



**ROLE OF JIVANIYA GANA SIDDHA DUGDHA AND PHALASARPI IN  
PUTRAGHNI YONIVYAPAD - A CONCEPTUAL STUDY**

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**ABSTRACT**

To have a successful motherhood, continuation of pregnancy till term is as important as achieving conception. But sometimes the foetus will be expelled out of the womb before the period of viability. This phenomena can occur repeatedly which is called as putraghni, correlated to recurrent abortions. About 40-60% of abortions are idiopathic where the cause is unknown and that makes the treatment even more difficult. Here in this article a hypothetical treatment protocol is put forward keeping in mind the chikitsa sootra mentioned in our classics. After a course of sootikaparicharya, pre conceptional care is given with shamanoushadhis like jeevaneeya gana siddha dugdha and phalasarpi which is explained by our acharyas. By this shuddhi of yoni, garbhashaya, beeja can be attained which in turn can prevent abortions.

**KEY WORDS:** Putraghni, Recurrent abortions, Jeevaneeyagana siddha dugdha, Phalasarpi.

**INTRODUCTION**

To have a healthy progeny maintenance of pregnancy till term is as important as achieving conception. But sometimes due to various causes the pregnancy will not be continued upto term which is very distressing for a couple. Such repeated pregnancy loss following excessive vaginal bleeding is the commonest problem being observed in patients approaching OPD now a days. Recurrent abortion is defined as three or more consecutive pregnancy losses at  $\leq 20$  weeks of gestational age or with a fetal weight  $< 500$  grams. Approximately 1 percent of fertile couples have recurrent miscarriages and about 40-60% of abortions are due to idiopathic. Environmental toxins, various infections, extremes of nutrition like severe dietary deficiency and morbid obesity etc. which acts as contributory factors.<sup>[1]</sup>

Putraghni is one among the yonivyapad explained by our acharyas where there is a repeated pregnancy loss. All yonivyapad can lead to vandhyatva as complication in a due course of time if left untreated. As explained in classics ksheera is having yoni roga hara and garbha sravahara effect. Most of the drugs mentioned under jeevaneeya gana dravyas are having tridosha hara, balya, rasayana properties and phalasarpi has been indicated in asthira and mrutagarbha.<sup>[2]</sup> Hence these drugs help in garbha sthapana i.e. continuation of pregnancy till term and achieving a healthy progeny. So in this article

jeevaneeya gana siddha dugdha and phalasarpi are chosen for discussion as shamanoushadhis.

**Disease review**

Acharya Charaka says that aggravated vayu due to its rooksha guna, does dooshana of the shonita leading to garbha nasha repeatedly.<sup>[3]</sup>

According to acharya sushruta the sthita garbha i.e. the fetus after attaining stability are repeatedly destroyed due to pitta dusti, exhibiting the features like rakta srava with osha choshadi vedana.<sup>[4]</sup>

Both the vagbhatas opine that dusta vata due to its rookshatwa repeatedly kills the neonates formed and developed from dusta artava, immediately after birth. This entity is called as jataghni.<sup>[5,6]</sup>

According to modern science, in majority of cases, the cause of recurrent abortion remains unknown.<sup>[7]</sup>

**Drug review**

Among the jeevaneeya gana dravya Jeevanti, mudgaparni, mashaparni and madhuka, are easily available, and hence can be used in this condition. Ghrita, manjista, kustha, tagara, triphala, sharkara, vacha, nisha dvaya, madhuka, meda, deepyaka, katurhini, payasya, hingu, kakoli, vajeegandha, shatavari are ingredients of phalasarpi.

Ksheera is jati satmya, vata, pitta shonitahara, yoni roga and garbha sravahara.<sup>[8]</sup> Go dugdha having swadu, sheeta, mrudu, snigdha, bahala, picchila, guru, manda and prasanna properties which are samanya with ojas. It enhances ojas.<sup>[9]</sup> It is pittaraktaahara, vatapittaghna and

rasayana<sup>8</sup>. Phalasarpi consists sarpi as major ingredient and is pitta and vata hara.<sup>[10]</sup> The other ingredients mentioned are given below along with their rasa, guna, veerya, vipaka and prabhava.<sup>[11]</sup>

Drug name	Rasa	Guna	Veerya	Vipaka	Prabhava
Jeevanti	Madhura	Laghu, snigdha	Sheeta	Madhura	Tridosha shamaka Rasayana
Mudgaparni	Madhura, tikta	Laghu, Rooksha	Sheeta	Madhura	Tridosha shamaka
Mashaparni	Madhura, tikta	Snigdha	Sheeta	Madhura	Vatapitta shamaka
Manjishtha	Madhura, tikta, kashaya	Guru, rooksha	Ushna	Katu	Kaphapitta shamaka, Yoni rogahara
Kustha	Tikta, katu, madhura	Laghu,	Ushna	Katu	Vatakapha shamakas
Tagara	Tikta, kashaya	Rooksha	Sheeta	Katu	Kaphapitta shamaka
Hareetaki	Kashaya pradhana lavana varjita jshadrasa	Laghu, Rooksha	Ushna	Madhura	Tridosha shamaka, rasayana, Prashastha in garbhini
Vibheetaki	Kashaya	Rooksha, Laghu	Ushna	madhura	Kapha vatahara, shamaka
Amalaki	Amla pradhana lavana varjita shadrasa	Rooksha, Laghu	Sheeta	Madhura	Tridosha shamaka, rasayana
Vacha	Katu, tikta	Laghu, teekshna	Ushna	Katu	Vatakapha shamaka
Haridra	Katu, tikta	Rooksha,	Ushna	Katu	Kaphapitta shamaka
Daruharidra	Tikta	Rooksha, ushna	Ushna	Katu	Kaphapitta shamaka
Madhuka	Madhura, kashaya	Guru, snigdha	Sheeta	Madhura	Vatapitta shamaka
Meda	Katu, tikta kashaya	Laghu, snigdha	Ushna	Katu	Vatakapha shamaka
Deepyaka	Katu, tikta	Teekshna, laghu,	Ushna	Katu	Vatakapha shamaka
Hingu	Katu	Teekshna	Ushna	Katu	Kaphavata shamaka
Katurohini	Katu, tikta	Rooksha, laghu	Sheeta	Katu	Kaphapitta shamaka
Shatavari	Madhura, tikta	Guru, snigdha	Sheeta	Madhura	Vatapitta shamaka, rasayana

## DISCUSSION

Rutu, kshetra, ambu and beeja are the essential factors for fertility<sup>12</sup>. Dusti in any of these results in vandhyatva. Vata is the prime cause for abortion. Kshetra and beeja play a major role in conditions such as Putraghni. Putraghni is a clinical entity characterised by repeated pregnancy loss due to excessive intake of rooksha ahara vihara. This leads to vata prakopa which in turn leads to shonita dusti and artava dusti which results in repeated vinasha of garbha. Looking at nidana one can say that rooksha guna of ahara does rookshana of the shonita as well as garbhashaya and yoni. All our acharyas while explaining garbhini paricharya as well as garbha sthapana dravyas have emphasized on madhura and snehayukta ahara which counteracts the qualities of vata.

Acharya sushruta explained that pitta dusti is the cause for putraghni yoni vyapad. Pitta dosha having ushna teekshna guna does not support formation as well as maintainance of garbha. Hence taking the opinion of both Acharya charaka and sushruta one can understand that both vata and pitta pradhana environment does not support the maintenance of pregnancy. Hence the drugs selected here, jeevaneeya gana siddha dugdha and phalasarpi have qualities such as madhura, laghu, sheeta guna, tridosha shamaka, yoni dosha hara, balya and

rasayana properties, which are predominantly vata and pitta shamaka, resulting in maintenance of pregnancy. But the modern concept explains many causes, out of which idiopathic holds good for the treatment suggested in this article. All the other causes like genetic factor, endocrine and metabolic factors, infectious causes, inherited thrombophilia, immunological causes require shodhana. Subsequent to shodhana same drug can be used along with disease specific treatment.

## CONCLUSION

To conclude, the drugs employed here alleviates tridoshas particularly vata and pitta. Thus the dusti present in the reproductive tract is completely removed there by facilitating the growth of the fetus to full term. Gives strength to the mother and fetus. And thus helps in giving healthy progeny to the couple. Further clinical study in an adequate sample will be conducted and results will be given using appropriate statistical methods. In this way a mere hypothesis can become a theory.

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