

GESTOSIS AN AYURVED VIEW

Dr. Amruta Dhulubulu^{1*} and Dr. Vishala Turlapati²¹PG Scholar Prasutitantra Evum Striroga,²Professor MD. PhD. Prasutitantra Evum Striroga,
Yashwant Ayurvedic College Kodoli Kolhapur.Article Received on
05 January 2024,Revised on 25 Jan.2024,
Accepted on 15 Feb. 2024

DOI: 10.20959/wjpr20244-31575



*Corresponding Author

Dr. Amruta Dhulubulu

PG Scholar Prasutitantra
Evum Striroga, Yashwant
Ayurvedic College Kodoli
Kolhapur.

ABSTRACT

Ayurveda has mentioned prevention and cure for all disorders which are described. This is described as aim of *Ayurveda*. In *Ayurveda*, the unique concept of *Ashtanga Ayurveda* includes *Kaya*, *Bala* etc 8 branches in which *Prasrutitantra* and *Streeroga* comes under the branch of *Kaumarbhritya*. In this branch various disorders related to the women includes study of *Garbha*, *Garbha Vikruti*, *Garbhopadravas*. Gestosis refers to the disorders presents in pregnancy i.e. *Garbhini* in *Ayurveda*. This resembles *Garbhopadravas* in *Ayurveda*. Gestosis also known as Pre-eclampsia which is a condition in which BP increases with presence of protein in the urine. Here in this review article we studied the various *Garbhopadravas* according to *Ayurveda*, its modern aspect, its *Nidana*, *Roopa*, *Samparpti* and *Chikitsa* according to different *Acharya's*.

KEYWORDS: Gestosis, *Ayurveda*, Conceptual study.

INTRODUCTION

Ayurveda is the science which mentioned various principles for prevention and treatment of disease. *Ayurvedic* system of medicine was deals with treating the various diseases but also aims to prevention the disease.^[1] *Ayurveda* has mentioned *Ashtanga Ayurveda* which includes different eight branches in which *Prasrutitantra* & *Streeroga* includes under the branch of *Kaumarbhritya Tantra*.^[2] It includes various disorders study of *Streerogas*, Study of *Garbhini*, *Garbha*, *Garbha Vikruti*, *Garbhopadravas*.

‘Gestosis’ defined as the disorders develops in the state of pregnancy [*Garbhini*] which includes Pre-eclampsia with Proteinuria i.e. Presence of protein in the urine.^[3] *Garbhopadravas*, *Jarayudoshas* can be compared or correlated with the *Ayurveda*.

Gestosis also called as ‘Pre-eclampsia’. This is a condition which is characterized by Hypertension i.e. Blood pressure increases above 140/90 mm of Hg and Proteinuria i.e. Presence of protein in the urine. This condition usually develops after 20 weeks of Gestation.^[3]

This condition Gestosis also refers as ‘Toxaemia of Pregnancy’ which includes any disorders which are develops during the pregnancy.

In this review or conceptual study includes study of Gestosis its various disorders, treatment and its *Ayurvedic* aspect i.e. *Garbhopadravas*, its types, *Nidana*, *Roopa*, *Samparpti* and *Chikitsa* according to different *Acharya*’s.

OBJECTIVES OF THE STUDY

To study the Gestosis according to *Ayurveda* and Modern science.

METHODOLOGY

Concept of Gestosis according to *Ayurveda* and Modern science

Various definitions regarding Gestosis^[3]

- **Hypertension** - an absolute rise of blood pressure of at least 140/90 mmHg if previous BP is not known or rise in systolic pressure of at least 30mmHg, or a rise in diastolic pressure of at least 15 mm of Hg over the previously known BP is called ‘Pregnancy induced hypertension’.
- **Pre- eclampsia** - is a multi-system disorder of unknown etiology characterized by development of HTN to the extent of 140/90 mm Hg or more with proteinuria after 20th week in a previously normotensive and non proteinuric women.
- **Eclampsia** - Pre-eclampsia when complicated with general tonic-clonic convulsion and/or coma is called eclampsia.

=

Correlation Between PIH & *Ayurveda*

Ayurveda has mentioned *Garbhopadravas* which includes *Upavishtaka*, *Nagodara* etc.

A] In *Harita Samhita*, he mentioned *Garbhopadravas* as follows

Garbhopadravas includes *Shosha* [Emaciation], *Hrullasa* [Nausea], *Chardi* [Vomiting], *Shopha* [Oedema], *Jwara* [Fever], *Aruchi* [Anorexia], *Atisara* [Diarrhoea], *Vivarnatava* [Discolouration].

B] *Jarayudosha* according to *Sharangdhara Samhita*

According to *Sharangdhara Samhita*, *Acharya Sharangdhara* has mentioned *Garbhopadravas* as *Jarayudoshas*.

Introduction to *Garbhopadravas****Upavishataka*****1] According to *Acharya Vagbhata*^[6]**

Acharya Vagbhata - II – mentioned that after *Sanjatasara* (*Garbha* is grown) due to *Yoni Srava* (discharge or bleeding per vaginum), the foetus does not grow but quivers staying inside the uterus, *Udara* (abdomen) does not grow either.

2] According to *Arunadutta*^[7]

Arunadatta explains that after development of *Sanjatasara* or *Balavana Garbha* (i.e. after 5th - 6th month) there is discharge per vaginum which is usually blood or some other kind of vaginal discharge, consequently the foetus does not grow and quivers staying inside the uterus. *Vatadi doshas* aggravates because discharge blocks *Rasavaha Nadi*, preventing nourishment to the foetus.

3] According to *Kashayapa*^[8]***Kroshana jataharini*-**

The fetus is situated in the *Kukshi* (uterus) creates various complication and with the delivery of fetus (& placenta), most symptoms disappears.

Nidanapanchaka* of *Garbhopadavas***Nidana* [Aetiology of Gestosis]****A] According to modern science**

1. Endothelial dysfunction intense vasospasm.
2. Failure of trophoblastic invasion (abnormal placentation).
3. Inflammatory mediators(cytokines).

B] According to Ayurveda it can be taken as

1. *Garbha as Shalya*^[9]

Vata mutra purisha garbhasangreshu pravahanamuktam....”

-----[Sushruta sutra 27/5]

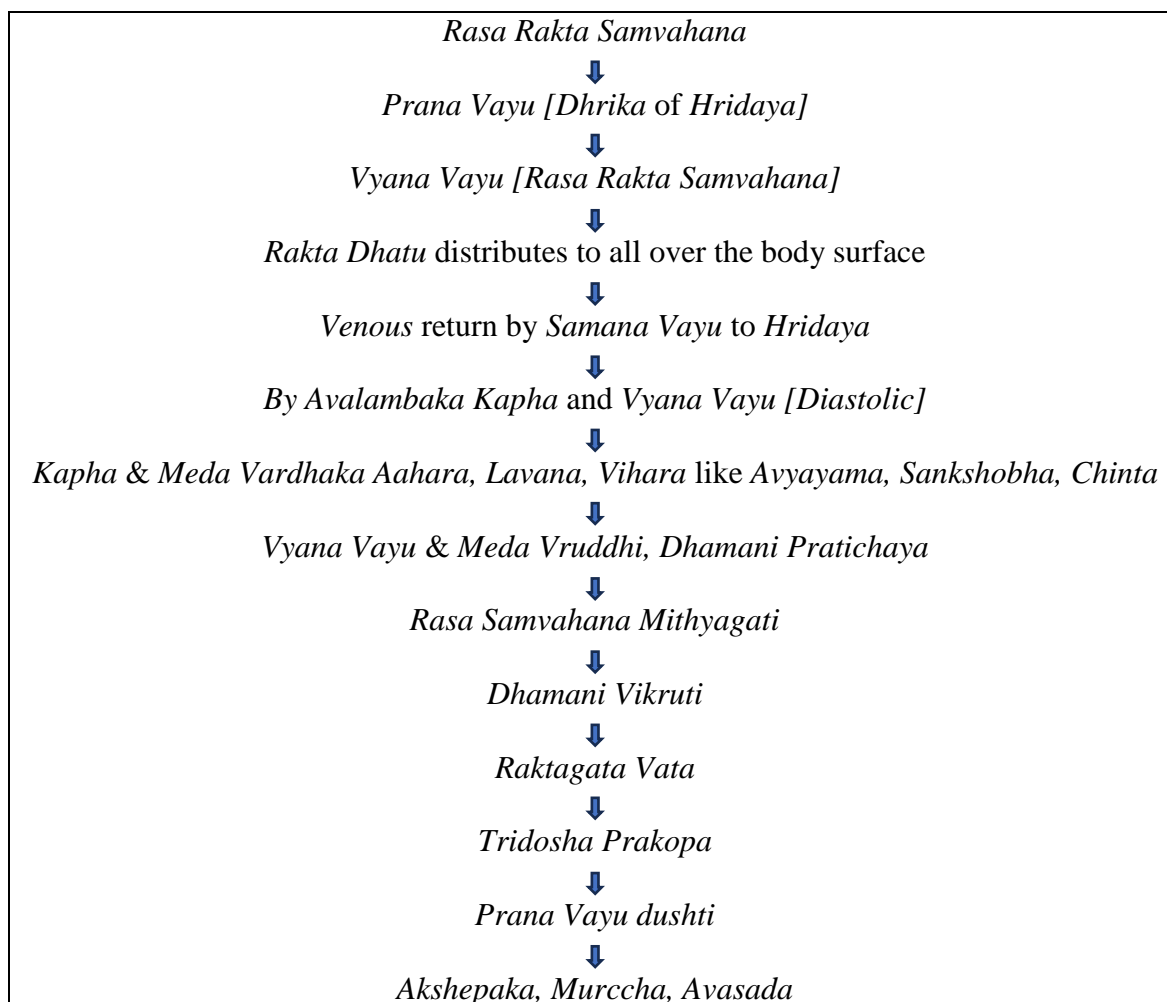
Acharya Sushruta has denoted *Garbha* as *Shalya* (foreign body), thus creates *Shotha* (inflammatory response) in maternal body.

2. *Jarayudosha*.

3. *Garbha upaghatakar bhava*.

Samprapti [Pathophysiology]

The pathogenesis or *Samprapti* of Gestosis according to *Ayurveda* is as follows:

Flow chart

Roopa [Clinical features]**A] According to modern science^[10]****I. In pre-eclampsia**

- 1) Mild symptoms - oedema, proteinuria
- 2) Alarming symptoms - Headache, disturbed sleep, diminished urinary output, epigastric pain, eye symptoms

II. Signs - Abnormal weight gain, rise of BP, oedema, abdominal examination- scanty liquor, growth retardation.

III. In eclampsia - Generalized tonic clonic convulsion and/or coma.

B] According to Ayurveda**I] Shotha****Nirukti of Shotha^[11]**

‘सर्वमुत्सेधं शोथमाहुर्नित्यर्थः। (मधुकोष)

Shotha defined as *Utasedha* which is round one comes over the skin surface area.

Roopa**1] Roopa [Clinical features] of Shotha**

Shotha has 2 types; *Nija* and *Agantuja*. *Nija Shotha* develops due to the excessive intake of *Lavana Rasa*, *Garbhasampidana*, *Garbhaprapatana*, *Mithyachara*, and *Dosha Prakopa* or vitiation causes formation of *Nija Shotha*.

According to *Acharya Charaka* and *Madhava Nidana*, *Vishama Prasruti* is one of the causative factor for development of *Shotha* or *Shavayathu*.

According to *Ashtanga Sangraha*, it includes *Garbha Visarpa*, *Panduta*, *Prasara*, *Jwara*, *Panduta*, etc.

2] Vivarnata [Pallor]

It can occur due to APH in form of abruptio- placentae which is commonest complication of pre-eclampsia.

3] Viparitendriyartha [Abnormal functioning of sense organs]

According to *Sushruta* and *Vagbhata* have described it in *Asadhya lakshana* of *Mudhagarbha* can be co related to visual disturbances.

4] Garbha Shosha

Obstruction to *Rasavaha Nadi* causes improper flow of *Rasa* and the fetus do not develop properly.

5] Mutragaraha

Acharya Kashyapa and *Harita* have mentioned treatment of *Mutragraha* in *Garbhini*.

Upadarava of Garbhini Shotha [Complications]

- ❖ *Garbhini Akshepaka*
- ❖ *Garbhini Moorchha*
- ❖ *Garbhini Sanyaasa*

Chikitsa of Garbhini Shotha**A] According to Harita**

Swedana with hot water is advisable especially for *sopha* developing as *Garbha upadrava*.
Virechana is strictly contraindicated.

B] According to Yogaratnakara

Lepa of *chandana*, *madhuka*, *usira*, *nāgapuspa*, *tila*, *ajāsrngi*, *manjisthā*, *ravimūls* and *punarnavā*.

C] According to Rasa Ratnasamucchaya

Punarnava, *vacha kalka* made into paste with *kanji* when applied externally cures severe oedema.

D] Various Yogas according to different Acharya's

Following different *Yoga* 's are mentioned for the management of *Garbhopadravas* which are as follows:

- 1) *Kwatha* of *Punarnava moola* with *deodara*.
- 2) *Kwatha* of *Bhadradaru* with honey.
- 3) *Kwatha* of *Prushniparni*, *bala* and *vasa*.
- 4) *Kwatha* of *Anya* and *ardraka* mixed with *ghṛita*, milk, jaggery and *pippali churna* should be given for *shotha* and alleviation of *pitta vikara*.

Various Kalpas for Garbhini Shotha

- *Gokshuradi Guggulu*

- *Gokshuradi Churna*
- *Punarnava Mandoora*
- *Sarpagandhadi Yoga*
- *Yashtimadhu Churna + Guduchi Satva*
- *Bala Jeerakadi Kashayam*
- *Punarnavadi Kashayam*
- *Suvarna Malinivasant Rasa*
- *Prabhakara Vati*
- *Pippalyadi Ghritam*
- *Kalyanaka Ghritam*
- *Mahapaishachika Ghritam*
- *Panchagavya Ghritam*

Shotha Nishedha [contraindications in Shotha]

Strong purgatives should never be given in *Shotha*. Purgation removes fluid or *dosha* or mala from *Koṣhṭha* whereas *Shotha* is fluid in subcutaneous or peripheral tissue, hence purgation will be harmful.

Chikitsa of Garbhini Mutraghata

- ✓ Use of decoction or paste of *Shatavari*, root of *Darbha*, *madhuka*, *kṣīramorata*, *pasunabheda*, *ushira* and seeds of *kataka* relieves retention of urine; milk medicated with these drugs is also beneficial.
- ✓ Powdered seeds of *Ervaru* (snake-cucumber) and *trapusa* (cucumber), *magadhi*, *Shilabheda* and sugar if taken with rice water cure urinary retention.

Chikitsa of Garbhini Akshepaka

Acharya Kashyapa has mentioned *Chikitsa* [Line of treatment] for *Garbhini Akshepaka* which are as follows:

- ❖ *Matulunga swarasa + vidaand saindhava lavana.*
- ❖ *Agnimantha or varuṇakwatha*
- ❖ *Sneha of lāva/tittira withmamsa rasa.*
- ❖ *Vadula swarasa or Kwatha*
- ❖ *Kwatha of vata Shamana dravya.*

Chikitsa of Pitta Upasrushta Akshepaka in Garbhini

- 1) Sweetened *Jangala mamsarasa*.
- 2) *Madhura varga dravya kashaya* with *dadima*.

Chikitsa of Vata shleshma samuttha Akshepaka in Garbhini

- *Amla* and *katu rasa prayoga*.
- *Yavakshara* with *jangalamamsa rasa*.
- *Swedana* with warm palms.
- *Swedana* with *Ghrita* especially in late pregnancy.
- Hot/cold fomentation is given with due consideration to the status of the disease.

Garbhajanya Vishamayata Garbhapata Nirdesha**[Indications for termination of Pregnancy]**

Sushruta clearly explains that if disease/disorder is intolerable, then pregnancy should be terminated. He further adds that before the condition of pregnant woman deteriorates one must take action in *praptakala* (the Golden hour should not be missed).

Dalhana explains in the event of failure of *sastra* and *mantra chikitsa*, termination of pregnancy is the only choice to save the pregnant.

Pratibandha [Prevention]

- 1) *Masanumasika Garbhini Paricharya*.
- 2) Extreme age for conception – Elderly Primi & Teenage Pregnancy.
- 3) Long Interval between pregnancy - More than 10 years of interval leading to DNA degeneration causing defect in placenta.
- 4) Socioeconomic factor.
- 5) Nutrition.
- 6) Environmental Factor.
- 7) Alcohol Intake, Smoking, Obesity.
- 8) Psychological Factor - *Chinta, Bhaya, Shoka*.

DISCUSSION

In this review study, Gestosis was compiled according to Modern science and according to *Ayurveda*. It includes disorders which are forms during the course of pregnancy state in women. It is one of the important concept which need to be studied by every physician. This

needs immediate action, treatment which helps to cure pregnancy, pregnant women as well as her baby. Therefore, in this study, various *Garbhopadravas*, *Jarayudoshas* etc. was compiled, studied, review according to different *Acharya's* its *Nidana*, *Roopa*, *Samprapti*, its *Pratibandha* [Prevention] was included. *Yogaratanakara*, *Kashyapa*, *Charaka*, *Madhava Nidana*, *Sushruta*, *Harita Samhita*, *Rasaratnasammuchaya*, *Ashtanga Hridaya*, *Arunadutta* and *Dalhana* commentary and there opinion regarding *Garbhopadravas* are mentioned in this article. This article includes details about *Upavishtaka*, *Garbhini Shosha*, *Garbhini Akshepaka* etc. disorders which develops during the pregnancy.

CONCLUSION

In this Review study, concluded that Gestosis view and its clinical importance as well as its management was important in today's era due to the increase incidences of *Garbhopadravas*. Therefore, overlook on the all *Garbhopadravas* according to different *Acharya's*, there opinion, *Nidana*, *Roopa*, *Chikitsa* also its prevention was important part of this article.

REFERENCES

1. Chakrapani, Charaka Samhita by Agnivesa, edited by Vaidya Jadavaji Trikamji Acharya, Sutrasthana, adhyaya 30th, Shlok no. 26, Chaukhambha Publications, New Delhi, Reprint, 2017; 187.
2. Vagbhatta, Dr. Brahmanand Tripathi, Ashtanga Hridaya, Sutrasthana, adhyaya 1st, Shlok no.5, Chaukhambha Sanskrit Pratishthana, Delhi, Reprint, 2014; 5.
3. D.C. Datta, Hiralal Konar, Textbook of Obstetrics, New central book agency, Delhi, Reprint.
4. Harita, Ramavalmaba shastri, Harita samhita, Trutiyasthana, 51st adhyaya, Shlok no. 1, Prachya prakashan, Varanasi, 1st edition, 1985.
5. Sharangdhara, Brahmanand Tripathi, Poorva Khanda, adhyaya 7th, shlok no.182, Choukhambha Surbharti Prakashan, Varanasi, reprint 2017.
6. Vagbhatta, Brahmanand Tripathi, Ashtang Hridaya, shareera sthana, adhyaya 2nd, Shlok no.14-15, Choukhambha Sanskrit Pratishthan, Delhi, reprint, 2014.
7. Arunadatta, Yadavaji trikamji acharya, Ashtang Hridaya, Shareera sthana, adhyaya 2nd, Shlok no.14-15, Choukhambha Sanskrit Pratishthan, Delhi, reprint, 2014.
8. Kashyapa, Pandit Hemraj Sharma, S. Bhishagacharya, Kalpasthana, 6th adhyaya, Choukhambha Sanskrit Sansthan, Varanasi, reprint 2005, 10th edition.

9. Sushruta, Kaviraj ambikadutta shastri, P.M.Mehta, Sushruta samhita, Sutrasthan, adhyaya 27th, shlok no.5, Vol.1, Choukhambha Sanskrit sansthan, Varanasi, reprint, 2015.
10. D.C. Datta, Hiralal Konar, Textbook of Obstetrics, New central book agency, Delhi, Reprint.
11. Madhava, Brahmanand Tripathi, Madhava Nidanam, Chaukhambha Vidyabhavan, Varanasi, Reprint, 2018.
12. Chakrapani, Charaka Samhita by Agnivesa, edited by Vaidya Jadavaji Trikamji Acharya, Sutrasthana, adhyaya 8th, Shlok no.6, Chaukhambha Publications, New Delhi, Reprint, 2017.
13. Chakrapani, Charaka Samhita by Agnivesa, edited by Vaidya Jadavaji Trikamji Acharya, Chikitsasthana, adhyaya 12th, Shlok no.5, Chaukhambha Publications, New Delhi, Reprint, 2017.
14. Madhava, Brahmanand Tripathi, Madhava Nidanam, adhyaya 36th, Shlok no. 4, Chaukhambha Vidyabhavan, Varanasi, Reprint, 2018.
15. Vagbhatta, Kaviraj A.Gupta, Rajvaidya P. Sharma, Ashtang Sangraha, Nidanasthana, adhyaya 13th, Shlok no. 27, Vol. 1, Choukhambha Krishnadas Academy, Varanasi, reprint, 2011.
16. Harita, Ramavalmaba shastri, Harita samhita, Trutiyasthana, 51st adhyaya, Shlok no. 13, Prachya prakashan, Varanasi, 1st edition, 1985.
17. Vaidya laxmipati shastri, Yogaratnakara, Striroga Chikitsa, Chaukhambha sanskrit Sansthana, Varanasi, Reprint, 279.
18. Rasa Ratna Samucchaya, 22nd adhyaya, Shlok no. 83.
19. Kashyapa, Pandit Hemraj Sharma, S. Bhishagacharya, Chikitsasthana, 2nd adhyaya, Shlok no.5, Choukhambha Sanskrit Sansthan, Varanasi, reprint, 2005; 10th edition.
20. Kashyapa, Pandit Hemraj Sharma, S. Bhishagacharya, Chikitsasthana, 10th adhyaya, Choukhambha Sanskrit Sansthan, Varanasi, reprint, 2005; 10th edition.
21. Vaidya laxmipati shastri, Yogaratnakara, Striroga Chikitsa, Chaukhambha sanskrit Sansthana, Varanasi, Reprint, 280.
22. Rasa Ratna Samucchaya, 22nd adhyaya, Shlok no. 82.
23. Kashyapa, Pandit Hemraj Sharma, S. Bhishagacharya, Khilasathana, Choukhambha Sanskrit Sansthan, Varanasi, reprint, 2005; 10th edition.
24. Harita, Ramavalmaba shastri, Harita samhita, Trutiyasthana, 51st adhyaya, Shlok no. 11, Prachya prakashan, Varanasi, 1st edition, 1985.

25. Sushruta, Kaviraj ambikadutta shastri, P. M. Mehta, Sushruta samhita, Chikitsasthan, adhyaya 15th, shlok no.11, Vol.1, Choukhambha Sanskrit sansthan, Varanasi, reprint 2015.
26. Dalhana, Yadavaji trikamji acharya, Sushruta samhita, Chikitsasthan, adhyaya 15th, shlok no.11, Choukhambha Sanskrit sansthan, Varanasi, reprint, 2015.