

“Understanding the use of medicated *Gritha* in pregnancy”-**A Conceptual study.****Priya Padmanabhan*¹, Anand D. A.²**

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***Corresponding author:** drpriyapadmanabhan@gmail.com**Abstract:**

Gritha is one among the *chaturvidha sneha* and is considered as a *Nithya Sevaniya aahara*. Pregnancy is a period where nourishment should be attained to both pregnant lady as well as the growing foetus. Thus Ayurveda emphasis special care for *Garbini* in the form of *Garbhini Charya* which includes *Garbhini Ahara*, *Vihara* and *Masanumasika oushada prayoga*. *Gritha* is *snighda and soumya gunapradhana with madhura rasa and madhura vipaka*¹, which helps in the proper growth and development of *garbha*. Various *gritha kalpanas* mentioned in our classics helps in the timely nourishment and development of the *garbha*. In this article an attempt is made to understand the utility of different *gritha* in different stages of *garbha*.

Keywords:*Gritha, Garbha, Fetus, Pregnancy***Introduction:**

Every pregnancy desires for a healthy mother and baby. After marriage when the couple think of the progeny, to get a healthy baby depends on different factors like *Bija*, *Atmakarma*, *Ashaya*, *kala* and *maturahara vihara*. *Bija dosha*, *Atmakarma dosha*, *garbhashaya dosha*, *kala dosha* and Mothers *Aahara* and *vihara* affect the *garbha*. Various methods are mentioned in our classics to avoid these *doshas*. Especially the *Bija dosha*, *Ashaya dosha*, mothers *aahara viharaja dosha* can be corrected using *yuktivyapasraya chikitsa*² and the *aatmakarma dosha* and *kala dosha* can be corrected to an extend with the help of *Daivavyapasraya chikitsa*³. Foremost is the *shodana* of *Shukra* and *Aartava* which is essential for *garbha dharana* and *garbha paripalana*. Healthy offsprings are born when there is *samyoga* of *shuddha shukra* and *shonitha*. After *shukra shonitha jeeva samyoga garbha dharana*

occurs⁴. Even after garbha dharana many complications can occur in the Garbha kala which hinder the growth of garbha. There are chances of abortion called as garbha srava (which occur in first 4 months of garbha dharana) and garbha patha (after 4 months of garbha dharana), also different garbha vikrits may occurs. To avoid these Acharyas has mentioned *masanumasika garbhinicharya*.

Gritha kalpana has a very important role in garbha kala starting for the *shukra shonitha shodana* till the end of *prasava kala*. Gritha which is best among *chaturvidha sneha* has the property called “*Samskarasyanuvartana*” which means it takes the qualities of other drugs which are processed by it⁵. Intake of Gritha by Garbhini, improves the *rasa, shukra, ojus buddhi, agni* and does *vata pitta dosha shaman*. It helps to improve her *agni* and for the *shaman* of *vata pitta dosha*. The quality of *garbhini* and *garbha* is enhanced when medicated *gritha* is used in *garbha kala*. The dosage of Gritha should be fixed after accessing *Agni pareeksha, Kosta pareeksha* and *balapareeksha* of the pregnant lady.

Before Garbha Dharana and after Garbha dharana during the initial period it is wise to take **Phala sarpis** and **Bhrihat Shatavari Gritham** which helps in the shodana of *sukra* and *artava*, and does *pumsavana*.

PHALA SARPIS⁶

मज्जिष्ठाकुष्ठतगरत्रिफलाशर्करावचाः॥
द्वे निशे मधुकं मेदां दीप्यकं कटुरोहिणीम्॥
पयस्याहिङ्गुकाकोलीवाजिगन्धाशतावरीः॥
पिष्ट्वाऽक्षांशा घृतप्रस्थं पचेत्क्षीरचतुर्गुणम्॥

योनिशुक्रप्रदोषेषु तत्सर्वेषु प्रशस्यते॥
आयुष्यं पौष्टिकं मेध्यं धन्यं पुंसवनं परम्॥
फलसर्पिरिति ख्यातं पुष्पे पीतं फलाय यत्॥
म्रियमाणप्रजानां च गर्भिणीनां च पूजितम्॥
एतत्परं च बालानां ग्रहघ्नं देहवर्धनम्॥

BRIHAT SHATAVARI GRITHAM⁷

शतावरीमूलतुलाश्चतस्रः सम्प्रपीडयेत्॥
रसेन क्षीरतुल्येन पचेत्तेन घृताढकम्॥
जीवनीयैः शतावर्या मृद्वीकाभिः पररूषकैः॥
पिष्टैः प्रियालैश्चाक्षांशैर्द्वियष्टिमधुकैर्भिषक्॥
सिद्धे शीते च मधुनः पिप्पल्याश्च पलाष्टकम्॥
सितादशपलोन्मिश्राल्लिह्यात् पाणितलं ततः॥
योन्यसृक्शुक्रदोषघ्नं वृष्यं पुंसवनं च तत्॥
क्षतं क्षयं रक्तपित्तं कासं श्वासं हलीमकम्॥
कामलां वातरक्तं च वीसर्पं हृच्छिरोग्रहम्॥
उन्मादारत्यपस्मारान् वातपित्तात्मकाञ्जयेत्॥
इति बृहच्छतावरीघृतम्॥

In 2nd month *avyakta roopa* of *Angapratyanga* develops i.e. buds of hands, legs, lungs heart develops, formation of umbilical cord and the formation of Neural tube which later develops into the nervous system including brain, spinal cord and nerves. In 3rd month formation of *Sarva indriya* and *sarva angaavayava*. All sense organs ear, eye, eyelids, upper lip, fingers toes everything develop during this stage heart develops. No discrimination of sex till this period so we should do the *pumsavana karma* during these period. During this stage it is wise to use *Kalyanaka gritha*. As it increases digestive power and nourishes the brain and nervous system. It has the property of *pumsavana*

KALYANAKA GRITHAM⁸

वराविशालाभद्रैलादेवदार्वेलवालुकैः॥
 द्विसारिवाद्विरजनीद्विस्थिराफलिनीनतैः॥
 बृहतीकुष्ठमञ्जिष्ठानागकेसरदाडिमैः॥
 वेल्लतालीसपत्रैलामालतीमुकुलोत्पलैः॥
 सदन्तीपद्मकहिमैः कर्षाशैः सर्पिषः पचेत्॥
 प्रस्थं भूतग्रहोन्मादकासापस्मारपाप्मसु॥
 पाण्डुकण्डूविषे शोषे मोहे मेहे गरे ज्वरे॥
 अरेतस्यप्रजसि वा दैवोपहतचेतसि॥
 अमेधसि स्खलद्वाचि स्मृतिकामेऽल्पपावके॥
 बल्यं मङ्गल्यमायुष्यं कान्तिसौभाग्यपुष्टिदम्॥
 कल्याणकमिदं सर्पिः श्रेष्ठं पुंसवनेषु च॥

In the 4th month there is proper growth and functioning of heart, heart chambers and blood vessels so it is good to use *Dadimadi gritha* which helps to improve quality and quantity of blood. It is also *hridya* and it does the *anulomana* of *vata dosha*.

DADIMADI GRITHAM⁹

दाडिमात्कुडवो धान्यात्कुडवार्धं पलं पलम्॥
 चित्रकाच्छृङ्गबेराच्च पिप्पल्यर्धपलं च तैः॥
 कल्कितैर्विशतिपलं घृतस्य सलिलाढके॥
 सिद्धं हृत्पाण्डुगुल्मार्शःप्लीहवातकफार्तिनुत्॥
 दीपनं श्वासकासघ्नं मूढवातानुलोमनम्॥
 दुःखप्रसविनीनां च बन्ध्यानां च प्रशस्यते॥

During the 5th and 6th month pregnant women has *karsya*, *bala varna hani* due to development and nourishment of foetus. So it is the turn of *Amritaprasha gritha* which has a very good *brihmana* action and helps to control *mutramaya*, as *proteinuria* and *urinary tract infections* are more common during these period.

AMRITAPRASHA GRITAM¹⁰

जीवनीयो गणः शुण्ठी वरी वीरा पुनर्नवा॥
 बलाभाङ्गीस्वगुप्तिर्द्विशठीतामलकीकणाः॥

शृङ्गाटकं पयस्या च पञ्चमूलं च यल्लघु॥
 द्राक्षाक्षोडादि च फलं मधुरस्निग्धबृंहणम्॥
 तैः पचेत्सर्पिषः प्रस्थं कर्षाशैः श्लक्ष्णकल्कितैः॥
 क्षीरधात्रीविदारीक्षुच्छागमांसरसान्वितम्॥
 प्रस्थार्धं मधुनः शीते शर्करार्धतुलारजः॥
 पलार्धकं च मरिचत्वगेलापत्रकेसरम्॥
 विनीय चूर्णितं तस्माल्लिह्यान्मात्रां यथाबलम्॥
 अमृतप्राशमित्येतन्नराणाममृतं घृतम्॥
 सुधामृतरसं प्राश्यं क्षीरमांसरसाशिना॥
 नष्टशुक्रक्षतक्षीणदुर्बलव्याधिकर्शितान्॥
 स्त्रीप्रसक्तान् कृशान् वर्णस्वरहीनांश्च बृंहयेत्॥
 कासहिध्माज्वरश्वासदाहतृष्णासिपित्तनुत्॥
 पुत्रदं छर्दिमूर्च्छाहृद्योनिमूत्रामयापहम्॥

From the 7th and 8th month of pregnancy pregnant lady complains of constipation, pedal edema, bloating due to pressure from the growing fetus and hyperpigmentation in the skin due to endocrinological changes. So the pregnant lady should be advised to take *Sukumara gritha* as it helps to control *Shopha* and *vit vibhandha*. It also helps to control different pain caused by the *vata dosha* as well as nourishes and improves colour and complexion of mother and foetus.

SUKUMARA GRITHAM¹¹

पचेत्पुनर्नवतुलां तथा दशपलाः पृथक्॥
 दशमूलपयस्याश्वगन्धैरण्डशतावरीः॥
 द्विदर्भशरकाशेक्षुमूलपोटगलान्विताः॥
 वहेऽपामष्टभागस्थे तत्र त्रिंशत्पलं गुडात्॥
 प्रस्थमेरण्डतैलस्य द्वौ घृतात्पयसस्तथा॥
 आवपेद् द्विपलांशं च कृष्णातन्मूलसैन्धवम्॥
 यष्टीमधु(चित्र)कमृद्वीकायवानीनागराणि च (क्षा
 रनागरम्)॥
 तत्सिद्धं सुकुमाराख्यं सुकुमारं रसायनम्॥
 वातातपाध्वयानादिपरिहार्येष्वयन्त्रणम्॥

प्रयोज्यं सुकुमाराणामीश्वराणं सुखात्मनाम्॥
नृणां स्त्रीवृन्दभर्तृणामलक्ष्मीकलिनाशनम्॥
सर्वकालोपयोगेन कान्तिलावण्यपुष्टिदम्॥
वर्ध्मविद्रधिगुल्माशोयोनिमेद्वानिलार्तिषु॥
शोफोदरखुडप्लीहविड्विबन्धेषु चोत्तमम्॥

From the last of 8th month till *prasava* it is advised to take *Urvaruka Gritha* which is mentioned in *Aryogya Kalpadruma*

URVARUKA GRITHA
(*SUKHAPRASOOTI GRITHA*)¹²

पक्कमुर्वारुकज्जोपोदकां वंशस्य पल्लवान्।

क्षोदयित्वा हृदे तेषां रसे तुल्यपयोयुतं।।

भद्रा मधुक कल्केन पक्कमुर्वारुकाहुव्यम्।

घृतं पुरानैराध्यातं सेवितं सुख सूतिकृत॥

Conclusion:

Use of these medicated ghee in respective months helps to prevent many difficulties appearing to pregnant lady as well as the foetus. These *gritha* preparations act as a nourishing and protective shield during the *garbha kala*.

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