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“Clinical study of Garbha Chintamani Ras in Garbhini Avastha.”**Jaybhaye P.V.**

Consultant, Kashyap Clinic, Sinhgad Road, Pune.

ABSTRACT:

In the advancing era of modern medicine for curative aspect of antenatal care aiming at better maternal as well as foetal wellbeing. Still there are many known and unknown complication arising in pregnancy. Ayurvedic text given such a vast rules and regulation for antenatal care. These rules and regulation much safer, better and least complicating. Among these references the Garbha Chintamani Ras (mentioned in Bhaishajya Rantnavali) is found very useful in garbhini avstha. During pregnancy through out the Garbha Chintamani Ras vanishes all complication related with mother and foetus. This research paper is focusing on efficacy of Garbha Chintamani Ras in garbhini avstha. Garbha Chintamani Ras is effective in Garbhini avstha.

Keywords: Garbha Chintamani Ras, Garbhini avstha.**Corresponding Author:**

Dr.Pratibha Jaybhaye (Gite)

MD (Prasuti Stree roga)Consultant,

Kashyap Clinic, Sinhgad Road, Pune.

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Introduction:

The best gift of motherhood is undoubtedly power of regeneration . The conception , successful pregnancy and birth of baby all these are the blessings for every woman . The pregnant woman is compared “a pot filled with oil ”as slightest oscillation of such pot causes spilling of oil similarly slightest negligence can cause various complications . Good physical health of mother leads to the healthy baby that is the most important aspect of motherhood. It is said that is always better than cure ' hence it is better to try to prevent disease than to cure afterwards . Antenatal period is said to be most delicate period as woman becomes more sensitive in all aspects. In advance era of modern medicine for curative aspect of antenatal care i.e., Aiming at better maternal as well as being there are still many complications arise in pregnancy. Common health department is trying to improve medical approaches towards mother and child wellbeing by conducting RCH & MCH regimes. But still modern medicines has certain limitations .There are no effective prophylactic weapons for complications during pregnancy.

Among the vast references ' Garbhchintamani Rasa (Pratham)' which is mentioned in Bhaishajya Ratnavali under Garbhinirog chikitsa Adhyay is found very safe and simplest medicinal preparation . Its name itself

suggest that one should not be worried while taking medicine. It labelled as 'SUN' which vanishes darkness of complications during pregnancy. Ayurveda has described Antenatal care in the form of 'Garbhini Paricharya '. There is monthly dietary regime and life style modifications. Along with this Garbhchintamani Ras (Pratham) improve the digestive system and help to avoid complications during pregnancy .

Aims & objectives:

- 1) To evaluate efficiency of Garbhchintamani rasa((Pratham) in Antenatal care .
- 2) To study effect of Garbhchintamani Rasa (Pratham) on parameters of antenatal period.
- 3) To propose the mechanism of action of Garbhchintamani Rasa (Pratham) in 2nd and 3rd trimester of pregnancy.

Material and Methods

Drug : Garbhchintamani Rasa (Pratham) mentioned in Bhaishajya Ratnavali

Contains – jatiphala ,shudha tankan ,Trikatu, shudha hingul in equal quantity .

Bhavana – Nimbu swaras for 2 prahar
Anupan – Aadrak swaras.

Dose -250 mg BD

Duration of treatment -3 months

Study center – Streerog -Prasutitantra ,
M.A. Podar hospital ,Worli , Mumbai .

Type of study – Open uncontrolled study.

Inclusion criteria:

1. Patients belonging to 2nd and 3rd trimester will be group into
 - a. A normal ANC patient
 - b. Patient with bad obstetric history
 - c. Patient with mild to moderate history of Garbhaopdrava and garbha vyapad.

Exclusion criteria:

- a. Patient with severe history of Garbhaopdrava and garbha vyapad. i.e. severe

condition of PIH, eclampsia, severe Anemia, severe IUGR.

Assessment criteria:

Maternal wellbeing, Body weight, Hb gm%, BP, Pedal oedema and Garbhopdrava .

Fetal wellbeing

Clinically – Fundal height , External ballottement , Presentation .

USG (Ultra sonography) – Foetal weight, Foetal anomaly, Liquor, Placental maturity, Garbhvyapad .

Methodology:

Total 60 patients Garbhini 2nd and 3rd trimester were treated orally with Garbhachitamni Ras 250 mg BID. For the 3 months.

Table no.1 Statistical tests for parameters in group -A

sn	Parameters in 2 nd trimesters	BT	AT	SD	t value	P value	Significance
1	Body weight	44.83	49.36	5.76	16.52	< 0.00	Significant
2	Hb %	10.46	10.74	1.14	1.35	0.18	significant
3	Foetal weight	601.63	2614.20	325.90	10.20	0.00	Significant
4	GU	0.86	0.46	0.81	3.24	0.002	Significant

Table no.2 Statistical tests for parameters in group -A

sn	Parameters in 3 rd trimesters	BT	AT	SD	t value	P value	Significance
1	Body weight	44.62	49.75	5.86	10.10	< 0.00	Significant
2	Hb %	10.06	10.25	1.40	0.602	0.55	Significant
3	Foetal weight	196.53	1546.43	142.65	13.89	0.00	Significant
4	GU	1.25	0.37	0.93	7	0.004	Significant

Observations:

From all above the Garbhachintamani Ras is effective in 2nd and 3rd trimester of pregnancy.

Garbhchintamani Rasa(Pratham) has a limitation for an administration in 1st trimester patients because teratogenicity and efficiency still to be

studied. Garbhchintamani Rasa(Pratham) has maximum herbal ingredients so it can be used without any harm. Garbhchintamani Rasa(Pratham) while administered it is observed that it has minimum side effects, no patients was observed with severe complications. Statistical analysis shows the significant 't' and 'p' value of body weight, Hb gm% and Garbhopadrav. It has limitations when there are severe infections, disorders of pregnancy. It contains minimum ingredients with minimum quantity e.g. In the form of tablet and hence easy to administer. Other combinations described in text of Garbhchintamani Rasa(Pratham) are needed to be studied for their prophylactic. Further study in 1st trimester of pregnancy needed to be done.

DISCUSSION:

Garbhchintamani Rasa (Pratham) administered mainly as prophylactic management during 2nd and 3rd Trimester of pregnancy. 1st trimester pregnant patients excluded because its efficacy is still to be ruled out. Ingredients of Garbhchintamani Ras (Pratham) are having very good properties like Deepan and pachan which help to garbhini for proper digestion. which helps to form Good quality of 'Rasdhātu'. Ras dhātu gives nourishment to mother and foetus. It helps to avoid or decrease complications during 2nd and 3rd trimester of Garbhini. Garbhachintamani Ras corrects the agnimandya and indigestion and made

the pure aahar rasa. It controls the Vata dosha especially apan vayu promotes the regular growth. And hence it prevents the complication during pregnancy i.e. garbhopdrava and garbha vyapad. In this study 40 patients are having normal antenatal period not having any history of complication and 20 patients of history like BOH(Bad Obstetric History), Pedal oedema, PIH (mild) – pre-eclampsia, Anaemia and IUGR. In BOH patients its observed that increase in holding capacity of uterus. In PIH patients disturb phenomena of Vat dosha is noted but this drug improves Vat Doshaa. In IUGR patients before and after treatment have not show any changes.

CONCLUSION:

Garbhchintamani Rasa(Pratham) is Effective on Digestive system. It enhances formation of pure Aahar-Rasa (Essence of maternal diet), it controls Vata dosha i.e., promotes Samanagni & regulates Apan vayu. It is harmless and nearly no side effects on pregnancy. Prophylactic iron therapy can be needed in moderate to severe Anaemic patients.

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