



A Conceptual study of use of *Prajastapak Mahakshaya* in BOH

w. s. r. to recurrent abortion.

Shagufta Shaikh^{*1}, Sameer Gholap²

3rd yr PG Scholar¹, Associate Professor²,

Prasuti Tantra and Stree-Rog Dept.

SMBT Ayurved Hospital, Igatpuri, Nashik, Maharashtra

*Corresponding author:- shaggy.blossom@gmail.com

Abstract:

Acharya Charak in Sutrasthan has classified drug According to their mode of action as “MAHAKSHAYA” and has defined mode of action of Prajasthapan Mahakshaya as that removes the Doshas which cause hindrance in process of conception and for the viability and sustenance of pregnancy. In this study aim would be to analyze the mode of action of each drug with its Rasa, Guna, Virya, Vipak and Doshagnta in conception and maintenance of Pregnancy especially in case of BOH due to Recurrent Abortion where there is fetal loss especially in First trimester. Prajasthapan Mahakshaya executes its mode of action by two means : 1st-Maintenance of Healthy Environment of Conception. 2nd-Preventing the loss of pregnancy This mode of action can be established by usage Prajasthapan Mahakshaya in First trimester of Pregnancy instead of use of Human chorionic gonadotropin and micronized progesterone as support in first trimester of pregnancy .Hence effort has been made to

provide an alternative to Modern drug and Theoretical establishing the efficacy and pharmacological action of Prajasthapan Mahakshaya.

Keywords: Prajasthapan Mahakshaya, Recurrent Abortion, Conception, Sustenance Of Pregnancy

INTRODUCTION:

Acharaya Charak in Sutrasthan 4th Adhyay has classified drug according to their mode of action, he has described fifty group of dravyas termed as “DASHEMANI” i. e Ten among it is Prajasthapan Mahakshaya.

As Pregnancy is desire of every woman and loss of Foetus is tragedy for mother and occur due to many causes, Hence it is necessary to focus on the obstacle that prevent conception and sustenance of pregnancy especially in 1st trimester with Idiopathic Cause. Hence effort has been made to understand the action of Prajasthapan Mahakshaya in BOH especially

in case of First trimester due to Idiopathic cause .

MATERIAL AND METHOD

The Conceptual study based on review of Prajasthapan action and Prajasthapan Mahakashaya in BOH.

MATERIAL

CharakaSamhita with Chakrapani commentary. Authentic books of Dravyaguna Vigyana literature – Acharya Priyavarth Sharma. Ayurved Softwares -e-Nighantu (Collection of Āyurvedic Lexicons) Designed and Developed by National Institute of Indian Medical Heritage (NIIMH), Hyderabad.

METHODOLOGY :

Review of Charakokta Mahakashayas with special reference to Prajasthapan Mahakashaya is obtained from Charak Samhita . Detail study of Dravya Swalakshanas i.e Rasa, Guna, Virya, Vipaka, Doshaghnata and its action on Dhatus and Rogaghnata, of each of the ingredient Dravyas of Prajasthapan Mahakashaya is done . In this study the obtained data is analyzed with a view of obtaining evaluation of Prajasthapan action as a treatment for its obstacles.

In Charakokta Mahakashaya Acharya Charaka has describe “Bahu-karma-kartrutva” of Dravyas , by emphasizing mode of Action of Dravyas mention in Mahakashaya. Acharya Charaka has also uttered that the elucidation of 500 decoctions is neither too comprehensive nor too brief. This could be achieved through the logical analysis of properties of Dravya (Swalakshanas, Anumana & Yuktikushalata). The fifty Mahakaśāyas are again categorized into ten prominent groups named as Kaśāya Varga, with prominent suffixes. One of it is „suffix.-Sthapan“. It meansstatus quo“ i.e. „bringing back to normalcy“. This is done by correcting the vitiated Doshas which are responsible to disturb the status quo. The Dravyas in these groups bring Samdoshawastha of all the related derangements in above mentioned features and further retain the normalcy. There are 5 Mahakashaya in this Varga one of i.e. Prajasthapan Mahakashaya is focused in this study.

Prajasthapan Mahakashaya The Swalakshana study of Prajasthapan Mahakashaya Dravyas, from different study materials related to Dravyaguna Shastra, helps to interpret the wide action potential of them. The data obtained about ingredient Dravyas actually evaluate those specific actions whose combination has emerged in the form of Prajasthapan action.

| Dravya Name | Rasa | Guna | Virya | Vipaka | Doshaghnata | Action on Rakta | Actions on Anya Dhatu | Rogaghnata |
|--|------------|--------------|-------|--------|-------------|-----------------|-----------------------|--|
| Endri (Indravār uni) (Citrullus colocynthis) | Tikta,Katu | Lavana, Sara | Ushna | Katu | KP↓V↑ | | | Rechana, (Kleda,)↓, Garbhashaya Sankochak, |

| | | | | | | | | |
|---|----------------------|------------------------|--------|---------|---------|---|--------------------------------------|--|
| Bramhi (<i>Bacopa monnieri</i>) (Linn). Pen nel | Tikta, Katu, Madhura | Lavana, Picchila, Sara | Sheeta | Madhura | KV↓, P↑ | Asrajit | Medodhatu↑ | Medhya, Hridya, Rochan, Dipan, Rasayan, Pandu, |
| Shatavirya, (Neela Durva) (<i>Cynodon dactylon</i>) (Linn) Pers | Madhura, Tikta, Katu | Lavana | Sheeta | Madhura | KP↓ | Rakta Prasada, Jivana, Rakta Stambhana, Yonigata Rakta Satmbhana | Vrishya | Chakshu shya, Rochan, (Stambhan, Chardi, Amatisara, Kasa)↓ |
| Sahasravirya, (Shweta Durva) | Madhura, Tikta, Katu | Lavana | Sheeta | Madhura | KV↓ | Asrahar, Rakta Gata Dosha Shaman, Rakta Stambhana, Yonigata Rakta Satmbhana | Vrishya, Ojovardhana, Dhaturvardhana | Rakshoghni, Rochan, (Daha, Trishna, Visarpa, Jwara, Raktapitta, Shosha, Chardi, Vrn)↓ Bruhan, Sthirakaroti Garbha, Vranagata Rakta Stambhana, |

| | | | | | | | | |
|--|---------------|----------------|----------|--------|----------------------------|--|--|---|
| | | | | | | | | Vrana Gata Daha Shaman, |
| Amogha(Patala) (<i>Stereospermum chelonides</i>) | Katu, Madhura | Tikta, Gurua | Anushana | KTri ↓ | | Kaphasranrut (Bn), Raktaprakopa Hara | Vrishya | Rochan, (Chardi, Adhmana, Arsha, Trishna, Shwasa, Kasa, Hikka, Rktapitta, Daha, Pittaj Atisara,)↓ |
| Avyatha (Guduchi) (<i>Tinospora cordifolia</i>) | Katu, Katu | Tikta, Lavana, | Ushna | Man | Tri↓, Saman Dosha Anudiran | Rakta Prasada, Raktagata Kle, K, P, V Hanti Rakta Gata Visha ↓ | Dhatu Vardhan, Meda Shaithilya Haran, Mamsa Prasada, Mamsa Vardhana, Vrishya | (Daha, Kandu, Jwara, Pandu, Shula, Pliha, Visha, Visarpa, Kushtha, Vata |

| | | | | | | | |
|---|---|------------------------------------|------------|-------|--|--|--|
| | | | | | | | j Kasa, Vatarakta, Amvata)↓ |
| Shiva (Haritaki) Terminelia chebula Retz | Madhura,Amla, Katu, Kashya, Tikta | Lavan a, Ruks ha | Ushan a | MTri↓ | Rakta Vardhana, Rakta Dhatu Gata Ama Pachana, Dhatvagni Vradhana, | Dhatu Vaha Sroto Vibandha Nashana, ,Dhatvagni Vardhana, Dhatu Gata Ama Pachana, Mamsadhatu↑, Mamsa Dhatu Gata Kleda Shoshana, Mamsa Dhatu Gata Dosha Pachana, Mamsa Dhatvagni Vardhana, Medo Dhatu Gata | Dipan, Lekhan, Medhya, Chakshushya, Kanthya, Hridya, (Kasa, Shwasa, Gulma, Prameha, Kushtha, Shosha, Yakruta Vikara, Pliha Vikara, Kamala, Udara, Vatarakta, Ashmari, Vrana, Anaha, Hikka)↓ |
| Arishta (Kutaki) Pichrorza kurroa. Royle Benth | Katu,Tikta | Lavan a, Ruks ha, Sara | Sheeta | KKP↓ | Rakta Gata Pitta Shaman, Rakta Prasaadana | Rasa Gata Pitta Saman, Rasa Prasadana, Stanya Shodhana | Dipana, Rechana, Bhedana, Rochana, Hridya, (Jwara, Vishama- Jwara, Daha, Kaphaja Vikara, Prameha, Shwasa, Kasa, Kushtha, Krimi, Chardi, Visha, Kamala)↓ |

| | | | | | | | |
|---|-------------------|---------|--------|------------------|---|--|--|
| Vatypushpi (Atibala) <i>Abutilon indicum</i> (Linn) | Madhura,(T,K-Rjn) | Singdha | Sheeta | VP↓,(V Anulom an | Asrajit, Rakta Prasadana, Rakta Skandana, Rakta Gata Vata Pitta | Mamsa, Shukra ↑, Dhatu Vardhana, Ojo ↑ | Hridya, Balya, Rasayan, Kanti↑ (Arsha, Shosha, Vishama Jwara, Asrukdar, Meha, Vatarakta, Raktapitta, |
|---|-------------------|---------|--------|------------------|---|--|--|

| | | | | | | | | |
|--|-------------|---------------|--------|---------|-------|---------------|---------|---|
| Vishvaksenaka (Priyangu) (<i>Callicarpa macrophylla</i>) | Tikta, Katu | | Sheeta | Katu | PV ↓ | Rakta Shamana | Vrishya | Balya, Vishtambhi, Keshya (Rakta-Yoni)↓ (Kleda, Mutra)↑ |
| Kadali (<i>Musa paradisiacal</i>) (Linn.) | Madhura | Guru, Singdha | Sheeta | Madhura | PKV ↓ | | | |

Discussion

Prajasthapan action of these drug as stated by Acharya has defined Prajasthapan action as that which removes all the abnormalities in body, which cause obstacles in the conception or create disorders in fetus leading to its fetal wastage. Out of many disorders of fetus „Garbha srava“ - Garbhpatha (abortion) is having an important role amongst all. The Ayurveda literature in Charak Samhita describes the “Garbhakara Bhava” the ideal factors required for birth of an ideal baby. The partial or total absence of these factors, leads to problems in conception or in sustenance of pregnancy. The Garbhopathakar Bhava also describes the same. Both factors represent the causes of difficulties in Prajasthapan action. They are majorly recognized as the structural and functional abnormalities in organs related to conception

and female gametes, “Shonita-Garbhashaya”. Absence of “Matru Vrutta Saushtav” i.e. eating and behavioral mistakes by a mother, particularly consumption of Guru (heavy), Tikshna (penetrating), Ushna (hot) food and narcotic drugs causing delirium (Madakari Dravya) and Vata Dosha aggravation. Improper „Upasnehan“ i.e. fetal nourishment through placental circulation and the circulating vitiated Dosha in female body are also spotted as one of the causes, these Doshas are exhibited in the form of various Vyadhis in that female.

As per contemporary science the hindrance for Prajasthapan action is accepted in the form of failure to conceive because of infertility or to sustain the pregnancy due to either intrauterine death of fetus or its expulsion before viability, in the form of miscarriages, abortions etc. The medical

conditions which are recognized as the likely causes of it are – uterine malformations, cervical malformations, cervical incompetency, placental abnormality, fetal heart malformations, and fetal chromosomal faults. Diseases in mother like pelvic inflammatory disease, salpingitis, gonorrhea,

overactive thyroid gland, pituitary gland disorders, uncontrolled diabetes, cancer, autoimmune diseases, hormonal deficiency, maternal bacterial infection, maternal viral infection, major traumatic injury, malabsorption of food etc. are also held responsible.

| Sr.no | Conditions creating obstacles for Prajsthapan in a female | Probably fruitful action | Application of contrast actions from the actions contributed by Mahakashaya | Dravyas from P.S Mahakashaya that are pin pointed for choice, on basis of study. |
|-------|--|---|---|--|
| 1 | UTERINE ABNORMALITIES AND RECURRENT ABORTION (Garbhashaya Daurbalya) | Mamsa Dhatu correction (increasing muscle strength) | Mamsa and Medo Shaithilya Nashan, Mamsa Prasadana, Mamsa Vardhana, Mamsa Gata Dosha – Ama Pachana, Mamsa Dhatvagni Vardhana | Guduchi, Durva, Vatyapushpi, Haritaki |
| 2 | (Unexplained Expulsion of fetus | Controlling and correcting the causes of bleeding tendency in a female | Shonitativravritti Nashan, RaktaSkandan, RaktaStambhana, Rakta Gata Pitta-Vata Shaman | Vatyapushpi (Atibala), Priyangu, Durva, Kadali, Guduchi |
| 3 | Infection and Recurrent Abortion | Correcting the circulation problems (Rasa Rakta Samvahan), Correcting Rakta deformities as- . (Rakta has role in fetal-organ-development) | Rakta Dhatvagni Vardhana, Rakta Gata Ama Pachana, RaktaGata Visha Nashan, Rakta Gata Tridosha Shaman, Jivan, Prasadana | Durva, Guduchi, Kutaki, Haritaki |

| | | | | |
|---|--------------------------------|---|--|---|
| 5 | Placental Abnormalities | Correcting circulation problems (Rasa Rakta Samvahan) and giving Disease treatment. | Dravyas with specific Rogagnata in Prajasthapan MAHAKSHAYA | Kushtha- Bramhi, Guduchi Raktapitta- Durva, Patala Vatarakta- Bramhi, Guduchi, Haritaki Prameha- Bramhi, Kutaki etc. |
|---|--------------------------------|---|--|---|

UTERINE ABNORMALITIES AND RECURRENT ABORTION

Apart of the Anatomical Abnormalities the strength of Kukshi i.e Garbhasay (uterus) is very important for Prajasthapan. After the union of male and female gametes (Shukra Rakta Samyoga), the formed zygote is implanted and nurtured in the endometrium of Kukshi (uterus). A weakened and incompetent uterus and cervix proves fatal for fetus. In Modern Obstetrics cervical incompetence and Luteal phase defect can be described according to this. The uterus, being a visceral organ, it is muscular (Mamsa Dhatu Pradhana). Hence when hindrance to Prajasthapan is due to organ weakness, the correction of Mamsa is expected to yield healing effect. The Dravyas such as practically Guduchi, Durva, Vatyapushpi (Atibala), Haritaki are useful for this through their actions such as correction of metabolism of muscle tissue (digestive fire within Mamsa Dhatu), overcoming the sluggishness in Mamsa and Medo Dhatu, refreshing Mamsa Dhatu and causing its nourishment and increase (i.e Mamsa Dhatvagni Vardhana, Mamsa Gata Dosha – Ama Pachana, Mamsa, and Medo Shaithilya Nashan, Mamsa Prasadana, Mamsa Vardhana). Also this result is evident from the update researches on Guduchi and Atibala, Haritaki on musculoskeletal system.

Unexplained Expulsion of fetus-

Sometimes the fetus gets expelled out before it is properly embedded and adapted inside uterus “the Garbha Shaiyya” and sometimes this tendency continues and there is a continuous threat of miscarriages or abortions. 50% of cause of First trimester abortion is Chromosomal Abnormalities. The factors causing Rakta Gata Pitta Prakopa are found to be amongst the underlying leading cause of Garbhastrav. Rakta Gata Pitta Prakopa is caused by consumption of Ushna, Tikshna factors. This lead to Dusti of Rakta, like “RaktaUdriktatva” i.e. agitated fast flowing Rakta with high volume], Tanu Rakta i.e. Rakta having a much reduced density and Askandi Rakta i.e. Rakta with a tendency of non-coagulation. As Rakht and Pitta have Ashraya Sambhand this lead to „Rakta Dushti” which causes bleeding tendencies, that increase the maximum risk of habitual abortions. In Modern obstetrics it is described under the heading of APLA syndrome which is Antiphospholipid syndrome where there is formation of Thrombosis due to hypercoagulable state. These Dravyas in Prajasthapan Mahakashaya like Vatyapushpi (Atibala), Priyangu, Durva, Kadali, Guduchi, Kutaki have capacity to control bleedings by their actions like “Raktatipravriti Nashan” (stopping of bleeding), „Rakta Skandana” (coagulation) and „Raktasthapan” (maintain to normalcy).

Infection and Recurrent Abortion:

Sometime Chronic pathologies in the females body are also responsible for obstruction to Prajasthapan action, in the form of either infertility or miscarriages eg- Grade 2 and 3 Endometrosis, TORCH. Some Dravyas from this Mahakashaya are directly having specific disease curing capacity (Rogaghnata). For example- For curing Vatarakta- Dravyas like Bramhi, Guduchi, Haritaki, for Prameha- Bramhi, Kutaki, Haritaki etc. Thus, some of the MAHAKSHAYA Dravyas probably execute Prajasthapan action by, basically treating the pathology that is creating obstacles in Prajasthapan. The update researches also indicate this by evaluating the Anti-Microbial, Antibacterial, Anticancer, Antidiabetic, Antimutagenic, Antioxidant, Antiviral, Cardioprotective, Hepato protective, immunodulatory actions of the dravyas like Haritaki, Guduchi, Kutaki. These pathologies are amongst the recognized anti Prajasthapan causes.

Carakacharya has also said, the diseases can be corrected by correcting the process of circulation i.e. stabilized Rasa Rakta Samvahan. This is because; logically due to the correction of transport medium of medicine in the body, the ideal treatment of that disease is able to reach the appropriate sites in appropriate time, and start yielding positive results. With this reasoning; if the Dosha vitiation in Rasa and Rakta are cured, then the ideal Rasa Rakta Samvahan i.e. ideal circulation, will be established in mother's body. As a result, the ideal effect will reduce the outcome of disease pathology. This can thereby reduce the possible anti Prajasthapan effect of pathology as stated above.

Placental abnormality:

This is one of the leading cause of hinderance in fetal circulation, is one of the major causes of fetal wastage. The ideal

circulation will also competently nourish the fetus. This will also subsequently achieve ideal organ sustenance of the fetus (Garbhavayava Poshan). Faulty nourishment may precipitate organ malformation in fetus. This can cause the immature death of fetus due to uncertain viability of its organs like „fetal heart malformation“. Actually Ayurveda has considered the crucial role of Rakta in the process of fetal organ development. hence, there is a great importance of correction of deformed Rakta in mother's body, for avoiding the threat of fetal organ defects. The Dravyas from Prajasthapan Mahakashaya, that are actually capable to execute Prajasthapan action with this focus are Durva, Guduchi, Kutaki, Haritaki by their actions like Rasa Gata Pitta Saman, Rasa Prasadana, Rakta Gata Ama Pachana, Rakta Gata Visha Nashan, Rakta Gata Tridosha Shaman, Jivan, Rasa Rakta Prasadana, Dhatuvaha Srotovibandha Nashan etc. The update researches support the actions of these Dravyas like the antitoxic, hepatoprotective and cardio protective, antioxidant and actions on digestive system, genitourinary and reproductive system]

Therapeutic actions contributed, in majority; by this Mahakashaya Dravyas are – Out of 10, six Dravyas cure Daha, four Dravyas are Pachana, five Dravyas cure Chardi, Visha, Jwara, Raktapitta, Kushtha, and four Dravyas offer cure for diseases like Prameha, Vatarakta, Pliha Vikara. These conditions create obstacles in Prajasthapan in some or the other way. Thus, the present study emphasizes and logically justifies, the Charakacharyas notion that Prajasthapan MAHAKSHAYA is capable of covering all the possible obstacles for Prajasthapan through the varied therapeutic actions of its Dravyas.

Each Dravya of 50 Mahakshayahas immense capabilities. On that basis, alike Prajasthapan

MAHAKSHAYA, the exploring and pin pointing of Mahakshaya Dravyas, for justifying the MAHAKSHAYA action, is possible for all Mahakshaya Dravyas on basis of Charakacharyas guidelines as quoted above.[45] This is a literary based study in context of Prajasthapan action. This study can prove as a foundation for an evidence based evaluation through clinical and experimental studies of this aspect.

CONCLUSION

Hence Charakota Prajasthapan Mahakshya According to its KaryakarmaGuna can be used in prevention of Unexplained fetal loss And hereby prevent Recurrent miscarriage caused by various pathology. The drug in prajasthapan Mahakshaya are Tridoshasamka and have potential in outcoming the doshas which causes obstruction in fertilization, Implantation and Continuation of Pregnancy.

REFERENCES

1. Vaidya Yadavji Trikamji Acharya ed, Sushrut Samhita of Sushruta with Nibandha Sangraha commentary of Dalhanacharya, Sharirasthana, 4/27, published by Chaukhamba Sanskrit Sansthana Varanasi,2010 edition reprint; 321.
2. Vaidya Yadavji Trikamji Acharya ed, Charak Samhita by Agnivesha revised by Charak and Dridhbala with Ayurved Dipika commentary of Chakrapanidatta, Sutrasthana,4/22, published by Chaukhamba Prakashan Varanasi, edition reprint, 2009; 35.
3. DC DUTTA TEXTBOOK OF OBSTERITICS ,chapter 8,page no 124.
4. Acharya Priyavarth sharma Dravguna vighyan. Part 2.

Conflict of Interest: Non

Source of funding: Nil

Cite this article:

*A Conceptual study of use of Prajastapak Mahakshaya in BOH w. s. r. to recurrent abortion.
Shagufta Shaikh, Sameer Gholap*

Ayurlog: National Journal of Research in Ayurved Science- 2020; (8) (5):01- 09