

# Role of *Kapha* in *Garbha Vruddhi*

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## ABSTRACT

A woman is treasured by the richness of continuing the human race. Pregnancy is the most important and critical part of every woman's life. Wide range of references regarding *garbhini paricharya*, *masanumasika pathya*, *garbhopaghatakara bhavas*, *soothika paricharya* are available in *brihatrayi* and *laghutrayi*. To ensure normal pregnancy and uncomplicated labour, with delivery of a healthy baby from a healthy mother our *Acharyas* have explained a detailed and systematic month wise regimen and a list of do's and don'ts to be followed in the antenatal period which is mainly dependent on maintenance of *kapha*. This article emphasizes on the role of *kapha* in *garbha vrddhi*.

## Key Words

*Garbhini paricharya*, *Masanumasika Pathya*, *Kapha*, *Garbha vruddhi*

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## INTRODUCTION

The pregnant woman should be treated just like a pot filled with oil, as the slightest oscillation of the pot causes spilling of oil, similarly the slightest excitement to a pregnant woman is harmful to the fetus<sup>1</sup>. Child health is related to maternal health, a healthy mother brings forth a healthy baby. Most important phase of life of women and child is gestational period. Among the *tridoshas*, *kapha* plays a predominant role right from the fertilization to complete development of fetus. In this article I have tried to compile the Role of *Kapha* in *Garbha Vruddhi*.

## AIMS AND OBJECTIVES

To review the clinical significance of *kapha* in *garbha vruddhi*.

## MATERIALS AND METHODS

Role of *kapha* in development of *garbha* and its impact on *Garbhini* has been illustrated in *Brhatrayi* and *Laghutrayi*.

### *Garbha sambhava samagri*

Acharya Susruta, has mentioned *rthu*, *kshetra*, *ambhu* and *bheejaas* 4 essential factors for the formation of *garbha*, termed as *garbha sambhava samagri*<sup>2</sup>.

Acharya Dalhana have commented that *raja* takes up the concept of ovum, hence ovulatory period taken as *rthukala* which is dominated by *kapha*, *Ambu* is the transformed portion of *rasa dhatu*.

### *Garbhadana*

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In the context of *Garbhadana*, Acharya has mentioned complete purification of *Shareera* through *Snehana*, *Swedana*, *Vamana*, *Virechana*, *Asthapana*, *Anuvasana karma* with an aim to intensify the properties of *stree*, *purusha bheej*, *sopurush* is advised to take *Madhura oushadha samskrutha ghritha and ksheera*<sup>3</sup>. *Taila and masha* having *kapha vatha hara* properties are directed to women with an aim to intensify the formation of worthy ovum.

### **Garbha**

*Shukra* which is *pum bheej* possess the qualities like *guru*, *snigdha madhura* which are *kapha gunas* as well, hence considering *Samanya vishesha siddhanta*, *kapha vrudhi* leads to *shukra vrudhi*<sup>4</sup>. *Shudha Shukra* and *Artava* are desirable for formation of healthy *garbha*, hence Acharya have emphasized *parusha* to take *Madhura aushadha samskrutha ghritha and ksheera* prior to conception.

### **Role of mahabhoota in garbha**

*Shat dhatu* i.e. *Panchamaha bhoota* and *chetana dhatu* & *Shat Bhava* play a major role in the growth and development of the *garbha*

*Kapha* is predominant in *jala* and *prithvi mahabhoota*. *Kledana of garbha* by *jala* and *samhanana of garbha* by *prithvi* are taken into consideration<sup>5</sup> for role of *kapha* in *Garbha*.

*Jala* renders moistening quality to the *garbha* counteracting the dryness/absorption caused by *vayu* and *tejas*.

*Prithvi* solidifies giving shape to the embryo.

*Susrutha Acharya* has mentioned role of *pancha mahabhutha* in growth and differentiation of

*garbha*, while *Charaka acharya* and *Vagbhata* has explained development of *anga avayava* from each *mahabhoota*. *Sneha and Shaithya* of *garbha* are contributed by *jala mahabhoota*, which in turn are *kapha gunas*. *Jala* stays in the body in the form of all 5 types of *sleshma, rasa, shukra* etc.

### **Partiva anga avayava**

*Gourava and sthirata* of *garbha* are contributed by *prthvi mahabhoota* which again are *kapha gunas*. Other body components developing from *prthvi* are *gandha, ghranendriya, kesa, nakha, asthi* etc<sup>6</sup>.

### **Rasa in garbha vrudhi**

Considering the relationship between *rasa* and *kapha*, *Charaka acharya* has mentioned *Kapha* as transformed portion of *rasa dhatu*.

Coming to role of *rasa* in *garbha vrudhi*. Features arising due to *rasa* are manifestation of different body parts, growth & strength to the body, attachment of life, contentment, nourishment, enthusiasm etc. These are again functions of *kapha*<sup>7</sup>.

### **Garbha poshan**

*Garbha* is formed from *sampath* of *Matrijadi bhavas*.

*Garbha* obtaining growth, nourishment from *ahara rasa* by the process of *upasneha and upasweda* and developed inside the uterine cavity. *Upasneha and Upasweda* are functions of *kapha*, as fetus is dominated by *kapha* naturally it would need more *snigdha* and *kleda* substances to replenish this *kapha*.

Before implantation *zygote* gets its nourishment from exudates of uterine cavity and after

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implantation through chorionic villi which are present all over the embryonic surface. After 3 months when placental formation is completed nourishment is through umbilical vessels<sup>8</sup>.

As garbha forms and develops within the mother's womb, pregnant woman starts expressing certain signs and symptoms. Acharyas has mentioned these lakshanas under 2 headings.

1. *Sadyo gruhita garbha lakshana*<sup>9</sup>

2. *Vyakta garbha lakshana*<sup>10</sup>

### *Sadyo gruhita garbha lakshana*

*Nishtivika* or excessive salivation, *gourava* or heaviness, *Tandra* or malaise, *praharsha* or horripilation, *trupti* or contentment substantiates the predominance of kapha.

### *Vyakta garbha lakshana*

*Garima* or heaviness of abdomen, *chardhi* or vomiting, *arochaka* or anorexia, *praseka* or salivation, *pada shopha* or pedal oedema again substantiates the predominance of kapha.

### *Masanumasika garbha vruddi*

#### First month

After conception, all dhatus together resembles *keta*, *Chakrapanicommentedketa* as *kapha*<sup>11</sup>.

According to modern obstetrics at the end of 1<sup>st</sup> month, a fertilized egg grows within a water filled sac called amniotic sac. Development of placenta takes place which has nutritive and excretory functions. In the process of embryogenesis after fertilisation, development of morula takes place from embryoblast. Morula contains multicellular mass and fluid. As quantity of fluid increases, morula acquires the shape of cyst. As pregnancy continues morula gets transformed into

blastocyst. Blastocyst gives rise to 3 germ layers – 1) Ectoderm 2) Endoderm & 3) Mesoderm. All tissues of body are derived from 1 or more of these layers<sup>12</sup>.

#### Second month

Accumulated *mahaboothas* get processed by the combined action of *shleshma, pitta, vatha* and become solidified. According to classics one can predict the gender of fetus in this month by its shape. If garbha appears round in shape, it will grow as male, if elongated like muscle then it will grow as female, if the mass is irregular in shape, then it will result in *napumsaka*<sup>13</sup>.

According to modern, although it is not possible to confirm gender of fetus by USG until 15 weeks, his genitals begin to form at 9<sup>th</sup> week<sup>14</sup>.

#### Fourth Month

*Garbha* get stabilized so mother gains weight and feels heaviness in body<sup>15</sup>. Here weight gain and heaviness comes under functions of kapha.

According to modern science, total weight gain during the course of singleton pregnancy for a healthy woman averages 11kg. Major weight gain occurs during 2<sup>nd</sup> and 3<sup>rd</sup> trimester which is around 5 kg in each<sup>16</sup>.

According to *Susrutha* and *Vagbhata*, development of *anga avayavas* occurs in 4<sup>th</sup> month. All major and minor body parts become clearly distinguished<sup>17</sup>.

#### *Anga pratyanga utpatti*

*Asruk + shleshma = aanthra, guda, basti*

*Kapha + rakta + mamsa = jihwa*

*Mamsa + asrik + kapha + meda = vrishana*

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*Shonitha + kapha = hridayam*

Thus role of *kapha* in formation of different *anga avayava* is perceived.

### Fifth Month

There is greater increase in accumulation of *mamsa* and *shonitha* in fetus, so emaciation observed in *garbhini*<sup>18</sup>.

### Sixth Month

*Bala, varna and upachaya* occurs in 6<sup>th</sup> month.

These are again functions of *kapha*.

According to modern, eyebrows and eye lashes become recognizable.

### Garbha varnotpatti

*Harita Acharya* has explained that dominance of *kapha* results in *shyama varna* of fetus.

According to Modern at the 7<sup>th</sup> month, skin becomes red and gets covered with vernix caseosa.

### Netra varnotpatti

*Susrutha and Vagbhatacharya* in the context of *netra varnotpatti* have told, that if *teja dhatus* does not reach eyes, then the born child would be *jatyandha*. If *teja* is followed by *sleshma* then colour of eyes would be white<sup>19</sup>.

### Eighth Month

*Acharya* states that, in this month *Ojas* become unstable. It keeps moving between mother and foetus. Due to transfer of *ojas* mother and fetus becomes dull and happy alternatively. If birth occurs in this month then there are chances of death of foetus due to absence of *ojas*<sup>20</sup>. We can correlate *ojo gunas* to *kapha gunas* and it lies in *kapha sthana*.

According to modern science, First trimester of pregnancy can bring about stressful emotions and mood swings. There is variation in Hormone levels during pregnancy due to which irritability and issues of mood swings are common during 1<sup>st</sup> and 3<sup>rd</sup> trimester.

### Garbhini paricharya<sup>21</sup>

*Acharya* has advised to take palatable, liquid, sweet, unctuous substances treated with appetizing drugs by *Garbhini* throughout pregnancy.

These are *kapha vardaka, brhmana and vathanulomana*. Pregnant woman is fit for the use of *brhmana therapy*. She should always use *navaneetha, ghrutha, and ksheera* which are having *vatha pitta shamaka and balya* properties.

### Masanumasika pathya<sup>22</sup>

During 1<sup>st</sup> trimester, the lady will be suffering from *srama, glani, pippasa, chardhi*. Thus for these ailments, *ksheera* is the ideal source and it prevents dehydration due to nausea and vomiting. *Ksheera* is mentioned as complete diet can be taken throughout period of pregnancy. It is natural source of folic acid, vitamins, minerals and enzymes which are essential for fetal and maternal nourishment. Adequate calcium supplementation through milk can produce proper development of fetus.

From 3<sup>rd</sup> month onwards, mentioned about the importance of *ghritha*. It is *vatha pitta prashamana*. *Ghritha* is rich in antioxidants and acts as an aid in absorption of vitamins and minerals from other food.

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From 4<sup>th</sup> month onwards, there is rapid growth of fetus, muscular tissue of foetus develops, so more proteins are needed. This can be attained by the usage of *jangala mamsa*, *ksheera* and *navaneetha*. Thus during this period, *ksheera sarpi*, *hrdya annapana*, *mamsa* which all supply the nutrients for development of fetal tissues as well as mother.

In 7<sup>th</sup> month, usage of *madhura aushadha siddha sarpi*, *prthakparnyadi siddha ksheera sarpi* having *brmhana* property which helps in fetal development.

From 8<sup>th</sup> month upto delivery *snigdha yavagu*, *jangala mamsa rasa*, *ksheera yavagu with sarpi* mentioned. All these acts in subsiding the *vatha*.

Acharyas has advised to take *ksheera*, *madhura rasa*, *navaneetha*, *ghritha* in almost all months, thus emphasizing the importance of *kapha in garbha vriddhi*.

### **Garbhopaghatakara bhava**

Excess of *madhura* results in *mookatha*, *athisthoola garbha* formed.

Maternal hyperglycemia points fetal hyperinsulinemia then in turn stimulates excessive somatic growth. Except for brain most fetal organs are affected by *macrosomia*.

### **Garbhini vyadi –Samanya Chikitsa**

Caraka opines that disease of pregnant women should be treated with use of *mrdu*, *madhura*, *shishira*, *sukha sukumara aushadha*<sup>23</sup>.

## DISCUSSION

Safe motherhood is an essential factor for all women. For proper functioning of body, equilibrium of doshas plays a major role. Among the *tridoshas*, role of *kapha* from conception to full development of fetus have been enlightened.

- In view of essential factors needed for conception, *kapha* plays foremost role and ovulatory period is considered as *kapha kala* of *Rthuchakra*.

- In the context of *garbhadhana*, *purusha* have been advised to take *Madhura aushada siddha ghritha* and *ksheera*. *Madhura rasa* being *kapha vardhaka* and *shukra* having *Madhura rasa*, these will enhance the potency of *shukra*.

- *Kapha* being formed from *jala* and *prthvi mahabhoota* and its role in growth and differentiation of *garbha* along with formation of *angaavayava* have been enlightened.

- Zygote gets its nourishment from transformed portion of *rasa dhatu* and through the process of *upasneha* and *upasweda*, which again are functions of *kapha*.

- In *masanumasika garbha vruddi* also *kapha* plays a key role.

- Emphasizing the importance of *kapha in garbha vruddi*, *kapha vardhaka*, *brmhana*, *vatha anulomanadravyas* are advised throughout the period of pregnancy.

- Even in the treatment of *Garbhini vyadhi*, prime importance is given to preserve *kapha*.

## CONCLUSION

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*Kapha* is an inevitable factor in the formation, stability, growth and development of *garbha*. *Apathya aharathat* vitiates *kapha dosha* act as *garbha ubhagatakara bhava*. So it is important to ensure that *kapha dosha* is maintained throughout the period of pregnancy without vitiating the other two doshas.

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