

**IMPORTANCE OF MASANUMASIK KASHAYAS IN GARBHINI
PARICHARYA – A LITERATURE REVIEW****¹Dr. Veena A. Patil, ²Dr. Umesh K. Agawane and ³Dr. Pragati Panjabrao Taur**¹Professor and HOD, Prasutitantra Evum Stiroga Department, Government Ayurvedic College, Dharashiv.²Associate Professor, Prasutitantra Evum Stiroga Department, Government Ayurvedic College, Dharashiv.³PG Scholar, Prasutitantra Evum Stiroga Department, Government Ayurvedic College, Dharashiv.Article Received on
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College, Dharashiv.**ABSTRACT**

Becoming mother is the most precious gift from god to the women. Pregnancy and child birth are one of the most critical events in a women's lifecycle that needs special attention as foetal outcome depends upon maternal health. Now a days safe pregnancy and delivery is most desired factors by couples as one child norm is making this natural event – the most precious one. In the today's era, the medical world is really concerned about the increasing rate of abortions and congenital imperfection in the new born. These congenital defects are seen as minor, major, anatomical, physiological in nature. In *Ayurveda Acharya Charak, Sushrut, Kashyap, Harit* had tell about *Masanumasik Garbhini paricharya*^[1] in which there is description about *ahar, vihar* of mother from 1st to 9th month and also *Garbha upghatakar bhav*^[2] i.e. things to avoid in pregnancy. Good care during pregnancy is important for the health of mother and the

development of the foetus. *Garbhini paricharya* refers to antenatal care which recommends diet, nutrition and modification in psychological behaviour. There is specific food regimen for pregnant women throughout nine months. Importance of *Garbhini paricharya* is avoiding congenital disorders, having good foetal and maternal health. *Masanumasik Kashayas*^[3] is mentioned under *Garbhastrava* by *Acharya Sushrut*. It helps in maintainance of *Garbha* i.e. to avoid early trimester abortion. Therefore *masanumasik kashayas* should be used in

garbhini paricharya. Different *kashaya dravyas* helps to avoid the elevated pregnancy symptoms like *Garbhastrava*, *garbhapata*, *garbhini shotha*, *garbhini shul*, etc. These *kashayas* are designed according to *Masanumasik Garbha vruddhi*.^[4] Therefore detailed study of *masanumasik kashayas in garbhini paricharya* is done here in future view of good maternal and foetal health.

KEYWORDS: *Masanumasik Garbhini Paricharya, Masanumasik Kashayas, Garbhastrava, Garbhapata.*

INTRODUCTION

Ayurveda has given much importance to woman's health, as she is the root of the progeny. If progeny is healthy, then community will be healthy. With good antenatal care we can have good pregnancy outcomes. To maintain health from the origin of life, *Acharyas* have mentioned remedy for healthy pregnancy. Ante natal care is the care of women during pregnancy period. The aim of ante natal care is to reduce the risk of abortions, pre-term labour, still births and pregnancy complications and to have a healthy child. *Acharyas* have described about *Masanumasik Kashayas* in *garbhini* for prevention of *garbhastrava*. These *kashaya* are mentioned as *garbhastravahar*. This study will facilitate the significance and safety of drugs included in *kashaya*. It will also be helpful in knowing the mode of action of these drugs.

AIMS

- 1) To study the concept of *Masanumasik kashaya in garbhini*.
- 2) To prevent abortions, pre-term labour, still birth and pregnancy complications.
- 3) To maintain healthy pregnancy period.
- 4) To produce healthy progeny.

OBJECTIVE

To have good pregnancy outcome and maintain health of mother and fetus.

MATERIALS AND METHODS

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

MASANUMASIK KASHAYA

अत उर्ध्वं मासानुमासिकं व्याख्यास्यामः

मधुकं शाकबीजं च पयस्या सुरदारु च ।

अश्मन्तकस्तिलाः कृष्णास्ताम्रवल्ली शतावरी ॥ ६३ ॥

वृक्षादनी वयस्या च लता सोत्पलसारिवा ।

अनन्ता सारिवा रस्ना पद्मा मधुकमेव च ॥ ६४ ॥

बृहत्यौ काशमरी चापि क्षीरिशृङ्गास्त्वचो घृतम् ।

पृश्निपर्णी बला शिग्रुः श्वदंष्ट्रा मधुपर्णिका ॥ ६५ ॥

शृङ्गाटकं बिसं द्राक्षा कशेरु मधुकं सिता ।

वत्सैते सप्त योगाः स्युर्ध्वश्लोकसमापनाः ।

यथासंख्यं प्रयोक्तव्या गर्भसावे पयोयुताः ॥ ६६ ॥

कपित्थ बृहती-बिल्व- पटोले- क्षु-निदिग्धिका

मूलानि क्षीरसिद्धानि पाययेद्विषगष्टमे ॥ ६७ ॥

नवमे मधुका-नन्ता-पयस्या सारिवाः पिबेत् ।

क्षीरं शुण्ठीपयस्याभ्यां सिद्धं स्यादशमे हितम् ॥ ६८ ॥

सक्षीरा वा हिता शुण्ठी मधुकं सुरदारु च ।

एवमाप्यायते गर्भस्तीव्रा रुक् चोपशाम्यति ॥ ६९ ॥ (सु. शा. १०/६३-६९)

1) 1st month**1) Yashtimadhu**

Rasa- Madhur, Vipak- Madhur, Veerya- Sheet, Guna- Guru, Snigdha

Karmukata- Vatapittashamak, Trushnashamak, Chhardihar, Balya

2) Shakbeej

Rasa- Kashaya, Vipak- Katu, Veerya- Sheet, Guna- Laghu, Ruksha

Karmukata- Raktapitta prasadan

3) Ksheerkakoli

Rasa- Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha

Karmukata-Vatapittashamak, Balya, Bruhani, Stanyakar, Rasayan

4) Devdaru

Rasa-Tikta, Vipak- Katu, Veerya-Ushna, Guna-Laghu, Snigdha

Karmukata- Kaphavatashamak, Kasahar, Shothahar

2) 2nd month**1) Ashmantak**

Rasa- Madhur, Kashaya, Vipak-Madhur, Veerya-Sheet, Guna-Laghu, Ruksha
Karmukata- Kaphapittashamak

2) Krushnatila

Rasa- Katu, Tikta, Madhur, Kashaya, Vipak-Madhur, Veerya-Ushna,
Guna-Snigdh
Karmukata- Balya, Udarshulahr, Stanyajanan

3) Manjishtha

Rasa- Madhur, Tikta, Vipak- Katu, Veerya-Ushna, Guna-Guru, Ruksha
Karmukata- Kaphavatashamak, Varnya, Raktaprasadan, Shothahar

4) Shatavari

Rasa-Madhur, Tikta, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha
Karmukata- Vatapittashamak, Rasayan, Stanyajana, Shothahar

3) 3rd month**1) Vrukshadani**

Rasa- Kashaya, Tikta, Madhur, Vipak-Katu, Veerya-Sheet,
Guna-Laghu, Ruksha
Karmukata- Kaphapittashamak, Rasayan

2) Ksheerkakoli

Rasa- Madhur, Vipak-Madhur, Veerya-Sheet, Guna- Guru, Snigdha
Karmukata- Vatapittashamak, Balya, Bruhani, Stanyakar, Rasayan

3) Priyangu

Rasa-Tikta, Kashaya, Madhur, Vipak-Katu, Veerya-Sheet,
Guna-Laghu, Ruksha
Karmukata- Tridoshashamak, Raktaprasadak, Balya, Bruhani

4) Nilotpal

Rasa-Madhur, Kashaya, Tikta, Vipak-Madhur, Veerya-Sheet
Guna- Laghu, Snigdha, Pichhil
Karmukata- Raktapitta prashman

5) Sariva

Rasa-Madhur, Tikta, Vipak-Madhur, Veerya-Sheet, Guna- Guru, Snigdha
Karmukata- Tridosahar

4) 4th month**1) Ananta**

Rasa-Madhur, Kashaya, Katu, Vipak-Madhur, Veerya-Sheet,

Guna-Laghu, Snigdha

Karmukata- Vatapittashamak, Dahanashak, Trushnashamak, Chhardihar

2) Sariva

Rasa-Madhur, Tikta, Vipak-Madhur, Veerya-Sheet,

Guna- Guru, Snigdha

Karmukata- Tridosahar, Dahaprashman, Stanyashodhana,

Trushnashamak

3) Rasna

Rasa-Tikta, Vipak- Katu, Veerya- Ushna, Guna- Guru

Karmukata- Kaphavatashamak, Shophanashak, Udarshulnashak

4) Padma

Rasa-Tikta, Kashaya, Madhur, Vipak-Katu, Veerya-Ushna

Guna- Guru, Ruksha

Karmukata- Kaphapittashamak, Swarvarnakrut

5) Yashtimadhu

Rasa- Madhur, Vipak-Madhur, Veerya-Sheet Guna-Laghu, Snigdha

Karmukata- Medhya, Chakshushya, Varnya, Keshya, Balya, Rasayan,

Shonitsthapan, Trushnashamak, Chhardihar

5) 5th month**1) Bruhati**

Rasa- Katu, Tikta, Vipak-Katu, Veerya-Ushna,

Guna-Laghu, Ruksha

Karmukata- Tridoshaghna, Chhardinashak, Hrudya,

Vandhyanam cha apatyaprada

2) Kantkari

Rasa-Katu, Tikta, Vipak-Katu, Veerya-Ushna,

Guna-Laghu, Ruksh

Karmukata- Vatakaphashamak, Kasahar, Shothahar

3) Kashmari

Rasa-Tikta, Kashaya, Madhur, Vipak-Katu, Veerya-Ushna

Guna- Guru

Karmukata- Vatapittashamak, Shothahar, Dahaprashman,

Medhya, Hrudya, Rasayan

4) *Ksheerishrung, Ksheeritwak*

Rasa- Kashay, Vipak-Katu, Veerya-Ushna, Guna-Guru, Ruksha

Karmukata- Kaphapittashamak, Yonidoshahar, Varnya,

Dahanashak, Trushnashamak, Chhardihar

5) *Vacha*

Rasa-Katu, Tikta, Vipak-Katu, Veerya-Ushna,

Guna-Laghu, Tikshna

Karmukata- Kaphavatahar, Medhya

6) 6th month

1) *Prushniparni*

Rasa-Madhur, Tikta, Vipak-Madhur, Veerya-Ushna, Guna-Laghu, Snigdha

Karmukata- Tridoshahar, Shothahar

2) *Bala*

Rasa-Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Laghu, Snigdha

Karmukata- Vatapittashamak, Balya, Prajasthapan, Garbhaposhak,

Rasayan

3) *Shigru*

Rasa- Katu, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha

Karmukata- Kaphavatashamak, Hrudya, Chakshushya

4) *Shwadanshtra*

Rasa- Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha

Karmukata- Vatapittashamak, Shothahar, Vedanasthapan

5) *Madhuparnika*

Rasa-Tikta, Kashaya, Vipak-Madhur, Veerya-Ushna, Guna-Guru, Snigdha

Karmukata- Tridoshahar, Stanyashodhak, Dahaprashman,

Trushnashamak, Balya

7) 7th month

1) *Shrungatak*

Rasa-Madhur, Kashaya, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Ruksha

Karmukata- Pittashamak, Dahaprashman, Prajasthapan, Balya

2) *Bis*

Rasa-Kashaya, Madhur, Tikta, Vipak- Madhur, Veerya-Sheet

Laghu- Laghu, Snigdha, Pichhil

Karmukata- Dahaprashman, Varnya, Hrudya, Balya, Prajasthapan

3) *Draksha*

Rasa-Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha, Mrudu

Karmukata- Dahaprashman, Trushnashamak, Balya, Bruhani

Garbhasthapak, Hrudaybaldayak

4) *Kasheruk*

Rasa- Madhur, Kashaya, Vipak-Madhur, Veerya-Sheet,

Guna-Guru, Ruksha

Karmukata- Prajasthapan, Balya, Hrudya, Chhardihar, Trushnashamak

5) *Yashtimadhu*

Rasa-Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha

Karmukata- Dahaprashman, Shothahar, Balya, Varnya, Rasayan

6) *Sita*

Rasa- Madhur, Vipak-Madhur, Veerya-Sheet

Karmukata- Vatapittashamak, Balya, Bruhani

8) 8th month

1) *Kapitth*

Rasa-Madhur, Amla, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha

Karmukata- Tridosahar, Trushnashamak, Hrudya

2) *Bruhati*

Rasa- Katu, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha

Karmukata- Kaphavatahar, Shothahar, Hrudya

3) *Bilwa*

Rasa-Kashaya, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha

Karmukata- Kaphavatahar, Balya, Shothahar

4) *Patol*

Rasa-Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha

Karmukata- Kaphapittashamak, Varnya, Trushnashamak

5) *Ikshu*

Rasa-Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha

Karmukata- Balya, Raktapitta prashman

6) Nidigdhika

Rasa-Tikta, Katu, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha

Karmukata- Kaphashamak, Visheshat Garbhakarini

9) 9th month

1) Madhuka

Rasa-Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha

Karmukata- Chakshushya, Balvarnakrut, Keshya, Swarya, Shothahar,

Chhardihar, Trushnashamak

2) Ananta

Rasa-Madhur, Kashaya, Vipak-Madhur, Veerya-Sheet, Guna-Laghu,

Snigdha

Karmukata- Kaphavatahar, Varnya, Trushnashamak

3) Payasya

Rasa-Katu, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Guru, Snigdha

Karmukata- Vatapittashamak, Stanyakar

4) Sariva

Rasa- Madhur, Tikta, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha

Karmukata- Tridosahar, Dahaprashman, Stanyashodhak

10) 10th month

1) Shunthi

Rasa-Katu, Vipak-Madhur, Veerya-Ushna, Guna-Laghu, Snigdha

Karmukata- Shothahar, shulaprashaman, Vatashamak

2) Payasya

Rasa- Madhur, Vipak-Madhur, Veerya-Sheet, Guna- Guru, Snigdha

Karmukata- Vatapittashamak, Balya, Bruhani, Stanyakar, Rasayan

3) Madhuk

Rasa-Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha

Karmukata- Dahaprashman, Shothahar, Balya, Varnya, Rasayan

4) Surdaru

Rasa-Katu, Tikta, Madhur, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Snigdha

Karmukata- Kaphavatashamak, Garbhashay shothahar.^[5]

GARBHASTRAVA AND GARBHAPATA

These terms refers to Abortion.^[6] Nowadays, the incidence of abortion is very high and this became a serious problem in the society. The expulsion of fetus upto fourth month of pregnancy is termed as *Garbhastrava* because the products of conception are liquid, there after in fifth and sixth months it is termed as *Garbhapata*, because by this period the fetal parts have attained some stability or have become solid.^[7] *Masanumasik Kashayas* plays an important role in avoiding abortion and establishes healthy foetus. It is also beneficial for *Garbhavridhhi* and decreases the chances of foetal anomalies.

DISCUSSION

Importance of *Garbhini paricharya* is avoiding congenital disorders, having good foetal and maternal health. *Masanumasik Kashayas* is described under *Garbhastrav*. Nowadays, the incidence of abortion is very high and this became a serious problem in the society. *Masanumasik Kashayas* helps in maintainance of *Garbha* i.e. to avoid early trimester abortion. Different *kashaya dravyas* helps to avoid the elevated pregnancy symptoms like *Garbhastrava*, *Garbhapata*, *Garbhini shotha*, *Garbhini shul*. These *kashayas* are designed according to *Masanumasik Garbhavridhhi*. Therefore detailed study of *Masanumasik Kashayas* in *garbhini paricharya* is done.

CONCLUSION

Masanumasik kashayas are very effective in prevention of abortion. It also helps in producing a healthy fetus in all aspects, ultimately producing a healthy progeny. Administration of *Kashayas* helps in *Vatanulomana*, which is needed for the normal expulsion of fetus during delivery. The intake of *Kashayas* also helps to fulfil the increased nutritional requirement during pregnancy. As this is also a traditional practice, a survey study may be helpful to record the benefits of *kashaya* in pregnant women. Parameters like birth weight of the baby, type of delivery, duration of first stage of labor, adverse pregnancy outcomes if any, etc. should be taken into consideration.

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