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

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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 Garbhiniivyadhi (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- Anavashtitishotha (spreading edema), sarvanggaura
(heaviness in body) Romharsha, Stratanutv, Ushnasparsha, Twankvaivarnā edema is very common during pregnancy. The result of increased blood flow and pressure of growing uterus on the pelvic veins and vena cava causes edema. It presents mainly ankle edema. Edema is physiological symptoms in late pregnancy. But if it 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 Sushrutashariristan 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 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.

**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 Ashwin 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 24 weeks of pregnancy.

**Method**

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

**Content**

1. Gokshur Siddha Ghruta
2. Yavagu

**Drug Information**

**Gokshur**

- Rasa- Madhur
- Guna- Snigdha
- Virya- Sheet
- Vipak- Madhur
- Dosghanata- 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
- Dosghanata- 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 ghru = 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

<table>
<thead>
<tr>
<th>Days</th>
<th>Pedal edema</th>
<th>Anggaurav</th>
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<tbody>
<tr>
<td>20th week</td>
<td>1+</td>
<td>1+</td>
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<tr>
<td>23rd week</td>
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<td>0</td>
</tr>
<tr>
<td>24th week</td>
<td>0</td>
<td>0</td>
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</tbody>
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Follow Up-
At 24 Week-
Pedal edema-0
Anga gaurav-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 Purvawastha 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. Its 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 Awasatha of shoth. In 6th month of pregnancy Gokshur Siddha ghru is found to be effective in prevention of Garbhinishoth. hence highly significant result achieved.

**REFERENCE**
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