



EFFECT OF SUSHRUTOKT MASANUMASIK KASHAYA ON MASANUMASIK AVAYAVOTPATTI AND GARBHINI

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ABSTRACT:

Study reveals relation of the *Masanumasik Vruddhi* and *Kashayas* discribed in the *Sushrut samhita*, *Sharirsthan Adhyaya*10. The cell division and organogenesis takes place from the day one. There is a formation of *Saptadhatu*, *Tridosha* etc.. The drugs described and their properties help to formation of Organs, *Saptadhatu* and *Tridosha*.

KEYWORD:

Masanumasik Avayavotpatti, *Kashaya*, Organogenesis, Attributes, *Garbhini*.

INTRODUCTION: There is a great impediment to the progress of humanity. To maintain health from the origin of life, seers have mentioned remedy for healthy pregnancy. As the *Masanumasik vruddhi*, *kashayas* are prescribed by *vaidyas*, but there is no study till date that will establish relation between *masanumasik garbha vruddhi* and *masanumasik kashayas* in *sharir rachanatmak* point of view, which will facilitate and elaborate the significance, and safe and healthy understanding of the drugs included in the *kashayas*.

As these *kashayas* are also mentioned as *garbhashravhar*, the study of attributes (*guna & karma*) will also be helpful in knowing mode of action of drugs regarding their *garbhashravhar* action. The study will also define whether drugs given work as uterine tonics or they have *balya* effect on mother or and fetus also. If these *kashayas* are found to be effective to maintain maternal and child health then these can be prescribed in national health program.

The study elaborates and correlates the significance of *kashaya* attribute on *avayavotpatti*.

MATERIAL AND METHODS

Literature: Ayurved *Bruhatrayi*, Relevant to topic literature of modern books and journals, *Dravyaguna vigyana* books and pharmacognosy books for related topic, Previous related research work to the present topic (Thesis, Articles, Lectures etc.) to correlate attributes of *kashayas* with *avayavotpatti*.

Method and Type of study is Conceptual Study + Literary Research.

Methodology:

1. Critical study of *Avayavotpatti*.
2. Critical Study of *Masanumasik kashaya*.
3. Effect of *sushrutokt masanumasik kashaya* on *masanumasik avayavotpatti* and *garbhini*.

The chemical constitution as well as *ras*, *virya*, *vipak* etc.. Will help us to analysis the effects of *kashayas* on the uterus, mother or embryo. (*garbha*)

CONCEPTUAL STUDY:

According to *Sushrut Samhita* '*Garbha*' is the combination of '*Sukra*' (sperm), '*Artava*' (ovum), '*Aatma*' (soul), '*Prakriti*' (eight natures) and '*Vikara*' (sixteen effects) stationed in the *Garbhashaya* (uterus). Here the embryo is considered as a combined product of the 25 principles of *Sankhya* philosophy and the gametes. (1)

The following factors help in the growth of the fetus in the pelvis of the mother. (2)

1. Excellence of the responsibility for the production of the fetus, viz. mother (ovum), father (sperm), *satmya* (wholesomeness), *rasa* (digestive product of the mother's food) and *sattva* (mind);
2. Adoption of proper regimen by the mother during pregnancy;
3. Availability of nourishment and heat through *upasneha* (transudation) and *upasveda* (conduction) respectively;
4. Proper time; and
5. Instinctive or natural tendencies.

MONTHS	SUSHRUTOKT MASANUMASIK VRUDDHI (3)	ORGANOGENESIS ACCORDING TO MODERN (4)	SUSHRUTOKTA KASHAYA (4)
1 st Month	<i>Kalal</i>	Primary germ layers, Blood vessels formation begins, Heart	<i>Madhukam</i> , <i>Sakbija</i> , <i>Surdaru</i> ,

		forms & begins to beat, Placental formation begins, Primitive gut, pharyngeal arches, limb buds develop	<i>Payasya</i>
2 nd Month	<i>Pinda/ Pesi/ Arbuda</i>	Heart becomes four chambered, Bone formation begins, Blood cells starts to form in liver, Internal organs continue to develop	<i>Asmantaka, Manjistha, Tila, Shatavari</i>
3 rd Month	5 body parts become conspicuous	Brain continues to enlarge, Bone formation continues, Red bone marrow, thymus and spleen participate in blood formation	<i>Vrukshadani, Vayastha, Lata, Uttapal, Sariva</i>

- During the first trimester *garbhini* undergoes many changes. Hormonal changes affect almost every organ system in your body. Extreme tiredness, Tender, swollen breasts., Upset stomach, Morning sickness, Cravings or distaste for certain foods, Mood swings, Constipation, Urination more often, Heartburn, Weight gain or loss. (6)

MONTHS	SUSHRUTOKT MASANUMASIK VRUDDHI (3)	ORGANOGENESIS ACCORDING TO MODERN (4)	SUSHRUTOKTA KASHAYA (4)
4 th Month	All the body parts become clear & <i>chetana</i> appear (double hearted)	Rapid development of body system, Kidney start to work, Passes urine, Nervous system developing, Allowing muscles in your body's limb to flex.	<i>Ananta, Sariva, Rasna, Padma, Madhuka</i>
5 th Month	<i>Mana</i> becomes enlightened	Vernix caseosa and lanugo cover fetus, Brown fat forms and is site for heat production	<i>Both Bruhati, Kashmari, Kshrivruksha, Ghrit</i>
6 th Month	<i>Buddhi</i>	Gain weight, Skin is pink and wrinkled Brain, lungs and digestive system are formed; CNS is developed to control breathing and body temperature.	<i>Prushnaparni, Bala, Shigru, Swadranshta, Madhuka</i>

Most women find the second trimester of pregnancy easier than the first. As *garbhini*'s body changes to make room for your growing baby, *garbhini* may have:

- Stretch marks on your abdomen, breasts, thighs, or buttocks, Darkening of the skin around your nipples, Body aches, such as back, abdomen, groin, or thigh pain, A line on the skin running from belly

button to pubic hairline, Patches of darker skin, usually over the cheeks, forehead, nose, or upper lip. This is sometimes called the mask of pregnancy, Numb or tingling hands, called carpal tunnel syndrome, itching on the abdomen, palms, and soles of the feet. Swelling of the ankles, fingers, and face. (6)

MONTHS	SUSHRUTOKT MASANUMASIK VRUDDHI (3)	ORGANOGENESIS ACCORDING TO MODERN (4)	SUSHRUTOKTA KASHAYA (4)
7 th Month	All the body parts develop	Skin begins to look less wrinkled and much smoother, Fetus 33 weeks and older usually survive if born prematurely.	<i>Shrangataka, Bisama, Draksha, Kaseruka, Madhuka, Sita</i>
8 th Month	Un-stability of <i>ojas</i>	Body fat is 60% of total mass, CNS and some other system continue to develop.	<i>Kapittha, Bhriti, Bilva, Patola, Ikshu, Nidigdhika, Madhuka</i>
9 th Month	period of parturition	Body fat is 16% of total body mass. Even after birth, an infant is not completely developed; an additional year is required, especially for complete development of the nervous system.	<i>Madhuka, Ananta, Sariva, Payasya</i>

Some new body changes *garbhini* might notice in the third trimester include:

- Shortness of breath, Heartburn, Swelling of the ankles, fingers, and face, Hemorrhoids, Tender breasts, which may leak a watery pre-milk called colostrums, Belly button may stick out, Trouble sleeping, The baby "dropping", or moving lower in your abdomen, Contractions, which can be a sign of real or false labor. (6)

RESULTS AND DISCUSSION:

The following points are taken for the discussion.

- On the First month of organogenesis the drugs which *Sushruta* mention are having *Garbhasthapana*, *jeevaniya* and *Rasayana*, also acts as uterus endometrial purifier, immunomodulatory, Tocolytic(uterine relaxant, NSAIDs) properties as well as they all are helpful to increase *Rasadhatu*, which helps in

garbha poshana. Also help to make strong penetration of embryo in endometrium.

- On Second-month blood cells start forming in the liver and also there is a formation of *Pesi*, *Sushruta* mentions the drugs having hepato-protective, Antioxidant, *Stanya Sodhana* effect and *Rakta sodhak* and *Raktadhatu vardhak* activity. There is a formation of *Pinda* which changes in *Arbuda* consequently which helps this formation with the help of drugs which are also having *Guru* and *Bruhana* activity.
- On the Third month of organogenesis, Brain continues to enlarge, Bone formation continues, Red bone marrow, thymus and spleen participate in blood cell formation where the drugs mention are having *Medhya*, *Raktasodhan*, galactagogue, depurative, activities.
- In 1st trimester *Garbhini* may complain of frequent nausea, vomiting and pedal edema. Some drugs are also having *garbhashaya sodhana* and *balya*, anti-

inflammatory, Anti- emetic, *agnideepana* and *amapachana* effect which is necessity for the development of the embryo.

- In Forth month of organogenesis development of the heart becomes clear, *Chetna dhatu* (conscious spirit, *Aatma* or soul) becomes expressive, kidney start to work; embryo passes urine, and there is a continuous development of nervous system, the drugs which *Sushruta* mention is having *Mutrajanana*, improves your cardiac function, *Stanaya-Sodhana*, *Garbhaposhana* and *Medhya* properties.
- In the Fifth month when the mind becomes clearly manifest, Brown fat forms, *Sushruta* mentions the drugs having *Hridya*, *Guru*, and *Snigdha* activity. Also having *Stanyajanana*, *Raktaprasadana*, *Saptadhatuvardhana*, *Ojovardhana* and *jeevaneeya* activity.
- In the Sixth month of organogenesis forms Skin is pink and wrinkled, Brain, lungs and digestive system are formed, weight gain and the drugs which *Sushruta* mention are having activities are *Snehana*, *Varnaya*, *Medhya*, *Bruhana* which is helpful.
- In 2nd trimester Garbhini is having bala and varna hani, karshyata, The drugs mention by *Sushruta* in the second trimester are having Balya, Bruhaniya, Varnaya properties. Also, some drugs have Anti-emetic and balya effect.
- The seventh month of organogenesis the Skin begins to look less wrinkled, the drugs which *Sushruta* mention are having Varniya, Jivaniya, Stambhana properties as, 33 weeks old fetus usually survives if born prematurely.
- The eighth month when body fat is 60% of the total mass and CNS and some other system continue to

develop *Sushruta* mention the drugs having *Garbhayashaya sankochaka*, *Ushna* activities.

- The ninth month of organogenesis the drugs which *Sushruta* mention are having activities are *Jivaniya*, *Balya*, *Vatashamaka*, *Tridoshaghna*, *Stnyasodhana*, *Anulomana* and also *Garbhashaya* strengthening activities.
- The *Stambhan*, *Balya*, *Garbhasthapaka kashayas* prevents *Garbhapata*.
- The viability of the delivered fetus is uncertain up to 7th month; hence these drugs are mention as *garbha shravahar*. And 8th and 9th month drugs are *balyakara* for mother and fetus, *stanyajanana* and for easy delivery by strengthening of all systems of the mother.
- The drugs during 8th and 9th is having *Garbhaposhana*, *Garbhini*pooshana, *Stnyajanana*, *Vatanulomana*, *Stambhana* etc. activities, which is for *Garbhini* as well as *Prasuta*.
- Among all the drugs 34 drugs are having *Madhura rasa* and 23 drugs are of *Tikta rasa* while not even a single drug is having *Lavana rasa* and only two drugs are having *Amla rasa*.
- *Sushruta* has described *Madhukam* and *Payasya* for four months which is maximum times and *Sariva* for three times.
- Month wise *Kashayas* in *Garbhini Paricharya* is very beneficial for the mother to overcome the physiological hindrances of pregnancy such as gastric irritation, tiredness, mood swings, pain in calf and legs, pedal edema etc and for the fetus to have quality nourishment.

CONCLUSION:

The care of the *Garbhini* during pregnancy reflects on the quality and health of the progeny. The *kashayas* Produce and Nourish the *Rasa Raktadi Dhatu*, the manipulation of these factors in the intrauterine life can give a definite scope for the growth and nourishment of the mother and fetus and also in the prevention of diseases. Rather than mere supplementation of folic acid, iron, calcium, and vitamins, nourishing *Garbhini* with something more which takes care of the deficiencies and also provide all round development of the fetus can be considered as a complete antenatal care.

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