

**CRITICAL REVIEW ON ROLE OF VASANTA KAPLAS IN  
MANAGEMENT OF FETAL GROWTH RESTRICTION****Dr. Trupti Pitambar Bhosale\*<sup>1</sup>, Dr. Rahul J. Garudkar<sup>2</sup> and Dr. Rucha R. Ganu<sup>3</sup>**<sup>1</sup>PG Scholar, Department of Prasuti Tantra and Streerog.<sup>2,3</sup>M.S (Ayurved), Associate Professor Dept. of Prasuti Tantra and Streerog, TAMV.**ABSTRACT**

In Ayurveda, Upvishtaka (Intrauterine Growth Retardation) is understood as a condition where the fetus does not grow at the expected rate during pregnancy. This condition is influenced by factors related to the health of the mother, the fetus, and the intrauterine environment, which are primarily governed by the balance of the Doshas (Vata, Pitta, Kapha), Dhatus (body tissues), and Agni (digestive and metabolic fire). Ayurvedic management focuses on improving maternal health, enhancing fetal nourishment, and balancing the Doshas. Treatments include the administration of nourishing and strengthening herbs & vasant kalpa which promote fetal growth and development. The word *Vasant* symbolizes greenery and reproduction. The advent of spring brings new leaves, blossoming flowers, old bark of trees are replaced by new one, same changes are brought to garbhini

by *Vasant kalpa*. The use of Vasanta kalpa, Rasayana (rejuvenative) therapies is recommended to enhance the vitality of the mother and fetus. Specific dietary guidelines include the consumption of easily digestible, nutrient-rich foods such as milk, ghee, and herbal formulations like Phala Ghrita. Garbhini Paricharya, or antenatal care in Ayurveda, provides guidelines for lifestyle, diet, and behavior during pregnancy to promote optimal fetal growth. Overall, Ayurvedic management aims to correct underlying imbalances, support maternal health, and ensure proper fetal development through holistic interventions that integrate diet, lifestyle, herbal medicine, and therapeutic practices.

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**\*Corresponding Author****Dr. Trupti Pitambar  
Bhosale**PG Scholar, Department of  
Prasuti Tantra and Streerog.

## INTRODUCTION

In ayurved samhitas fetal growth restriction are described under Garbha vyapada. Garbha vyapada occurs due to the abnormalities in the factors responsible for proper growth and development of the fetus.

After forth month of pregnancy i.e after some development and attainment of sara anger(krodha), grief, jealousy, fear, terror, excessive, coitus, exercise, suppression of natural urges, sitting-standing and sleeping on uneven place or in abnormal postures, excessive suppression of thirst & hunger use of stale food by the garbhini causes mechanical and physiological obstruction in the pathway. Therefore if garbhini uses contraindicated articles, bleeding per vaginum or other vaginal discharges starts. Vata aggravated due to to this bleeding withholding pitta and shleshma compresses the rasavahi nadi of the fetus; this obstruction causing improper flow of rasa, fetus does not develop properly. This condition is called upvishtaka. In the same way as the paddy does not grow properly if the water does not reach the field due to obstruction with leaves and grass etc. to its flow in the supply-channels. In such conditions Ghrutas and Vasant kalpa are effective to treat affliction of bhutas i.e Vacha gruta mahapaisacika ghruta or the ghrutas treated with Jivaniya gana, Madhura and vatahara gana etc drugs and eggs, embryo are prescribed. Vasant kalpas being Blaya, Rasayan, Deepak, Pachaka helps in treating the Upvishtak in Garbhini.

## AIM

To study the Laghumalini Vasant, Mdhumalini vasant, Suvaranmalini Vasant) with reference to karmuktva in Upvishtak.

## OBJECTIVES

- 1) To study contents of vasant kalpas and their properties.
- 2) To study karmukatwa of each Vasanta kalpas in Upvishtak.

## MATERIALS

Review of various Vasanta kalpas is given as,

- 1) Laghumalini Vasant (R.Cha, Y.R,R.Ra.Su.)
- 2) Madhumalini Vasant (R.Cha.)
- 3) Suvarnamalini Vasant (B.R., R.Cha.)

**METHODOLOGY****1) LAGHUMALINI VASANT**

CONTENTS	PARTS	Rasa	Virya	Vipak	PROPERTIES
Shodhit Kharpar	2	Katu Kashay	Sheets	Katu	Deepak, Rasashodhak, Balya
Shudha Maricha	1	Katu	Laghu Tikshna Ushna	Katu	Pramathi, Deepak, Pachak, Strotoshodhaka
Bhavana Dravya-Navaneeta Nimbu Swaras		Madhur Amla	Sheeta Ushna	Madhur Amla	Snigdha, Vrushya, Balya, Varnaprasadaka Deepak, Pachak, Anulomak

Main content of laghumalin vasant is kharpara i.e Zinc oxide. Zinc is involved in cell division, cell growth, wound healing, breakdown of carbohydrates, enhancing action of insulin. Zinc is essential component for implantation and stimulating healthy cytokines for nidation. Also acts on uterus and regulates hormonal imbalance which plays an important role in the endometrial proliferation.

**2) MADHUMALINI VASANT**

CONTENTS	PARTS	RASA	VIRYA	VIPAKA	PROPERTIES
Shudha Hingula	4	Tikta Kashaya			Rasayana, Balya, Yogavahi, Krumihara
Kukutanda	4	Madhur	Yellow-Ushna White-Sheet	Madhur	Bhruhana, Balya, Garbhaposhaka
Kachora	2	Tikta Katu	Ushna	Katu	Sugandhi, Deepaka, Pachaka
Maricha	2	Katu	Ushna	Katu	Deepak, Pachak, Strotoshodhaka
Priyangu	2	Tikta Madhur Kashay	Sheeta	Katu	Pittashamaka
Bhavana Dravya Dadim swaras Nimbu swaras		Madhura Amla Kashay Amla	Ushna	Madhur	Hrudya, Tridoshashamaka Deepak, Pachak, Anulomak

**3) SUVARNA MALINI VASANTA**

CONTENTS	PARTS	RASA	VIRYA	VIPAKA	PROPERTIES
Suvarna Bhasma	1	Madhur	Sheet	Madhur	Rasayana, Balya, Ojovardhaka, Vishanashaka
Mauktika Bhasma	2	Madhur	Sheet	Madhur	Rakt-Pitta Prasadaka, Ojovardhaka
Shudha Hingul	3	Tikta Kashay	Ushna	Katu	Rasayana, Balya, Yogavahi, Krumihara

Shudha Maricha	4	Katu	Ushna	Katu	Deepak, Pachak, Strotoshodhaka
Shodhit Kharpar	8	Katu Kashay	Sheet	Katu	Deepak, Rasashodhak, Balya
Bhavana Dravya-Navaneeta Nimbu Swaras		Madhur Amla	Sheet Ushna	Madhur Amla	Snigdha, Vrushya, Balya, Varnaprasadaka Deepak, Pachak, Anulomak

### SAMPRAPTI of UPVISHTAK

**Hetu-** Anger(krodha), grief, jealousy, fear, terror, excessive, coitus, exercise, suppression of natural urges, sitting-standing and sleeping on uneven place or in abnormal postures, excessive suppression of thirst & hunger use of stale food According to Vagbhata

Hetusevan, Yogigata raktasrava in Garbhini



Vatavruddhi withholding pitta & shleshma



Compression (Avarodha) of Rsavaha nadi of Garbha



Garbha does not develop properly



UPVISHTAK / UPSHUSHKA

LAGHUMALINI VASANT	MADHUMALINI VASANT	SUVARNA MALINI VASANTA
<ul style="list-style-type: none"> <li>According to ayurveda for a healthy progeny Garbhsambhav samrugi has mentitoned i.e Rutu, Kshetra, Ambu, Beeja.</li> <li>Due to durbala kshetra i.e Uterus and manasik aswastya patient suffer from recurrent abortions.</li> <li>Laghumalini vasant kalpa when given to garbhini from the pratham mas; it helps to provide strength to uterus.</li> <li>Zinc is essential for the production of progesterone which helps to mantian the pregnancy.</li> </ul>	<ul style="list-style-type: none"> <li>Presence of egg helps in improving the weight of foetus as egg is considered as aamgarbha.</li> <li>As per Samanya-Vishesh Siddhant mentioned by acharya charak ; aamgarbha helps to improve the fetal growth.</li> <li>Hingula &amp; Maricha both are ruksha in nature ;bhavna with dadima balances this rukshatwa and teekshnatva.</li> <li>Eggs are rich source of vitamin B especially vit.B12,Vit.A,D,E,K.</li> <li>Fe and Ca supplementation</li> </ul>	<ul style="list-style-type: none"> <li>“Astham Asthira Bhavati Oja” Suvarnamalini vasant works on Jadharagni and Dhatvagni. By acting on Dhatavgni it enhances the Dhatupariposhan from the rasa dhatu to the oja.</li> <li>It breaks the vicious cycle of aamnirmiti.</li> <li>Suvarna helps in maturation of dendritic cells and activates t cells immunity as well as in activation of B cells. Both adaptive &amp; innate immunity are increased.</li> <li>Zinc acts as a catalyst and has direct effect in oin</li> </ul>

<ul style="list-style-type: none"> <li>• Maricha being laghu, Tikshna &amp; hot in potency and has anti inflammatory, antispasmodic, antipyretic in action. Alkaloids piperine improves bioavailability.</li> </ul> <p>Navneeta contains lacto bacillus necessary for absorption.</p> <ul style="list-style-type: none"> <li>• It helps to cure Agnimandya at various level due to presence of Kharpara &amp; Maricha.</li> <li>• Nurishment of rasdhatu in garbhini.</li> <li>• Helps to cure kapha vikarajas without bringing the ruksha due to Navneeta.</li> <li>• It provides Sthirtva to Garbha.</li> </ul>	<p>are the basic needs in pregnancy fulfill this demands with <i>Dadima Swaras</i> and egg shell.</p>	<p>channels helps in maturation of Helper T cells, also in cell mediated immune dysfunction, protein synthesis. Acts as antioxidant &amp; helps in normal growth &amp; development during pregnancy.</p> <ul style="list-style-type: none"> <li>• Mukta contains calcium which helps in signal transduction pathway.</li> <li>• Maricha contains vitamin E, having antibacterial, antiviral properties and regulates cytokines by their antioxidant property in regulating intrauterine atmosphere for nidation.</li> </ul>
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## CONCLUSION

Vasant kalpas are said to be “Sarvaroge Vasanta” as it has property of Sukshma srotogamitva. Bhasma like Suvarna, Mauktik; herbs like marich, and special bhavana dravyas like Navneeta, dadim and nimbu swarasa of vasant kalpa helps in both Kshayatmak and Avrodhatmaka samprapti bhanga of upvishtaka. Hence vasant kalpas can be used in treating infertility, post conception to maintain pregnancy and to provide bala to garbhini, foetus further.

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