



AN AYURVEDIC PERSPECTIVE OF ABORTION (*GARBHASRAVA* AND *GARBHAPATA*)

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ABSTRACT –

All women have dream to experience motherhood. In today's era there is increased rate of infertility. If women conceive then it is difficult to complete pregnancy till term. Because there are various factors that affects pregnancy and causes abortion. About 10-20% of all clinical pregnancy ends in miscarriage. In ayurveda abortion comes under the heading of *garbhasrava* and *garbhapata*. As per *Acharya Sushruta* *garbhasrava* is expulsion of fetus upto four months and *garbhapata* is after that. *Acharya* described various causes that affects pregnancy and cause abortion in details. *Acharya Sushruta* has described the treatment to prevent abortion month wise i.e. *masamumasik chikitsa* of *garbhasrava* and *garbhapata*. So, in this article we are trying to provide basic knowledge of abortion in ayurveda.

KEYWORDS – *Garbhasrava, Garbhapata, Masanumasika chikitsa*

INTRODUCTION –

All women have dream to experience a joy of pregnancy or motherhood & to give a birth to healthy progeny. To complete this dream is a big challenge for both couple and obstetrician. As the maintenance of pregnancy is very imp. Because From the point of conception to the point of delivery pregnancy affected by various complications. Various factors affect pregnancy such as infection, smoking etc and cause complications. One of them is abortion or recurrent pregnancy loss. Probably 10-20 % of all clinical pregnancies end in miscarriage.^[1] Due to this major incidence of abortion this article is an effort to focus on ayurvedic views on this issue. Disorders of fetus are mentioned in ayurveda as *garbha vyapata*. *Acharya Sharangadhara* described eight disorders of *garbha* i.e. *garbhavyapata* such as *upvishtaka*, *nagodara*,

makkala, mudhgarbha, viskambha, gudhagarbha, jarayudosh, garbhapata.^[2] But he has not described the topic in details. *Acharya Sushruta* mentioned *garbhasrava* and *garbhapata*. Where *garbhasrava* is expulsion of fetus upto 4 month and *garbhapata* is between 5th and 6th months. It can be correlated abortion. Abortion is the expulsion or extraction from its mother of an embryo or fetus weighing 500 gm or less when it is not capable of independent survival.^[3]

MATERIALS AND METHODS –

Literature review was done from various classical texts, modern books, Research articles, websites & Publications.

DISCUSSION –

Definition of *Garbhasrava* and *Garbhapata* –^[4]

Expulsion of fetus till 4th month of pregnancy is termed as *garbhasrava*. Because the products of conception are in liquid stage. There after in 5th and 6th months it is termed as *garbhapata*. Because fetal parts attained some stability or become solid by this period.

Bhoja opines that the period of *garbhasrava* is upto 3 month.

***Garbhasrava* and *Garbhapata* Nidan –**^[5]

- ***Acharya Charaka –***

If the factors which are responsible for growth and development of fetus are abnormal can cause intrauterine death of fetus or its expulsion before viability.

Also 4th month onward of pregnancy anger, grief, calumny or discontent, jealousy, fear, terror, excessive coitus and exercise, irritation. Suppression of natural urges, sitting, standing and sleeping on uneven place or in abnormal postures, suppression of thirst and hunger and use of stale food can cause abortion.

Also abnormalities of *shukra* and *vayu* can cause abortion.

- **Acharya Sushruta –**

Acharya Sushruta explained the causes of obstructed labour & abortion simultaneously. Which are coitus, travelling in carriage, riding on horse, etc., journey on foot, staggering or stumbling, falling from height, compression, running too fast, trauma by stone, weapon or whips etc., sleeping or sitting on irregular places, fasting, suppression of natural urges, consumption of excessive dry, hot or pungent diet, grief, diarrhea, excessive use of *ksara*, emetics & purgatives, swinging, indigestion and use of abortifacient drugs. Due to this fetus gets detached from its attachment as fruit gets detached from its stalk due to trauma.

Also *krimi* (insects), *vata* and *abhighat* (trauma) also cause abortion.

Physical and psychological disorders of mother and disorders of fetus also responsible for producing fetal complications.

Conception occurring on 3rd day of menses or by a man below 25 or in a woman below 16 years of age also expelled.

- **Acharya vagbhata –**

Excessive use of contraindicated things can cause abortion.

- **Acharya Bhela –**

All the 20 *yonivyapata* can cause abortion.

- **Acharya Harita –**

Vitiated *doshas* and specially *vata* cause abortion.

Samanya Lakshana -

Acharya Charaka mentioned bleeding per vaginum as symptom of abortion.

Acharya Sushruta mentioned pain in uterus, sacral and groin region and urinary bladder with bleeding.

Prasansramana garbha lakshana –

When fetus starts its descent for expulsion is called as *prasansramana avastha*. It includes symptoms as

- ❖ Pain along with burning sensation in flanks and back.
- ❖ Excessive bleeding per vaginum
- ❖ Distention of abdomen
- ❖ Retention of urine.

Garbha sthanantara gamana lakshana –

Displacement of fetus from its original place is called as *garbha sthanantara gamana*.

Symptoms include irritation of abdominal cavity and pain.

GARBHASRAVA AND GARBHAPATA MASANUMASIK CHIKITSA ACCORDING TO ACHARYA SUSHRUTA (MONTHWISE TREATMENT OF ABORTION) –[7]**1st Month –**

Madhuka, shakabija, payasya and surdaru

2nd Month –

Ashmantaka, krushna tila, manjishtha and shatavari

3rd Month –

Vrukshadani, payasya, priyangu or lata, utpala and sariva

4th Month –

Ananta, sariva, rasna, padma and madhuka

5th Month –

Bruhatidwaya, kashmari, kshirishunga tvacha (stem bark and leafbuds of latex yielding trees), ghruta

6th Month –

Prushnaparni, bala, shigru, shwadamshttra and madhuparnika

7th Month –

Shrungataka, bisa, draksha, kasheru, madhuka and sita(sugar)

8th Month –

Milk treated with roots of *Kapittha, bilva, bruhati, patola, ikshu and nidigdhika*

9th Month –

Milk treated with *ananta, sariva, payasya and madhuyashti*

10th Month –

Milk treated with either *shunthi and payasya* or *shunthi, madhuyashti and suradaru* or *only payasya*. Use of this prescription even relieves very severe pain.

CONCLUSION –

The present paper will provide the basic knowledge of abortion in ayurveda. Different *Acharya's* described the various causes of *garbhasrava* and *garbhapata*. The Pregnant women should avoid the exposure of that causes (etiological factors) from the conception of pregnancy till delivery. Also *Acharya Sushruta* explained the *masanumasik* treatment for *garbhasrava* and *garbhapata* which is very well documented from samhita period. In which all the drugs mentioned having properties to counter act the effect of *garbhopaghatakara bhavas* and help in maintenance of *garbha*. They help in maintenance of proper health, growth and development of *garbha*. The *masanumasika* treatment are preventive medicines aimed at

treating the cases of habitual abortion. So by use of these drugs on specific months fetus grows properly upto full term. All above information will be helpful in present era for preventing the process of abortion.

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