

ROLE OF GOKSHUR - TRIBULUS TERRESTRIS IN IUGR (GARBHA SOSHA)**Dr. Rituraj Prajapati¹, Dr. Om Prakash Sharma², Dr Naresh Kumar Garg³, Dr. Nikita Panwar⁴, Dr. Monika⁵**¹PG Scholar PG Department of Dravyaguna Sriganganagar College of Ayurvedic Sciences and Hospital, S.G.N.R. (Raj.)²Professor & HOD, PG Department of Dravyaguna, Sriganganagar college of Ayurvedic Sciences and Hospital, S.G.N.R. (Raj.).³Professor, PG Department of Dravyaguna, Sriganganagar College of Ayurvedic Sciences and Hospital, S.G.N.R. (Raj.).^{4,5}Assistant Professor Department of Dravyaguna, Sriganganagar College of Ayurvedic Sciences and Hospital, S.G.N.R. (Raj.).***Corresponding Author: Dr. Rituraj Prajapati**

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ABSTRACT

At present era it is observed that the incidence of normal pregnancy and delivery has been diminished. In childbirth weight is one of the most important factors affecting neonatal mortality and morbidity. In Ayurveda *Samhithas*, various *Garbhavyapat* are described and one among those are *Upavishtaka Garbha*. Ayurveda advises congenital diet and regimen throughout the pregnancy. It also stresses on the healthy state of mind and body to beget healthy progeny. Milk and ghee stand out as the most common in the pregnant diet that Ayurveda advises Acharya Charaka stated, as if bleeding per vagina or other types of discharges occur in pregnant woman, then the foetus will not grow properly in the uterus, and Acharyas mentioned many Chikitsas for the same. If IUGR is occurred due to PIH then most of the Chikitsas are to reduce PIH and to increase the weight of the baby. Hence can enlighten the treatment procedures in medical practice. This will reduce the PIH and promote the Foetal weight with single amazing herb- GOKSHUR. This drug is having Vasodilatation property which will reduce the hypertension in pregnant lady and increases the foetal blood flow. Ksheera is having *Balya* property which in turns the foetal growth, which gave significant action in the PIH and IUGR. Ayurvedic text states that, "If a pot filled with oil right up to the brim is to be carried without spilling even a single drop, every step has to be taken with care", the texts emphasis that a similar care and attention is required in taking care of a pregnant woman.^[1]

KEYWORDS: Ayurveda Samhita, *Garbha Vyapat*, *Upavishtaka Garbha*, Gokshura, IUGR.**INTRODUCTION**

Women have special dietary needs during each stage of her lives, including adolescence, pregnancy, breast feeding and menopause. During pregnancy the mother's nutrition bears a great impact on the foetus's growth and its future. Ayurveda lays great emphasis on ensuring holistic nutrition. A combination of *Ahara* (diet), *Vihara* (regimen), *Vichara* (emotions/thoughts) and *Aushadha* (medications) have been given great significance in Ayurveda in antenatal care called as *Garbhini Paricharya* (Antenatal care). Diet comprises the most important component of *Garbhini Paricharya*. Being pregnant and ultimately being able to give birth to a life is a fulfilling experience for a woman. But complications associated with it may make it difficult experience for both mother and the child. IUGR is one of such complication and they are responsible for 8-9% of foetal death in India. Overall, they complicate 5-10% of pregnancies in India. IUGR is considered as one among

the complications which needs to be ruled out as soon as possible & should be treated very immediately & gently. On looking into the Ayurvedic classics we find clear description of symptoms related to severe IUGR (*Garbha sosha*). Acharyas had described these factors under the heading of *Garbhopadrava*. In classics, during pregnancy *Masanumasika Garbhini Paricharya* are described in detail which is very efficient in preventing the development of IUGR.

Mode of life throughout Pregnancy

Acharya Charaka,^[2] states that the pregnant woman desirous of producing a healthy and good looking child should give up non-congenital diet and mode of life and protect herself by doing good conduct and using congenital diets and mode of life. *Acharya Sushruta*,^[3] has advised that the woman from the very first day of pregnancy should remain in high spirit, religious, decorated with ornaments, wear clean

white garments and perform religious rites, do auspicious deeds and worship God, Brahmanas and priests. Her sleeping and sitting place should be covered with soft cushions or mattress, not to be very high, possess elevated upper portion for head rest and should be perfect and very comfortable. She should use palatable, liquid, sweet and unctuous substances treated with appetizers. This should be followed till delivery. *Ashtanga Sangrahakaara*,^[4] has said that since welfare and contraindications of mother and foetus are similar, hence the pregnant woman should use desired congenial diet and proper mode of life, and avoiding factors likely to harm the foetus. The pregnant woman is fit for the use of *Bringinghana* therapy. *Ashtanga Hrudayakaara*,^[5] has advised external and internal use of *Jeevaniya* (life promoting) group of drugs. Affectionate and good behavior of husband and servants helps in maintenance of Pregnancy. She should always use butter, ghee and milk etc.

Acharya Kashyapa,^[6] states that whatever the food is consumed by the pregnant woman, the same become congenial to the foetus, thus diet should be taken considering place of living, time or season and digestive capacity, it should never be neglected. She should use meritorious, auspicious, pious, new and intact garments and ornaments possessing masculine names. No article bearing feminine or common gender name should ever be used.

Foetal Nourishment

Acharya Charaka explains the point that whatever diet the pregnant women consumes, the *Ahara Rasa* (digested food) formed from this performs three functions,^[7]

1. Nourishment of women's body.
2. Formation of milk.
3. Nourishment of the foetus.

Acharya Charaka also says that *Garbha* (foetus) is an amalgam of various factors: *Mata* (maternal), *Pita* (paternal), *Rasa* (dietary), *Satmya* (factors agreeable to the body), *Satva* (mental) and *Atma* (soul), with the normalcy of all six factors of conception and use of congenial diet and regimen by the pregnant women, the foetus obtains its nourishment.^[8]

Effect of Unwholesome food on Foetal development

Acharya Charaka also knew the ill effect of improper nutrition, He has mentioned it in *Garbhopaghatakara Bhavas* i.e. factors responsible for the damage to the foetus, along with other factors, the food articles that are very heavy, hot and irritant, intoxicating wines and the excessive intake of meat is responsible for the damage to the foetus.⁹ Further *Charaka* says the diet and management mentioned in the chapter on the principles of procreation (*Jatisutriya Adhyaya*) prevent disorders and promote the growth of foetus, if these two are not properly observed the offspring dies immediately after birth as the newly planted tree with unstable roots is destroyed by the wind and the sun.¹⁰ In *Jatisutriya*

Adhyaya, Charaka has described the factors responsible for damaging the foetus. In short the pregnant women gives birth to a child suffering mostly from the respective disorders, hence the women desiring excellent progeny should particularly abstain from non-congenial diet and regimen.^[11]

Drug review^[12]

Tribulus is cooling, sweet and strengthening. It is common throughout India and found to be growing as weed along roadside and waste places. It is trailing and spreading herb, density covered with minute hair. Leaves compound, in opposite pairs, leaflets 3-6 pair, up to 8 cm long. Flowers are usually silky, white or yellow, solitary, arises from the axils of leaves. This Plant is almost important ingredient of Ayurvedic preparation. The drug is diuretic, tonic aphrodisiac. The decoction of leaves is useful as a gargle for mouth trouble, painful gum and to reduce inflammation. The leaves increase the menstrual flow, cure gonorrhoea. Fruits are also used to treat coughs, scabies and anemia. The roots are said to be stomachic appetizer, diuretic. *Tribulus Terrestris* has clinically proven effect in enhancing energy, vitality helps in building muscle and strength.

Botanical Name: *Tribulus terrestris* Lin.

Family: *Zygophyllaceae*

English Name: Land Caltrops

Properties

Rasa : *Madhura* (sweet)

Guna : *Guru* (heavy), *Snigdha* (oily)

Virya : *Shita* (cold)

Vipaka : *Madhura* (sweet)

Effect on *Tridosha* - It balances all the three *Doshas* - *Vata*, *Pitta* and *Kapha*.

Brihmana - improves strength, nourishes the body

Vrushya - aphrodisiac

Tridoshashamana - Balances *Tridosha*

Agnikrit - Improves digestion

Shulaghna - Relieves abdominal colic pain

Hrudroga - useful in cardiac disorders

Krichraghna -relieves difficulty in urination

Pramehahara - useful in urinary tract disorders and diabetes.

Madhura - sweet

Deepana - improves digestion

Balakrit - improves strength and immunity

Pushtikrit - Improves body nourishment

Sheetala - coolant

Bastivataghna - Relieves pain originating from urinary bladder.

Basti Shodhana - Cleanses and detoxifies bladder

Anilahara - balances *Vata*

Drishtida - Improves vision useful in eye disorders

METHODOLOGY

The matter related to Antenatal care, scattered in various Ayurvedic classics were critically examined, evaluated

and probable modifications that can be included in traditional practices which suits today's lifestyle without altering the principles of care of pregnant woman are suggested.

DISCUSSION

Gokshura has *Mutragna*, *Balya*, *Shoolaghna*, *Vatahara* and *Hridhya* properties and *Kledahara* properties. Emphasis of gokshur in *Garbhini* is well known with properties such as *Jeevaniya*, *Rasayana*, *Medhya*, *Balya*, and *Brahmana*. This drug has good impact on growing fetus. It is found to increase foetal weight by *Bruhmana*, *Balya*, *Pushtidayaka*, *Rasayana* etc. properties by rejuvenating the *Dhatu*s. It acting as *Dhatuwardhaka* increases *Rasa Dhatu* and increases the amniotic fluid. Gokshura will helps to increase the urine output which will reduces the oedema and it will lower the *KLEDA*. It acts as *Kledahara* which will supply proper blood supply to the foetus which will manage the foetal growth and the *Rasayana* and *Brahmana* property of gokshur which will nourishes the foetus.

CONCLUSION

Gokshura acts as *Mutrala*, *Kledahara*, *Rasayana* and *Dhatuwardhaka* by constructive metabolism and thus have definite action on foetal growth-related disorders. It also improves the amniotic fluid, foetal growth, maternal wellbeing and relieves oliguria, oedema, body ache etc. Therefore, the present case series focusing to use of Gokshura, this drug will be more effective in counteracting IUGR with its anabolic properties without any side effect. This study also throws light on the future scope of management of IUGR. Because every time, termination of pregnancy is not an option. We can use alternative ways to save the child. Being a mother will be a wonderful feeling and being a mother of a healthiest baby will be a bliss.

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