

RECURRENT PREGNANCY LOSS: A REVIEW OF ETIOLOGY AND AYURVEDIC CONCEPTS

Dr. Komal Ravinchandra Jain*

Associate Professor, Streeroga Evum Prasutitantra, Sai Ayurved Medical College and
Research Institute Kandala (MS).

Article Received on 02 July 2026,
Article Revised on 23 July 2026,
Article Published on 01 Aug. 2026,
<https://doi.org/10.5281/zenodo.21672441>

*Corresponding Author

Dr. Komal Ravinchandra Jain

Associate Professor, Streeroga
Evum Prasutitantra, Sai Ayurved
Medical College and Research
Institute Kandala (MS).



How to cite this Article: Dr. Komal Ravinchandra Jain* (2026). Recurrent Pregnancy Loss: A Review Of Etiology And Ayurvedic Concepts. World Journal of Pharmaceutical Research, 15(15), 285–288
This work is licensed under Creative Commons Attribution 4.0 International license.

ABSTRACT

Recurrent Pregnancy Loss (RPL) is defined as two or more consecutive pregnancy losses before fetal viability and affects approximately 1–3% of couples worldwide. The etiology is multifactorial, including genetic, anatomical, endocrine, immunological, thrombophilic, infectious, and lifestyle factors. Despite advances in reproductive medicine, nearly half of RPL cases remain unexplained. Ayurveda describes comparable conditions such as Garbhasrava, Garbhapata, and Putraghni Yonivyapad, emphasizing balanced Doshas, healthy reproductive tissues, proper nutrition, and antenatal care (Garbhini Paricharya). This review summarizes the modern etiology of RPL and correlates it with Ayurvedic concepts, highlighting the potential role of an integrative approach in improving pregnancy outcomes.

KEYWORDS: Recurrent Pregnancy Loss, Recurrent Miscarriage, Ayurveda, Garbhasrava, Garbhapata, Putraghni Yonivyapad, Garbhini Paricharya, Integrative Medicine.

1. INTRODUCTION

Recurrent Pregnancy Loss (RPL) is a major reproductive health problem affecting 1–3% of couples. Modern medicine attributes RPL to genetic, anatomical, endocrine, immunological, thrombophilic, infectious, and environmental causes. Ayurveda describes repeated miscarriage through the concepts of Garbhasrava, Garbhapata, and Putraghni Yonivyapad. A holistic approach integrating modern diagnostics with Ayurvedic preventive care may improve maternal and fetal outcomes.

2. METHODOLOGY

A narrative review was conducted using PubMed, Google Scholar, Scopus, and standard obstetrics textbooks. Classical Ayurvedic references were reviewed from Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, and Kashyapa Samhita.

3. Epidemiology

RPL affects 1–3% of reproductive-age couples.

Miscarriage risk increases with maternal age.

Approximately 40–50% of cases remain unexplained.

Psychological stress, anxiety, and depression are common among affected couples.

4. Etiology

Major causes include:

Genetic abnormalities

Congenital uterine anomalies

Endocrine disorders (PCOS, thyroid disease, diabetes)

Antiphospholipid syndrome

Inherited thrombophilia

Infections

Lifestyle factors (obesity, smoking, alcohol, stress)

Unexplained causes

5. Ayurvedic Concepts

Ayurveda correlates RPL with.

Garbhasrava – Early miscarriage.

Garbhapata – Pregnancy loss after further fetal development.

Putraghni Yonivyapad – Recurrent fetal loss.

Successful pregnancy depends on Ritu, Kshetra, Ambu, and Beeja. Vitiating of Apana Vata and imbalance of Doshas impair fetal nourishment and uterine stability.

6. Ayurvedic Management

Management includes

Nidana Parivarjana (avoidance of causative factors)

Preconception care

Garbhini Paricharya

Garbhashthapaka measures

Balanced nutrition

Lifestyle modification

Rasayana therapy (under physician supervision)

7. DISCUSSION

Modern medicine provides cause-specific treatment, whereas Ayurveda emphasizes prevention, maternal health, and fetal nourishment. Integrating both approaches may improve pregnancy outcomes, but further clinical research is required.

8. CONCLUSION

Recurrent Pregnancy Loss is a complex reproductive disorder with multiple genetic, anatomical, endocrine, immunological, and environmental causes. Although modern diagnostic techniques have improved the identification of treatable etiologies, a significant proportion of cases remain unexplained. Ayurveda provides a holistic understanding of recurrent miscarriage through the concepts of Garbhasrava, Garbhapata, and Putraghni Yonivyapad, emphasizing balanced Doshas, healthy reproductive tissues, proper nutrition, and comprehensive antenatal care.

The principles of Garbhini Paricharya, Nidana Parivarjana, and preconception care remain highly relevant and complement many contemporary preventive strategies. Integrating evidence-based modern medicine with validated Ayurvedic practices may enhance maternal well-being and pregnancy outcomes. However, robust scientific evidence through well-designed clinical trials is essential before routine implementation of specific Ayurvedic interventions.

9. REFERENCES

1. Practice Committee of the American Society for Reproductive Medicine. Evaluation and treatment of recurrent pregnancy loss. Fertil Steril, 2020.
2. ESHRE Guideline on Recurrent Pregnancy Loss, 2023.
3. Rai R, Regan L. Recurrent miscarriage. Lancet.
4. Charaka Samhita. Sharira Sthana.
5. Sushruta Samhita. Sharira Sthana.
6. Ashtanga Hridaya. Sharira Sthana.

7. Kashyapa Samhita.