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Garbhopaghatakara Bhavas: A Conceptual Study

Dr. Sanju¹, Dr. Khushboo Sharma², Prof. Mahendra Sharma³, Dr. Asha gochar⁴

^{1, 2, 4}PG Scholar, ³Professor&H.O.D, PG Department of Rachana Sharir, PGIA, Jodhpur, Rajasthan(India)

Abstract: न स्त्री समम् रत्नम् *There aren't any women who resemble jewels. Because they can bear children, women are extremely valuable. The reproductive stage is the most crucial of the various stages in a woman's life. Being a mother is an amazing dream. The most exciting and difficult time in a woman's life is when she becomes pregnant in order to have healthy children without experiencing any problems before, during, or after pregnancy. Pregnant women should follow the detailed instructions provided by acharyas such as Garbhini paricharya, Patya-apatya, Douhrua apamana, etc. to prevent difficulties and have healthy offspring. Pregnancy is not the time to engage in garbhopaghatakara bhavas. These are nothing but the daily activities and dietetics if followed by pregnant women lead to complications in the fetus like Garbha srava, Garbha vyapads, etc. Due to certain unknown errors of nature and lifestyle of pregnant women, it can take a bad U-turn in their life. Acharyas have explained in brief about Yonivyapad and acharya Kashyapa mentions Jathaharinis, relating to the abortion / fetal loss taking place in different stages of pregnancy. Critical analysis of these Garbhopaghatakara bhavas can guide towards the formulation of a better preventive plan for Garbha vyapads mainly abortions.*

Keywords: *abortion, Garbhopaghatakara bhavas, and Garbha vyapads.*

I. INTRODUCTION

Ayurveda is a comprehensive science that places a strong emphasis on doctors' preconception, throughout pregnant, and postpartum care duties. Pregnant ladies should adhere to a few basic routines that are outlined in our classics in order to have a healthy child and a typical, smooth delivery experience. Because the fetus in the intrauterine environment depends on the mother for both physical and mental development during the pregnancy, it is best for pregnant women to avoid certain dietetics and lifestyle choices. While small harmful habits during pregnancy might not cause illness in the mother, they might have serious effects on the developing fetus. Providing care to expectant mothers to prevent problems including abortions, IUGR, premature birth, and congenital malformations in the fetus is of utmost importance in this day and age, when lifestyle disorders that impair women's fertility are on the rise. Abortion is the removal of an embryo or fetus weighing 500 grams or less from its mother when it is incapable of surviving on its own. It is challenging to determine the incidence of abortion. Of all clinical pregnancies, 10–20% result in miscarriages, with an optimistic 10% being induced or planned pregnancies. The elements that harm a developing fetus are addressed in Garbha Upaghatakara Bhavas. There are some dietetics and lifestyle practices that are advised against for expectant mothers in the classics under the Garbhopaghatakara bhavas. Aharaja, Viharaja, and Manasika bhavas are the three categories we use to group those under in order to make things plain. Table 01: According to Acharyas Aharaja bhavas:2,3,4,5,7 Aharaja bhava Dosha Critical review Effect on fetus Atikatu tikta bhojana Vatapitta prakopa Improper formation of rasa dhatu and stanika dusti Garbha srava, Garbha sosha Atikshara Sevana Pittavata prakopa Vyavavi, vikasi teekshna gunas Garbha Srava Atitikshna ushna padarta sevana Pittavata prakopa Vitae agni, nitrate-rich food led to reduced utero placental flow Garbha srava, Akala prasava Sushka Ruksha anna Sevana Vata prakopa Inadequate calories, Malnutrition Garbha sosha Paryushita Kutitha anna Vata prakopa Inadequate calories, Malnutrition Garbha sosha Dvidala anna sevana Tridosha Agnimandya, excess or reduced protein in not recommended Garbha kshaya, Mruta garbha Madya nitya Tridosha Properties of visha and madya are similar Trishnalu, Alpa Smriti, Anavasthita Chitta Varaha mamsa sevana Vatagna, Kaphapittakrut Pig harbors the parasites Garbha Srava Godha mamsa sevana Vatagna, Kaphapittakrut Rich in nitrates and reduces uteroplacental flow. Sharkarashmari, Shanairmeha. Matsya sevana Vata hara, Kapha kara Mercury crosses the placenta and inhibits the development of the Neurological system Delayed milestones, garbha srava. Samprapti:

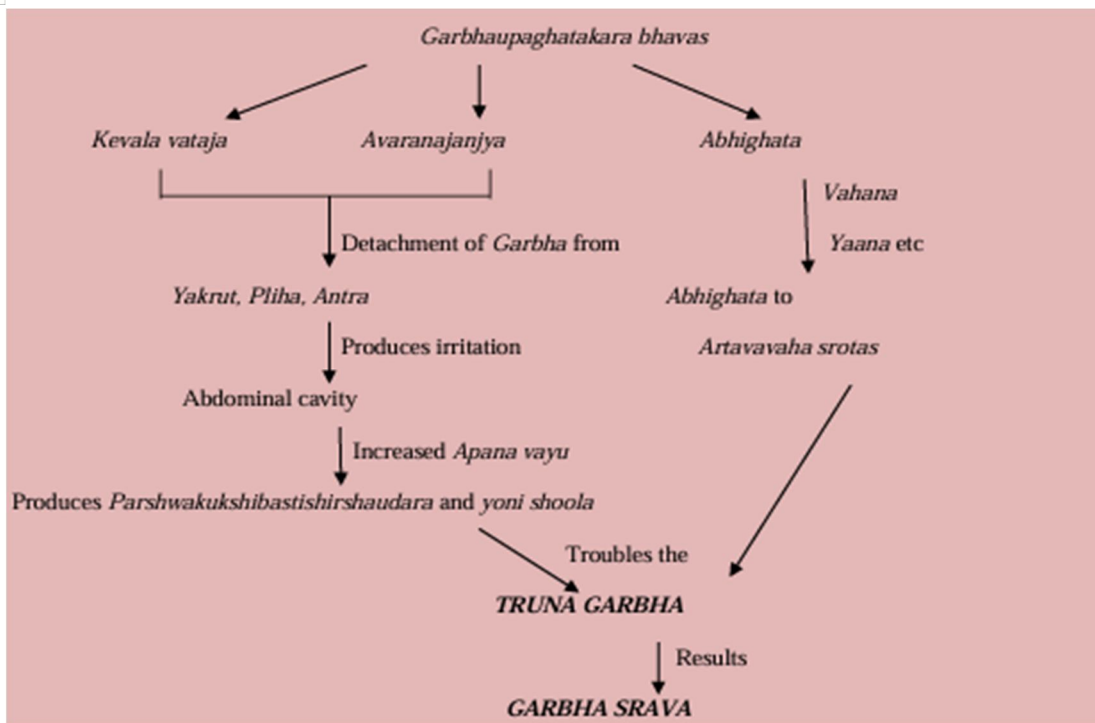


Table 01: According to Acharyas Aharaja bhavas:2,3,4,5,7

Aharaja bhava	Dosha	Critical review	Critical review
Atikatu tikta bhojana	Vatapitta prakopa	Improper formation of rasa dhatu and stanika dusti	Garbha srava, Garbha sosha
Atikshara Sevana	Pittavata prakopa	Vyavavi, vikasi teekshna gunas	Garbha Srava
Atitikshna ushna padarta sevana	Pittavata prakopa	Vitate agni, nitrate-rich food led to reduced utero placental flow	Garbha srava, Akala prasava
Sushka Ruksha anna Sevana	Vata prakopa I	Inadequate calories, Malnutrition	Garbha sosha
Paryushita Kutitha anna	Vata prakopa I	Inadequate calories, Malnutrition	Garbha sosha
Dvidala anna sevana	Tridosha	Agnimandya, excess or reduced protein in not recommended	Garbha kshaya, Mruta garbha
Madya nitya	Tridosha	Properties of visha and madya are similar	Trishnalu, Alpa Smriti, Anavasthita Chitta
Varaha mamsa sevana	Vatagna, Kaphapittakrut	Pig harbors the parasites	Garbha Srava
Godha mamsa sevana V	Vatagna, Kaphapittakrut	Rich in nitrates and reduces uteroplacental flow.	Sharkarashmari, Shanairmeha.
Matsya sevana	Vata hara, Kapha kara	Mercury crosses the placenta and inhibits the development of the Neurological system	Delayed milestones, garbha srava.ss

Table 02: According to Acharyas Viharaja bhavas:2,3,4,5,7

Viharaja bhava	dosha	Effect on fetus
Ativyavaya Ativyayama	Vayu Prakopa	Garbha Peeda, Garbha srava
Yaana, Vahana	Vayu Prakopa	Garbha Srava, Akala Prasava
Adhwagamana	Vayu Prakopa	Garbha Srava, Akala Prasava
praskalana Prapathana Prapedana	Vayu Prakopa	Garbha Srava Mruta garbha (IUD)
Dhaavana	Vayu Prakopa	Garbha srava Antepartum heamorrhage
Abhighata	Vayu Prakopa	Garbha Srava Mruta garbha (IUD)
Koopa Avalokana	Vayu Prakopa	arbha Srava Mruta garbha (IUD)
Vishamshyana	Vayu Prakopa	Garbha Srava
Vishama Asana	Vayu Prakopa	Garbha Srava IUGR
Vegaabhighata	Vayu Prakopa	Garbha Srava Garbha Shosha Akala Prasava
Dhumapana	Pitta Prakopa	Durbala indriya Vaivarnya
Ratrijagahara Atidivaswapna	Vayu Prakopa Kapha prakopa	Garbha Shosha IUGR

Samprapti Ghataka

- Dosha - Vatapitta
- Dushya – Rasa, Rakta, Mamsa
- Agni - Jataragni
- Srotas – Artavaha srotas
- Sroto dusti – Sanga
- Adishtana – Yakrut, Pliha Antra
- Udbhava sthana- Garbhashaya
- Vyakta sthana – Garbhashaya
- Roga marga – Abhyantara
- Sadyasadyata - Kruchrasadya

A critical review of Aharaja bhavas

– Aptya Ahara|



Vata pitta prakopa



Agnimandya Improper formation of Rasa dhatu (improper nutrition)



Inefficeint supply of nutrients for fetal growth

An analysis of Viharaja Bhavas:

- 1) Ativyavaya: When nipple and genital stimulation occurs, prostaglandins and oxytocin are released. This causes uterine contractions and cervical ripening, and it can also cause abortion, preterm labor, or fetal distress.
- 2) Ativyayama - Pregnant women should refrain from stressful exercise.
- 3) Yaana and Vahana: These terms refer to modern practices such as driving on uneven roads and putting undue strain on the uterus, which might result in abortions, etc.
- 4) Adhwagamana: Walking too much when pregnant is not advised since it might cause PROM, early head drop, and other fetal problems.

- 5) Praskalana, Prapatana, Prapedana - Falling, tripping, and compression, respectively; the combination of these three bhavas will result in Abhighata.
- 6) Dhaavana: In order to prevent Garbhasrava, running is strictly forbidden in Garbhini. Running can cause an increase in heart rate, blood pressure, abdominal muscular pressure, and other factors that can result in Garbha Vyapads.
- 7) Kooapa Avalokana: Because of the gravid uterus, a pregnant woman's center of gravity will change. As a result, there is a chance that she will trip and fall, which can trigger Garbha vyapads.
- 8) Vishama shayana: Extended periods of time spent sleeping in an irregular posture might lower the blood flow between the uterus and the placenta, which can result in fetal hypoxia. 9. Vega abhigata - The Dusti of Apana vayu is a result of Vega dharana, which makes Apana vayu normalcy more significant in Garbhini avastha.
- 9) Ratri jagarana - Ratri Jagarana leads to vitiation of vata dosha and it is going to affect the normal development of the fetus by stress factors.
- 10) Ati divaswapna - This leads to kapha prakopa which causes obstruction in the rasavaha nadi and hampers the nourishment to the fetus causing IUGR.
- 11) Rakta vastra dharana - Red clothing should be avoided for the safety of devatas, rakshasas, and their anusvaras, as red is a color of danger and aggression.

As per Acharyas Manasika bhavas: 2, 3, 5, 7

All of these Manasika bhavas, as taught by acharyas such as Shoka, Krodha, Irshya, Baya, and Udvega, result in Garbha vyapada and Tridosha prakopa. Fetal hypoxia results from the release of cortisol from the adrenal gland by all psychological factors, which travels through the placenta and reaches the fetus inside the womb. Stress or unfavorable emotional state might cause the autonomic nervous system to become insatiable or excitable, which can result in abortion. It produces too much cortisol, the stress hormone, which throws off the regular functioning of the hypothalamo-pituitary axis. It also results in a weakened immune system.

Garbhopaghatakara bhavas in the present era – Chemicals utilized in fruit ripening:

- Pregnancy-related exposure to ethylene oxide has been linked to an increased incidence of spontaneous abortion and pregnancy loss.⁸
- Research was done on the mutagenic, teratogenic, and metabolic effects of ethephon on mice dams and foetuses. Both mouse dams and fetuses showed a rise in structural chromosomal abnormalities, particularly when given a high dose of ethephon.⁹
- The pulmonary and cardiac systems are more affected by calcium carbide, which is primarily employed to ripen crops.¹⁰ system and cardiac system.¹⁰
- Junk Foods: Eating junk food leads to weight gain; pregnancy-induced hypertension and various birth defects. A lack of proteins during pregnancy interferes with the proper development of kidneys in the fetus. Increased risk of premature delivery.
- Caffeine:¹¹ Caffeine as a teratogen is derived from various studies that linked a high dose of the compound lead to limb reduction abnormalities and other birth defects.
- Ferrous sulphate: During the first eight weeks of pregnancy, women who consumed ferrous sulphate during their foetus showed a higher prevalence of congenital abnormalities.

II. DISCUSSION

A detailed comprehension of the Garbha-upaghatakara bhavas as stated by our acharyas suggests that they were well-versed in the topics of teratogenicity, congenital deformities, and embryogenesis. The two major elements necessary to sustain pregnancy are vata and agni. From conception until birth, vata is essential to the pregnancy. Eating Satmya ahara is necessary, but even more crucial is properly digesting clogged food to ensure that nutrients are used for the fetus's development. This demonstrates the significance of Agni in the fetus's development. The aforementioned elements will impair Vata and Agni's normal functioning, which will hinder the fetus's ability to receive enough nourishment. The frequency of IUGR, LSCS, and abortions because of cord around.

III. CONCLUSION

Abortions, IUGR, etc., are on the rise these days despite the advancements in medical technology. In order to have a healthy offspring, this article aims to emphasize the significance of a healthy lifestyle in Garbhini I, including a balanced diet and avoiding Garbhopaghatakara bhavas. Garbhini needs to be cared after similarly to a "Taila purna patram," according to Acharya Charaka.



Just as even a small amount of agitation could cause Patra to release her taila, Garbhini needs to get undivided attention to avoid encountering any Garbha vyapad. It is important for a physician to analyse the lifestyle of women and advise them to follow Garbhini paricharya and avoid Garbhopaghatakara bhavas.

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