

## International Journal of Research in Indian Medicine

### Effect of *Garbhpalras* in pregnancy- A review.

Pragati P. Koparkar<sup>1</sup>, Rajiv J. Mundane<sup>2</sup>, Sanjay A. Pawade<sup>3</sup>

1. PG Scholar

2. Principal, Professor HOD, & Guide,

3. Assistant Professor

Rognidan Avum Vikriti Vignyan Dept., DMM Ayurved Mahavidyalaya,  
Yavatmal, Maharashtra, India

\*Corresponding author: koparkarpp@gmail.com Mob no. 7028043814

**Ethical approval:**  
Approved by the  
Institutional ethics  
committee

**Conflict of Interest:**  
None declared

**Sources of Funding:** None

**Date of Submission:**  
26/02/2019.

**Date of Peer Review:**  
28/03/2019.

**Date of Acceptance:**  
29/03/2019.

**Date of Publishing:**  
09/04/2019.

**Name of Publication:**  
Dudhamal Publications  
(OCP) Pvt. Ltd., Chembur,  
Mumbai, Maharashtra, India

#### Abstract:

**Background:** *Ayurveda*, the oldest widely practiced existing medical system, recognized by World Health organization. Obstetric care in *Ayurveda* is a unique feature. Great maestros of *Ayurveda* described in detail about pregnant women and its care. During this nine month long journey, pregnant women may suffer from some minor ailments which are specific to pregnant state. *Garbhpalras* a drug mentioned in the text of 17<sup>th</sup> century namely "*Raschandanshu*" has such properties and is being used since then. It has occupied a respectable place in *Ayurveda* for preventing miscarriage and ensures better nourishment to fetus.

**Aim & objectives:** To assess the effect of *Garbhpalras* in *Garbhini* and To study review of literature through *ayurvedic* texts.

**Materials & methods:** All information has been collected from various *Ayurvedic* texts, research journals & articles.

**Result & conclusion:** According to all available literature *Garbhpalras* is effective in pregnant women to manage minor ailments and miscarriages which are specific to pregnant state.

#### Keywords:

*Garbhpalras*, *Rasayan*, *Pregnancy*, *Lactation*.

## INTRODUCTION-

Pregnancy is a special time in a women's life, from the moment of conception the growing baby is entirely dependent on its mother. Pregnancy is a time of physical and hormonal changes and of emotional and psychological preparation for motherhood. Great maestros of *Ayurveda* described in detail about pregnant women and its care. During this nine months long journey, pregnant women may suffer from minor ailments which are specific to pregnant state. *Ayurveda* has suggested a very good protocol for obstetric care. It also describes certain diseases, which are due to the pregnant status of the women. These diseases are peculiar to pregnancy and are called *Garbhopadravas*, they are nausea, vomiting, anorexia, fever, edema, anemia, diarrhea. Now miscarriage is also one ailment which affects the pregnancy of women. *Kashyap* emphasized that proper management of disorder during pregnancy is helpful for protection and development of both mother and fetus. Nausea, vomiting and miscarriages are the commonest symptoms experienced in the first trimester of pregnancy and can occur at any time of the day and may be constant. It's no wonder that child bearing women feel the desire for a remedy to overcome with these. Since ancient times, "*Garbhapalras*" have been used for many centuries in assisting for securely child bearing process. According to author of "*Raschandanshu*" the text of 17<sup>th</sup> century drug "*Garbhapalras*" cures all minor ailments of pregnant women.

## AIM AND OBJECTIVES-

- 1) To assess the effect of *Garbhapalras* in *Garbhini*.
- 2) To study review of literature through *ayurvedic* texts.

## MATERIALS AND METHODS-

*Ayurveda* ensures a safe and natural delivery of a healthy baby, which is achieved by a regulated diet and regimen during pregnancy and administration of herbal preparations needed in each month. A special unusual glow, beauty, serenity is seen on a pregnant women face. This glow is the indicator of health of baby inside her body. *Garbhapalras*, a drug mentioned in the text of 17<sup>th</sup> century namely "*Raschandanshu*" has occupied a respectable place in *Ayurveda* for preventing miscarriages and ensures better nourishment to fetus.

*Masprathammarbhya Nawamasantamewacha* /

*Garbhinirognashnarth Garbhapalrassmrutha* // *Ras. Ch.*

*Garbhapalras* is a medicine for pregnant women. Due to the weakness of uterus fetus is not survive upto nine months and due to that spontaneous abortions occurs in which *Garbhapalras* is very effective. *Garbhapalras* maintains the health of uterus along with ovaries, it nourishes the uterus and maintain the blood supply to uterus & also balance the tridoshas due to which *Garbhapalras* prevents the nausea, vomiting and miscarriage

### Composition of *Garbhapalras*-

*Hingual Nagvangao cha trijatm cha katutrayam* //

*Dhanyakmkrishnajeerak cha chavyamdrakshasurdrum* //

*Karshmanampruthaksarvakarshardhaloh abhasma cha* //

*Saptahmmardyetkhallevishnukrantarasen cha* //

*Gunjamatra cha vatikadrakshakwathenyojyet* // *Ras. Ch.*

Contents	Quantity (1 tola = about 12 gms)
Hingula (cinnabar Hgs) –	1 tola
Nag (lead pb)	1 tola
Vang (Tin sn)	1 tola
Lohabhasma (Iron Fe)	1/2 tola
Dalchini (cinnamomumzeylanicum)	1 tola
Ela (Elettariacardmomum)	1 tola
Tejpatra (cinnamomumtamala)	1 tola
Shunthi (Zingiberofficinale)	1 tola
Maricha (Piper nigrum)	1 tola
Dhanyak (Coriandrumsativum)	1 tola
Chavya (piper retrofractum)	1 tola
Krishnajeerak (Carumbulbocastanum)	1 tola
Draksha (Vitisvinifera)	1 tola
Devdaru (Cedrusdeodara)	1 tola

These all ingredients were triturated in extract of Vishnukranta (*Clitoria ternatea*)

#### Doses-

According to Raschandanshu it is given in 1 to 3 *Gunjamatra* along with *Drakshakwath*.

It is available in tablet form and taken as 1 tab two times a day.

According to the author of *Raschandanshu* the text of 17<sup>th</sup> century drug Garbhapalras contain all above ingredients in same quantity except *lohabhasma* (half quantity than others) were triturated in extract of *vishnukranta*. We know that drug exhibit their action by *dravyaprabhav*, *gunaprabhav* or both *dravyagunaprabhav*. The different ingredients in the Garbhapalras works

according to their *prabhav* and cures the pregnancy ailments.

- *Hingul* - is *yogwahi* and *rasayan*,
- *Nag* and *vang* - gives strength and prepare uterus to give birth to a healthy baby.
- *Trijat* works as a *pittashamak*,
- *Dhanyak*-*krishnajeerak*-*Manuka* - act as a *pittashamak* and energy booster for uterus and inhibit the discomfort of abdomen during pregnancy.
- *Lohabhasma* - supply the energy and increases the blood supply for development of baby and also increase blood supply to uterus.
- *Devdaru* - helps to cure the infection occurs in uterus.
- *Vishnukranta* - act as *Garbhasansthapak*, *mutral*, gives energy to uterus and mainly works as a *vatashamak*.

#### Action of Garbhapalras-

The ingredients in *garbhapalras* cures the Nausea, vomiting (*vaman*) and miscarriages mainly. The chief *dosha* involved in *vaman* is *vayu*, mainly the *udan* and *vyan* fractions of *vayu*. We know that drugs exhibit their action by *dravyaprabhav*, *gunaprabhav* or both *dravya*, *gunaprabhav*.

- *Ela*, *Dalchini* and *Tejpatra* being *anulomak* turned *urdhvagamivata* in downwards direction and thus helps to check the *vaman*. This action may be attributed to *dravyaprabhav*.
- *Draksha*, *Dhanyak*, *Pippali*, *Sunthi*, *Ela*, *Tejpatra*, *Dalchini* being *madhur*, pacify *vata* and *pitta* both so relieves *vaman* by *gun prabhav*.

Ayurvedic sources notify that Ginger is the best remedy for morning sickness in pregnancy. There is a sufficient amount

of researches data to show that Ginger (*shunthi*) play an effective role against pregnancy related morning sickness. It may be the possible reason of improvement in symptoms of Nausea & Vomiting. *Dhanyak* and *Ela* have also show similar effect. *Lohabhasma* and *Devdaru* increase the blood supply to uterus, it also maintains the environment of uterus which is the main house of fetus to grow healthy and come out as a healthy baby. It maintain the health of uterus in such a way that the pregnant women survive the fetus in uterus from one month up to nine months *Garbhpalras* were triturated in the extract of *Vishnukrant* which is the *vatashamak* and gives strength to the vessels of uterus due to which it prevents miscarriages.

#### DISCUSSTION-

Ayurveda gives importance for antenatal (pre pregnancy care) as well as postnatal (post pregnancy care) in order to ensure the health and wellbeing of mother and child. According to *charak*, the great Indian physician if pregnant women give care and affection as per advice of the physician, she will give birth to a child free from disease, physically strong, mentally sound and well nourished baby. Ayurvedic texts have described diseases, which are commonly encountered during pregnancy. These diseases are called *Garbhopdravas* and are peculiar to pregnancy. So to maintain the health of mother and fetus *Garbhpalras* is given to pregnant women.

#### CONCLUSION-

*Ayurvedic Samhitas* describes the pregnancy and the ailments which occur during pregnancy. It is difficult to completely prevent pregnancy induced Nausea, Vomitting, morning sickness, miscarriages as it is a natural and physiological phenomenon. However from above literary data it seems that “*Garbhpalras*” prevents this and it also limits the period of it.

#### REFERENCES-

1. Harita Edited and hindi commentary by pt. Ramavalambshastri, Haritsamhita, Varanasi prachhyaprakashan .1985.
2. Kashyap. Text with English translation and commentary by P.V. Tewari, Kashyapsamhita. Varanasi chaukhamba visvabharti, 2002.
3. Ras Tantra Sara – Siddha yoga sangrahaprathamkhanda, 140, AFI Vol-2.
4. Priyawat Sharma –Dravyagun – Vignyanchaukhamba Bharti academy Varanasi reprint 2009.
5. Vaidyapanchanan Gangadharshastri Gune, Ayurvediy Aushadhi gun dharma shastra, Shri Ma. Vi. Datye, Ganesh offset pra. Ltd. 693, Budhavarpeth, Pune, reprint 2011.pg.no 279.

#### How to Cite this article:

Effect of *Garbhpalras* in pregnancy - A review.

Pragati P. Koparkar, Rajiv J. Mundane, Sanjay A. Pawade

Ayurline: International Journal of Research In Indian Medicine 2019; 3(2): pages: 01-04