



**CONCEPT OF PREVENTION OF ABORTION
BY PRINCIPLES OF AYURVEDA**

¹Singh Reeta

²Singh. S.P.

¹Reader, Samhita Sanskrit and Siddhant,L.H.S. Ayurvedic P.G.College, Pilibhit,U. P.

²Associate Professor Swasthavritta ,Gurukul Campus, Ayurved University,Haridwar, Uttarakhand

ABSTRACT :

Continuation of progeny is the basic desire of every living being which is accomplished through procreation. Impregnation of the female partner is the first step in the process. The impregnation or the *garbhadhana* if terminated before the period of viability is called *garbhasrava* or *garbhapata* or abortion which is an undesired event. The profounders of Ayurvedic system of medicine have given a comprehensive view regarding the cause of abortion. Several idiopathic or unknown factors, fetal factors and maternal factors are responsible for such undesired process. Concept of *garbhini paricharya* is mentioned for health promotion of pregnant lady, healthy growth of foetus and occurrence of normal and timely labour. In Ayurveda *prakrativighata* and *nidana parivarjana* are described in reference to *krimi roga*. These two concepts can be taken as preventive methods. *Garbhini paricharya* if adopted from early stage can counter act the etiogenesis of abortion and helps in the continuation of pregnancy. So this should be considered in *prakrativighata*. On other hand avoidance of etiological factors is the principle of *nidana parivarjana*.

Keywords: *Garbhopghatakara bhavas*: Factors helping in discontinuation of pregnancy.

Nidana Parivarjana - Avoidance of etiological factors.

INTRODUCTION: Reproduction is a biological need to continue the progeny. To have a child is the cherished desire of a woman. From the earliest time spontaneous pregnancy wastage has been considered as a major calamity in the females of reproductive age. It is well known that every conception does not result in live born infant. Approximately half of the conceptions are not even recognized 10-15% is lost during 1st trimester and additional 2-3% is lost in later pregnancy. The word abortion means expulsion from the uterus of the product of conception before the fetus is viable. This period of viability is different in different views. In modern medicine the period of viability is taken as 7 months. In Ayurveda this abortion is mentioned with the name of *garbhasrava* or *garbhapata*. Up to four months the

product of conception expel out in liquid form hence it is called *garbhasrava*, but after this in 5th and 6th month it is termed as *garbhapata* because the body of fetus becomes stable or it gets solidified. Charaka has mentioned that if bleeding per vaginum occurs in 2nd or 3rd month to pregnant lady due to *apathy sevana*, *garbha* will not retain in uterus because till 3rd month *garbha* remains *sarhina* or *ajatsara* and stability to fetus comes in 4th month. Pregnancy failure is influenced by a number of factors e.g. nutrition, mode of life, psychology of parents, geography, race, environment, genetic, injury, infection, chronic and acute illness of mother etc.

Prevention of abortion can be done by following principles of Ayurveda.

1. *Prakrati Vighata* - For counter acting the factors responsible for the abortion, *garbhini paricharya* mentioned in Ayurvedic texts should be adopted from starting of pregnancy.

2. *Nidana Parivarjana* avoidance of exposure with etiological factors of abortion. Intake of milk, sweet substances, butter, ghee, meat and rice in early pregnancy is justified on the basis of modern views.

Concept of Abortion: Charaka while describing the factors responsible for normal delivery of normally developed full term fetus says that - If *shukra artava, satva, ashaya* and *kala* etc. all are perfect, diet and mode of life advised for pregnant lady is followed properly then the healthy, well grown fetus possessing all his body parts will deliver with ease, at proper period. This shows that if any abnormality is present in *shukra, artava*, deeds of previous life, time, diet and mode of life, then pregnancy failure or *garbhasrava* or *garbhapata* occurs.

If any abnormality occurs in factors responsible for proper growth and development of fetus, it can cause either intra-

uterine death of fetus or its expulsion from uterus before the period of viability. Charaka has also mentioned that psychological factors coitus, exercise, extremity of hunger and thirst and some mode of life are responsible for abortion. Sushruta says that as fruit falls down untimely due to effect of *krimi, vata* and *aghata* similarly, fetus also gets detached due to influence of these factors. Physical and psychological diseases of mother and disorders of fetus are said to be responsible for producing abortion. Early age of parents (below 16 female and below 25 male) old age and chronic disease also causes abortion. Vagbhata also says that if coitus is done in first 3 days of menses then intrauterine death of fetus occurs. Kashyapa had written that if conception occurs in 2nd day of menses than *garbhasrava* occurs. *Jataharinis* show the features of abortion. Bhela said that all 20 *yonivyapada* can cause abortion so causes of *yonivyapada* are the predisposing factors of abortion e.g. *mithyachara, artava dosha, bija dosha* or *shukra dosha* and *daiva prakopa*. Harita opines about vitiation of dosha as the cause of abortion.

Etiological factors of Abortion including Garbhopaghatakara Bhavas by different text.
After compiling the view of different Acharyas the etiological factors can be summarized as follows

Factors	Ca	Su	A.Sa	A.Hr	Ha	Ka	Yo.Ra	Bh.Pr
Aharaja:								
<i>Ruksa, katu, tikta diet</i>		+						
Alkali diet							+	+
Pungent food and medicine	+		+	+			+	
Very hot food	+						+	
Decayed food	+	+	+					
Heavy substance	+		+		+			
Intoxicating substance	+			+				
Meat	+			+				+
Constipating food				+				
Substance causing burning					+			

Sour Substance					+			
Pulses					+			
Hot milk					+			
Clay eating					+			
Intake of <i>surana</i>					+			
Intake of onion					+			
Intake of garlic					+	+		
Intake of mustard leaves								+
Intake of slowly formed curd								+
Intake of cold water						+		
Fasting or suppression of appetite	+	+	+	+				+

Suppression of thirst	+							
indigestion			+					+
Drinking of rain water								+
Emaciation		+						
Satiation		+						

Viharaja Factors :

Exercise	+	+	+	+	+	+	+	+
Coitus	+	+	+	+	+	+		+
Travelling in carriages	+	+	+					+
Riding on horse		+						+
elephant etc.		+		+	+			+
Journey on foot		+						
Staggering or stumbling		+						+
Falling from height		+						+
Compression in crowd								+
Running fast		+						
Injury of abdomen		+	+				+	+
Sleeping and sitting on uneven surface		+		+			+	+
Sitting on hump		+						+
Suppression of urges	+	+		+				+
Swinging		+						
Heavy work								+
Harsh or violent activities	+							
Wearing red clothes	+		+	+				
Sleeping in day and awakening at night		+	+	+				
Visit to lonely place		+						
Visit to cremation		+						
Visit to Chaitya tree		+						

Visit to river bank						+	
Talking in high pitch		+					
Massage of oil and unguents		+	+				

Prolonged stay in sun and fire			+				
Falling in pits and well			+				
Peeping in pits and well				+			
Heavy weight lifting				+	+		
Sleeping in supine position				+			
Covering with heavy sheath							
Looking at declining moon					+		
Looking at setting sun					+		
Looking at both rahu's					+		
Looking at eclipse					+		
Tie anything or rope							
Spit with guests					+		
Negligence of beggars					+		
Oppose <i>ghrita</i> filled pitcher or curd filled pot					+		
Wear tight clothes					+		
Remain in erect or flexed posture					+		
Excessive laughing and tempering					+		
Sitting and sleeping on high and soft surface							+

Manasa Factors

Grief	+	+	+	+	+		
Fear		+	+	+			
Terror	+	+					
Anger	+	+	+	+	+		
Exciting stories		+					

Excitement

Suppression of desire

Discontent

Jealousy

Rogaja :

Vomiting		+					+
Diarrhoea		+					+
Fever							+
Disease of Foetus		+					

Others :

Krimi		+					
-------	--	---	--	--	--	--	--

<i>Vata</i>		+						
Intake of abortifacients		+						
Deeds of previous life mother & Foetus			+					
Time factor	+							
<i>20 yonivyapada</i>								
Vitiation of <i>dosa</i>						+		
<i>Sukra</i> abnormality	+							
<i>Artava</i> abnormality	+							
<i>Ashaya</i> defect	+	+						
<i>Jataharini</i>						+		
Enema therapies		+				+		
Untimely use of <i>snehana, swedana</i> blood letting		+		+				+

Prevention: Primary prevention is adopted by health promotion of pregnant women and specific protection by following certain deeds and avoiding some activities and foods, Ayurvedic concept of prevention of abortion reveals two methods.

Prakrati Vighata : *Garbhini paricharya* stated by *acharyas* is a source for health promotion. It must be adopted by pregnant lady for counter acting the factors responsible for the abortion.

	<i>Charaka</i>	<i>Sushruta</i>
1 st Month	Non medicated milk repeatedly in desired quantity along with congenial diet in morning and evening	Sweet, cold and liquid diet.
2 nd Month	Milk medicated with <i>madhura</i> drugs	Sweet, cold and liquid diet.
3 rd Month	Milk with honey and <i>ghrita</i>	Sweet, cold and liquid diet along with <i>shashti</i> rice and milk.
4 th Month	One <i>aksha</i> butter extracted from milk or milk with butter in same quantity	Cooked <i>shashti</i> with curd, pleasant food mixed with milk and butter and meat of wild animals.
5 th Month	<i>Ghrita</i> prepared with butter extracted from milk	Cooked <i>shashti</i> rice with, meat of wild animals along with dainty food mixed with milk and <i>ghrita</i> .
6 th Month	<i>Ghrita</i> medicated with drugs of <i>madhura varga</i>	<i>Ghrita</i> or rice gruel medicated with <i>Gokshura</i> .
7 th Month	<i>Ghrita</i> medicated with drugs of <i>madhura varga</i>	<i>Ghrita</i> medicated with <i>prathakparniyadi</i> group of drugs

Since abortion is the expulsion of fetus before the period of viability that is 7 months. That's why *garbhini paricharya* is mentioned up to 7 months. *Charaka* says that by initiation of this *Garbhini paricharya* the women remains healthy and delivers the child possessing good

health, energy, voice compactness and superior to others. Reproductive parts and local areas of pregnant lady remain healthy and suitable for intra uterine life of foetus and normal labour.

Nidana Parivarjana: The pregnant lady should avoid the exposure of above said

etiological factors of abortion from starting of pregnancy which will prevent the pregnancy wastage. In this way the basic *aishna* (desire) of every living being specially human beings, the continuance of progeny is accomplished easily.

Properties of food items of *garbhini paricharya* (modern aspect)

1:Milk- Milk is very wholesome food. It is easily digestible and essential for growth and development of fetus and perfect food for mother. It contains almost all the nutrients except iron and vitamin C. Milk proteins (casein, lactoalbumine and lactoglobuline etc.) contain all the essential amino acids. Therefore it is of high biological value. It is good source of carotene, saturated fatty acids, carbohydrates (lactose), vitamins, calcium, phosphorus, potassium, cobalt, sodium, copper and iodine, etc. Milk fat is good source of retinol, linoleic acid and oleic acid.

2: Sweet substances- These are carbohydrate rich food. Jaggery- provides iron and carotene and calcium. Honey - consist of 75% sugar (fructose and glucose).

3:Butter: Rich in vitamin A (3200microgram/100gm carotene) and vitamin D, contains saturated fat.

4:Ghee:200 microgram carotene per100 gm.

5:Meat: It is a source of good quality of proteins i.e. of high biological value. Fat content is about 15% to 20% (saturated fat). It does not contain carbohydrates. Important minerals are iron, phosphorus, potassium and zinc. It is good source of vitamin B₁₂. Liver is extremely rich in iron, thiamine, niacin, retinol, vitamin B₁₂ and vitamin D.

6.Rice:Rich source of carbohydrates, proteins and energy. Better quality of protein (lysine) is obtained. It is a good source of vitamin B₁, B₂, B₅ and B₆.

DISCUSSION: The two principles of Ayurveda concerning treatment of any disease are *Prakrati vighata* and *Nidana Parivarjana*. In case of prevention of abortion these two principles are very much helpful. Concept of *Garbhini paricharya* instructs the mother about specified diet of pregnant woman which helps in her health promotion, healthy growth of fetus & normal labour. Intake of milk provides vitamin B complex group. Vitamin B₁ is essential for the carbohydrate metabolism. The nervous system is almost entirely dependent upon the metabolism of carbohydrate for its energy needs, so that the ill effects of thiamine deficiency cause neurological disturbance resulting in, mal development of fetus and abortion. Vitamin B₂ is associated with neuromuscular functions. Its deficiency causes impairment of neuromuscular functions of fetus often resulting in abortion. Vitamin B₅ is an important component of co-enzymes required for metabolism of proteins, fats and carbohydrates and tissue oxidation. Its deficiency causes nausea, vomiting, anorexia, dysphasia and diarrhoea to mother which may cause abortion. Vitamin B₆ deficiency is associated with morning sickness oedema and loss of weight. Folic acid is necessary for the synthesis of DNA in rapidly multiplying cells like RBC. Its deficiency causes abnormal cell division resulting in megaloblastic anaemia and diarrhoea to mother and incidence of low birth weight baby neural tube defect and abortion. Vitamin B₁₂ also plays role in synthesis of DNA. Its deficiency causes megaloblastic anaemia in mother and neural tube defects in fetus which may cause abortion. Vitamin E is associated with abortion and sterility confirmed in experimental animals. Milk is rich in vitamin D and calcium. Calcium is

required for the formation of bones and coagulation of blood. It controls neuromuscular excitation, contraction of muscles and helps in membrane permeability. This helps in proper continuation of pregnancy. Cow's milk is rich in vitamin K (60 microgram/litre). Deficiency of milk leads to low prothrombin activity resulting in haemorrhages and ultimately abortion. Milk provides proteins which are essential for growth and development, repair of tissues, constituents of enzymes, hormones, plasma, haemoglobin, and maintains fluid balance in the body. New tissues cannot be formed in their deficiency. Fats are the protein sparer, structural unit of nervous tissue and source of energy. Carbohydrates obtained from milk also act as protein sparer, structural unit of nervous tissue and acts as main source of energy. Vitamin A richly present in butter and ghee protects the fetus from growth retardation and mother from ocular manifestations and some extra ocular manifestations. Vitamin D is richly present in butter, ghee and milk protects the new born from rickets and pregnant lady from osteomalacia. Iron richly present in meat and jaggery, protects the pregnant lady from iron deficiency anaemia which causes abortions, premature birth and still birth. Zinc (in meat) deficiency can cause neural tube defects and intra uterine growth retardation in fetus sometimes resulting in abortion. Avoidance of etiological factors indicates about unwholesome food, mode of life and psychology of mother, which is injurious for fetus.

CONCLUSION: The present paper entitled as "Prevention of abortion by principles of Ayurveda" reveals about the preventive aspect of abortion through an Ayurvedic approach, which is also justi-

fied by modern views. Intake of milk, butter, ghee, meat and rice is very beneficial for continuation of pregnancy. This concept will necessarily contribute in preventing the process of abortion in present scenario of life.

Acknowledgement: We adore and express our loyal regards to our reverend teacher, parents and our loving children's – *Vikanshi & Vanshika* for their valuable support.

REFERENCES:

1. Ashtanga Samgraha of Vaghbata, commentary by Pt. Lalchanda Shashtri. Publication Vaidyanath Ayurveda Bhawan, Nagpur, 1st Ed. 1989.
2. Ayurveda Prasuti Tantra Eam Stri Roga by prof P.V.Tewari Publication Chaukhamba orientalia, Varanasi 2nd Ed. 1996.
3. Charaka Samhita with Hindi Commentary by Shashtri Kashinath, Dr. Gorakhnath, Publication Chaukhambha Sanskrit Sansthan Varanasi Ed. 1991
4. Charaka Samhita with English Translation by P.V. Sharma Publication Chaukhambha orientalia Varanasi 7th Ed. 2001.
5. Sushruta Samhita by Kaviraj Ambikadatta Shastri Publication Chaukhambha Sanskrit Series Varanasi 7th Ed. 1990.
6. ICMRN Nutrient Requirement and Recommended Dietary Allowances for Indians, New Delhi, 1990.
7. Community Medicine with Recent Advances. A.H.Suryakantha ,J.P publication, 2nd edition 2010.

Corresponding Author: Dr. Reeta Singh, Reader, Samhita Sanskrit and Siddhant, L.H.S. Ayu. P.G. College, Pilibhit, U.P
Email: spsingh181967@gmail.com

Cite this Article as: Reeta Singh et al; Concept Of Prevention Of Abortion by Principles Of Ayurveda