

**ROLE OF AYURVEDIC HERBS FOR HEALTHY PROGENY W.S.R
PRECONCEPTION, ANTENATAL AND POSTNATAL STAGE****Dr. Jagruti Pawar*¹ and Dr. Varsha Deshmukh²**

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ABSTRACT

In this era, where life style has changed, world is really concerned about increasing rate of congenital imperfection in new born, which is posing confront to the aim of healthy progeny. Healthy progeny is the only prime thing on the earth that any couple would expect. Ayurvedic herbs as medicine is an important component of healthcare system in India. Measures for healthy pregnancy and healthy progeny begin even before conception and continue till fertilization, during antenatal period up to childbirth. Ayurveda, not only deals with preventive and curative aspects of health but also has strong footing in the field of conception. While explaining *chikitsa* for healthy progeny, various useful herbs and formulations have been

explained, which can be easily incorporated in day to day life. These herbs are sold in many forms as fresh or dried products, tablets, powders, tea bags, liquid and solid extracts. Healthy progeny can be easily achieved, if the couple follows all dosage of herbs mentioned before and after pregnancy. It prepares the couple to welcome new life and to contribute towards healthy society.

KEYWORDS: Ayurveda, Herbs, Progeny, Risk factors, Paricharya.

INTRODUCTION

Parenthood is fulfilment of married life and is cherished desire of every couple. Ayurvedic principles, mentioned in *Garbhavkranti of charak samhita*, emphasize that proper preparation of the reproductive tissues in parents is fundamental step for the development of a healthy

foetus.^[1]

Ayurveda classics mentioned keen description about various herbs. Active ingredients of these herbs are derived from leaves, roots, flowers, bark. Right combination of herb helps in regulating menstrual cycles, enhancing general health, revitalising sperm, controlling anxiety, increasing energy level, balancing the endocrine system and improving blood flow in pelvic cavity thereby promoting fertility.^[2]

When this harmony is disturbed due to changing lifestyle, any kinds of disease or ailments can manifest. Here we discuss causes of birth, basics of healthy pregnancy, details about birth defects along with basics of Ayurvedic care done preconceptionally and during antenatal periods to obtain supreme progeny. Ayurvedic herbs treat the couple seeking for conception, removing toxins and restoring equilibriums in order to initiate conception.^[3]

AIM: To study Role of Ayurvedic herbs w.s.r. to *Rutu, Kshetra, Ambu & Beej*.

OBJECTIVES

1. To evaluate benefits of various Ayurvedic herbs for healthy progeny.
2. To explore measures to avoid abnormal progeny.
3. To improve foetal outcome and puerperal health of mother through herbal formulations and principles.
4. To explore safety & efficacy of herbs during preconception, antenatal & postnatal stage.

MATERIALS AND METHODS

Meticulous contemplation of classical texts, modern medical literature and internet was done to convenience the objectives of research work. The study is a literary one in which the explored literature was analysed and interpreted.

Ayurvedic herb has a long tradition of supporting and promoting pregnancy. Various risk factors are responsible at different stages in males and females, stages are:

1. Preconceptional stage
2. Antenatal stage
3. Postnatal stage

1•Preconceptional stage

Ayurveda compares human conception to that of plant^[4]

Condition	In plants	In Human Beings
<i>Rutu</i>	Season	Proper ovulation & menstrual cycle
<i>Kshetram</i>	Fertile land	Healthy Uterus
<i>Ambu</i>	Proper water & nourishment	Sufficient nutrition
<i>Beej</i>	Quality of seed	Quality of sperm & ovum

Rutu

It describes the state of normal female cycle which indicates proper time for conception. If menstrual disorders,

Due to *Pitta*-Oral use of *chandan*, *ushir*, *manjishtha*, *girikarni* & Sugar churna with milk

Due to *Vata*- Oral intake *shweta girikarni*, *shweta gunja*, *shwetPunarnava churna* with milk for 1 month

Due to *kapha* - Oral intake of *triphala*, *girikarni*, *aragwadha*, *vatsaka* And *payasya churna* with milk

Beneficial in achieving healthy conception.^[5]

Sr. No.	Other menstrual problems are Problems affecting menstruation	nation of Ayurvedicherbs
1.	Irregular menses	<i>Phala ghruta</i> prepared with Cow milk
2.	Amenorrhoea ,Dysmenorrhoea	<i>Manjishtha churna</i> also helps in Blood purification
3.	PCOS	<i>Kumari</i> pulp with <i>manjishtha Churna</i> regulates hormones that controls reproduction & growth
4.	Hormonal imbalance	<i>Shatavari</i> called female fertility herb, can be taken along with milk or honey for good result.

Herbal formulations like *Narayan tail*, *shatapushpa tail*, *lasuna tail*, *bala tail* are used as *nasya*, *abhyanga*, *basti* beneficial for both males & females for providing healthy progeny.^[6]

Kshetram

Indicates *Garbhashay* which refers to uterus. It is the place where *shuddha shukra* after passing through healthy yoni gets mixed with *shuddha artav* unites and *Garbhadhan* occurs.

Ashoka is magical tonic for the uterus. *Ashoka* by its astringent and sweet potency, strengthens the uterus, reducing blood clots during periods hence preventing painful period cramps.

Some common reproductive disorders and useful herbs are:

Condition	Simple herbs
Ovulation disorder	<i>Ashoka, Dashmool, Shatavari, Kumari, Guggulu</i>
Premature Ovarian Failure	<i>Ashoka, Dashmool, shatavari, Jeevanti</i>
Blocked fallopian tubes&PID	<i>Guduchi, Kutki & Punarnava, panchatiktakshirabasti</i>
Cervicitis	<i>Vata, Ashwatha, Vidarikanda, Bala, Nagbala</i>
	<i>Sariva & Manjishtha, Til taila pichu dharan</i>
Uterine fibroids	<i>Kanchanar guggulu, Haridrakhand</i>
Vaginitis	<i>Triphala kwath (yonidhawanarth)</i>

Combination of herbs used in treatment of reproductive organs having best result for healthy conception.^[8]

Ambu

Term deals with the nourishment received by the *garbha* from ovum & sperms. Some stages like fertilization, implantation, fetal organogenesis and placenta formation are affected by nutrition received. These can include our hormones, vitamins, and ojas that rules our immunity, strength & happiness.

<i>Jeevaniya</i> herbs	<i>Jeevak, vrushbhak, meda, mahameda, kakoli, kshirkakoli</i> ^[9]
<i>Bruhaniya</i> herbs	<i>Ashwagandha, shwetabala, kshirvidari, pitabala, vankapas</i> ^[10]
<i>Garbhashthapak</i> Herbs	<i>Aindri, bramhi, yashtimadhu, Durva, Unripe young fruit of- udumber, bala, atibala</i> helps in proper nourishment of <i>garbha</i> and can also be used to prevent abortions. ^[11]

Beeja

For healthy *garbha*, *Artava* and *Shukra* from which it is derived should be healthy in terms of quality and quantity.

- **Artava**

Vitiated *Artava* is devoid of *beeja* and incapable of producing *Garbha*. *Samanyachikitsa* for *Artavadushti* is^[12]

<i>Shodhan chikitsa</i>	<i>Aushadhi chikitsa</i>
<i>Vaman -Madanphal, yashtimadhu, vacha</i> <i>Virechan -Triphala, Snuhi, Trivruta</i> <i>Anuvasan basti- Dashmool kwatha</i> <i>Uttarbasti-Triphala kwath, Tila tail</i>	<i>shatapushpa kalpa shatavari kalpa</i> <i>Puga pak</i>

- **Shukra**

Common factors affecting in *shukra dhatu dushti*- Erectile dysfunction, sperm abnormality, defective spermatogenesis, congenital birth defects, bacterial infection, endocrine immunological factor.

Acharya charak had mentioned *shukrashodhan mahakashay* - kushta, kayaphala, kadamb, ikshu.^[13]

Ayurveda developed to treat Infertility by *Vajikaran*. Some recommended *dravyas* - Bala, triphala, ashwagandha, mushali, Jeevak kakoli, kshirjakoli. These formulations have balya, bruhmiya and vrishya properties.^[14]

Semen enhancing <i>dravya</i>	<i>Shatavari, Ashwagandha</i>
Semen purifying <i>dravya</i>	<i>Sugarcane, Kushtha</i>
<i>Dravyas</i> promoting the Fertilization capacity	<i>Brahmi, guduchi</i>
For increasing libido	Garlic, keshar

2. Antenatal care

Every woman's life, most significant experience is becoming mother. Antenatal care referred as *Garbhini Paricharya* as the baby entirely dependent on mother during that time of period.^[15]

Ayurvedic herbs have best result in *masanumasik Garbhini Paricharya*.

In 2nd & 3rd months of pregnancy - *Vidari, shatavari, yashtimadhu*

For life building herb.

After 3rd month of pregnancy - *Brahmi* used as sustainer

In 5th month golden opportunity - *Mansvardhak herb vidarikand*

To treat IUGR *bala, atibala*

4th to 7th months of pregnancy - *Gokshura & Sariva* mild diuretics
& antiseptic

8th month of pregnancy - *Asthapan basti* decoction of *bala Atibala, shatapushpa, patala*

9th month of pregnancy - Enema of *bala tail & Yashtimadhu Siddha tail* & vaginal tampon These oils are used to lubricate birth passage

The main objectives of Ayurveda towards antenatal care are-

- *Paripurnata* (proper growth of the foetus & mother)
- *Anupaghata* (non complicated pregnancy)
- *Sukhaprasava*.

3. Postnatal care

Postnatal period is the vital opportunity to improve both maternal & neonatal health and wellbeing. The care includes prevention, elimination, early detection and cure of any complication, counselling in breastfeeding, immunisation. For healthy progeny.

- ***Stanyashodhak* herbs** : *Patha, Shunthi, Musta, Kutki, Anantmula*^[16]
- ***Stanyavardhak* herbs** : *Kush, kash, khasa, darbha, ikshu*^[17]

Shatavari is well known herb to increase breast milk production. *Shatavari* can increase breast milk supply by increasing prolactin, which ensures growth of child.^[18]

DISCUSSION

Ayurveda promotes life to be free of any kind of sufferings. *Acharya* were very well aware of miseries of abnormal progeny. The wise & appropriate use of herb during pregnancy as well as during puerperium help in the delivery of healthy baby and restoration of health of mother. More and more research works should be carried out to find out the action of these herbs on female reproductive system and the growing embryo. Article discusses basics of Ayurvedic care to obtain healthy progeny with the help of various Ayurvedic herbs.

CONCLUSION

Ayurveda an eternal science of healthy living deals with many principles regarding prevention and cure of illness. It also provides preventive & promotive approach of health care for couples. Antenatal care provides optimum growth and development of fetus. Healthy progeny can be easily achieved if the couple follows all regimens mentioned before and after pregnancy. It prepares the couple to welcome new life & contribute towards healthy society.^[19]

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