



RESEARCH ARTICLE

STUDY OF DAUHRIDAYA POORANA W.S.R. TO TERATOLOGY

***Dr. Manisha. K. Dawre, Dr. Milind. B. Nikumbh, Dr. Pranali. U. Mangrule
and Dr. Ashlesha. A. Nagrale**

Rachana Sharir Department, Government Ayurved College, Osmanabad, Maharashtra, India

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ABSTRACT

Ayurveda is a science of life. To maintain *Swastha Rakshana*, *Ayurveda* has emphasized the need of *Dincharya*, *Rutucharya* etc. In the same manner to get a healthy and prosperous child, *Ayurveda* advocates the concept of *Garbhini Paricharya*. Mother's diet and activities performed during the period of pregnancy reflect on the fetus. The chief characteristics features in 4th month is the mother expressing the nature of child through her taste preferences behavior. This condition is called as "*Dauhrud Awastha*" (Desires of mother). The *Dauhrud Bhawas* of fetus expressed through the mothers desire. When these desires are not completed, the fetus is affected and become deformity in child. So we must complete her all desires. In modern science this deformity can be compared with "Teratology". Teratology is the study of abnormal development or congenital malformation. There are many causes of teratology, nutrition is one of them. Nutritional deficiency in fetus leads to neural tube defect. And there is abnormality in child after birth. The present study wants to analyze the *Dauhrud Awastha* in *Garbhini*, deformity in fetus due to *Dauhrud Avahelana* (Ignorance of longings) in *Garbhini* and concept of teratology in *Ayurveda*.

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INTRODUCTION

Pregnancy is a beautiful phase in women's life. Life of women is not complete until and unless she gets pregnant and gives birth. Birth should be risky to both mother and child, however extra care needs to be taken by women during pregnancy. In *Ayurveda* month wise development and *Garbhini Paricharya* (Anti natal care) said by *Acharyas*. In the 4th month all divisions of *Anga-pratyanga* (Developments of organs) becomes more marked, the fetal heart becomes further developed and fetus gets equipped with *Chetana* (mind) expressing desires (Bhaskar Govind Ghanekar and Sushrut Samhita, 1986). Heart is a seat of *Chetana Dhatu*, therefore this stage is called as *Dauhridayani* (Pregnant women). Now the fetus desire to the taste and the smell. If the desires of the *Dauhridayani* women are not fulfilled this leads to the birth of the child either like *Kubja* (Hump back), *Khanja* (Deformed arms), *Jada* (An idiot), *Vamana* (Dwarf), *Vikrataksha* (Defective eyes), and *Anaksha* (Without eyes). Thus the desires of the mothers should be fulfilled (Denkar Govind Thate and Sushrut Samhita, 1994). As the women who gets all her longings fulfilled gives birth to a strong and long lived child. The study of congenital malformation constitutes the science of teratology. Factors that causes anomalies are called teratogens

(Inderbir Singh, 2001). The development of the embryo is dependent primarily on genetic influence. However, environmental conditions can also exert an important effect. Teratogenesis is the congenital malformation. The one of the cause of the congenital disorder is lack of nutrition. 3% of all live born infants have an major anomaly. Demand or desire of pregnant women i. e. *Dauhridayani* (Pregnant women) is important physiological as well as psychological. In Most pregnancy and pica related cravings involves non-food substances such as dirt or chalk. Because of this cravings indicates there is iron, vitamins and mineral deficiency. During pregnancy pregnant women need extra folate. Folate deficiency can directly contribute to certain types of birth defects such as neural tube deformities and low birth weight baby. But some time they don't get enough supplement from diet because of unnecessary desires of *Dauhridayani* (Longings). Folate deficiency can directly contribute to certain types of birth defects such as neural tube deformities and low birth weight baby

MATERIALS AND METHODS

As this is literary or conceptual type of research, Texts books of *Charaka*, *Sushruta*, *Vagbhata*, *Kashyapa* helped to draw proper conclusion and hence these books were used. Research article available on internet was used to support the concept of teratology and its correlation with *Dauhrud purana*.

*Corresponding author: Dr. Manisha. K. Dawre,
Rachana Sharir Department, Government Ayurved College, Osmanabad,
Maharashtra, India.

Review of literature

According to *Acharya Sushruta* in 4th month fetal heart becomes further developed and fetus gets equipped with *Chetana Dhatu* (Mind) is situated in heart (Dr. Anantram Sharma and Sushrut Samhita, 2012). Heart is a seat of knowledge, intellect and mind. The *Hridaya* (Heart) is a special seat of consciousness. The channels (Carrying the vital principals of the body) are attached to it. In fetus five Sense organs are developed, and desires of fetus are ordered through the mother by these five sense organs. *Ayurveda* says that the *Indrias* (Sense organs) of human body able to pertain the knowledge of *Shabda* (Sound), *Sparsha* (touch), *Rupa* (vision), *Rasa* (taste) and *Gandha* (smell) (Kaviraj Ambikadatta Shastri and Sushrut Samhita, 1987). The human being used to come across each of these *Vishyas* (Objects) in their day to day life. A study of objects of soul and mind shows that all objects e.g. desire, aversion, happiness, sorrow, care, consciousness, apprehension, intellect, pride, thought, argument, and determination are received by soul and mind seated in *Hridaya* (Heart). *Garbha* (fetus) nourished by *Ahara Rasa. Nabhi Nadi* (umbilical cord) of the *Garbha* is connected with *Rasavaha Nadi* of mother, this conveys the essence of food. Hence food that mother eats can affect movement of the baby. According to *Charaka* from 3rd month all organs of body are starts to develop (Prof. Ravidatta Tripathi and Charaka Samhita, 2010). According to *Acharya Vagbhata Dauhrud kala* starts from *Pakshatrayat* i.e. 45 days of gestation. From that time fetus desire taste and smell through mother. We must fulfill these desires of mother (Dr. Brahmanand Tripathi *et al.*, 2011). *Acharya Kashapa*, in 3rd month all body parts manifest simultaneously in the fetus. The fetus quivers, achieves consciousness and feels pain. In third month the *Indriyas* (Sense organs) have subtle manifestation and the mind has more conscious (Dr. Brahmanand Tripathi *et al.*, 2011). *Acharya Sushruta* in 5th month *Mana* is developed but, heart is a *Sthana* of *Mana*. Hence we must fulfill the desires of the fetus, which was expressing through the mother (Kaviraj Ambikadatta Shastri and Sushrut Samhita, 1987). In modern science development of heart starts from 21th day. Heart has begin to beating. Neural tube enlarge in to three parts soon to become a very complex brain. In 10th week heart is completely developed (Preemvati Tiwari and Kashyapa Samhita, 2016). In *Charak Samhita*, *Acharya* told the reason for malformed embryo and fetal abnormalities. He said the following factors responsible for malformation during pregnancy due to unhealthy gametes, anomalies in uterus, improper *Ahara* (food habits), and *Vihara* (routine) by the pregnant women.

Dauhridayani

Dauhruda means two hearts. There is completely development of heart in 4th month, hence there is heart to heart connection in mother and fetus hence called "*dauhridayani*" (Longings in mother) (Dr. Anantram Sharma and Sushrut Samhita, 2012). The consciousness manifests in this month. The chief characteristics feature of the 4th month is the mother expressing the nature of child through her taste preferences behaviour. The character of the child can be estimated by the quality of taste of food stuffs mother wants to consumes. If mother demand are not fulfilled the child can suffer from diseases, including congenital. Some civilization believed the heart to be the foundation and root of emotions. If the preference and desires of the mother is not complied the unborn child may undergoes dwarfism, kyphosis, squint and other congenital defects (Dr.

Bhaskar Govind Ghanekar and Sushrut Samhita, 1986). *Acharya Charaka* says that as desires of the fetus are expressed through the mother hence *Dauhruda* should always be fulfilled, because the negligence or non- fulfillment can cause abnormalities and even death of the fetus (Prof. Ravidatta Tripathi and Charaka Samhita, 2010). Mostly welfare of the mother is identical to that of the fetus, thus wise person always treat pregnant women affectionately and with beneficial substances (Preemvati Tiwari, 2003). Whatever the *Dauhridaya* (women desires). It should be fulfilled except the things likely to injure or fall upon the fetus. Suppression of desires vitiates *Vayu*, which moving in the body of fetus produces various diseases, abnormalities and even death. If desires of the fetus expressed by the mother are suppressed then due to direct association of these desires with very delicate fetus, its *Vayu* gets vitiated and injures it. However mothers own desires are suppressed then vitiated *Vayu* of mother reaches the fetus, because welfare of both is same, and this aggravated *Vayu* influencing *Mana* (Psyche) of the fetus produces various abnormalities (Preemvati Tiwari, 2003). *Sushruta* has mentioned that non- fulfillment of desires produces the fetus which is hump-backed, crooked arms and legs. idiot, dwarf, and absence of eyes (Kaviraj Ambikadatta Shastri and Sushrut Samhita, 1987). Non-fulfilment can harm both mother and fetus, specially suppression of desires related to specific *indriyas* produces abnormality of corresponding *indriya* of fetus. Fulfilment of desires results in birth of child possessing high qualities and longevity (Anantram Sharma and Sushrut Samhita, 2012).

Food cravings (<http://www.whattoexpect.com/pregnancy/symptoms-and-solutions/cravings-aversions.aspx>)

The sudden urge for a particularly (Unusual) dish. All most all mothers experiences cravings during pregnancy. Most pregnant women experience at least one food aversion or a new sense of repulsion at the very thought of a food they previously enjoyed. Pregnancy hormones play a role, especially early in pregnancy when your body craves what your body needs and are repulsed by what is not good for you. Cravings are the body sending message that something is missing. By sending these message the body ensure, it maintains the balance of minerals and vitamins as well as energy level. Make sure you eat a healthy food which contains proteins as well as carbohydrate, this helps to maintain steady flow of blood sugar. During pregnancy a women can eat things like dirt, laundry starch, chalk, clay, ice from freezer. While PICA- eating non nutritive substances represents for nutritional deficiency, particularly need for iron. This pica consumption may lead to infant and child development problem with low verbal IQ score, impaired hearing and motor skill development. Other research has shown an increased risk of learning disabilities and attention deficient disorders in infant because of exposure to lead before birth. In lead poisoning neurological damage occurs.

Effect of diet during pregnancy

The fetus is wholly depends on mother, therefore her diet and other activities may affect the growing fetus during pregnancy. So the women, who desire to have a healthy pregnancy should not take harmful and unhealthy diet. *Acharya charaka* has described the diet and regimen. If it is adopted by pregnant women it will promotes the growth of fetus. Lack of nutrients like lack of folic acid in pregnancy can results in spina bifida. *Acharya Sushruta* has said in description of *dauhruda* that

whatever thing the women desire that should be given to her, only after getting her desire fulfilled she gives birth to a sun who will be long lived (Denkar Govind Thate and Sushrut Samhita, 1994). By not fulfilling these desires the women will give birth to a child who either a hump back, distorted arms, inactive, dwarf, distorted eyes or without eyes (Kaviraj Ambikadatta Shastri and Sushrut Samhita, 1987). Due to abnormal diet and regimen of mother various abnormalities will occur in offspring. Maternal intact of certain diet mentioned in classics said to propagate fetal abnormalities. These type of diet aggravated dosha in, other and there by influences subsequent abnormality. *Pangu*, *kuni* indicates limb deformity.

Teratology

Teratology is the study of abnormal development or congenital malformation (<https://en.m.wikipedia.org/wiki/Teratology>). The term teratology from the Greek word "Teras" means "monster" or marvel; i.e. study and understanding of teratogenic agent and their effect on developing organism. The teratogenicity is the ability to produce birth defect. Ayurveda has given some quotes on the anomalies and congenital defects. Which may be caused by the exposure to the various chemical, nutritional, physical and environmental factors. It may be due to environmental exposure, maternal medical disorder, infectious agent, malnutrition and genetic condition.

Causes

- Toxic substances such as drugs in pregnancy.
- Transmitted infections.
- Lack of nutrition eg. Lack of folic acid in pregnancy can results in spina bifida.
- Genetic disorders.

DISCUSSION

About 60-80% of womens have distinct urge for certain food during gestation. Longings of pregnancy are linked to the much more Obscure and dubious phenomenon of the influence of maternal impression on child within the womb. According to Ayurveda During third or fourth month of gestation there is state of two hearts (Denkar Govind Thate and Sushrut Samhita, 1994). Fetal heart which is maternally derived gets connected with the mothers heart through vessels carrying nutrition. Hence, desires are transmitted through her. Due to this reason, it is not desirable to ignore the fetus. When these desires are ignored there is destruction and morbidity in fetus. The lady would deliver the child hump with deformed hand, dull, dwarf and deformed eyes (Bhaskar Govind Ghanekar and Sushrut Samhita, 1986). The main cause of teratogenesis explained in *Ayurveda* is ignorance of longings of pregnant women present during pregnancy. Whatever sense objects are disregarded, the same sense organ of the fetus are affected. Hence whatever she desires should be provided to her. If these desires are fulfilled, she delivers powerfull and long lived son. *Pangu* (deformity in leg) and *Kuni* indicates limb deformity, caused by both genetic and environmental factors. When the mother take non nutritious diet, there is iron, folate and vitamins deficiency due to this neural tube defect in child. The cells of the neural plate make up the fetus nervous system. Because of this neural tube defect some defects in child i.e. spina bifida and deformities in extremities (<https://en.m.wikipedia.org/wiki/Teratology>).

Nutritional deficiency may lead to *kubja* (Hump back), *Khanja* (Deformed arms), *Jada* (An idiot), *Vamana* (Dwarf), *Vikrataksha* (Defective eyes), and *Anaksha* (Without eyes). In modern science these deformities can be compared with teratological defects in child (<https://en.m.wikipedia.org/wiki/Teratology>). Ayurveda has enumerated *Bija Dosha* (genetic cause) of mother and father, absence of use of *Pathya* (Beneficial), suppression of *Vegas* (Natural urge) are causative factors for both infertility and teratologic abnormalities.

Conclusion

From above discussion we can conclude that, *Dauhridaya* the longings of mother which definitely effects the organogenesis, because longings are suggestive of nutritional requirements for development of fetus. Teratogenic agents are more likely to cause major congenital malformations. The deformities observed in child is because of *Dauhrida Avhelana*. These deformities can be compared with fetal defects in child after birth. Hence whatever she desires should be provided to her. However, if her desire to use the articles likely to harm the fetus is very acute, the article should be provided with addition of beneficial substances capable of contracting the harmful effect.

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