

CLINICAL STUDY OF GOKSHUR SIDDHA GHRUTA DURING 6TH MONTH OF PREGNANCY AS A PREVENTION OF GARBHINI SHOTHA

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ABSTRACT

Most of the Pregnant women come with complaint of swelling on her body during 2nd and 3rd trimester. Edema is an abnormal accumulation of fluid in the interstitial tissues. study show that up to 80% of all pregnant women suffer from pitting edema. In *Ayurveda*, *shoth* in pregnancy is specially described in the context of *GarbhiniVyadhi* (disorders in pregnancy) early detection and appropriate treatment is the need of the hour to reduce the edema and to prevent the complication arising due to severe edema such as hypertension, cardiac failure, renal disorder, anemia, pre-eclampsia, eclampsia. In *Sushrut Sharir Sthan* we find the reference of *Gokshur Siddha Ghruta* mainly indicated in prevention of *Garbhini Shoth*. *Shoth* is especially on leg and face on 6th -7th month. Mainly the *Gokshur* is diuretic in nature and *Ghrut* is *Vishnashak* in nature hence it is used in *Garbhinishoth* during 6th month of pregnancy.

Keywords: *Garbhini, Garbhini Paricharya, Garbhini Shoth, Gokshur siddha Gruta.*

INTRODUCTION

Ayurveda is known as a science of life. The main aim of *Ayurveda* is to maintain the health of healthy person and to cure the illness of diseased person¹. In *Ayurvedednidanpanchaka* is described as a tool of disease of diagnosis². Each human being is its male or female passes through different stages during once in lifetime. Reproduction is a natural tendency of any living organism. Nature has given the capacity to reproduce the similar progeny to the women. Women carries maintains and nourishes the fetus in her womb for 9 months. As per age & function there are 3 main stages

in women's life such as *Kumari, Garbhini, Sootika. Garbhini awastha* starts from *Garbhadharan* i.e. Fertilization which last up to more than 9 months & more days³. *Ayurveda, Shotha* (Edema) in pregnancy is specially described in the context of *Garbhini Vyadhi* (disorders in pregnancy).

According to *Madhav nidan shotha* may be present on whole body or it may be local⁴. *Shotha* is swelling / edema / protuberance / raising (Morbidintumescences m/w) on the skin, which is elevated compared to normal level of skin⁵ *Lakshanas* are- *Anavasthitshotha* (spreading edema), *sarvanggaura*

(heaviness in body) Romharsha, Siratanutva, Ushnasparsha, Twankvaivarna⁶ edema is very common during pregnancy .the result of increased blood flow and pressure of growing uterus on the pelvic veins and vena cava cause edema.it present mainly ankle edema. Edema is physiological symptoms in late pregnancy. But if is untreated in Garbhini may develop pre-eclampsia or eclampsia. According to Sushrut administration of Gokshur siddha ghruta with Yavagu in 6th month of pregnancy is mentioned. In Sushrutasharirasthan we find the reference of Gokshur Siddha Ghruta mainly indicated in prevention of Garbhinishotha. The administration of his drug would be beneficial in edema related to pregnancy. In 6th & 7th month of pregnancy there is swelling on leg and face of mother. Mainly the Gokshur is diuretic in nature and Ghruta is Vishnashak in nature hence it is used in Garbhinishoth during 6th month of pregnancy⁷. Yavagu is one of the common types of Pathyakalpan. Its basic ingredient is rice which is easily digestible & having lot of nutrients. It is having the medical uses also.

Objective of The Study

To Evaluate the efficiency of Gokshur Siddha Ghruta during 6th month of pregnancy for prevention of GarbhiniShotha.

Case Report

A pregnant female patient 25 years old with 20 weeks completed with h/o PIH IN previous pregnancy approached the OPD of Ashvin Rural Ayurved College, Sangmner with the chief complaint of swelling on her both legs. Ang-gaurav-occasionally.

Married Since 4 Years

- Obst/h- G2P1L1

G1-LSCS LSCS due to PIH

G2-PP

- O/E-BP-140/90 MMHG
- L/E-Pedal Edema. 2+⁸

Investigation

HB-10.9%

Urine-Albumin Absent

As per Assessment –pedal edema 1+

Ang-gaurav -1+

As Per Classics, Gokshur Siddha Gruta is indicated in 6th month of pregnancy for prevention of Garbhini shoth. hence in this patient Gokshur Siddha Ghrut is used with Yavagu is Anupan for this drug.

Material and Methods

20 weeks pregnant women was taken from OPD of Strirog and Prasuti tantra department in Ashwin Rural Ayurved College and Hospital Manchi. Duration of study 1 month. Follow up – after every 7 days upto 24weeks of pregnancy.

Method

Gokshur Siddha Ghruta will be prepared according to basic principles of Ghrutanirman described in Sharandhar Samhita.

Content-

1. Gokshur Siddha Ghruta

2. Yavagu

Drug Information-

Gokshur⁹ -

Rasa- Madhur

Guna- Guru, Snigdha

Virya- Sheet

Vipak- Madhur

Doshghnata- Vatghna, Kaphakar, Pittashamak

PART USE-Phala, Mula

Action- Decoction & water extract of fruit produce moderate diuretic

action due to high potassium content.

Ghruta

Rasa-Madhur

Guna- Snigdha, Guru

Virya- Sheet

Vipak- Madhur

Doshghnata- Vata& Pitta Shamak

Action-Yogavahi, Sanskaranuvarti (Its action can be seen according to

the other medical Dravas guna & Karma, which is used for

Ghritasiddhi)

Yavagu- According to Sharangadhara Samhita¹⁰.

Action-Deepana, Pachan, Bastishodhana, Kshudhanasha, Vatalunomana Grahee, Dhatu Poushtika properties. It clears the srotas from Ama Dosha & promotes Dhatwagni thereby helps in

Dhatupushti. Dose of *Yavagu* is prescribed as per digestive capacity of individual i.e. of daily routine diet.

Administration of drug

Gokshur siddha ghruta= 10ml at morning

Anupan=*Yavagu* according to digestive capacity
Duration-From 20th to 24th week of pregnancy. (28 days)

Follow up after every 7 days

Result

Days	Pedal edema	Anggaurav
20th week	1+	1+
21st week	1+	1+
22nd week	1+	0
23rd week	0	0
24th week	0	0

Follow Up-

At 24 Week-

Pedal edema-0

Anga gavrav- 0

O/E - BP-120/80 mmhg

Investigation - Urine Albumin- Absent

DISCUSSION

While studying, parameter was taken according to *Lakshana* described in *Ayurvedic Samhita*, medicine was given in *Purvavastha* that is just when the symptoms edema was noted. The administration of this drug would be beneficial in edema related to pregnancy the *Gokshur* is diuretic in nature and *Ghruta* is *Vishnashak* in nature hence it is used in *Garbhinishoth* during 6th month of pregnancy. *Yavagu* is one of the common types of *Pathyakalpan*. Its basic ingredient is rice which is easily digestible & having lot of nutrients. It is having the medical uses also. It is one of the major diseases which the world is facing. There is no allopathic drug are indicated for the prophylactic measure of edema in pregnancy. The content of *Gokshur Siddha Ghruta* is easily available & cost effective. there is no edema in 24 weeks of pregnancy when patient had taken this drug. *Angagaurav* is also reduce. Further complication like eclampsia, pre-eclampsia can be prevented.

CONCLUSION

After 20 weeks of pregnancy most of pregnant women experience swelling on her body specially on leg, *Gokshur* is diuretic in nature, and *Ghruta* is mainly *Vishnashak*. Due to this property swelling can be prevented, and *Angagaurav* also reduce. in correlation with modern it will prevent the complication like Pre-eclampsia, eclampsia. This drug acts on *Purva rup Awsatha* of *shoth*. In 6th month of pregnancy *Gokshur Siddha ghrut* is found to be effective in prevention of *Garbhinishoth*. hence highly significant result achieved.

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