



## ORIGINAL RESEARCH PAPER

**Ayurveda**

### CONTRIBUTION OF HARITA SAMHITA IN THE FIELD OF KAUMARBHRITYA

**KEY WORDS:** Ayurveda, Kaumarbhritya, Harita Samhita etc.

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#### ABSTRACT

Ayurveda is perhaps the world's oldest medical system and has been developed through centuries of careful documentation of observation and extensive studies on human mind, body and spirit. Its holistic approach is in all areas of life both for healthy as well as disease one. Ayurveda has been divided into eight specialty or branches. Out of eight branches of Astang Ayurveda, Kaumarbhritya is one of the important branches which include neonatology, paediatrics, gynecology and obstetrics. Acharya Harita has proposed his own new concepts in his texts. This article aims at reviewing the knowledge about Kaumarbhritya available in Harita Samhita. A complete view of the Samhita reveals the concept and important contributions of this Samhita in field of Kaumarbhritya

#### INTRODUCTION

Harita Samhita is one of the classical works on Ayurveda, which is written in between 6<sup>th</sup> to 7<sup>th</sup> century AD. Acharya Harita is one of the pupils of Atreya Puanarvasu. Atreya Puanarvasu's pupils wrote their own samhitas. This book is written in conversation module, and the conversation was between Maharshi Atreya and Harita (H. Prathamsthanum 1/2-4)<sup>1</sup>. The Harita Samhita text is divided into six parts, viz; Prathamasthana, Dwitiyasthana, Chikitsasthana, Kalpasthana, Sutrasthana, and Sharirasthana (H. Prathamsthanum 2/3-4)<sup>1</sup>. Shalya, Shalakya, Kaya, Balroga, Agada-Visatantra, Bhutvidya, Rasayana and Bajikarna are eight types of treatment (H. Prathamsthanum 2/5-6)<sup>1</sup>. Acharya Harita also described eight another types of treatments as yantra, shastrakarma, agnikaram, kasharkarma, aushada, pathya, swedana and mardana (H. Prathamsthanum 2/7-8)<sup>1</sup>.

#### Definition of Balchikitsam

The branch of Ayurveda which deals with Garbhoupkrama vigyanam (Antenatal Care), sutikaupkrama vigyanam (mother and newborn care), balroga shaman (children diseases treatment) is termed as Balchikitsam (H. Prathamsthanum 2/16)<sup>1</sup>.

#### Age Classification (vayobheda)

- Bala, yuva, vridha and madhyama- are four awstha in person's life (H. Prathamsthanum 5/2)<sup>1</sup>.
- Balyaawastha is upto 16 years of age, yuva upto 35 years age, madhyam awstha upto 70 years age, and above 70 years age is vridha awastha (H. Prathamsthanum 5/4)<sup>1</sup>.
- Related to female age, upto 5 years age is Baala, Upto 11 years is Mugdha, 20 yrs age is praudha, upto 33 year age is pragalbha (H. Prathamsthanum 5/13-14)<sup>1</sup>.

#### Concept of Stanya (Breast Milk)

- Production of Milk:** Acharya Harita explained Dugdha Varga in 8<sup>th</sup> chapter. In this section various types of animals Dugdha Vargas are explained Like cow, goat, camel, Stree, etc. The ahara rasa (essence of digestion) form milk (stanya) in ksheersaira of breast (H. Prathamsthanum 8/2-4)<sup>1</sup>. In young girls due to less strength of Dhatus and in infertile women, milk carrying channels filled by vayu which results in no production of milk (H. Prathamsthanum 8/9-10)<sup>1</sup>.
- Ejection of Milk :** Harita explains that due to the adequate force used during process of delivery by the parturient women, her Strotases (microchannels) get clears, results to sudden milk ejection. This milk is thick due to dominance of Kapha, hence should be discarded as it is difficult to digest by newborn. The mother milk is Strotovishudhikar, adds strength, Agnivardhak, Vrishya, Tridoshashamak (H. Prathamsthanum 8/11-13)<sup>1</sup>. Harita explained properties of milk (Stanya) according to the

complexion of the mother (H. Prathamsthanum 8/14)<sup>1</sup>.

- Acharya Harita mentioned not use of Langhana karma (H. Trityasthana 1/30)<sup>1</sup>.
- According to Acharya Harita, in balyaawastha raktaja roga occurred, kaphapittaj in later years. Tridosaj vyadhi in sixteen years age after that in twenty five years old sannipatik rogas more frequent (H. Trityasthana 1/38-39)<sup>1</sup>.
- Harita also advised paragbhukta aushada (means give medicine just before meal) in shishu, vridha etc (H. Trityasthana 2/60). Because annaviheena aushada is more potent results in galani (nausea) and balakashaya (loss of strength) (H. Trityasthana 2/55)<sup>1</sup>.

#### Krimi roga (Worm Infestation)

Fifth chapter of trityasthana deals with types of Krimis, their effects on the body and treatment measures. According to Acharya Harita krimis are basically 2 types as bahiya (external) and abhyantara (internal). External are 7 types and internal are 6 types (H. Trityasthana 5/1-2)<sup>1</sup>. Internal krimis are having its shelter in Kaphakostha, Maladhara etc. It moves within gastro-intestinal tract just like

Snake, Prithumunda, Kinchuksannibha, Dhanyakurnibha, Sukshma, Anu, Suchimukha are the six types of internal krimis (H. Trityasthana 5/9-11)<sup>1</sup>.

Bilwadi leha (chawanprash leha) advised to bala, ksheenkasata and vridha awastha (H. Trityasthana 9/47-56)<sup>1</sup>.

Formulation to mother that increases breast milk- 1) Marich, Pippalimoola choorna with milk 2) Pippali, Shunthi, pathya, Guda, ghrita with milk (H. Trityasthana 53/3-4)<sup>1</sup>.

#### Childhood Sacraments

Acharya Harit mentioned following samskara in children – Jat karma samskara, Namkaran samskara, Karnavedhan samskara, Vastrabandhan and Vivahadi Samskara at particular time (H. Trityasthana 53/6-7)<sup>1</sup>.

#### Diseases of Infancy and Childhood

In the 54th chapter of Trityasthana Harita discussed the various Balaroga diseases with Nidana, Lakshana and treatments.

#### Ksheer Dosha and Related Disease

Acharya Harita mentioned mridhu ksheera as best or normal for newborn and further described 5 ksheer doshas – ghana, ushna, amla, alpa, kshara (H. Trityasthana 54/1-2)<sup>1</sup>. Various diseases occurred after feeding of these five ksheer dosha as

- Ghan – aadhyamana, shavsa, kasa, distension of abdomen, suppression of feces, urine and flatul,
- Alpa – may suffer from emaciation (hinabala), shavsa, diarrhea (atisara), becomes aphonic (vaksuta).
- Ushna- fever (jawar), shosa (emaciation), atisara

- (diarrhea),  
4. Kshar- eye disorder, kandu (itching), kshata (ulcer), mucoid discharge from nose and mouth.  
5. Amla -not described any disease (H.Trityasthana 54/3-7)<sup>1</sup>.

Acharya Harita explained the treatments of Common diseases of infancy and childhood - Utphulika, Jawar (fever), shavasa (Asthma), kasa (cough), mutraavrodha (Obstruction of urine), atiasara (Diarrhoea), netra roga (Eye Disease), apasmara (epilepsy) etc (H.Trityasthana 54/9-21)<sup>1</sup>.

#### • Some Important Formulations

1. Pustikaraka yoga (Growth enhancing medicines) powder taken with ghee - Vacha (*Acorus calamus*), Bramhi (*Bacopa monnieri*), Manduki (*Centella asiatica*), Ghana (*Cyperus scariosus*), Kushtha (*Saussurea lappa*), Nagara (*Zingiber officinale*).
2. Dhi pravartaka (Memory boosting) medicines powder in equal quantity with ghee - Guduchi (*Tinospora cordifolia*), Apamarga (*Achyranthes aspera*), Vidanga (*Embelia ribes*), Shankhapushpi (*Convolvulus pluricaulis*), Vishnukranta (*Evolvulus alsinoides*), Vacha (*Acorus calamus*), Pathya (*Terminalia chebula*), , nagara (*Zingiber officinale*), Shatavari (*Asparagus racemosus*).
3. Medicines powder with honey for sweetness of voice – Trikatu (*Piper longum*, *Zingiber officinale* and *Piper nigrum*), Triphala (*Embelia officinalis*, *Terminalia bellerica* and *Terminalia chebula*), Dhanya (*Coriandrum sativum*), Yavani (*Trachyspermum ammi*), Salamulika (*Shorea robusta*), Vacha (*Acorus calamus*), Bramhi (*Bacopa monnieri*), Bharangi (*Clerodendron serratum*) (H.Trityasthana 54/22-25)<sup>1</sup>.

Acharya Harita explained eight types of Putana with day wise occurrences as (H.Trityasthana 54/31-57)<sup>1</sup> – First day – Lohita, Second day – Revati, Third day – Vayasi, Fourth day – Kumari, Fifth day – Shakuni, Sixth day – Shiva, Seventh day – Urdhvakeshi, Eighth day – Sena.

#### • Bhutvidya (graha rogas)

Ten grahas (aindra, agneya, yama, nairritya, varuna, maaruta, kubera, aishaneya, grahaka and paishachika) and clinical features due to their affliction are described in fiftyfifth chapter in trityasthana. Jalasannana, balikarma, pooja, various mantras and other methods have been described briefly in the management of graha rogas.

#### • Kalpasthana

Use of Vijaya ( type of Haritaki ) in childhood diseases (H.Panchamsthana 1/16)<sup>1</sup>.

Avoid Rasona (*Allium Sativum*) formulations in garbhini (pregnant women), balaka( children) etc (H.Panchamsthana 4/28)<sup>1</sup>.

#### Sequence of Development of Fetus

- Harita postulated various development steps in garbha in shasthasthana chapter 1 (Days / month with Development) as -
- First day - kalal
- Tenth day - Sonita (Resemblance of blood)
- Fifteenth day - Ghana (Solidified/compact)
- Twenty day - Mamsapindakum (fleshy mass)
- Twenty fifth day - Panchbhutatmaka (five elemental things)
- One month - Panchatatvam
- Fifty day - Ankuraupati
- Three months - Hasta, pada (Parts and organs)
- Three and half month - Sira (Head)
- Fourth month - Loma (Lanugo hair)
- Fifth month - Sujiva (lively)
- Sixth month - praspurana
- Eighth month - Jatharagni (Digestive fire)

- Ninth month - Chesta (Organs able to function/activity)
- Tenth or eleventh month - Prasava kala (Onset of delivery)

#### CONCLUSION

After thorough review of Harita Samhita, it was found that the considered text has mentioned all the important concept/aspects of Kaumarbhritya like classification of age, concept of breastfeeding, common diseases in children, formulations used to improve growth and development, sequence of development of fetus etc. which are enough for the basic knowledge of the subject.

#### REFERENCES

1. Harita samhita, text with 'Nirmala' Hindi Commentary, by Vaidya Jaymini Pandey, Chaukhambha Visvabharti, Varanasi, first edition: year 2010.