

DAUHRUD- A CONCEPTUAL REVIEW

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ABSTRACT

Ayurveda is a science of life. To maintain *Swastha Rakshana*, *Ayurveda* has emphasized the need of *Dincharya*, *Rutucharya* etc. In the same manner to get a healthy and prosperous child, *Ayurveda* advocates the concept of *Garbhini Paricharya*. Mother's diet and activities performed during the period of pregnancy reflect on the fetus. The chief characteristics features in 4th month is the mother expressing the nature of child through her taste preferences behaviour. This condition is called as "*Dauhrud Awastha*" (Longings or Pica of mother). The *Dauhruda Bhawas* of fetus expressed through the mother desire. If these desires are not being fulfilled, the fetus will affect and produce deformity in new born. We must have to complete her all longings.

Keywords: *Dauhruda*, Fetus, Longings

INTRODUCTION: During 4th month of gestation the differentiation of organ and other body parts become obvious, the foetal heart becomes active whereas the *Chetana dhatu* also comes into co-existence due to the Heart is the seat of *Chetana dhatu*. So, as the heart and *Chetana dhatu* become potent, it expresses its desires for things of taste, smell etc through the longings of its mother, which must have to fulfilled. Hence the expectant mother is called as *Dauhrida*^[1] owing two hearts; one her own and one of the fetus. *Dauhrida* is also known as *Dohad*, *Dohal*, *Dauhrud*^[2]

Review Literature

According to Acharya Sushruta;

In the 4th month all the limbs and organs of the body of the embryo became more potent and the fetus is present with consciousness owing to the formation of viscus of the heart. As the heart is seat of consciousness, so as the heart became potent, hence it expresses its desire for things of taste, smell etc. through the longings of its mother. At that time the expectant mother is called as "*Dauhrdini*"^[3]. At that time the desires of expectant mother are not being fulfilled lead to the birth of paralyzed, hump

backed, crooked armed, lame, dwarfed, defect eye and a blind child. Hence the desire of the expectant mother should be gratified, which ensure the birth of a strong, vigorous and long live son.^[4]

If the expectant mother desires for perceptions of any sense organ like, if she desires to see any object and it is being incomplete then it creates deformity in the eyes of fetus. Deformity seen in that of sense organs.^[5]

Longings and its effects during pregnancy^[6]

- An expectant mother longing for a royal interview during her 4th month of gestation gives birth of a child who is sure to be rich and to hold a high position in life.
- Her longings for fine silks cloths, ornaments etc. indicates the birth of a child of aesthetic (beauty) taste.
- Longings for a visit to a hermitage (*Ashrama*) indicates the birth of a devotional and self-controlled child.
- The desire of a pregnant woman to see a divine image or an idol predicts give birth of polite and well manner child.
- Similarly, a desire to see cruel animal signifies the presence of a child of a cruel temperament.

- A desire to flesh of *Godha* indicates the presence of a sleepy, drowsy person in her womb who would be tenaciously found of good thing in life.
- Similarly, a longing for beef indicates the birth of a strong and vigorous child capable of tolerating any amount of fatigue and physical pain.
- A longing for buffalo meat indicates birth of hairy, valiant and red eyed child.
- Longings for pork (Pig) flesh indicates the both of a drowsy child through valiant.
- A longing for deer indicates that of strong legs and always rowing in forest.
- A longing for big boar and partridge meat indicates that of an agitated and always afraid.
- A desire on the part of an expectant mother for the flesh of any particular animal indicates that the child in womb would develop such traits of character in life as are peculiar to that animal.

According to Bhavaprakasha

• *Acharya Bhavamishra* also told that during the 4th month all the major and minor parts of the body become clearly manifests, the heart also gets developed and even the *Chetana* i.e. consciousness begins to express itself. Hence during the 4th month, the fetus desires many things so the women will then know as *Duahrini*^[7]. The effect of *Dauhruda avamana* are same as *Acharya Sushruta* told in his text.

According to Acharya Charaka

• In 3rd month, at the time when organs of the fetus are manifested, at that time it attains free flow of consciousness and mind gets associated with feelings, from then onwards the fetus starts pulsation in the embryo, expresses the desires based on experience of previous life, this is called as the state of *Dauhrud* i.e. two hearts of the mother, one her own & another of fetus^[8].

• If the desires are not fulfilled caused the *Vata Vikara* and also discomfort to the psychological as well as emotional factors^[9].

According to Astanga Sangraha

• During 3rd month heart which is maternal in origin, develops become connected with the heart of the mother through the *dhamanis*, carrying *Rasa*. Hence develops a faith, trust, affection, attachment between the mother and fetus. From now on, the mother is called *Duahrini*.

• According to *Acharya Vagbhat*, if the desire should not be fulfilled, then *Vata* gets increased and moves inside the body causing either destruction or deformity of the fetus. The women who gets all the desires fulfilled, will be get a son having courage and long life^[10].

According to Astanga Hrudaya

• In the 2nd month of gestation the heart of fetus become connect with heart of mother. So, the desires of expectant mother are considered as the desires of fetus that must be fulfilled. At that time the mother is called as "*Dwihrudayata*".^[11] If she desires to eat any enthusiastic thing, that should be use as a little amount with diet which is acceptable for the mother and fetus both.^[12]

• *Acharya* mentioned "*Sraddhavighata*" that indicate if we disgrace to the *Dwihrudayata* then it may lead to spontaneous abortion or complete abortion. Also, the 2nd to 5th month of gestation age is called as "*Dauhrud kala*".^[13]

According to Acharya Hareet

He did not mention about *Dauhrud* during 4th month of gestation but he mentioned that the body hair grows in this month. During 6th month the heart starts pulsation^[14].

Embryology

The study of the formation and development of the embryo or fetus from the moment of its inception up to the time when it is born as infant is called Embryology.

Every individual spends the first 9 month i.e. 266 days or 38 weeks of its life with in the womb of mother. The first 2 months we call the developing individual an Embryo. From the 3rd month until birth we call it fetus^[15].

Development (Weekly) of heart in the fetus^[16]

i. 3rd week- Blood and vessel forming cells appear.

-The cardiogenic area, heart tubes and pericardium have formed.

ii. 4th week- Heart and pericardium lie ventral to foregut.

-Subdivisions of heart tube is visible.

-Heart begins to beat becomes functional.

Formation of septa in the heart begins.

-Aortic arches starts appearing in the cranial to caudal sequence.

-Most of the first aortic arch disappears at the end of 4th week.

-Veins start forming.

iii. 5th week- The spiral septum is formed.

-Formations of aortic arches is complete.

-Lymphatic sac form.

-The cardinal, umbilical veins are formed.

- Conduction system of heart forms.

iv. 6th week- Coronary circulation is established.

-Atrio -ventricular valves and papillary muscles are forming.

v. 7th week- Heart septa are completely formed.

DISCUSSION

During 4th month of gestation the desires of fetus through the mother have must fulfilled, if it ignored it create deformity within the fetus and mother's physical and mental health too. So, the longings are being fulfilled to found become a strong, vigorous and long live child.

According to literature of Acharya Sushruta the negligence of *Dauhруд Poorana* may leads to congenital deformity specially in the sense organs of the fetus.

CONCLUSION

Dauhруд take most important role since ancient era and the fulfilment of desires of expectant mother are now a days comes under a type of *Garbha Samskar*. The modern peoples also wisely affected by this *Garbha Samskar* and they take necessary steps and care of the pregnant lady.

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