

SUCCESSFUL AYURVEDIC MANAGEMENT OF HIGH RISK PREGNANCY IN ELDERLY PRIMI WITH H/O METROPLASTY DONE (GARHASHAYGAT JANMAJAT VIKRUTI) - A CASE REPORT

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Article Received on 15 March 2026,
Article Revised on 05 April 2026,
Article Published on 10 April 2026,

<https://doi.org/10.5281/zenodo.19593651>

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How to cite this Article: ¹*Dr. Neha Chandrakant Sajagane, ²Dr. Seema Mehere. (2026). Successful Ayurvedic Management of High Risk Pregnancy In Elderly Primi with H/O Metroplasty Done (Garbhashaygat Janmajat Vikruti) - A Case Report. World Journal of Pharmaceutical Research, 15(8), 753-756.
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KEYWORDS: BOH, High risk pregnancy, Garbhini paricharya, elderly primi.

INTRODUCTION

In women's life, Sagrhaavastha (pregnancy) is a special event & community should treat a pregnant woman with specific care. Acharya's has given a detailed systematic & month wise regimen for the pregnant women which is called Garbhini Paricharya. It includes Ahara, Vihara, Vichara which changes monthwise and has special effects on growth of developing fetus.

Garbhashayāścha vikṛtāḥ, duṣṭā yonirapi striyāḥ | Garbhasrāvam karotyāsu..."

"If the uterus (garbhashaya) is abnormal or deformed, or if the yoni is defective, it leads to miscarriage in women."

Sūruta Saṃhitā – Sharira Sthana 2/33-34.

High risk pregnancy comes with the challenges to keep the fetus healthy inside the womb for at least 37 weeks of gestation or it reaches the lung maturity. Primary infertility suggests that the couple has not conceived after the attempts of one or more year of unprotected coitus. In this particular case, patient now aged 39 years, married for 3 years had complaints of willing

for child since 3 years. Patient is known case of Hypothyroidism on Rx Tab Thyronorm 25 mcg. Patient had undergone uterine septal resection surgery (metroplasty) in 2024 from outside and wanted to get Ayurvedic treatment for the infertility. She got conceived within four months of treatment. Continuation of Pregnancy is really a challenge in high risk cases. So patient was given Ayurvedic oral medications to support the conception that included masanukmasik kashay ghanvati which are described under Garbhasrava topic in susrut samhita along with others.

Patient gave regular follow ups, followed all the protocols of treatment and co operated well.

PRIMARY OBJECTIVE

To study about the continuation of Pregnancy followed by garbhashaygat janmajat vikruti with the help of Ayurveda garbhini paricharya.

SECONDARY OBJECTIVE

Refer to Similar researches and case study related to infertility, BOH, High risk pregnancy and congenital anomalies in females.

METHODS

1. Phalghrit 10 ml BD
2. Shatavari vati 2 tablets BD
3. Masanumasik kashay kalpana formulated in vati form was given each month 2 BD (Vidyanand Pharma)
4. Tab folvite 5 mg OD until the NT scan was done
5. Tab Iron and Tab calcium supplements were given from 12 weeks of conception to the date of delivery
6. Tab Thyronorm 25 mcg OD

RESULTS

Patient had uneventful pregnancy and continued until it reached full term. Baby boy of weight 2.5 kgs was delivered by C section.

Mother and child both are now healthy and happy.

DISCUSSION

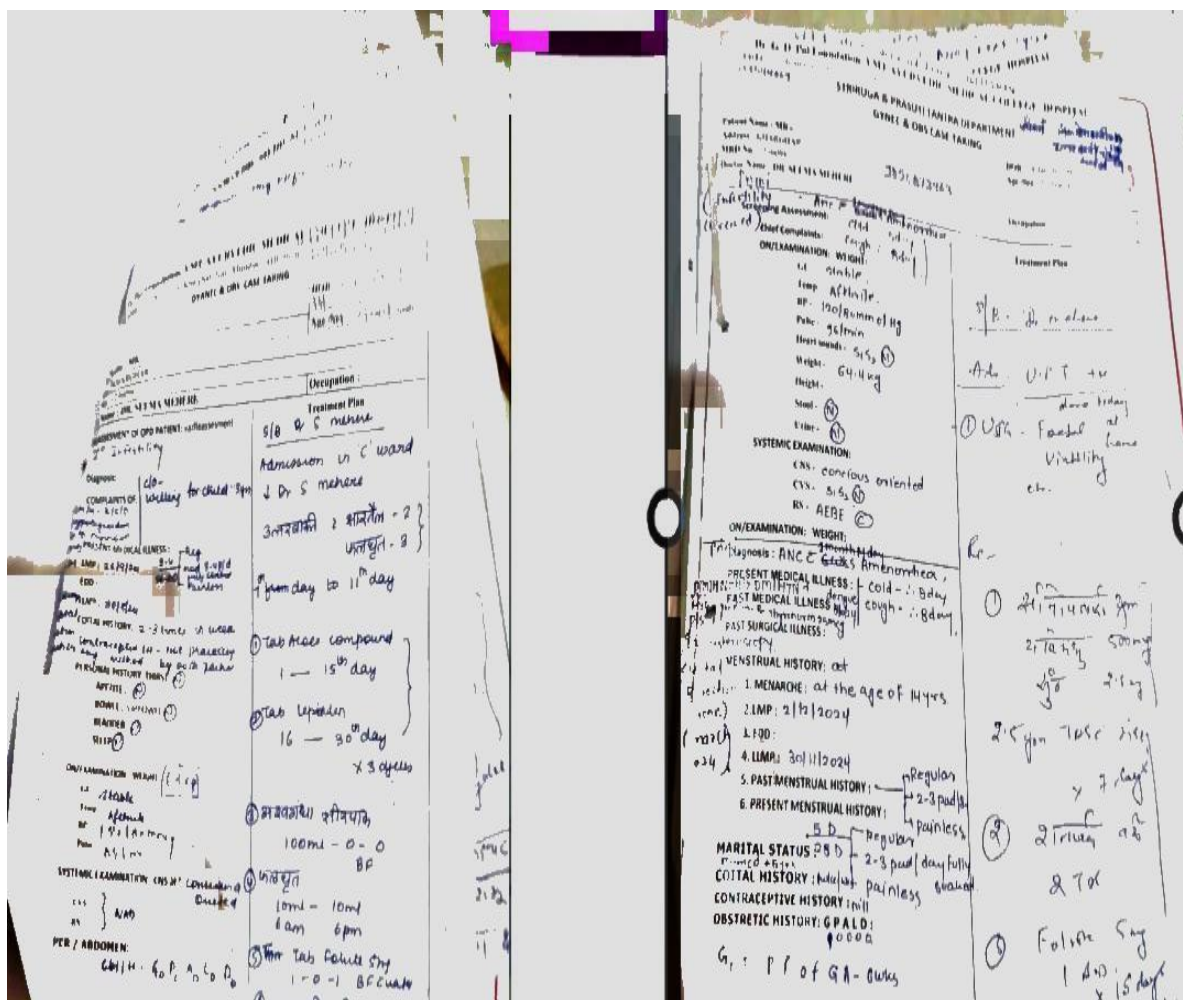
Phalghrit – worked as a rasayana. It is a tonic that helps strengthen the reproductive organs,

balance hormones, and nourish tissues during pregnancy.

Shatavari – considered as boon for mother and baby as it offers nourishment and support to the uterus during pregnancy. Also enhances the lactation.

Masanumasik Kashay ghanvati- according to susrut samhita, dravya explained under the topic of garbhshrava, are to help the continuation of Pregnancy. Beneficial for fetal growth and avoids fetal anomalies that are common in elderly primi and high risk pregnancies.

In cases following correction of janmajat garbhashay vikruti (metroplasty), it's important to maintain the pregnancy throughout the period of gestation. Ayurvedic oral medications, support and nourish the uterus causing it's normal functioning, improving apan vayu karya and carrying the fetus till it's delivery.





CONCLUSION

Ayurvedic management, when integrated appropriately in a high-risk pregnancy with a history of metroplasty and advanced maternal age, can help support conception and the successful continuation of pregnancy. The combined use of Phalghrit, Shatavari, and Masanumasik Kashay Ghanvati—along with essential modern supplements—contributed to uterine nourishment, hormonal balance, improved Apan Vayu functioning, and sustained fetal growth. With regular follow-up and adherence to Garbhini Paricharya, the patient achieved a full-term pregnancy and delivered a healthy baby. This case highlights the potential role of Ayurvedic interventions in enhancing reproductive outcomes and ensuring maternal-fetal well-being in high-risk conditions.

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