

A CONCEPTUAL STUDY ON GARBHA NIRODHAKA DRAVYAS (CONTRACEPTIVE DRUGS) IN AYURVEDA

Veera Venkata Durga Prasad M¹, Hegde Prakash L², Harini A³

¹PG Scholar,²Professor,³Associate Professor, Department Of Dravyaguna, SDM College of Ayurveda and Hospital, Hassan, Karnataka, India

ABSTRACT

India stands for second most populous country in the world, with 1.33 billion populations (according to 2016 census)¹. Increasing incidence in population rate should be curtailed. Currently, there are about 51 births per minute in India. The above statistics are enough to prove that the present methods of contraception are in use have failed in many aspects and there is the need for a new approach to the problem. The aim of this study is to gather *garbhanirodhaka* drugs (Contraceptive drugs) mentioned in ancient texts. In *Atharvaveda*, *Brhad-aranyakopanisat* and *Kausikasutra*-They used to do Prayers and Medicaments to produce sterility and infertility in both male and female. Even in astrology, yoga, they have briefly mentioned about the contraception. When it comes to Ayurveda as such there is no direct description of contraception in *Samhitas*, but they try to explain the contraceptive procedures in Ayurvedic grounds by taking the four necessary factors described in *Samhitas – Ritu* (time period), *Kshetra* (uterus), *Ambu* (liquid secretions) and *Beeja* (ovum and sperm). The union of one or two factors is necessary for fertility and if we restrict the union of one or two factors, we can prevent the conception². Even mantras are also used as a contraceptive method in *Ayurveda*. There are so many *Ekamuliya* (single) drugs as well *Bahumuliya* (combination) drugs which are mentioned in some texts of Ayurveda. So many Ayurvedic researches done on *Garbhanirodhaka dravyas* (contraceptive drugs) in Ayurveda and they are proving that Ayurvedic management of contraception also have safe and better result.

Keywords: *Garbhanirodhaka dravyas, Ekamuliya, Bahumuliya dravyas.*

INTRODUCTION

Birth control is also known as contraception and fertility control³. Fertility control involves sexual health care. Contraception is the prevention of conception. But fertility control involves not only contraception but also methods of interception such as post coital contraception and termination of pregnancy. In that fertility control if contraception is practiced thoroughly then there is no need of termination of pregnancies. There are well

established contraceptive drugs and measures have been evaluated in existing modern medicine but the hormonal contraceptives cannot be used for long duration due to their severe side effects. In *Ayurveda* there are so many herbs which are giving good results without side effects and those *dravya* (medicine) are easily available⁴. So, many studies' on the contraception in *Ayurveda* is going on and getting good results also (for example *Nim-*

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ba)⁵.

AIMS AND OBJECTIVE

To gather *garbhanirodaka* (contraceptive) drugs mentioned in ancient texts and scope to do further Research and get into practice.

HISTORY

In *Atharvaveda*, *Brhadaranyakopanisat* and *Kausikasutra*-Prayers, Surgical measures like crushing of testis, vasectomy and hysterectomy⁶. The first documented methods of birth control in India were available about 2000 years ago. The first authoritative book on the subject was 'kama sutra' by *vatsyayan*, in the early 4th century A.D. Among latter words of this nature may be mentioned in 'ratirahasyam' or 'kokesastra', 'jayamangala' and 'panchasaava'⁷. There are medicaments to produce sterility and infertility in both male and female⁸. Even in other countries also there is the use of these *Ayurvedic* preparations as contraceptives. Egyptian's used vaginal plugs of gum honey. Chinese use to drink mercury & lead to control fertility, which often resulted in sterility and death. Africans – use to drink gun powder and camel foam. Greek-Four plants were vaginally placed for contraception like pomegranate, penny royal, pine and vertex⁹.

ASTROLOGY

Certain planetary positions at the time of coitus- described to determine whether there will be conception are not¹⁰.

YOGA

By doing Yoga they can control their own psycho-biological demands and avoid conjugal relation. The Yoga Asanas which mentioned in contraception are *Pasasana* (Nose Pose Posture), *GarbhapindaAsana* (Fetus Posture), *Badhra Asana* (Gracious Posture). Certain *Pranayamas* like *Mahakumbika*, *MulaBandha* (Anal Lock), *Uddiyana Bandha* (Upward Abdominal Lock), *Jalandhara-*

Bandha (Chin Lock) are told to be practiced by couple during *Maithuna* (Sexual Act) to achieve *garbhanirodha* (contraception)¹¹.

GARBHANIRODHAKA DRAVYAS

EKAMULIYA (SINGLE DRUG)

- Application of *Palashabeeja* (*Butea monosperma* Seeds) churna with *ghritha* (ghee) and *madhu* (Honey) during *Ritukala* (Menstruating period)¹².
- *Yoni purana* (filling of vagina) with *Dhatutamula* (*Daturametel* Root) churna.
- *Nimba* (*Azadirachta indica*) wood should be fumigated in the vaginal canal after the *Ritukala* (Menstruating period)¹³.
- *Dhathura*(*Datura metal*) root should be tied over the waste of women on 14th day of 1st fort night of Lunar Month¹⁴.
- Filling the vaginal canal with the powder of *Dhathura* (*Datura metal*) before coitus¹⁵.
- Use of root of *Tanduliyaka* (*Amaranthus aspera*) pasted with washings of rice for three consecutive days after menstruation makes women infertile¹⁶.
- *Haridra* (*Curcuma longa*)choorna with *Sheeta Jala* (cold water) should be taken 3days during the *Ritukala* (Menstruating Period)
- *Vidanga* (*Embelia ribes*) choorna with *sheetajala* should be taken from 5th day to 15th day of menstruation.

YOGAS

- Themenstruating women who use equal quantity of powdered *Pippali* (*Piper longum*), *Vidanga* (*Embelia ribes*) and *Tankana* (*Borax*) mixed with milk and should be consumed at the time of conception¹⁷.
- *Japakusuma* (Flower of *Hibiscus rosa sinensis*) macerated with *Aranala* (rice washed water) added with one *Musti* (40gms) of old *Guda* (jaggery) consumed

during menstrual period, such a woman does not become pregnant at all¹⁸.

- Equal quantity of *Talisa (Abieswebbiana)* and *Gairikachoorna* (Red Chalk Powder), with cold water on fourth day of her menstrual cycle, the women will not conceive¹⁹.

DISCUSSION

Some research is going on, on so many drugs in that Neem oil is considered as the best contraceptive drug. Neem oil has also been shown to work well both before and after sex while some purified extracts only worked before sex as a preventative. Neem oil appears to be the most effective form of Neem for birth control, When tested against human sperm neem extract (sodium nimbidinate) at 1000 mg was able to kill all sperm in just 5 minutes and required only 30 minutes at a 250 mg level²⁰, This Neem and The drugs which mentioned above all are having the sperm static, spermicidal and inhibits spermatogenesis and inhibits ovulation. The mode of action of this drugs are may bring change in cervical mucosa, alter decidual embedding and acts anti implantation, inhibits ovulation and tubal blockage.

CONCLUSION

As oral and hormonal pills have multiple side effects on menstrual physiology, like water retention etc. so a need of safe, effective, user friendly contraceptives like *Garbhanirodhaka dravyas* which was mentioned in Ayurvedic literature need to be trailed. Now a day's herbal contraceptives are proving to be more promising through recent research work. Hence it should be brought into clinical platform and pave way for a much safer family planning methodology.

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CORRESPONDING AUTHOR

Dr. M.V.V. Durga Prasad

SDM College of Ayurveda & Hospital,
Hassan, Karnataka, India

Email: drdurgaprasad28@gmail.com

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