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EFFECT OF *BRUHAT VATA CHINTAMANI RASA* ON *GARBHA SRAVA* WSR TO BAD OBSTETRIC HISTORY- A CASE SERIES

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ABSTRACT
Pregnancy is a precious phase to be cherished in a woman's life. In today's world, women during pregnancy are exposed to conditions which may cause social, physical and psychological stress leading to *Garbhopaghatakara Bhavas*. These *Bhavas* are likely to produce abnormality in fetus. The organ systems of fetus are established between 3rd and 8th week of pregnancy, hence any abnormality due to action of teratogens occur in this period. *Acharya Sushruta* opines that *Garbha Vriddhi* occurs by the involvement of *Vata* along with *Rasa*. According to March of Demis (MOD) Global report on birth defects worldwide, 7.9 million births occur annually with serious birth defects.[1] It has been estimated that 70% of birth defects are preventable. More than 80% of spontaneous abortions occur within the first 12 weeks of gestation. Hence, to prevent abnormality and sustain healthy pregnancy, *Vatahara* line of management can be adopted as explained by *Acharyas*. *Aushadhis* possessing *Mrudu, Madhura, Sheeta Gunas* and *Garbha aviruddha* property are indicated in *Garbhini*, only if necessary[2] which act as Garbhasthapaka. *Rasaushadhis* are known for their faster and effective results in smaller doses compared to *Bheshaja prayoga*. *Bruhat Vata Chintamani Rasa* is explained in *Bhaishajya Ratnavali* as one of the best formulations to counteract *vata vikara* conditions.[3] Hence, early *Prayoga* of *Bruhat Vata Chintamani rasa* can yield good results in pregnant woman. The present paper focuses on the effect of *Bruhat Vata Chintamani Rasa* on *Garbha srava* w.s.r to Bad obstetric history on *Garbha* and *Garbhini Stree.*

KEYWORDS: *Garbhini, Bruhat Vata Chintamani Rasa, Garbha srava,* Bad obstetric history.

INTRODUCTION
Safe pregnancy and a healthy child is the outcome desired by the couple. Women are exposed to stress in physical, chemical, psychological forms. These can be correlated to *Garbhopaghatakara bhavas*. *Vata* is one of the factors influencing *Garbha* since its inception in *Kshetra* i.e., *Garbhashaya*. Vitiated vata is the primary cause for *Garbha vikrutis*. Acharya Vagbhata says *Shuddha rakta* and *shukra* along with *Anila* are responsible for *Veeryavanta suta*. Acharya Susruta explains *rasa* and *vata* are the important factors for *Garbha vriddi* with a simile as *Nabhi* is the *jyotisthana* and constant blowing of *vayu* maintains the *jyothi*.[4] Acharya Kashyapa while explaining *Vayu vibhajati*[5] states it as a reason for Organogenesis. According to contemporary medical science, organogenesis completes within 8-12 weeks of gestation. Thereafter, growth and development of fetus occurs. Pregnant women with Preterm births, Intra uterine fetal death, recurrent miscarriages, congenital anomalies, early neonatal deaths, 2 or more consecutive spontaneous abortions is termed as Bad obstetric History**.** Abortion is the expulsion or extraction from its mother of an embryo or fetus weighing 500g or less when it is not capable of independent survival.[6] This can be understood as *garbha srava*, *putraghni yonivyapad* where *vata dosha* is predominantly involved. The expulsion of fetus upto fourth month of pregnancy is termed as *garbha* srava according to Acharya Sushruta.[7] Bhoja opines that the period of *garbha srava* is upto three months.[8] *Bruhat Vata Chintamani Rasa* explained in Bhaishajya Ratnavali is one of the best formulations to counteract any *vikruta vata* and is *Sarvavyadhi sankulahara*. As a *Rasaushadhi*, the formulation has a potency to prevent diseases in a smaller dosage and shorter duration. References of administration of *Rasaushadhi* in *Garbhini* can be found in Samhitas.

AIMS
To study the mode of action of *Bruhat Vata Chintamani Rasa in* preventing abortions and maintaining pregnancy.

CASE REPORT

The case series includes patients fulfilling the criteria of *Garbha srava*. A sample of 5 subjects fulfilling the inclusion criteria were selected from the OPD and IPD of Prasooti tantra and Stree roga of Sri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Anchepalya, Bengaluru, Karnataka for the study.

All data regarding the demographic details, complaints and past history, prescription advised to patient and outcome is mentioned in Table 1.

Table 1

CASE NO	CASE DETAILS	PRESCRIPTION	OUTCOME
1.	Female patient aged 28 years, Amenorrhea since 1 $^{1/2}$ month. LMP- 21/06/23; EDD-28/03/2024 POG- 7 weeks, 3 days OH- $G_2P_0A_1L_0D_0$ A1- MTP at 1 ½ months Married life- 1 ½ years No H/O consanguineous marriage. Work pattern- stressful	Bruhat Vata Chintamani Rasa 1-0-0 given from 7th week of gestation.	Full term normal vaginal delivery of live male baby on 12/03/2024
2.	Female patient aged 27 years, Amenorrhea since 2 months. LMP- 26/09/23; EDD-02/07/2024 POG- 8 weeks, 2 days OH- $G_2P_0A_1L_0D_0$ A1- spontaneous abortion at 1 ½ months, 2 years ago Married life- 3 years No H/O consanguineous marriage. Work pattern- stressful	Bruhat Vata Chintamani Rasa 1-0-0 given on confirmation of pregnancy at 8th week of gestation	Patient is in the 29th week of gestation with no other complaints
3.	Female patient aged 27 years, Amenorrhea since 1 ½ months. LMP- 10/02/21; EDD-21/11/2021 POG- 6 weeks, 5 days OH- $G_6P_1A_5L_0D_1$ Married life- 6 years H/O 2nd degree consanguineous marriage.	Bruhat Vata Chintamani Rasa 1-0-0 given from 5th week of gestation continued till delivery	Full term delivery of live female baby through Elective LSCS on 01/11/2021. Conceived 2nd time and maintaining pregnancy.
4.	Female patient aged 27 years, Amenorrhea since 1 month. LMP- 19/08/23; EDD-25/05/2024 POG- 7 weeks, 3 days OH- $G_3P_0A_2L_0D_0$ A1- MTP at 4 weeks A2- MTP AT 11 weeks Married life- 1 ½ years No H/O consanguineous marriage. Work pattern- stressful	Bruhat Vata Chintamani Rasa 1-0-0 given from 5th week of gestation.	Patient is in the 34th week of gestation with no other complaints
5.	Female patient aged 35years, Amenorrhea since 3 months. LMP- 13/06/23; EDD-19/03/2024 POG- 11 weeks, 2 days OH- $G_4P_1A_2L_0D_1$ A1- spontaneous abortion at 1 ½ months, 2 years ago D1- IUD at 7th month A2- Hydrops fetalis at 19th week Married life- 3 years No H/O consanguineous marriage.	Bruhat Vata Chintamani Rasa 1-0-0 given from 12th week of gestation continued till 20th week	Full term delivery of live male baby through Elective LSCS on 28/02/2024

TREATMENT

The treatment was advised till delivery as mentioned in Table 2.

Table 2.

Yoga	Bruhat Vata Chintamani Rasa
Dose	1 Tablet 62.5mg
Time Of Administration	Before Food In The Morning
Route Of Administration	Oral
Anupana	Madhu
Duration	Till Delivery

OBSERVATION

The current case series was assessed after administering *Bruhat vata chintamani* till delivery. The Antenatal care was uneventful and all five patients maintained healthy pregnancy. No adverse drug reactions were observed in the fetus or the mother during the course of medication. Out of the 5 patients, 2 were previously treated for infertility & 3 patients had natural conception. 2 patients had previous history of Intra uterine fetal death. 1 patient had second degree consanguineous marriage. Four patients were aged above 25 years and one patient with age more than 35 years.

RESULTS

Significant result was seen in preventing abortions and maintaining pregnancy in elderly gravid patients and ended up with term pregnancy and healthy out come.

DISCUSSION

Bruhat Vata Chintamani has *madhura rasa, sheeta virya, madhura vipaka* and *rasayana, balya, medya, ojovardhaka, sapta dhatuposhaka* properties which balances the action of *vata* in the garbha. *Bhasmas* are potent base for nano particles which are absorbed in the maternal system and enhance the utero placental supply, hence have action on *Garbha* and also prevent *Garbha vyapads* like *Garbhasrava*.

Probable mode of action is mentioned in Table 3.

Table 3

DRAVYA	AYURVEDIC UNDERSTANDING	MODERN SCIENCE
Swarna Bhasma	Rasayana and Yogavahi Srotoshodhana in dhamanis	Anti toxin, immunomodulator, antimicrobial
Roupya Bhasma	Rasayana	Antibacterial, bioavailability enhancer
Abhraka Bhasma[9]	Acts on pranavaha srotas→ Hrudaya Rasayana	Anti inflammatory, immunomodulator, adaptogenic
Loha Bhasma	Kshayahara	Haematinics
Pravala Bhasma	Balya and Dhatu prasadana	Natural Calcium rich source
Mouktika Bhasma	Ojovardhana	Natural Calcium rich source
Rasa Sindoora	Yogavahi, Saptadhatu vardhaka	
Kumari Swarasa	Rasayana, vatahara	Antimicrobial, Antioxidant

CONCLUSION

Garbha vikruti is caused due to many reasons, Vata being the primary cause. This may lead to *garbhasrava* in early pregnancy or deformities in fetus which can have a bad effect on the mental and physical health of the woman. To tackle this, *vatahara* line of management is followed. *Rasaushadhis* are considered superior to any type of *Bheshaja prayoga* or *shastra prayoga*. *Bruhat vata chintamani Rasa* given during pregnancy has shown no adverse effects on the fetus or the mother. Hence, this formulation given in appropriate dose is safe and has excellent outcomes in pregnancy. Further, it may also help in *Buddhi* and *Medha Vardhana* in *Shishu* by the *swarnamruta* effect in *Garbhavastha* itself.

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