STATUS OF SHARIR DOSHA IN GARBHINI WITH SPECIAL REFERENCE TO RAKTALPATA -AN OBSERVATIONAL STUDY

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ABSTRACT

The woman is the origin of progeny. Garbhavastha is one of the most important events in the life of every woman. During Garbhavastha woman experiences a lot of physiological changes at the level of Dosha, Dhatu and Mala. These changes are mainly due to maternal adaptation to the increasing demand of growing foetus. Raktalpata in pregnancy is one of the commonest conditions occurring due to increasing nutritional load on mother. The aim of this study is to estimate the status of Dosha in Garbhini with Raktalpata condition. It was an observational study carried out on 44 Garbhini of OPD and IPD of Government Ayurved College of city. For this study Garbhini of second trimester of 18-30 years old without any complication were selected. Out of them 28 Garbhini were having Raktalpata (Hb% 8-10 gm% and RBC- 3.2 million Cells /microliter. All selected Garbhini were assessed for status of Dosha with the help of questionnaires. It was estimated that in Garbhavastha-Vata Vridhhi Lakshanas, Pitta Kshaya Lakshanas and Kapha Vridhhi Lakshanas were observed in Raktalpata condition.

Keywords: Vata, Pitta, Kapha, Raktalpata, Dhatu, Garbhini

INTRODUCTION

The God has empowered each living being to produce itself and thus to perpetuate its kind of race. The function of reproductive system is the novel and should be the most reverent of all human powers. God has given this magnanimous gift only to the women. The woman is considered as one of the most essential factor for continuity of the human race.
Garbhavastha is one of the most important events in the life of every woman. During Garbhavastha woman experiences lots of anatomical as well as physiological changes at the level of Dosha, Dhatu and Mala. These changes are mainly due to maternal adaptation to the increasing demand of nutrition. Pregnancy is a state in which all physiological functions are hyper stimulated in order to meet demand of growing foetus (1). The growth and development of foetus need more nutrition from mother. This cause extra workload on the maternal Dhatu so she needs extra nutrition during Garbhavastha.

Among lots of physiological changes, Raktalpata is one of the commonest conditions during Garbhavastha. In Garbhavastha, Garbhnini becomes emaciated due to lack of nourishment of maternal Dhatu as the Rasa is driven to nourish more and more Mamsa Dhatu and Shonit of foetus, so it naturally develops Raktalpata in Garbhnini(2).

The signs and symptoms appear immediately after conception named as ‘Sadyo Grihita Garbha Lakshanas’. The various symptoms mentioned by Acharya (3). During Sadyo Grihita Garbhavastha, the activity of Rasa Dhatu becomes more prominent. Hence, Kapha’s activity also increases because of Ashrayaashrayi sambandha (4). So, the above said symptoms appear. In fourth month, woman attains Guru Gatrata due to Sthirata of Garbha. Kashyapa has mentioned same explanation (5). In fifth month, Garbhini becomes emaciated due to lack of nourishment of maternal Dhatu as the Rasa is driven to nourish more and more Mamsa Dhatu and Shonit of the foetus. Mother attains Karsyata due to the foetus of Mamsa and Shonit gain (2). Here Karsy does not denote weight loss but in contrary, the loss of Mamsa and Shonita Bhavas in the mother. Chakrapani also explains that after Poshana of Garbha, Ksheen Aahar Rasa is not so nutritive for Poshana of mother’s Dhatu. In sixth month, as the foetus attains the Upachaya of Bala and Varna, there is loss of Bala and Varna in the mother (6). Hence Garbhini experiences Balahani and Varnahani which is Raktalpata Lakshana. Garbhini Paricharya suggested in Ayurveda text includes Aahar and Vihar for Garbhini. Though it was advised thousands of years ago it is totally scientific (7). Month wise regimes are given by Acharya Sushruta in Garbhini Paricharya(8)(9).

Every physician has to assess status of three doshas in living body. A physician should always be aware whether statuses of three doshas are within physiological limit or not (10). This present study is an attempt to know the status of dosha in Garbhini in Raktalpata condition in second trimester of pregnancy as lots of changes takes place during this period.

**AIM AND OBJECTIVES**

1. To Estimate Status Of Sharir Dosha in Garbhini in Raktalpata Condition

**MATERIAL AND METHODS**

This is cross sectional type of observational study carried out at OPD and IPD of Government Ayurved College, Nagpur. Initially 44 Garbhini were examined to assess Raktalpata. For this assessment of Raktalpata
subjective as well as objective parameters e.g. Haemoglobin in gram percent and Red Blood Cells count was taken into consideration. In initial screening out of 44 Garbhini 28 Garbhini were found to be suffering from Raktalpata having Hb% between 8 to 10 gm%. After screening 28 Garbhini were registered for further study after signing informed written consent from them. The detailed clinical examination of Garbhini was done on the basis of proforma containing all details of vital data, Ashtavidha Parikshan and the assessment of status of Sharir Dosha were done with the help of questionnaire.

Inclusion Criteria

OBSERVATION AND RESULT

Table 1: Showing Vata Dosha Avasthaa Wise Distribution of 28 Garbhini of Raktalpata

<table>
<thead>
<tr>
<th>SR</th>
<th>Vatadosha</th>
<th>No of Garbhini</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>VataSamyata</td>
<td>01</td>
<td>3.6</td>
</tr>
<tr>
<td>2</td>
<td>VataKshaya</td>
<td>07</td>
<td>25</td>
</tr>
<tr>
<td>3</td>
<td>VataVriddhi</td>
<td>20</td>
<td>71.4</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>28</td>
<td>100</td>
</tr>
</tbody>
</table>

From above table 1 it was observed that 71.4% Garbhini were having Vata Vridhikshaya Lakshanas and 3.6% of Garbhini having Vata Kshaya Lakshanas and 25% Garbhini having Vata Samanya Vata Dosha Lakshanas.

Table 2: Showing Pitta Dosha Avasthaa Wise Distribution of 28 Garbhini of Raktalpata

<table>
<thead>
<tr>
<th>SR</th>
<th>PittaDosha</th>
<th>No of Garbhini</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>PittaSamyata</td>
<td>03</td>
<td>10.73</td>
</tr>
<tr>
<td>2</td>
<td>PittaKshaya</td>
<td>19</td>
<td>67.85</td>
</tr>
<tr>
<td>3</td>
<td>PittaVriddhi</td>
<td>06</td>
<td>21.42</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>28</td>
<td>100</td>
</tr>
</tbody>
</table>

Above table shows that 67.85% Garbhini were experiencing Pitta Kshaya Lakshanas and 10.73% Garbhini were experiencing Pitta Samanya Pitta Dosha Lakshanas.

Table 3: Showing Kapha Dosha Avasthaa Wise Distribution of 28 Garbhini of Raktalpata

<table>
<thead>
<tr>
<th>SR</th>
<th>Kapha Dosha</th>
<th>No of Garbhini</th>
<th>%</th>
</tr>
</thead>
</table>

Exclusion Criteria

1) Garbhini having Hb % below 8gm%.
2) Garbhini having any apparent diseases or involvement of any other Systemic complication.
From above table it was observed that 82.14% Garbhini were having Kapha Vridhi Lakshanas 10.72% Garbhini were having Kapha Kshaya Lakshana and 7.14% Garbhini were having Samanya Karma of Kapha Dosha.

### DISCUSSION AND CONCLUSION

Raktalpata in Garbhini is one of the most common conditions in maximum number of Garbhini Growth of Garbha demands extra nutrition. It is a physiological adaptation, so after particular time means after labour, woman can regain her normal haematological condition. This Raktalpata occurs in maximum in healthy Garbhini in her second trimester. According to modern science, the physiological anaemia occurs due to hemodilution and negative iron balance. To fulfil additional intravascular spaces, the blood volume raises up to the mark during pregnancy. The disproportionate increase in plasma and RBC volume produce a stage of hemodilution and in addition there is marked demand of extra iron during pregnancy (11).

The Raktalpata is one of the dhatu kshayavastha which affects other body constituents like Dosha, Dhatu, and Agni also. As this is physiological adaptation Garbhini does not bother it but after some time when it becomes severe it affects both Garbhini as well as her Garbha also.

On the observation of age wise distribution of 28 Garbhini of Raktalpata, it was found that maximum numbers of Garbhini i.e. 28.6% were between the age group of 24-26 yrs. In this study, 64.3% Garbhini were educated among them 14.3% were graduate and aware to take care of themselves in Garbhavastha but as it is physiological stage most of Garbhini were suffering from it. 93.2% Garbhini were housewife suffering from Raktalpata; the reason might be work load of family, inadequate diet and improper antenatal care.

Majority of i.e. 64.3% Garbhini were belonging to middle socio economic class. As it is the one of the physiological adaptation, involvement of all socio economical classes is seen but severity is less or more. In this study maximum i.e. 28.6% were belonging to 5th month, 32.1% to 4th month of Garbhavastha. Various ancient Ayurveda experts has been already mentioned that second trimester of Garbhavastha is the period for Bruhana as well as Sthirikarana of Garbha, So increasing need of Garbha demands more nutrition from mother, so Garbhini suffers from Raktalpata.

In this study maximum i.e. 47.7% Garbhini were of Vata Pitta prakruti, dominance of Vata and Pitta is more than Kapha. This explains ‘Vataladya Sadatura’ (12) and as per uttam, madhyam, hina Prakruti. Vata and Pitta Prakruti were more prone to develop changes than Kapha Prakruti. As per Jatharagni wise distribution 61.4% Garbhini were having Mandagni this may be due to Agnimandya leading to Mandagni in maximum Garbhini. Data shows maximum i.e. 45.5% of Mrudu kostha and 43.2% of Krura kostha.
Vata vriddhi lakshanas were found in 71.42% Garbhini, Vata kshaya lakshan were found in 25%, Vata samanya karma lakshanas were found in 3.57 %. This Vata vriddhi found due to Rakta pata. As Acharya Susruta’s quotation any Dhatukshaya leads to Vata vriddhi so because of Rakta pata Vata vriddhi Lakshana were seen (13).

Table no 2 cleared that 67.85 % Garbhini had Pitta kshaya Lakshan, 21.42 % Garbhini had Pitta Vriddhi lakshanas and in 10.71% Garbhini had samanya lakshanas of Pitta were found. According to Ashray Ashrayi Bhavasam bandha, the Pitta is Aasraya to Raktadhatu and Raka dhatu also depends on Pitta(2). Kapha vriddhi was found in 82.14% of Rakta Garbhini, Kapha kshaya found in 12 %, in 7.14% Kapha samanya karma was present. Due to Garbhavastha, Jatharagnimandya occurs which causes Dhatwagni Mandya leading to Rasa vriddhi. Because of Rasa vriddhi, Kapha Vriddhi was seen, as Rasa and Kapha has Ashraya-Ashrayibhava sambandha(2).

In Garbhavastha Vata Vriddhi Lakshanas, Pitta Kshaya Lakshanas and Kapha Vriddhi Lakshanas were present in Rakta pata condition.

REFERENCES


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Conflict Of Interest: None Declared