



Impact of Dooshivisha on progeny w.s.r to Garbhopaghaatakara bhavas: A critical appraisal

KEYWORDS

Dooshivisha, Garbhopaghaatakara bhavas, progeny, congenital abnormality

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ABSTRACT

Medical world is concerned about increasing rate of congenital imperfections in the new born which is posing confront to the aim of healthy humanity. Data reveals that 3-5% of all births result in congenital malformations, 20-30% of all infant deaths are due to genetic disorders, and 30-50% of post- natal deaths are due to congenital malformations. 11.1% of pediatric admissions are for children with genetic disorders, 18.5% are hospital admissions for genetic causes, and 50% of mental retardation has genetic basis. According modern genetics the causes are largely unknown. But to some extent the environmental factors are held responsible for the mutations that cause genetic disorders. Chromosomal diseases are said to be spontaneous or due to environmental factors or due to new mutations or inheritance. Multifactorial diseases are due to weak inheritance and the assistance of multiple environmental factors.

Ayurveda- A complete and holistic health science, not only deal with preventive and curative aspects of health but also has a strong footings in the field of healthy progeny. Shadgarbhakara-bhava have been propounded in the ayurvedic classics viz. Matrija(mother), Pitrija(father), Atmaja(soul), Satmyaja(wholesome practices by mother), Rasaja (diet of the mother) and Satvaja(psychological health of the parents). Anything that may be Kaayika, Maanasika or Vaachika that causes beeja dushti is considered as Apachaara.

Pregnancy is a delicate condition, which is most vulnerable and affected by enormous factors such as Environmental, Psychological or Food habits etc. All these conditions can be considered as Dooshivisha / Garavisha which is also known for its capability to result in congenital deformities.

Dooshivisha is are Dhatupradushaka and Sanubhadaka. Garbhopaghaathakara Bhaavaas play a vital role in accumulation of Dooshivisha. Hence considering all these factors an attempt is made to critically study the impact of DooshiVisha as Garbhopaghaatakara bhavas on progeny.

Introduction:

The health of the nation depends on the health of its citizens. Throughout history, the birth of malformed fetuses has been well-documented and the attitude toward the infants and their parents varied according to the cultural state of the people and ranged from admiration to rejection and hostility. Advanced modern medical science has no doubt extended the life span of the human, but the new upcoming health problems are also awaiting their solution. The medical world is really worried about the increasing rate of inborn defects in the new born, which is posing a challenge to the aim of a healthy society. These inborn defects are seen as minor, major, anatomical, physiological, and even latent in nature. Data reveals that 3-5% of all births result in congenital malformations¹, 20-30% of all infant deaths are due to genetic disorders², and 30-50% of post- natal deaths are due to congenital malformations³. 11.1% of pediatric admissions are for children with genetic disorders, 18.5% are hospital admissions for genetic causes, and 50% of mental retardation has genetic basis⁴. According modern genetics the causes are largely unknown. But to some extent the environmental factors are held responsible for the mutations that cause genetic disorders. Chromosomal diseases are said to be spontaneous or due to environmental factors or due to new mutations or inheritance. Multifactorial diseases are due to weak inheritance and the assistance of multiple environmental factors.

Summarizing the methods of procuring a healthy prog-

eny explained in Ayurveda classics, a person should select a partner which is of different Gotra (clan) and of proper age, one who is not diseased. Intercourse should be prohibited during the time of menstruation, presence of any diseased condition, hungry, thirsty with full diet and other factors. Pregnancy is a delicate condition, which is most vulnerable and affected by enormous factors such as Environmental, Psychological or Food habits etc.⁵

Garbhopaghaatakara Bhavas explained in classics are nothing but the factors that can affect the Stri and Purusha Beejas leading to Sahaja rogas. In present day, toxins to which every pregnant lady exposes unavoidably can be considered as Garbhopaghaatakara Bhavas and as they have reduced potency they fall in the category of Dushivishas i.e. "Swabhavatah Guna vipraheena Visha" category.

Garbhopaghatabhavas

Ayurveda- A complete and holistic health science, not only deal with preventive and curative aspects of health but also has a strong footings in the field of healthy progeny. Shadgarbhakara-bhava have been propounded in the ayurvedic classics viz. Matrija(mother), Pitrija(father), Atmaja(soul), Satmyaja(wholesome practices by mother), Rasaja (diet of the mother) and Satvaja(psychological health of the parents).⁶ Anything that may be Kaayika, Maanasika or Vaachika that causes beeja dushti is considered as Apachaara. The above-mentioned **Matrija, Pitrija, and AAtmaja Bhavas** cannot be changed as they come

from the parents and **Poorvajnanma Samskaras (as a result of the code of conduct)**, respectively, but the other three **Bhavas-factors, namely, Satmyaja, Rasaja and Sat-tvaja Bhavas**,⁷ practiced improperly can act as Dooshivisha which in turn can modify the intrauterine environment and psychosomatic health of the mother, producing a unhealthy impact on the fetus. It is a known fact now that environmental factors can influence the genome. According to modern medical science, there are three phases of intrauterine growth. Zygote, embryo, and fetus. Genetic constitution of the fetus, nutritional status of the mother, placental status, uterine capacity, exposure to infections, and toxic factors (i.e., rubella, alcohol, narcotics) affect the **inutero** growth of the fetus.

Congenital abnormality:

A congenital malformation is a deleterious physical anomaly, a structural defect perceived as a problem. A recognizable combination of malformations or problems affecting more than one body part is referred to as a malformation syndrome. Genetic diseases or disorders are all congenital, although they may not be expressed or recognized until later in life. Genetic diseases may be divided into single-gene defects, multiple-gene disorders or chromosomal defects. Single-gene defects may arise from abnormalities of both copies of an autosomal gene (a recessive disorder) or from only one of the two copies (a dominant disorder). A mutation is a permanent change in the DNA sequence of a gene. Sometimes mutations in DNA can cause changes in the way a cell behaves. Mutations can be inherited; this means that if a parent has a mutation in his or her DNA, then the mutation is passed on to his or her children. This type of mutation is called germline mutation. Mutations can be acquired; can occur when environmental agents damage DNA or when mistakes occur when a cell copies its DNA prior to cell division. Epigenetic mechanisms are influenced by several factors and processes including development **in utero** and in childhood, environmental chemicals, drugs and pharmaceuticals, aging, and diet.

Garbhpaghaatakara bhavas are the factors that are harmful for the fetus.⁸ Garbhpaghaatakara bhavas have an important role as causative factors of congenital, hereditary, and genetic anomalies (by mutation and epigenetics) – before conception, at the time of conception, and after conception, that is, during pregnancy. Concepts and details of congenital anomalies have been described by almost all the scholars of **Ayurveda**. With the opinion that congenital anomalies can occur due to the diet and lifestyle of the mother, deeds in the previous life of the fetus, vitiation of **vayu, beeja** (ovum and sperm) and **bijabhaga** (chromosome), and **beejabhagavyava** (genes) in parents.

Discussion:

According to modern science, there exists some loci in germ cells which are responsible for the production of some enzymes and structural proteins. These in turn produce cells. This includes many stages like, mitotic divisions, chromosomal replication, recombination of homologous chromosomes etc. during these stages sometimes their occur some error. That may be spontaneous or due to environmental factors or new mutations or inherited consequences. This further leads to the damage of DNA and genetic material. Some times these damages can be repaired, but un-repaired and mal-repaired damages remain as mutations and lead to genetic diseases (Dooshi Visha). These errors leading to mutations may occur in germ cells (Sperm & Ovum) or during fertilization or in early post fertilization period and lead to mal-production and infertility.

This explanation tells us the importance of avoiding Garbhpaghaatakara Bhavas by both male and female. The environmental factors mentioned as etiology are nothing but the Apachaara or Garbhpaghaatakara Bhavas explained in Ayurveda. Here germ cells mean sperm and ovum. So, we can consider Shukra and Shonita here.

A poison whether animal, vegetable or chemical, not fully eliminated from the system and partially inherent therein, enfeebled, of course by antipoisonous remedies, is designated as Dooshivisha (Weak or slow poison). Some of these poisons produces insanity. Some of them are characterized by an obstinate constipation of the bowels, others, by an involuntary emission of semen while a few others produce confused speech or some other similar disease.⁹

Hence these all are nothing but organ specific effects of Dooshi visha which are in turn effecting the body. Eg: If Dooshivisha affects GI Tract it Causes abdominal bloating (Admana) similarly when it effects reproductive system it results in Kshapayaet shukram i.e abnormality in **bijabhaga** (chromosome), and **beejabhagavyava** (genes) in parents. Garbhpaghaatakara Bhavas includes all those things that a woman encounters constantly before, during and after pregnancy and man encounters prior to conception with specific time, place and diet as well as Drugs, Cosmetics, Environmental pollutants, Pesticides, House hold poisons, Food Additives and Adulterants etc. which tends to poison the fundamental root-principles of body (Dhatus). Garbhpaghaatakara Bhavas before, during and after conception results in the possible errors or mutations that occur in germ cells, during fertilization and in early post fertilization.

For example Drugs like ACE, Cocaine, High doses of Vitamin A, some antibiotics are teratogenic. Cosmetics containing DEA, TEA, Talc, PEG, Acetones likewise household poison like mosquito repellents/home spray, Alcohol consumption by pregnant women would lead to short memory span (Alpasmriti) and loss of concentration (Anavasthitachitta) in the child. Daily use of wine results in Fetal Alcohol Syndrome. It is claimed nowadays that using fish daily harms the babies. Some large long-lived fish contain high levels of methyl mercury that may harm an unborn baby's developing nervous system are teratogenic and results in congenital abnormality. Similarly environmental pollutants, pesticides and food additives as well as adulteration plays a major role in causing teratogenic effects, which are slow acting and can be referred as Garbhpaghaatakara bhavas (Dooshivisha)

Conclusion:

The general ultimate treatment for Garbhpaghaatakara bhavas is Garbha sthapanam¹⁰ which includes all the specific measures that causes upagatha before, during and after conception are to be excluded this includes the regimens to be followed specially by women (Stree nam visheshayet) as well as by men before conception. Here as we have considered Dooshivisha as Garbhpaghaatakara bhavas all the treatment modalities explained in Dooshivisha (Eg: Dooshivishari Agada Etc.) can be taken in consideration while treating the condition of the same apart from garbha sthapanam.

"Pregnancy should be by choice not by chance"; preconception counseling can play a vital role not only in achieving the goal of a healthy progeny, but also in preventing congenital and genetic

disorders.

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