

## ROLE OF AUSHADHI GARBHASANSKAR IN ANC CARE

Dr. Subhash G. Marlewar\*<sup>1</sup> and Dr. Prajakta Rajendra Patil<sup>2</sup><sup>1</sup>Asso. Professor, Streeroga Prasutitantra Dept. R.A. Podar Ayu College, Worli, Mumbai 18.<sup>2</sup>P.G. Scholar, Streeroga Prasutitantra Dept. R.A. Podar Ayu College, Worli, Mumbai 18.Article Received on  
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**\*Corresponding Author****Dr. Subhash G.****Marlewar**Asso. Professor, Streeroga  
Prasutitantra Dept. R.A.  
Podar Ayu College, Worli,  
Mumbai 18.**ABSTRACT**

Motherhood is a natural progression and a major transition for a women. A pregnant women is compared to a vessel filled with oil up to its brim, such delicate care is expected during pregnancy.<sup>[1]</sup> More than 117,000 women die yearly in India from largely preventable pregnancy related causes. The diet of mother on digestion gets divided into 3 parts- for self nourishment, for nourishment of the baby and for production of breast milk.<sup>[2]</sup> Over here, by the word *masanumasik 'kashay'*, *panchavidha kashay kalpana* is expected and not *kwatha*. *Panchavidha kashay kalpana* includes- *swaras, kalka, kwatha, hima, phanta*.<sup>[3]</sup> Despite that, many ayurvedic scholars unknowingly misinterpreted these formulations as *masanumasik kashay* (decoctions

of these *dravyas*). The *panchavidha kashay kalpana* are *gurutar* in that order which means *swaras* is more effective than *kalka* and *kalka* is more effective than *kwatha*.<sup>[4]</sup> If the formulations described in the classics contain only the names of specific herbs, the paste should be used in clinical practice. The reference chosen in this paper is of *asthang hruday sharir stan*. Currently in market, many companies are manufacturing *masanumasik kashay* formulations, their method of preparation is to make decoction (*kwatha*) of the *dravyas* and further transferring it to *ghan swaroop* to make vati. Also, these formulation are available for 9 months of pregnancy. In this paper, it will be discussed that *kalka* is to be used and these fomulations are given for 10 months, also the importance of *suprasav pichu tel basti* and *pichu* will be emphasized in this paper.

**KEYWORDS:** ANC, Masanumasik kashay, aushadhi garbhasanskar.

## INTRODUCTION

The process from conceiving, through gestation to actually delivering are truly exhilarating and challenging. It is therefore necessary that the mother gets proper nourishment according to various months. A doctrine of herbal pregnancy care (*aushadhi garbhasanskar*) is described almost by all *acharyas in ayurvedic texts*.

In *asthang hruday*, *masanumasik kashay* are mentioned for 10 months. *Chandramaas* (lunar month) is of 28 days. The menstrual cycle is also a 28 days cycle. Women menstruates every month and practically it is observed that physiological period repeats perfectly on 28th day. Pregnancy is considered to be of 280 days. Thus 28 days X 10 months = 280 days. Thus, 10 months of gestation are mentioned in Ayurveda and *masanumasik* formulations should be accordingly used. The end results of these products will never be up to mark if one calculates the gestation period as of 9 months.

### Importance of masanumasik kashay

Improves mucous quality and viscosity, enhances fertility and libido, stimulates ovulation, improves hepatocellular function, has antioxidant properties, mild diuretic and mild hypoglycemic, regulates pituitary and thyroid action, anti-depressant, haematinic, anti-mutagenic, source of folic acid, promotes prolactin, improves lubrication and elasticity of delivery passage, oxytocin promoting, prevents stretch-marks, postpartum replenishment and pacifies vitiated *vata*. These formulations fulfil the essential nutritional and therapeutic requirements through natural herbs for benefiting foetal and maternal needs.

### I. First month.

DRAVYA	USES
Madhuk	Balya, madhur rasa, best mucolytic- helps to maintain proper lubrication in fallopian tubes as it contains glabrin and glabridin which acts like estrogen and promotes lubrication.
Shakbeej	Contains 15 proteins which helps to improve endometrial thickness. Thin endometrium is a cause of infertility.
Shatavari	Is rasayana, it provides nutrition to endometrium
Devdaru	Is antioxidant (contains matairesinol, nortrachelogenin and dibenzylbutyrolactollignan)

### II. 2<sup>nd</sup> month.

Krushna til	-contains antioxidants (sisemin & sisemolin). - good source of folic acid (protects neural tube defects).
Manjistha	-antioxidant. - improves liver function (prevents intrahepatic cholestasis of pregnancy which occurs in 60% of ANC). - Keeps check on blood sugar level.
Shatavari	- balances hormonal levels.

**III. 3<sup>rd</sup> month.**

<b>Vrushadani</b>	<b>- unidentified and controversial herb</b>
Shatavari	-source of vitamin A, B1,B2,C,E; magnesium, phosphorous, calcium and folic acid.
Priyangu	- improves pancreatic function thus preventing GDM. - kashay ras- helps to prevent bleeding tendencies. - good antacid- prevents morning sickness.
Sweta sariva	- has strength to alter deformities associated with chromosomal abnormalities. - antioxidant.

**IV. 4<sup>th</sup> month.**

Rasna	Kulinjan (alpinia galangal) is used as a substitute -antioxidant.
Anantmool	Improves the skin glow of the foetus
Krushna sariva	-antioxidant -mild anti glycemic action (prevents GDM).
Kamal pusha	- prevents hypertension. - provide nutrition to foetus.
Yastimadhu	- helps in proper functioning of lungs.

**V. 5<sup>th</sup> month.**

Bruhati – ringni Dorli	- prevents urinary tract infections. - hepatoprotective. -antioxidant. -source of minerals – calcium, sodium, potassium, zinc and iron. -anitoxidant.
Kashmari	- Immunomodulator.
Vatankur and vad saal	- improves foetal circulation through placenta. - protects from bacterial infections.

**VI. 6<sup>th</sup> month.**

Prushniparni	- Prevents renal infection. - Has anti- bacterial properties.
Bala	- Reduces backache. -Limits oedema.
Shigru	- Antioxidant. - Rich source of calcium, iron, proteins, copper, B complex vitamins.
Gokshur	-prevents hypertension in pregnancy. - Contains protodioscine (alkaloid) – helps to increase muscle mass of the foetus.
Kashmari	-Antioxidant. - Anti-inflammatory. -Pain killer.

**VII. 7<sup>th</sup> month.**

Shrungatak	-Improves adaptive and innate immunity.
Kamalgatta	- helps foetal nutrition and maternal health-source of calcium, iron and zinc.
Draksha	- anti- oxidant. - source of vitamin B1, B2, B6 and C.
Kaseru (Scirpus kysoor)	- contains progesterone – helps in maintaining pregnancy
Yastimadhu	- contains Glabridin – improves cognitive functions of the brain

**VIII. 8<sup>th</sup> month.**

Kapitta	- roots contain amino acids, malstose, inositol – helps in foetal nutrition. - has lactation promoting property
Bilva	- roots are an cardiotonic, anti-bacterial, anti-fungal, antioxidant.
Bruhati	- hepato-protective, renal protective, neuro protective
Patol	- anti- inflammatory, antioxidant, wound healing.
Ikshu	- good lactogenic, prevents urinary tract Infections.
Nidigdhika	- cardiotonic – improves cardiac blood circulation.

**IX. 9<sup>th</sup> month.**

Sariva	- antioxidant. - provides strength to uterine muscles.
Ananta	- mild diuretic- helps to relieve pressure of urinary bladder. - lowers the levels of BUN, uric acid and creatinine.
Yastimadhu	- improves lubrication of uterine mucous membrane.
Shatavari	- Promotes lactation after delivery. - helps in involution of uterus following delivery.

**X. 10<sup>th</sup> month.**

Shatavari	-Restores plasma proteins in the blood- responsible for utmost energy levels. - has wound healing capacity.
Yastimadhu	- helps smoothly eliminate the choked amniotic fluid in baby's chest without trouble.
Shunti	- removes indigestible component (ama) from breast milk. - eliminates urea, uric acid and creatinine from blood.
Devdaru	- protects from infections. - anti-inflammatory.

**Suprasav pichu tel–for basti chikitsa and pichu from 9<sup>th</sup> month of anc period**

In 9th month, we have to prepare birth canal for proper and easy descent of baby during delivery, also care to be taken that mother should not face any injury or long term consequence of delivery. During the phase of delivery, the muscles and tendons around vagina are distended extensively which may cause tear or injury. In such situation, if any

unctuous substance is used, passage will be lubricated and chances of tear and injury will be minimised.

## MATERIALS AND METHODS

- Currently in market, many companies are manufacturing *masanumasik kashay* formulations, their method of preparation is to make decoction (*kwatha*) of the dravyas and further transferring it to *ghan swaroop* to make vati. Decoctions are made by boiling or heating the ingredients whereas herbal pastes are made by titurating, devoid of any healing process.
- Titurating multiplies the therapeutic efficacy, lesser dosage suffice for better clinical benefits and the assimilation is rapid. Contrary to this, herbal extracts are prepared by boiling the ingredients with enormous heat and then the filtrate of this decoction is further heated to attain the extract. Heating alters the therapeutic efficacy and due to which the clinical attributes are compromised which results in unclear overall outcome of the formulation. So kalka is used here instead of kwatha.
- Suprasav pichu tel- each 10 ml oil processed with  
Yastimadhu 5gms.  
Haridra 2.5 gms.  
Triphala 2.5 gms.  
Sesame oil 10ml.

Oil preparation is done according to sharangdhar Samhita madhyam kanda adhyay 9. Basti– enema of 50 ml lukewarm suprasav pichu tel should be advocated twice a week till delivery from 9<sup>th</sup> month of pregnancy. Pichudharan (vaginal swab) – sterile cotton swab soaked in suprasav pichu tel should be introduced daily at night in vagina and to be removed in morning.

## DISCUSSION

Motherhood is a natural process that has intrigued many researchers and medical professionals till date. *Masanumasik kashay* aims at maintaining equilibrium according to the changes undergoing in mother and baby. Thus, to extract its entire benefit, it should be used in the way described above.

**CONCLUSION**

*Masanumasik* formulations should be used for 10 months, considering 1 month to be of 28 days. *Kalka kalpana* is to be chosen from the *panchavidha kashay kalpana*. Keeping in mind the basic principles and scientific formulations of Ayurveda, Akshay group of companies have formulated these products. They have respectfully conserved but tactfully implemented authentic manufacturing process while producing the formulations.

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