

AYURVEDA AND MODERN PERSPECTIVES ON PRASAVA AND ABNORMALITIES
RELATED TO THE PRASAVAPiyush M. Purohit^{1*} and Dhanshri Zadbuke²¹Associate Professor & HOD, Dept: Prasuti Tantra-Streerog, SRC Ayurved College, Chikhali, Maharashtra, India.²Assistant Professor, Dept: Prasuti Tantra-Streerog, SRC Ayurved College, Chikhali, Maharashtra, India.

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ABSTRACT

The *Prasuti-Tantra* and *Streerog* is Ayurveda branch of Gynaecology which deals with *Streeroga* and helps to restore health of female especially in gynecological perspectives. This branch provided several options for the management of *Artava Vyapad*, *Yoni Vyapad*, *Stana Roga*, *Vandhyatva* and *Jara janya vyadhi*, etc. This branch also helps to manage pregnancy and contributed towards the healthy child birth. In this regards Ayurveda suggested concepts of *Garbhadhana Sanskara*, *Garbhini Paricharya*, *Prasava Paricharya* and *Sootika Paricharya*, etc. Ayurveda *Prasuti-Tantra* described period of labor as *Prasava* and labor diseases as *Prasava Vyapad*. *Garbhasanga*, *Vilambita Prasava*, *Akalaprasava*, *Kalatita prasava* and *Yoni samvarana*, etc. are various types of *Prasava Vyapad* which may leads abnormality in delivery of child. Similarly modern science described various terms for labor or fetal abnormalities including malposition, rapid labor, perinatal asphyxia and fetal distress, etc. Present article discuss Ayurveda and modern perspectives on *Prasava* and abnormalities related to the *Prasava*

KEYWORDS: *Ayurveda*, *Prasuti-Tantra*, *Streerog*, *Prasava*, *Prasava Vyapad*.

INTRODUCTION

The pregnancy is important period of life of any women and success of pregnancy merely depends upon the normal delivery of child. The labor (*Prasava*) is time of delivery that play important role in the successful completion of pregnancy period. *Prasava* or labor pain should be occur at appropriate time with optimum intensity and there are many factors which induces onset of labor, these factors are *Kalaprakarsha*, *Nadivibandha mukti*, *Svabhava*, *Garbha sampurta* and *Garbhavasa vairagya*. As per *Sushruta Kala Prakarsha* and *Nadivibandha mukti* play important role in the completion of delivery period. The inappropriate involvement of these factors may leads abnormal labor or *Prasava Vyapad* which ultimately turned to abnormal child birth or medical complications for both mother as well as new born.^[1-5]

The various stages of *Prasava* (**Figure 1**) as described by *Bhavaprakasha* also play important role in normal delivery of child. The early or delayed occurrence of any stage may lead abnormal labor or *Prasava Vyapad* which finally causes complication in child delivery.

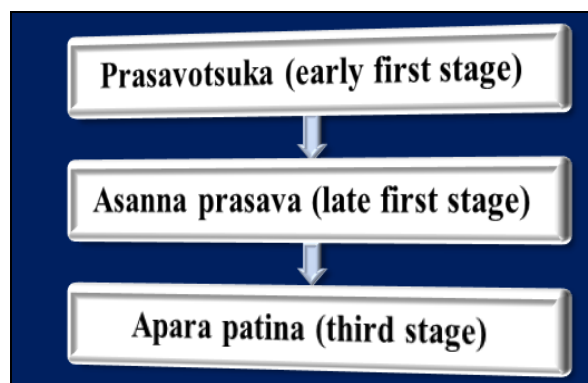


Figure 1: Various stages of *prasava* as described by *bhavaprakasha*.

Akala prasava

The *Akala Prasava* means preterm labour which can be related to the *Viprasava* according to the *Madhava Nidana*. The abnormality in *Shukra*, *Artava*, *Ashaya* and *Kala*, etc. may leads *Akala Prasava*. The daily and dietary routine of mother also play important role here, the abnormal *Ahara-Vihara* may affects full term delivery of fetus. According to *Acharya Harita* the delivery can occur before the full term period may be due to the abnormalities in *Dosha* mainly vitiate *Vayu*. The disturbed *Apana Vayu* may lead premature labour associated with derangement of *Prasuti Maruta*. Premature contraction of uterus leads premature labour,

followed by effacement and dilatation in cervix. Uterine contractions with or without pain is initial symptom of preterm labour. The vitiation of *Vata Dosha* leads constriction of blood vessels which further hampers supply of nutrients to the fetus leading to the conditions of *Garbhashosha* followed by *Akalaprasava*. *Shushka* and *Ruksha Anna sevana* may also leads complications of *Akalaprasava*. Proper conduction of daily and dietary regimen recommended for avoiding such types of conditions.^[4-6]

Prachalita garbha

Prachalita Garbha and *Prasramsamana Garbha* are conditions which referred to the displacement of fetus from its normal position. Excessive pain and discomfort in movement are common features of *Chalita Grabha*. Ayurveda described *Ksheerapaka* for curing symptoms like *Parshva Prishtha Shoola* and *Asrigdara*, etc.

Garbhasanga

Garbhasanga described as cessation or delaying in progress of labour, *Garbhasanga* observed in *Prajanayishyaman awastha* which can be correlated to the second and third stage of labour as per the modern science. *Garbhasanga* is related with the prolonged second stage of labour, in this condition full dilatation of cervix occurs but there is inadequate descent of vertex. *Dhupan Chikitsa* is described by *Sushrut* and *Vagbhat* in such types of condition. *Madanphala dhupan* advised in *Garbhasanga*, local action of *Madanphala dhupan* relives emergency conditions. The Ayurveda approaches acts as stimulator and local action of therapy induces progress of labour.

Yonisamvritti

Yonisamvritti or *Yoni samvarana* occurs due to the vitiating *Vata*, excessive coitus and night awakening, etc. The *Vayu* of *Yonimarga* when get aggravates then this contracts the vaginal orifice and obstructs aperture of *Asaya*, leading to the troublesome of fetus. As per modern science this condition can be correlated with cervical dystocia, in this condition caesarean section is required.

Yonibhramsa

Yonibhramsa is described as condition of prolapse in which labour get obstructed and expulsion of fetus become difficult due to the condition of prolapse.

Yonisanga

Obstruction of fetus in maternal passage is described as *Yonisanga* which may arises due to the contracted pelvis. The normal labor or delivery become difficult and caesarean section recommended for such types of conditions.^[5-9]

Modern perspectives

The modern science described labor complications which may occur during the labor and delivery, these includes failure to progress, fetal distress, excessive bleeding,

perinatal asphyxia, malposition and uterine rupture, etc.^[10,11]

✚ Placenta previa

Placenta previa is a condition in which placenta get covered by cervix. The cesarean is suggested to manage such types of conditions.

✚ Preterm labor

Preterm labor usually occurs when labor started before 37 week of pregnancy. Medications and bed rest recommended for such types of conditions.

✚ Failure to Progress (Labor that does not progress)

The weak contractions and improper dilation of cervix may causes failure to labour progress. Improper timing of labour pain may also affect smooth processing of infant's descent in birth canal. Medications and cesarean delivery advocated relieving such types of conditions.

✚ Perineal tears

Tearing of vagina and surrounding tissues during the delivery process may cause serious complication if not healed timely. The episiotomy helps to repair the tear using stitches.

✚ Perinatal asphyxia

The condition is associated with insufficient oxygen supply to the fetus in the uterus during labor.

✚ Shoulder dystocia

In this condition the infant's head come out from the vagina abnormally and shoulders become stuck which further leads difficulty in complete delivery of child.

✚ Excessive bleeding

Sometimes delivery results tears in the uterus and heavy bleeding may be seen during the labor period, this condition can cause serious complication to the mother and has become cause of maternal death also.

CONCLUSION

Vilambita Prasava, *Akalaprasava*, *Garbhasanga*, *Kalatita prasava* and *Yoni samvarana*, etc. are conditions comes under the heading of *Prasava Vyapad* which may becomes causes of abnormal delivery of child. The factors such as *Kalaprakarsha*, *Nadivibandha mukti*, *Svabhava*, *Garbha sampurnta* and *Garbhavasa vairagya*, etc. play important role towards the succesful completion of delivery and labor. The inappropriate involvement of these factors may lead various types of *Prasava Vyapad*. Proper conduction of daily and dietary regimen recommended for avoiding such types of conditions. *Ksheerapaka* and *Madanphala dhupan*, etc. recommended for managing such types of conditions. The modern science also mentioned labor complications which may arises during the labor or delivery period including fetal distress, excessive bleeding, failure to progress, perinatal asphyxia, uterine rupture and malposition, etc. The caesarean section advises mainly for curing complications related to the labor or delivery.

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