AYURVEDIC CONTRACEPTIVE (GARBHANIRODHAKA DRAVYAS) – A REVIEW

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ABSTRACT
In world India stands for 2nd most populous country. Due to this, there are many problems which our country facing today. So there is need to control this population. To control this population human fertility control is very effective. This is possible only with the help of contraception. In modern medicine there are various methods of contraception like hormonal contraceptives, barrier method, surgical method etc. but they have multiple side effect. So we need the safe, effective and easily available drug which can be used as contraceptives which are already mentioned in our samhitas like Bhavprakash, Yogratnakara, Bhaishajaya Ratnavali etc. Hence in this article an attempt has been made to review garbhanirodhaka dryavyas mentioned in our ayurvedic classic which are safe and having lesser side effects.

KEYWORDS: Contraception, Ayurveda, Garbhanirodhaka dravyas.

INTRODUCTION
Increasing world population is a major problem. Also, the population of India has been growing rapidly. Due to this overpopulation the socioeconomic problem facing by country are well known. The multiparous woman from low-income group generally suffers from malnutrition; also these women may predispose to genital organ prolapse, chronic cervicitis, CA cervix and stress incontinence. Due to this various reasons, there is a need of limiting the number of pregnancies and spacing of childbirth.¹ This is possible only with the help of contraception.
Contraception is a method or a system which allows intercourse and yet prevents conception. It is also called as birth control. This contraception may be temporary when the effect of preventing pregnancy last while the couple uses the method. But the fertility returns immediately or within few months of its discontinuation. The permanent contraceptive methods are surgical i.e., tubectomy in woman and vasectomy in man.[2]

There are various methods of contraception given in modern science like hormonal contraceptives, barrier method etc. but this method cannot be used for long duration because of their side effects.

Contraceptive methods were described in our vedas. In Atharvaveda there are some references about contraceptives. In Ayurveda various herbal drugs are given as contraceptives (Garbhadhannirodhaka dravyas), these drugs don’t have their side effects. Aacharya mentioned local as well as oral contraceptive formulation. This dravyas are easily available for women in the rural areas.

MATERIALS AND METHOD

Aacharya Bhavaprakash, Aacharya Yogaratnakar and Bhaishajya Ratnavali mentioned about different ayurvedic contraceptives i.e., Garbhanirodhaka dravyas in their respected samhitas as local and oral contraceptives.

According to yogratnakara[3]

Oral contraceptives
1. Powdered Pippali (Piper longum), Vidanga (Embelia ribes) and Tankan (Borax) along with water or milk orally during rutukala, women who uses this in equal quantity will never conceive.
2. Flower of Japa (Hibiscus rosa-sinensis) mixed with the kanji followed by one hundred years old jaggery (guda) in the dose of one pala (approx. 40 gms) orally for 3 consecutive days during menstruation. Woman who consumes this will never conceive.
3. Root of tanduliyaka pested with tandulodaka (washing of rice) to be given orally for 3 consecutive cycle after menstruation makes women infertile.
4. Equal quantity of Talisa (Abies webbiana) and gairika (Red chalk powder) churna in dose of one karsha (approx. 10 gm) with cold water on 4th day of menstruation, the women will not conceive.
Local contraceptives
1. *Saindhav khanda* (rock salt) moistened with oil is to be placed in vaginal canal before the coitus. Then women will never conceive.
2. Women fumigate her vaginal canal with *nimbakashta* (wood of *Azadirachta indica*) after rutukala.
3. Filling of vaginal canal with *dhattura moola churna* (*Datura metel*) before coitus will prevent conception.
4. The women which having coitus after tying *dhattura root* (*Datura metel*) in the waist which is uprooted on 14th day of first fortnight of lunar month will never conceives.

According to *bhavprakasha*⁴
1. Flower of *Japa* (*Hibiscus rosa-sinensis*) mixed with the *kanji* followed by one hundred years old jaggery (*guda*) in the dose of one *pala* (approx. 40 gm) orally for 3 consecutive days during menstruation. Woman who consumes this will never conceive.
2. Powdered *Pippali* (*Piperlongum*), *Vidanga* (*Embeliaribes*) and *Tankan* (Borax) along with water or milk orally during rutukala, woman who uses this in equal quantity will never conceive.

According to *bhaishajya ratnavali*⁵
1. Powder of *Dhatri* (*Embelica officinalis*), *Arjuna* (*Terminalia arjuna*) and *Abhaya* (*Terminalia chebula*) along with water orally makes the rajas (Follicular development) ineffective.
2. *Patha* paste (*Cissampelos pareira*) orally on the day of bath after rutukala (menstrual period) i.e. on 4th day of menses. With this combination women will not conceive.

DISCUSSION
Many contraceptives are available in market like oral contraceptives as hormonal pills but they having multiple side effects such as nausea, vomiting, weight gain, headache, CA breast, CA cervix, menstrual abnormalities etc. So the ayurvedic contraceptive are alternative to them whichhaving lesser side effects, also they are cheap, effective, potential and are easily available to the women who are in rural areas. All the drugs mentioned above might be preventing conception by acting as anti-ovulatory, anti-zygotic or anti-implantation agent, beside this it may produce somechanges in cervical mucosa that harm sperm penetration.⁶ There are some studies which are conducted on ayurvedic contraceptives and they have successful results, they are as follows-
Pippalyadi yoga (pippali+vidanga + tankan) is considered as having anti fertility activity by altering the progesterone level and estrous cycle.[7]

Neem oil is considered as best contraceptive drug. Neem oil appears to be the most effective form of neem for birth control. It is when tested against human sperm neem extract (sodium nimbidinate) at 1000 mg was able to kill all sperm in just 5 minutes and it required only 30 minutes at 250 mg level.[8]

Japakusum is considered as having anti-fertility activity which could be because of the presence of phytochemicals like flavinoids, steroids and tannins.[9]

Dhattura – A study on the acetone extract of Datura metel seed administered orally in the concentration of 0.5%, 1% and 2% respectively for 15 days in female albino rats show 2% seed extract cause cent percent anti implantation activity.[10]

Some study shows that Saindhava (rock salt) decrease the motility and viability of human sperms with increase in the salt concentration.[11]

CONCLUSION
As in modern medicine the hormonal pills which use as a contraceptive having multiple side effects. To avoid such side effects there is a need of safe, cheap, effective contraceptive drugs (garbhanirodhaka dravyas) which already mentioned in our granthas. This ayurvedic garbhanirodhaka dravyas are safe and having lesser side effects.

REFERENCES


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