



A Critical Analysis of *Garbhasthapaka Dravyas* of *Bhavaprakash Nighantu*

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ABSTRACT

Acharya Charaka has described 'Garbha' as combination of 3 factors i.e. Shukra, Shonita and Jeeva¹ and Kshetra for Garbhashaya which is important for implantation, proper growth and development of Garbha.² In present era, women are facing many problems in conceiving due to changes in lifestyle. Sometimes even after conception, due to non- congenial diet and mode of life bleeding occurs in second and third month. Due to unstability of fetus, it is not retained. The incidence rate of abortion in India is estimated 15.6 million every year.³ about 75% miscarriages occur before the 16th week and of these about 80% occur before the 12th week of pregnancy.⁴ There are many Dravyas which act as Garbhasthapaka, Garbhaprada, etc., in Bhavaprakasha Nighantu. In present study, the Dravyas having Garbhasthapaka Karma are screened from Bhavaprakasha Nighantu (Lexicon) which is one of the Laghutrayis written by Bhavmishra on the basis of their Rasa, Guna, Virya, Vipaka, Prabhava, Doshakarma and corresponding references mentioned in it. Out of 426 Dravyas, 23 Dravyas indentified which possess above mentioned Karma scattered throughout Vargas which includes herb, minerals and animal origin.

Keywords: *Garbhasthapaka, Garbhaprada, Infertility, Bhavaprakasha Nighantu*

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INTRODUCTION

Acharyas had defined *Garbhasthapana* action as that which removes all the abnormalities in body, which cause obstacles in the conception. They also remove the disorders in fetus which leads to its fetal wastage. Out of those disorders of fetus "*Garbha srava*" or "*Garbhapatata*" (abortion) is important to understand. In *Charak Samhita* "*Garbhakara Bhava*" are described which are the ideal factors required for birth of an ideal baby. The absence or any defect in these factors leads to problems in conception or in sustenance of pregnancy [1-5]. The same thing is described as *Garbhopaghatkar Bhava* [6] both factors represent the causes of difficulties in *Garbhasthapana* action. They are also known as the structural and functional abnormalities in organs related to conception and female gametes.

AIM AND OBJECTIVE

Main aim and objective of this work is to evaluate all the *Garbhasthapaka, Garbhaprada Dravyas* which are described in *Bhavaprakash Nighantu* with their *Rasa, Guna, Virya, Vipaka* and *Dosha Karma* along with their latest researches done in their reference of *Garbhasthapaka Karma*.

MATERIAL AND METHODS

The drugs are taken from different *Vargas* of *Bhavaprakasha Nighantu* (Indian Materia Medica) of Shree Bhava Mishra (C.1500-1600 A.D.) commentary by Prof. Krishna Chandra Chunekar, published by Chaukhambha Bharati Academy, Varanasi, Reprint: year 2018. In this study we have selected the *Dravyas* which are having *Garbhashayavishudhdhikruta Karma, Garbhaprada Karma, Garbhasansthanam Karma, Garbhakarini Karma, Putrajanani Karma, Garbhadah Karma, Garbhasansthanam Karma, Garbhashayavishudhdhikruta Karma, Garbhashaya vishodhanam Karma, Yonishukravishodhanam Karma* described in *Shloka* form.

RESULTS**1.1 Haritakyadi Varga**

Sr. No.	Sanskrit Name	Latin Name	Family	English	Action	Reference	Page No.
1	<i>Jirakatraya</i>				<i>Garbhashayavishudhdhikruta</i>	<i>B.P.N.</i> 1/84	30
	<i>Jeeraka</i>	<i>Cuminum cyminum</i> Linn.	Apiaceae	Cumin seed			
	<i>Krishna Jeeraka</i>	<i>Carum carvi</i> Linn.	Ranunculaceae	Black Caraway seed			
	<i>Kalajajee</i>	<i>Nigella sativa</i> Linn.	Ranunculaceae	Small fennel			
2	<i>Vrudhdhi</i>	<i>Habenaria intermedia</i> D. Don.			<i>Garbhaprada</i>	<i>B.P.N.</i> 1/142	60

1.2 Karpuradi Varga

Sr. No.	Sanskrit Name	Latin Name	Family	English	Action	Reference	Page No.
1	<i>Padmaka</i>	<i>Prunus puddum</i> Roxb. Ex Wall.	Rosaceae	Mild Himalaya Cherry	<i>Garbhasansthanam</i>	<i>B.P.N.</i> 2/31	193
2	<i>Gorochana</i>	<i>Bezoar Extractum fellis bovini</i>	Cervidae	Gall-Stone Serpent stone	<i>Garbhastrava</i>	<i>B.P.N.</i> 2/79	224

1.3 Guduchyadi Varga

Sr. No.	Sanskrit Name	Latin Name	Family	English	Action	Reference	Page No.
1	<i>Kantakari</i>	<i>Solanum surattense</i> Burm. F.	Solanaceae	Wild Eggplant	<i>Garbhakarini</i> (Syn. <i>Garbhada</i>)	<i>B.P.N.</i> 3/39	277
2	<i>Jeevaniya Gana</i>				<i>Garbhaprada</i>	<i>B.P.N.</i> 3/59	285
	1. <i>Jeevaka</i>	<i>Microstylis musifera</i> Ridley	Orchidaceae				
	2. <i>Rushbhak</i>	<i>Microstylis wallichii</i> Linn.	Orchidaceae				
	3. <i>Meda-Mahameda</i>	<i>Polygonatum airrhifolium</i> Royle	Asparagaceae				
	4. <i>Kakoli-Ksheerkakoli</i>	<i>Roscoca procera</i> Wall.	Zingiberaceae				
	5. <i>Ruddhi</i>	<i>Habenaria intermedia</i> D. Don	Orchidaceae				
	6. <i>Vruddhi</i>	<i>Habenaria acuminata</i> Thw.	Heliconiaceae				
	7. <i>Yashtimadhu</i>	<i>Glycyrrhiza glabra</i> Linn.	Fabaceae				
	8. <i>Jeevanti</i>	<i>Leptadenia reiculata</i> W.&A.	Asclepiadaceae				
	9. <i>Mrudagarni</i>	<i>Phaseolus trilobus</i> Ait.	Fabaceae				
10. <i>Mashparni</i>	<i>Teramnus labialis</i>	Fabaceae					
3	<i>Lakshmana</i>	<i>Ipomoea sepriaria</i> Koen.	Convolvulaceae	Purple heart glory	<i>Putrajanani</i>	<i>B.P.N.</i> 3/148	357
4	<i>Dugdika</i>	<i>Euphorbia hirta</i> Linn.	Euphorbiaceae	garden spurge	<i>Garbhakarini</i>	<i>B.P.N.</i> 3/275	444

1.4 Vatadi Varga

Sr. No.	Sanskrit Name	Latin Name	Family	English	Action	Reference	Page No.
1	Putrajeeva	<i>Putranjiva roxburghii</i> Wall.	Euphorbiaceae	putranjiva	Garbhadah	B.P.N. 5/40	519

1.5 Aamradi PhalaVarga

Sr. No.	Sanskrit Name	Latin Name	Family	English	Action	Reference	Page No.
1	Padmakshama	<i>Nelumbium speciosum</i> Willd.	Nymphaeaceae	Sacred lotus	Garbhasansthapaka	B.P.N. 6/90	565

1.6 Dhatvadi Varga

Sr. No.	Sanskrit Name	Latin Name	Family	English	Action	Reference	Page No.
1	Bolam	<i>Commiphora myrrha</i> Holmes	Burseraceae	Myrrh	Garbhashayavishuddhikrut	B.P.N. 7/160	610

1.7 Taila Varga

Sr. No.	Sanskrit Name	Latin Name	Family	English	Action	Reference	Page No.
1	Tilataila	<i>Sesamum indicum</i> Linn.	Pidaliaceae	Sesame oil	Garbhashaya vishodhanam	B.P.N. 20/4	763
2	Erandtaila	<i>Ricinus communis</i> Linn.	Euphorbiaceae	Castor oil	Yonishukravishodhanam	B.P.N. 20/23	769

2.1 Haritakyadi Varga

Sr. No.	Sanskrit Name	Rasa	Guna	Virya	Vipaka	Doshakarma/Prabhava	Pharmacological action
1	Jirakatraya						
	Jeeraka	Katu	Lagu Rukha	Ushna	Katu	Kapha-Vata Shamaka Pitta Vardhaka	Appetizer, Digestant, Blood purifier, Antispasmodic, Aphrodisiac
	Krishna Jeeraka	Katu	Lagu Rukha	Ushna	Katu	Kapha-Vata Shamaka	Appetizer, Digestant, Antispasmodic, Cardiotonic, Anti-inflammatory
	Kalajajee	Katu	Lagu Rukha	Ushna	Katu	Kapha-Vata Shamaka	Appetizer, Digestant
2	Vrudhdhi	Madhura	Guru Snigdha	Sheeta	Madhura	Pitta Shamaka	Antioxidant, Blood purifier, Appetizer, Tonic

2.2 Karpuradi Varga

Sr. No.	Sanskrit Name	Rasa	Guna	Virya	Vipaka	Doshakarma/Prabhava	Pharmacological action
1	Padmaka	Kashaya Tikta	Laghu	Sheeta	Katu	Kapha-Pitta Shamaka/ Vedanasthapana	Antibacterial, Antimicrobial, Anti-inflammatory
2	Gorochana	Tikta	Laghu Rukha	Ushna	Katu	Kapha-Vata Shamaka	Antidote to poisons

2.3 Guduchyadi Varga

Sr. No.	Sanskrit Name	Rasa	Guna	Virya	Vipaka	Doshakarma/ Prabhava	Pharmacological action
1	Kantakari	Tikta Katu	Laghu Ruksha Tikshna	Ushna	Katu	Kapha-Vata Shamaka	Appetizer, Antibacterial, Anti-inflammatory, Aphrodisiac
2	Jeevaniya Gana	Madhura	Guru Snigdha	Sheeta	Madhura	Pitta Shamaka	
	1.Jeevaka						Antioxidant, Blood purifier, Appetizer, Tonic
	2.Rushbhak						Antioxidant, Blood purifier, Appetizer, Tonic
	3.Meda-Mahameda						Antioxidant, Blood purifier, Appetizer, Tonic
	4.Kakoli-Ksheerkakoli						Antioxidant, Blood purifier, Appetizer, Tonic
	5.Ruddhi						Antioxidant, Blood purifier, Appetizer, Tonic
	6.Vruddhi						Antioxidant, Blood purifier, Appetizer, Tonic
	7.Yashtimadhu						Antiinflammatory, Antiviral, Antibacterial
	8.Jeevanti						Antioxidant, Immunomodulatory
	9.Mudgaparni						Anti-inflammatory, Aphrodisiac, Antimicrobial
	10.Mashparni						Anti-inflammatory, Aphrodisiac, Nervine tonic, Antibacterial
3	Lakshmana	Madhura	Sara Ruksha Guru	Sheeta	Madhura	Tridosahara	Antifungal, Antioxidant
4	Dugdhika	Katu, Tikta	Guru Ruksha Kshara	Ushna	Katu	VataKara	Antithrombocytopenic, anti-inflammatory, immune stimulatory, antimicrobial

2.4 Vatadi Varga

Sr. No.	Sanskrit Name	Rasa	Guna	Virya	Vipaka	Doshakarma/ Prabhava	Pharmacological action
1	Putrajeeva	Madhura Katu	Guru Picchhil	Sheeta	Madhura	KaphaVardhaka Vata-Pitta Shamaka/ Garbhakara	Anti-inflammatory, Antipyretic

2.5 Aamradi PhalaVarga

Sr. No.	Sanskrit Name	Rasa	Guna	Virya	Vipaka	Doshakarma/ Prabhava	Pharmacological action
1	Padmakshama	Kashaya Madhura Tikta	Laghu Snigdha Pichchhila	Sheeta	Madhura	Kapha-Pitta Nashaka	Antidote for poison, Antipyretic, In Bleeding condition

2.6 *Dhatvadi Varga*

Sr. No.	Sanskrit Name	Rasa	Guna	Virya	Vipaka	Doshakarma/ Prabhava	Pharmacological action
1	<i>Bolam</i>	<i>Tikta Katu Kashaya</i>	<i>Ruksha Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara</i>	Digestive, Carminative, Aphrodisiac, Intellect promoting, Anti-inflammatory

2.7 *Taila Varga*

Sr. No.	Sanskrit Name	Rasa	Guna	Virya	Vipaka	Doshakarma/ Prabhava	Pharmacological action
1	<i>Tilataila</i>	<i>Madhura Kashaya Tikta</i>	<i>Guru Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata Shamaka Kapha-Pitta Prakopaka</i>	Antidiabetic, Antimicrobial, Antioxidant
2	<i>Erandtaila</i>	<i>Madhura Katu Kashaya</i>	<i>Snigdha Tikshna Sukshma</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha-Vata Shamaka</i>	Antimicrobial, Anti-inflammatory, Analgesic

DISCUSSION

In modern science, the difficulty or failure in conceiving is called as infertility. *Garbhasthapana* action is to prevent the abortion or miscarriage which is due to the organ abnormalities of fetus, expulsion of fetus, sometimes due to malformation of fetal organ or some maternal pathological condition [1]. Majority *Dravyas* in *Bhavaprakasha Nighantu* having *Madhura Rasa – Madhura Vipaka* and *Sheeta Virya*. *Madhura Rasa* contains *Prithvi* and *Aap Mahabhuta*. *Prithvi Mahabhuta* is having *Guru* and *Sthira* property which gives strength to the organs of mother hence gives stability to fetus [2]. *Vata Dosha* is the main factor which is responsible for the organogenesis. If the *Vata Dosha* is not in its normal state, the anomaly can be developed in fetus. Thus, the *Dravyas* having *Madhura Rasa* and *Madhura Vipaka* like *Jeevaniya Gana* are useful to pacify the *Vata Dosha*. *Avayava Utpatti* is also concerned with the *Dhatu*. *Dhatu* are main constitutional factors for genesis and development of *Avayava* [3]. For example *Hridaya* is mainly composed of *Rakta Dhatu* and *Kapha Dosha*. In the same way different *Ayava* has been explained in *Ayurveda* which are developed from different *Dhatu* [4]. This whole process also depends on the quality of *Rasa Dhatu*. If the *Rasa Dhatu* is proper, the *Uttarotara Dhatu* will be proper according to *Dhatuposhana Nyaya*. In such a condition the *Dravyas* having *Katu Rasa* and *Katu Vipaka* like *Jeeraka- traya* are useful to improve the *Dhatvagnis* to produce *Uttarotara Dhatus* [5]. *Dravyas* like *Padmaka* and *Yashtimadhu* having Antibacterial, Antiviral, Anti-inflammatory property so they help to protect mother from various diseases during pregnancy. One should use them as per ones need by *Yukti-pramana* [6].

CONCLUSION

The above explained *Dravyas* which are mentioned in *Bhavaprakasha Nighantu* may help as *Garbhasthapaka Dravyas* and could also be used in treatment of Infertility.

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