaukhamba Sanskrit Sansthana Varanasi, edition reprint, 2010; 320."
- [4] Sharma Priyavrat, "Charak Samhita Vol-1, edition 2014, Chaukhamba orientalia Varanasi Sharirsthan,

Chapter 4, Verse 5, Page 428.”.

- [5] Srikanthamurthy K. R., “1. Sushruta Samhita Vol-1, edition 2004, Chaukhamba orientalia Varanasi, Sharirsthana, Chapter 2, Verse 33, Page 26.”.
- [6] Y. L. Manani, S. Chaudhary, H. Baria, and K. Joshi, “ANTENATAL CARE: ROUTINE CARE FOR PREGNANT WOMEN-A SCIENTIFIC APPROACH THROUGH AYURVEDA.” *Pharma Sci. Monit.*, 2015.
- [7] S. Katakdound, “Ayurvedic management of recurrent abortions due to uterine fibroid,” *Anc. Sci. Life*, 2017, doi: 10.4103/asl.asl_189_15.