

## GARBHINI ATISARA REVIEW ARTICLE

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## ABSTRACT

Due to irregular and unhealthy practices related to *ahara* and *vihara*, which cause *sarira* and *Manavaigunyata* (physical and psychological involvement). In modern medications drugs used during diarrhea are Imodium, metronidazole etc. Endocrinology of pregnancy involves endocrine & metabolic changes that result from physiological alterations at the boundary between mother & fetus. Although *Garbhini Atisara* (diarrhoea) seldom poses a threat to health, it can persist and cause dehydration, electrolyte imbalance & malnutrition in body. Due to the effect of *Mithya Achara* & *Aagantuja Nidana*, the incidence of *Garbhini Atisara* (diarrhoea) is rising day by day. Here, we address probable *Nidanap anchaka* of *Garbhini Atisara* with a focus on *Samprapti* of as mentioned in *Ayurvedic* literature. Planning precise management and preventive actions is made easier by thoroughly comprehending the *Nidanapanchaka*. Diarrhea can lead to

fecal urgency that become amplified during pregnancy because of the increased intra-abdominal pressure from the gravid uterus. So one should take care to treat this condition in

initial stage and prevent complication. To prevent & cure there are many formulations that can also be given as treatment of *Garbhini Atisara*, like *Kalyanka awaleha*, *Heeberadi kwatha*, *Ambasthaadi gana kwatha*, use of *kutaja*, *Nagkeshara*, *Bilwa*, *Madhuka* as single medicine or as combination of formulations as per dosha *dusti awastha*, successfully helps in curing *Garbhini Atisara*.

**KEYWORDS:** *Grahi*, *Agni*, *Nyagrodhadi*, *Trapusi*, *Utpala* Probiotics.

## INTRODUCTION

Pregnancy is one of the most sensitive part of women life, at this literate world the people are opting healthy small family. *Garbhini Atisara* as one of the *Garbhini Vyapada*. *Acharya dalhana* state that passing of watery stool in increased quantity is a etiology factors are basically classified as five categories<sup>[1]</sup> 1) dietetic abnormalities production digestive disturbance resulting into *Atisara* or indigestion diarrhea. 2) use of uncooked fruits and polluted water resulting into entry of infective organisms of infective diarrhea 3) fear, Psychological trauma or nervous diarrhea 4) satiation or emaciation or nutritional diarrhea 5) due to *dosa* or other disease of body or toxic diarrhea. All these condition can cause *diarrhea* however during pregnancy presence of least abnormalities may produce diarrhea because of variable hormonal status during pregnancy. *Acharya kashayapa* mentioned *Garbhini Atisara Nidan* and its *Chikitsa* on details. *Garbhini Atisara* which can be correlated with diarrhea during pregnancy. Gastrointestinal symptoms are common during pregnancy. The topic of diarrhea in pregnancy receive less attention in the gastrointestinal literature with diarrhea being less common than constipation in pregnancy. Acute infection is the most common cause of diarrhea in pregnancy noninfectious non inflammatory diarrhea can also occur during pregnancy because of several factors. Hormonal changes recent uptake of a healthier diet with fiber rich foods or calcium rich milk products prenatal multivitamin side effect or preexisting condition. Diarrhea can lead to fecal urgency that become amplified during pregnancy because of the increased intra abdominal pressure from the gravid uterus. So one should take care to treat this condition in initial stage and prevent complication. Now the treatment of *Atisara* of pregnant women would be described on our classics on the basis of *Dosha*.

## DESCRIPTION OF GARBHINI ATISARA

*Garbhini Atisara* is mentioned as on the *Garbhini Vyapada*. during pregnancy. There is no separate chapter that explain about *Garbhini atisara* in classics. *Acharya Kashayapa* described

details of and its *Chikitsa Acharya Dalhana* explains its Nirukti that stools passed excessively in frequency or quantity. *Acharya Vijaya Rakshita* is his commentary *Madhukosh* mentioned in *Nirukti* of *Atisara* that excessive flow of fluid through *guda*.

### ***Nidana of Garbhini Atisara*<sup>[2]</sup>**

Generally *Nidana* classified in to two groups – *Samanyaja nidana*, *Vishesha nidana*.

*Acharya Shushruta* mentioned *samanyaja aaharaja nidana*<sup>[3]</sup> (Uttar tantra 40) comprises *guru*, *snigdha*, *atiushna*, *atidrava* and *atisthula padartha sevana*. All these *Padartha* causes vitiation of *doshas*. *Ajeernaasana*, *adhyaasana*, *virudhaasana* also mentioned by *Acharyas* in *samanyaja nidana*. According to *Acharya Kashaypa* *Nidana sevan* will lead to results in forcible expulsion of water content causing *Atisara*, *Adhyaasana* (During pregnancy incompatible diet) *Ajeernaasana*, (eating before Are meal is digested) *Virudhaasana* (over eating, fear) suppression of urge, eating hard diet, *Atisantarpana* emaciation, uncooked rhizomes, roots, fruits, contamination water, dryness, hunger, heavy and *Abhisyandi* etc. results in forcible expulsion of water content causing *Garbhini Atisara*.

### ***Purvarupa of Garbhini Atisara***

*Acharya charak & Kashyapa* has not mentioned *Purvarupa* of *Atisar*. But *Acharya shushruta* describe some symptoms like –

- *Toda* in *hridaya*, *nabhi* *payu udara kukshi*
- *Vitsanga*
- *Anilsannirodha*
- *Avipaka* and *Aadhmaana*.

### ***Rupa***

Actual sign and symptoms *Vyaktawastha* of a disease is known as *Rupa*. *Acharaya Charaka* describes main sign and symptoms of *Atisara* according to their *Dosha* predominance. *Samprapti Vata Pradhan Tridosha dushti* involved in *Aamjanya Samprapti* of *Atisara*. *Agnimandya* and *Aajeerna* is important cause of *Koshtha* and *Pakwamashaya Agni dushti*. *Mandagni* is the etiological factor for all disease according to *Vagbhatta*.

### ***Vishesh samprapti***

***Vataj Atisara*** *Vata vardhak Nidan* sevan vitiated *vata dosha*. *Agninasha* occurs due to vitiated *Vata* and this vitiated *Vata* forcibly brings down word *Sweda* and *Mutra* in to *Pakwashaya*. Liquification of *Mala* occurs and *Vataj Atisara* occurs.

**Pittaj Atisara** Due to increased *Drava* and *Ushna Guna* of pitta leads to *Agni Nasha* and *Purisha Bheda*. This leads to *Pittaj Atisara*.

**Kaphaj Atisara** *Guru, Madhura, Sheeta, Snigdha Nidan* sevan leads to *Agni Nasha* and *Saumya Guna* of *Kapha* causes loose stool. All these *Nidana* causes *kaphaj atisara*.

### **Raktaatisara**

If a person suffering from *Pittatisara* and he takes continue *Pittaja Ahara Vihara*, this leads to excessive aggravation of of *Pitta* and will vitiate the *Rakta Dosha*. All these causes *Raktaatisara*.

### **Samprapti Ghatak**

- **Dosh** - *Vata Pradhan Tridosha*
- **Dushya** – *Purishavaha, annavaha, udakvaha shrotasa*
- **Shrotodushti lakshna** – *Atipravritti*
- **Adhisthan** – *Pawashaya*

### **Management of Garbhini Atisara according to modern science<sup>[4]</sup>**

Diarrhea can lead to severe dehydration and malnutrition, which can be harmful to the woman and fetus. A pregnant woman should receive immediate medical care. A person can prevent dehydration by drinking plenty of water glucose & ORS. It is also important to drink liquids such as clear soups, sports drinks, fruit juices, caffeine free sodas. For pregnant women with severe hydration, recommend a bland diet to help restore electrolytes lost from diarrhea. Examples of bland foods: applesauce, bananas, plain potatoes, rice, Saltine crackers, toast. Also, avoid foods that can make diarrhea worse, such as dairy products, anything high in fat or sugar,

### **Medications**

#### **1. Metronidazole<sup>[5]</sup>**

**Pharmacokinetics-** Metronidazole is almost completely absorbed from the small intestines: little unabsorbed drug reaches the colon. It is widely distributed in the body, attaining therapeutic concentration in vaginal secretion, semen, saliva and CSF. Metabolism occurs in liver primarily by oxidation and glucuronide conjugation followed by renal excretion. Plasma is 8 hrs.

**Adverse effects** - Side effects of metronidazole are relatively frequent and unpleasant, but mostly nonserious.

- Anorexia, nausea, metallic taste and abdominal cramps are the most common. Looseness of stool is occasional.
- Less frequent side effects are headache, glossitis, dryness of mouth and dizziness.
- Urticaria, flushing, heat, itching, rashes and fixed drug eruption occur in allergic subjects, warrant discontinuation of the drug and preclude future use of nitroimidazoles.
- Prolonged administration may cause peripheral neuropathy and CNS effects. Seizures have followed very high doses. Leucopenia is likely with repeated courses.
- Thrombophlebitis of the injected vein occurs if the solution is not well diluted.

### Contraindications

Metronidazole is contraindicated in neurological disease, blood dyscrasias, first trimester of pregnancy (though no teratogenic effect has yet been demonstrated, its mutagenic potential warrants caution).

2. Loperamide (Imodium) during the first trimester of pregnancy and major fetal abnormalities. Imodium is an effective OTC medication for treating short-term diarrhea.

Taking the antidiarrheal medications diphenoxylate-atropine (Lomotil) or bismuth subsalicylate (Pepto-Bismol) during pregnancy. These medications given according to Benefit-risk ratio. Researchers report findings indicating that Lomotil can harm the fetus in the second and third trimesters. Pepto-Bismol may increase the risk of low birth weight, neonatal hemorrhage, and perinatal mortality. Overall the drugs used as per modern science has side effects on fetus & they have tendency to cross placenta but in case of emergency, this drug can be used according to benefits risk and ratio.

### Management of *Garbhini Atisara*<sup>[6]</sup>

*Ayurvedic* review

*According to Acharya Kashyapa, in Amatisara* - *Pachana dravyas* are given and in *Pakwatisara* - *Stambhaka dravyas* are given.

### Samanya chikitsa

*Kalyanaka Awaleha*

*Acharya Kashyapa mentioned Kalyanaka Awaleha & its contained Pippali, Dhataki (Puspa),*

Lodhra, Samaṅgā (Lajjalu), Padmakeśara, Padma, Mocarasa, Dirghaventa (bark), Nagakesara is taken and Ghrta, Matsyandika Madhu are added and made into Avaleha. It cures all types of Atisara in Garbhini. Garbhini Atisara mainly cause by Mandagni Kalyanaka awaleha mainly contains first drug pippali, according to Bhavprakhase nighatu pippali katu Rasa property cause Again (jathragni) Deepana Vatanulomaka in property, shula prashamana & uttejak, yakrit is synonyms of Jyoti Sthana, jyoti means Agni. Overall mode of action of pippali in on agni. 2<sup>nd</sup> ingredients Dhatki act by Sthambak property Lodhra is also Sthambak property. Ruksha Guna of Drug like Lodhra, Samanga, Dataki, Mochrasa, Padma, Dirghaventa, Nagakesara, cause Shoshana of extra Kleda of body and act as kaphahara. Laghu Guna of all about Drugs Causes Mala Kshaya.<sup>[7]</sup>

#### **Ama Atisara Chikitsa according to Acharya kashyapa**

- Pitta Atisara
- Vata Atisara
- Sleshma Atisara
- Sannipaatika Ama Atisara

<b>Vata Atisara</b>	<b>Pitta Atisara</b>	<b>Sleshma Atisara</b>	<b>Sannipaatika Ama Atisara</b>
Churana of Hingu, Saindhava, Nagakeshara, Brhatidvayam, Kutaja seed, Pippalimula, Mukhya, Ativisa, with leukwarm water.	Churna of Patha, Candana, Kitajaseeds, Ativisha and Mukhya with water.	Churna of kutaja beeja, Musta, Patha, Ajamoda, Sarala, Ativisha, and shubha is taken with leukewarm water.	Kwatha of brhatyadi g ana is use.
<b>PROBABLE MODE OF ACTION<sup>[8]</sup></b> <b>Vata Atisara</b> –Hingu mainly act on Saman Vayu. Snigdha Guna of Hingu act as Vatahara & Anulomaka, Saindhav clears the Srotas path way by its passing properties in minute channels. Nagakeshar Sthambhak in property, Kutaja act	<b>Pitta Atisara</b> – Patha act as Deepan Pachan as well as Grahi in property & acts on Drav Guna of Vikrit Pitta. Chandan due to Sheeta Veerya causes pitta Kahaya, Sheeta Guna acts on Lala Mahabhuta & Atisara, Kutaja Beeja also acts on pitta by its Sheeta Veerya property. Ativisha act	<b>Sleshma Atisara</b> – Kutaja beeja act as Sangrahika & Upshoshana in property, Musta act as Deepana in property, Patha act on Agnimandhya. Ajamoda is Vatanulamaka, Sarala act as Deepana & Shoshana of Kleda part of Kapha, Ativisha cause Aam pachan &	<b>Sannipaatika Ama Atisara</b> – it act by its Tridosahana property, ....all Drugs can be taken as single Drug or ad of three or four drugs depend on dosha dusthi Awastha,

<i>as Sthambhak.</i>	<i>on Jathragni conversion to Dhatvagni by its Deepana pachan property,</i>	<i>clears the Srotas.</i>	
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### ***Nirama Atisara Chikitsa according to Acharya kashyapa***

- Sleshma Atisara
- Pitta Atisara
- Vata Atisara
- Rakta Atisara

### ***Sleshma Atisara***

- 1) Ambasthaadi Gana Kwath<sup>[9]</sup> with Madhu and Tandulodaka. In it (Ambasthaa, Patha, Lajjalu, Mulethi Bilve Majja, etc. in it has Laghu Ruksha guna, Deepan & Ghahiproperty.)
- 2) Kutaja fruit, Dhataki, Marica, Lodhra katwanga and Devadaru, mixed with Madhu and Tandulodaka.
- 3) Nalina Kesara, (Saffron of lotus) with Madhu and Tandulodaka.

### ***Pitta Atisara***

- Nyagrodhadi Gana Kwatha with Madhu.
- Kwatha of kanaa, Dhataki Puspa, Madhuka, Bilva (Pulp)with madhu & sharkara. (Madhuka mainly act on pitta Shaman by Sheet veerya, Sthambhana & Anulomaka in property.)
- Padma Samanga, Mango Kernel(act as Sthambaka property & Kapha Pitta Shamak) Madhuka, Padmakesara, Lodhra, Mocarasa with Madhu and Shrakara.

### ***Vata Atisara***

- Kwatha of Khuddaka Pancamula (Mudgaparni, Masaparni, Punarnava, and Bala,) except Eranda with Kala and Katvanga.
- Padma, Samanga, Manga Kernel, Vrhati, Bilv pulp pestle with Curd.

*Curd*- Natural curd / yogurt is an abundant source of lactic acid producing organisms, which can serve as probiotic. For all practical purpose, probiotics are safe.

- Curna of Musta, unripe vilva, Ananta, Madhuka with Curd Ghrta, Guda.



***Soola Yukta Vatika Atisara***

- *Pippali, Dhataki Puspa, Padma, Samanga, Mocarasa, Matsyandika, Indrayuva* with water.

***Rakta Atisara***

- *Trapusi beeja* (is *Pitta Shamak* in property) in *Balamula Kwatha* with *Sharkara* and *Madhu*.
- *Padma, Lajjalu, Madhuka, Candana, Padmakesara*, with *Madhu* and *Milk*
- *Krsna Tila*, (indicated in *Grahni Chikitsa*, thus acting on *Agni*) *Lajjalu, Madhuyasti* and *Utpala* with unboiled *Milk*.
- *Mocarasa, Tila, Lodhra, Utpala, Kamala* with *Milk*.
- *Ksirakakoli, Candana, Lodhara, Padmakesara* with *Madhu* and *Milk*.

According to *Yog Ratnakara*<sup>[10]</sup> *heeberadi Kwatha* use in *Garbhini Atisara* and its contains- *heebera, Aralu, Raktacandana, Bala, Dhanyaka, Musta, Ushira, Yawasa, Parpata, and Visha*.

**DISCUSSION**

*Garbhini Atisara* mainly cause by faulty life style like *Adhyashana, Vishamashana*, and drinking contaminated water. which affects the *Agni* leading to *Ama* formation and diseases like *Garbhini Atisara*.<sup>[11]</sup> It is the main source of infection in such people. In urban area the people of now a days are consuming the fast food very frequently which may be the cause of *Ama* formation leading to *Atisara*. *Agnimandya* is the prior stage of almost all the diseases. *Mandagni* leads to *Ama* formation which further leads to *Garbhini Atisara* & all the *semedications* as mentioned in classics can be used as per *Dosha Dusti of Garbhini*.

**CONCLUSION**

*Atisara* is disease of *Mahashrotas* and *Prakriti Aamotpatti* is an important *Nidana* of *Atisara*. *Tridosh dusti* causes *dushti* in *Jatharagni*. Improper functioning of *Agni* causes *agni mandya* which leads to formation of *Aam* Intestinal parasitic infections are most common in developing country. Therefore drug used for treatment should act directly or indirectly on *Agni*. And *Sthambhana, Grahi* should be the drug of choice. According to *Acharya kashyapa* & *Yogaratanakar* was mentioned has major role in management of *Garbhini Atisara*. *Sthambhana* Drugs should be given prime importance in the management. Hence, *Garbhini Atisara* can be successful treated under *Ayurveda* physician observation.



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