CONCEPT OF GARBHOPAGHATAKA BHAVAS IN AYURVEDA
WITH ITS MODERN REVIEW

1Dr. Bapatla Suneetha, 2Dr. M.R. Patil and 3Dr. Kavitha Butali

1HOD, Dept of PG Studies in Rachana Shareera, Shri Shivayogeeshwar Rural Ayurvedic Medical College and Hospital, Inchal.
2Post Graduate Scholar, Dept of PG Studies in Rachana Shareera, Shri Shivayogeeshwar Rural Ayurvedic Medical College and Hospital, Inchal.
3Assistant Professor, Dept of PG Studies in Rachana Shareera, Shri Shivayogeeshwar Rural Ayurvedic Medical College and Hospital, Inchal.

ABSTRACT
Ayurveda Plays an enormous emphasis on the importance of caring for the mother before, during, and after pregnancy. For a Woman, reproductive period has a great importance in her life. Pregnancy is the most crucial and challenging phase in a woman’s life. It gets affected by Enormous factors such as food habits, lifestyle and psychological factors. The foetus, in the intra-uterine life, is in Constant relation with the mother for both development and nourishment. While explaining Garbhini Paricharya, the Great authorities of Ayurveda have explained about the things to avoid in pregnancy. Garbhopaghataka Bhavas are such factors which when accompany during pregnancy can harm or destroy The fetus or its development. In today’s fastmoving life, all women’s unknowingly follows certain things which are told as contraindications during pregnancy, Due to negligence or ignorance, leading to miscarriage, abortions, and other obstetrical complications. Here, an Attempt has been made to analyse Garbhopaghataka Bhavas on the mother and progeny.

KEYWORDS: Garbhopghataka Bhavas, Garbhasrava, Garbhavyapad, Dothuridya.

INTRODUCTION
The knowledge of Sharir starts with the knowledge of Garbha. The knowledge of Garbha helps to give rise to Conditions for better handling of pregnancy preside to The creation of
healthy new procreation. Garbhopaghataka Bhavas deals with the Aspects which are going to cause Upaghata (harm) to The growing Garbha. Thus, Garbhopaghataka Bhavas Means the factors which are harmful to pregnancy. Many great authorities of Ayurveda mentioned Garbhopaghataka factors that are responsible for Abnormalities of the fetus in terms of appearance, Complexion. When we talk on the basis of data, major Structural anomalies occur in approximately 3% of Liveborn infants and birth defects are a leading cause Of infant mortality, accounting for approximately 25% Of infant deaths. So, it is necessary to analyse these Gharbhopaghatakara Bhavas.

AIMS AND OBJECTIVES
- To provide comprehensive information about garbha shareera
- To study concept of Garbhopaghataka Bhavas
- To do correlation with modern science.

MATERIALS AND METHODS
- Interpretations are done with modern anatomy & ancient concept
- Literary study of Garbhopaghataka Bhavas is collected from Bruhatrayee, Lagutrayee & other related text books.
- Correlation with modern science is tried to be made with help of modern literature also through print media, online information etc.

REVIEW OF LITERATURE
Garbhopaghataka Bhava
Different classics of Ayurveda have explained certain Factors which should not be done during pregnancy. To Understand the depth of this concept explained by the Different Acharyas, the Garbhopaghataka Bhavas Are as follow.

Charaka Samhita
In Charak Samhita, Acharya Charak has mentioned that The pregnant woman should avoid use of Tikshna Aushadha (pungent medicine), Vyavaya (excessive Coitus) and Vyayama (excessive exercise).[1]

Sushrutha Samhita
Acharya Sushruta has mentioned that form the day She should avoid Bahinishkraman (outing), visit of Shunyagara (lonely place), Chaitya (haunted tree), Shamshan (cremation
ground) or Vriksha Ashraya (shade of a tree), acts likely to promote Krodha (anger) and Asanshaya (disgrace), Uchha Bhashana (talking in high pitch) etc. all the things likely to harm the fetus. Repeated excessive massage of Taila Abhayanga (oil application) and unguents should not be done and she should not fatigue herself.\textsuperscript{[3]}

Ashtanga Sangraha

In first month, massage of oil and Unguents and upto fifth month use of articles likely to Aggravate Doshas should be avoided.\textsuperscript{[4]}

Ashtanga Hridaya

Acharya Laghu Vagbhatta has also contraindicated Besides Ativyavaya (excessive coitus) and Atiayasa(exercise) other as carrying of Bhara (heavy weight), Guru Pravaranm (covering herself with heavy cloths) etc. Akala Swapna (untimely sleep), Utakatasana(squatting) or abnormal sitting, Shoka (grief), Krodha(anger), Bhaya (fear), Udvega (excitement), Vega Dharana (suppression of desire and urges), Upvasa(fasting), Ati Adhva (excessive walking), use of Tikshna(pungent), Ushna (hot) Guru (heavy) and, use of Raktavastra (red garment), peeping in a pit or well, use of Madya (wine) or Mansa (meat), Uttanshayan (sleeping in supine position) etc, Raktamokshana(bloodletting), Basti(purifying measure and enemas) up to eighth month should not be used.\textsuperscript{[5]}

Negligence of 4\textsuperscript{th} Month

In the fourth month all the limbs and organs (of the Body of the embryo) become more potent and the Foetus is endowed with consciousness owing to the Formation of viscus of the heart. As heart is the seat of Consciousness, so as the heart becomes potent, it is Endowed with consciousness and hence it expresses its Desire for things of taste, smell etc. (through the Longings of its mother). The Garbhini is called as Dauhridya at that time, whose wishes and desires, not Being honoured and gratified lead to the birth of a Paralysed, hump-backed, crooked-armed, lame, Dwarfed, defect-eyed, and a blind child.\textsuperscript{[6]} The concepts which are mentioned by different great Authorities of Ayurveda has its scientific base.
View of Modern Science

The modern science also accepts that above listed things should be avoided during pregnancy or even after that. For example, generally, coitus is not restricted during pregnancy. Release of prostaglandins and oxytocin in with coitus may cause uterine contractions. Women with increased risk of miscarriage or preterm labor should avoid coitus if they feel such increased uterine activity.\(^7\) Heavy drinkers (≥ 3 oz) have major risk to the fetus (6%). Fetal Alcohol Syndrome (FAS) is defined as the presence of at least one characteristic from each of the following three categories. The first is growth restriction before and/or after birth. Second is Facial Anomalies: Small palpebral fissures, indistinct or absent philtrum, epicanthic folds, flattened nasal bridge, short length of nose, thin upper lip, low set and unparallel ears and retarded midfacial development. Third is CNS dysfunction: Microcephaly, mental retardation, abnormal neurobehavioral development (attention deficit with hyperactivity).\(^8\) In view of the fact that smoking is injurious to health, it is better to stop smoking not only during pregnancy but even thereafter. Heavy smokers have smaller babies and there is also more chance of abortion. Similarly, alcohol consumption is to be drastically curtailed or avoided, so as to prevent fetal maldevelopment or growth restriction.\(^9\) Travel by vehicles having jerks is better to be avoided, especially in first trimester and the last 6 weeks. The long journey is preferably to be limited to the second trimester. Rail route is preferable to bus route. Travel in pressurized aircraft is safe up to 36 weeks. Air travel is contraindicated in cases with placenta previa, preeclampsia, severe anaemia and sickle cell disease. Prolonged sitting in a car or aeroplane should be avoided due to the risk of venous stasis and thromboembolism. Seat belt should be under the abdomen.\(^10\)

DISCUSSION

Ayurveda which gives an idea that the Acharyas had depth knowledge about the embryogenesis, teratogens and the resultant congenital malformations, maternal and fetal complications. They have mentioned Aharaj Nidana, Viharaj Nidana and Mansik Nidana under Garbhopaghatakara. The psychological or physical factors like Shoka (grief), Bhaya (fear), Krodha (anger) etc. and heavy exercise may precipitate abortion. Overweight or heavy weight lifting may lead to abortion due to sudden increase in abdominal pressure, prolonged in abnormal postures may influence the uterine blood flow can cause abortion or intrauterine death of fetus. Even the slightest agitation could spill the Taila from the Tailapurna Patra, similarly complete attention should be given to Garbhini in order to prevent upaghata to growing fetus.\(^11\)
CONCLUSION
A Counselling is to be done for patient’s care, awareness With prevention by social education, population Screening, genetic counselling, and the availability of Prenatal diagnostic technique should be adopted. By Following the various principles mentioned in Ayurveda i.e., Dietary regimen related to Garbhini Paricharya, avoiding Garbhopghatkar Bhava and Tridosha vitiating diet during pregnancy can avoid various anomalies and diseases during pregnancy. Hence the desires of the Garbhini should be gratified, which would ensure the Birth of a strong, vigorous, healthy and long-lived baby. There are various types of congenital anomalies which May arises due to the various factors such as, genetic, Environmental and others. Causes of congenital Anomalies or diseases are associated with lack of care, Awareness, supervision and prevention through diet, Mode of life style habits and mental health.

REFERENCES