

EFFECT OF AMALAKI RASAYANA IN PREGNANCY - A CASE STUDY**Pooja Singh^{1*}, Kanchan Gupta² and Shashi Singh³**¹JR (PTSR) at Govt. Ayurvedic PG College & Hospital, Varanasi.²Prof. & HOD (PTSR) at Sardar Patel Institute of medical sciences and research Center
Mohanlalganj, Lucknow.³Prof. & HOD (PTSR) at Govt. Ayurvedic PG College & Hospital, Varanasi.

Article Received on
24 August 2024,
Revised on 15 Sept. 2024,
Accepted on 05 October 2024
DOI: 10.20959/wjpr202420-34184

***Corresponding Author****Dr. Pooja Singh**JR (PTSR) at Govt.
Ayurvedic PG College &
Hospital, Varanasi.**ABSTRACT**

Motherhood i.e. giving birth to a healthy progeny is the dream of woman's life. From vedic era Woman's health has been receiving more attention for good family life. Female stands for Prakriti also called as Beeja dharmini and Prasavadharmini. Acharyas has given specific importance to pregnant lady and has compared her with oil filled vessel, which can split by little displacement. So to provide proper attention during pregnancy, Acharyas have described the —Garbhini paricharya up to the nine months of pregnancy. The derivation of the word, Stree itself denotes that the family begins from her i.e. capability of carrying of Garbha and giving birth. Simply the union of Shukra and Shonita inside the Kukshi can not be termed as Garbha if the entrance of Aatma doesn't occur. Here the word Kukshi

denotes Garbhasaya (or) Womb. Besides Aatma, the association of Prakriti and Vikaras is also essential for the creation of Garbha. Rasayana therapy is also found beneficial for Garbhini and one such rasayana is Amalaki Rasayana.

KEYWORDS: Garbhini Paricharya, Shukra-shonita, Garbhashaya, Amalaki Rasayana.**INTRODUCTION**

During pregnancy the increasing needs of the growing fetus and of her own tissues throw an added burden on the mother's heart. Rapid increase in the cardiac output occurs between the 9th and the 14th week of gestation.

During the period from the 28th to the 30th week, when the load is heaviest, the heart of a pregnant woman is doing 25 to 30 percent more work than it was doing before pregnancy.

Proper nutrition during pregnancy is essential for the growth and development of the foetus. A healthy diet should include all the necessary nutrients like proteins, carbohydrates, fats, vitamins, and minerals. One such nutrient-rich fruit that can provide numerous benefits in pregnancy is Amla/Awala (Indian gooseberry). Amla is a popular fruit in India that is used in Ayurvedic medicine for its numerous health benefits. It is rich in Vitamin C, iron, calcium, and other essential minerals that can provide a variety of health benefits during pregnancy.

Amalaki Rasayana, a revered formulation in Ayurveda, showcases the remarkable benefits of Amla. Amla, scientifically named *Emblica officinalis*, is celebrated for its high Vitamin C content and potent antioxidant disposition. This ancient remedy harnesses the full potential of amla to rejuvenate and strengthen the body. Amalaki Rasayana is not just a health supplement but a holistic tonic that enhances vitality, boosts immunity, and promotes overall well-being.

Pregnant women often suffer from morning sickness, which can cause nausea and vomiting. Awala/Amla can help reduce the severity of morning sickness as it contains compounds that can soothe the stomach lining and regulate digestion. The high fibre content in Awala/Amla also helps to prevent constipation, which is a common problem during pregnancy. Amalaki Rasayana stands as a testament to the age-old wisdom of Ayurveda, offering a natural path to enhanced health and longevity. Amalaki Rasayana is rejuvenating, aphrodisiac, immunomodulatory, and has antioxidant effects. It has a protective effect on the liver, brain, eyes, heart, skin, and hair. It combats free radicals and lessens the appearance of ageing primarily through its antioxidant effect and vitamin C concentration. Its revitalizing effects are probably the result of this activity. It relieves a variety of symptoms, including headache, double vision, blurred vision, burning in the eyes, eye fatigue, and eyestrain. Along with many other health issues, it is also beneficial for hepatitis, gastritis, peptic ulcers, inflammatory bowel disease (IBD), skin issues, and hair loss.

CASE STUDY

A pregnant female of 38 yrs. age attended the OPD of Department of Prasuti Tantra & Stri Roga, Govt. Ayurvedic College, Varanasi with pregnancy of almost 15 weeks. She was also having complaints of burning micturition, and increased frequency of micturition too.

History of present illness – According to patient, she has complaints of burning while passing urine from 15 days. Also, she has complaint of thin white discharges with incomplete bowel evacuation from past 20 days. She had taken medication several times but did not get complete cure. That's why she decided to take ayurvedic treatment. History of past illness – Patient does not have history of major illness.

Surgical history – No history of surgery.

Medical history – patient was TORCH positive of having IgG positive of Toxoplasma as well as Rubella virus and has taken treatment of the same.

Family history – No family history of DM / HTN / TB / Thyroid dysfunction.

Personal history – Patient does not have any history of hospitalization or blood transfusion. Patient does not have any history of allergy with any substance or any drug. Patient is not addicted to tea or coffee or cigarette or alcohol.

Menstrual history

LMP – 20-12-2023

Duration – 3-4 days

Interval – 26-28 days

Amount of blood loss – Moderate

Obstetric history

G7 P4 L3 A2

O /E – P/A examination – Fundal height of 14-16 weeks

P/S and P/V examination – not performed as pregnant

Diagnostic assessment


- Blood investigations for Routine workup i.e., CBC, ESR, LFT, RFT, FBS was done and found in normal range.
- The patient had body weight of 85 kg and BMI of 34.5 Kg/m²
- Viral markers (HIV, HBsAg, HCV, VDRL) - non reactive
- Blood group is O+ and blood pressure is 120/80

- Both Tetanus vaccines are given

USG finding shows SINGLE LIVE INTRAUTERINE FETUS CORRESPONDING TO AN AVERAGE GESTATIONAL AGE OF 14 WEEKS 6 days.


Dose of Amalaki Rasayana: 500mg twice a day before meal.


Before treatment hemoglobin of the patient was 8.60 gm/dl

 ~~राजस्थान चिकित्सा विश्वविद्यालय~~
~~जयपुर, राजस्थान 302002~~


Patient Name : SARITA		Date : 23-04-2024	
Referred By : DR. RAJESH K. SHARMA		IPD/OPD :	
Age : 38Y	Sex : F	Lab Sr. No.:	OPD YR. NO. : 33970

TEST	RESULT	NORMAL VALUE
HAEMOGLOBIN		
Hb	8.60	M : 14 - 16
Random Blood Sugar		
R.B.S	177 mg/dl	60 - 150
Bleeding Time		
BT(Ivy's method)	3.50 min	2 - 7
Clotting Time		
CT(Lee & white's method)	5.00 min	2 - 9

Technician 
 Not Valid for MedicoLegal Purpose.
 Please Correlate Clinically.

Pathologist 

During follow-ups it increased to 11.18 gm/dl


 ~~सत्यमेव जयते, अज्ञानविनाशक एवं विविध कार्य~~
~~चौकवा, तारापल्ली-22, 002~~

Patient Name : SATISH BISHI	Date : 02-07-2024
Referred By : DR. KAVITA SARKAR	IPD/OPD : OPD
Age : 38Y Sex : F Lab Sr. No.: 2902/19	OPD YR. NO. : 58255

TEST	RESULT	NORMAL VALUE
HAEMOGLOBIN		
Hb	11.18	M : 14 - 16
Random Blood Sugar		
R.B.S	106 mg/dl	60 - 150

Technician
Not Valid for Medico Legal Purpose.
Please Correlate Clinically.

Pathologist

	<p>गान्धारी अस्पताल</p> <p>वैद्यकीय</p>	
<p>Patient Name : XXXXXXXXXX Date : 10-08-2024</p> <p>Referred By : XXXXXXXXXX IPD/OPD : OPD</p> <p>Age : 38Y Sex : F Lab Sr. No.: 3704/14 OPD YR. NO.: 71681</p>		
TEST	RESULT	NORMAL VALUE
Liver Function Test		
Total Serum Bilirubin	0.38 mg/dl	0.2 - 1
Direct (Conju.) Bilirubin	0.20 mg/dl	0.05 - 0.325
Indirect Bilirubin	0.18 mg/dl	0.15 - 0.75
S.G.P.T.	11.43 IU/L	5 - 35
S.G.O.T.	21.16 IU/L	8 - 40
S. Alkaline Phosphates	124.4 IU/L	20 - 120
Total Serum Protein	7.73 gm/dl	6 - 8
Serum Albumin	3.93 gm/dl	3.5 - 5.5
Serum Globulin	3.80 gm/dl	2.5 - 4.5
A:G	1.03	1.0 - 2.3
HAEMOGLOBIN		
Hb	12.47	M: 14 - 16
Random Blood Sugar		
R.B.S	112 mg/dl	60 - 150
<p>Technician XXXXXXXXXX</p> <p>Not Valid for Medical/Legal Purpose.</p> <p>Please Correlate Clinically.</p>		<p>Pathologist XXXXXXXXXX</p>

Amalaki (Embolica Officinalis): The primary ingredient known for its high vitamin C content and rejuvenating properties.

Honey: Used to enhance the taste and therapeutic properties.

Ghee (Clarified butter): Often included to balance the heating properties of honey and to aid in digestion.

Misri: It is added to enhance the taste of the formulation and make it a bit sweet for ingestion.

Properties of amalaki

- Rasa- Madhura, Amla, Katu, Tikta, kashaya
- Guna- laghu- ruksha
- Virya- Sheeta
- Vipaka- Madhura

Composition of amalaki

- Carbohydrate- 14% •
- Moisture- 81.2%
- Vitamin- 6mg/gms
- Nicotinic acid- 0.2 mgs/gms
- Calcium- . 05% •
- Phosphorus-.02%
- Protein – 0.5%
- Fat-0.1 %
- Fiber- 3.4%
- Minerals- 0.07%
- Iron- 12 microgram/gms

Medicinal properties of amalaki rasayana

Amalaki Rasayana is rich in following curative qualities:

- Potent Antioxidant
- Adaptogenic
- Immunomodulatory
- Digestive stimulant
- Antianemic
- Anticancer

- Anti-atherogenic
- Anti-ageing
- Aphrodisiac
- Antihyperlipidemic
- Demulcent
- Antacid
- Haematinic
- Hematogenic
- Ergogenic
- Hepatoprotective
- Spleno-protective

Ayurvedic indications of amalaki rasayana

This traditional herbal formulation is frequently mentioned in different Ayurvedic texts and publications by the holistic science of Ayurveda for a variety of indications:

- Rasayana useful for rejuvenation
- Deepana for enhancing stomach fire
- Pachana for better digestion
- Rochana for stimulating appetite
- Anulomana improves breathing
- Kashahara relieves cough
- Trutahara relieves excessive thirst
- Rasayani rejuvenates the whole body
- Balya improves muscle strength
- Sangrahini treats diarrhoea
- Kustha treats skin disorders
- Kamala prevents jaundice
- Vamana prevents nausea and vomiting
- Mehahara for treating urinary tract disorders
- Prameha manages diabetes
- Varnya improves complexion
- Amahara treats indigestion
- Krimihara relieves intestinal worms
- Jvara useful in fever

- Klaibya useful in erectile dysfunction
- Balya improves strength
- Napunsakata treats impotency
- Beejopghat remedies decrease sperm quantity
- Kshayaj useful in the excessive loss of sperm
- Shukragatavata useful in premature ejaculation
- Arsha for treating piles
- Shwasha clears breathing difficulties
- Krichra treats painful micturition

Health benefits of amalaki rasayana

Boosts immunity

Amalaki Rasayana is loaded with Vitamin C, which strengthens the immune system, making the body more resistant against infections, colds, and flu. Its antioxidant properties help neutralize harmful free radicals, thereby preventing oxidative damage and enhancing overall immunity.

Promotes digestion

The high fibre content in amla aids in regulating bowel movements and promoting a healthy digestive system. Amalaki Rasayana helps stimulate the digestive enzymes, improving nutrient absorption, and reducing issues like constipation and acidity.

Enhances skin health

Rich in antioxidants and Vitamin C, Amalaki Rasayana promotes healthy and glowing skin. Because of its blood-purifying qualities, which aid in eliminating toxins from the blood, this Rasayana also aids in the treatment of several skin ailments. It lowers the chance of developing wrinkles, spots, fine lines, and dark circles, in addition to protecting the skin from oxidative radical damage brought on by UVA and UVB radiation. Additionally, it helps with a variety of allergic disorders, including eczema, psoriasis, scabies, acne, and zits. It may also be used to treat broken heels.

Improves heart health

Amalaki Rasayana is beneficial for heart health. Intake of this herbal formulation plays a vital role in lowering bad cholesterol (LDL) and increasing good cholesterol (HDL) in the blood.

The antioxidants and anti-inflammatory properties support healthy blood vessels and improve overall cardiovascular function.

Aids in weight management

By boosting metabolism and aiding in better digestion, Amalaki Rasayana can support weight loss and management. Its natural diuretic properties help in eliminating toxins and excess water from the body, thus reducing bloating and promoting a healthier body weight.

Improves vision

The high content of Vitamin A and carotene in amla enhances vision and prevents age-related muscular dystrophy and night blindness. Regular consumption of Amalaki Rasayana can help in maintaining healthy eyesight.

Promotes hair health

Amalaki Rasayana is known for its positive effects on hair health. It nourishes the scalp, strengthens hair roots, and promotes hair growth. Its antioxidant properties prevent premature graying of hair and reduce hair fall, ensuring thick and lustrous hair.

Fortifies liver functions

Amla has detoxifying properties that help in cleaning the liver and enhancing its function. Amalaki Rasayana aids in the elimination of toxins from the liver, thus improving its efficiency and preventing liver-related ailments.

Balances blood sugar levels

With its bitter and astringent characteristics, Amalaki Rasayana can help in regulating blood sugar levels by enhancing insulin sensitivity and improving metabolism. The superior anti-glycemic properties of Amla in this formulation are vital for lowering the body's blood sugar levels. Consuming this medication in prescribed quantity stimulates the pancreatic β -cells to produce insulin.

Supports mental health

The adaptogenic properties of Amalaki Rasayana help in reducing stress and anxiety. It enhances cognitive functions, improves memory, and promotes a calm and balanced mental state. Regular consumption can lead to better mental clarity and overall well-being.

Strengthens bones

Amalaki Rasayana is a good source of calcium, which is essential for maintaining healthy bones and teeth. It helps in preventing osteoporosis and other bone-related disorders, ensuring strong and healthy bones.

DISCUSSION

Amalaki Rasayana is a potent rasayana for treating many symptoms of pregnancy. Since pregnancy is an immuno-compromised state so the mother is very prone to develop many infections too but as this rasayana boosts the immunity so it directly works as a prophylactic drug for the mother. There is also dyspnoea felt by many pregnant women this too is treated by Amalaki Rasayana as it has anti-inflammatory and antibacterial properties that help in maintaining respiratory health. It can alleviate symptoms of respiratory disorders like asthma, bronchitis, and coughs, promoting better lung function and overall respiratory health.

This can be attributed to Tridoshahara, Rochana, Dipana, and Anulomana properties of Amalaki Rasayana which have a role in the digestion, absorption, and motility of digestive materials in the gut. Again because of having properties such as Hridya, Tridoshahara, and Madhura Vipaka, Amalaki Rasayana does nourishment of Rasa Dhatu which further nourishes all the Dhatus. It has been considered as a potent Rasayana enhancing the essence of all the Dhatus. Amalaki contains 5 Rasas including Tikta (bitter) and Kashaya (astringent) which are Srotoshodhaka and Ruksha in property. Tikta and Kashaya are said to be Kledopshoshana and Kleda Upyokta, respectively. All these properties help in Kleda Shoshana thus alleviating the symptoms. Amalaki is also a potent source of Vitamin C (ascorbic acid) which is the most potent enhancer of nonheme iron absorption. Adding a Vitamin C source to a meal increases non-heme iron absorption up to six-fold which makes the absorption of non-heme iron as good as or better than that of heme iron. Further, ascorbic acid facilitates iron absorption by forming a chelate with ferric iron at acid pH that remains soluble at the alkaline pH of the duodenum. As oxidative stress, an increase in oxidants and/or a decrease in antioxidant capacity is one of the potential biochemical mechanisms involved, supplementation of antioxidant vitamins with iron will definitely reduce the oxidative stress.

CONCLUSION

Amalaki Rasayana is a potent Ayurvedic formulation with plenty of health benefits. From boosting immunity to enhancing skin and hair health, its uses are diverse. However, it is crucial to follow the recommended dosage and consult with a doctor before incorporating it

into your routine. It is reported that administration of Amalaki reduces the incidence of pre-eclampsia in women who were at risk. Gallic acid is a major polyphenol found in Amalaki and been reported as suppressor of growth of cancer cells. Polyphenols help in transport of some compounds like glucose, vitamin, thiamine and folic acids at the placental barrier. By using this amazing rasayana one can safely harness the incredible benefits of this ancient remedy and promote overall well-being of the mother as well as the foetus growing inside.

REFERENCES

1. Amalaki rasayana, a traditional Indian drug enhances cardiac mitochondrial and contractile functions and improves cardiac function in rats with hypertrophy Authors: Vikas Kumar,¹ Kumar A. Aneesh,¹ K. Kshemada,¹ Kumar G. S. Ajith,¹ Raj S. S. Binil,¹ Neha Deora,³ G. Sanjay,² A. Jaleel,¹ T. S. Muraleedharan,⁴ E. M. Anandan,⁴ R. S. Mony,⁴ M. S. Valiathan,⁵ Kumar T. R. Santhosh,¹ and C. C. Karthacorresponding author¹. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5561106/>
2. Clinical efficacy of Amalaki Rasayana in the management of Pandu (Iron deficiency anemia) Authors: Shaizi Layeeq and Anup B. Thakar¹. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4895756/>
3. Yadavji trikamji Acharya, DRAVYAGUNA VIGNYANAM Part I Baidhyanath Ayurveda Bhavan Ltd., Nagapur, 1976; 60: 163-180.
4. Phadke, G.A. - DRAVYAGUNA SASTRAM (Sanskrit), Mumbai Rajya Suddha Ayurveda Patya Krama Samithi, Mumbapuri, 1960; 1: 26 – 44.
5. Ayurvediya Prasuti- Tantra evam Stri-Roga part-1 (Prasuti- Tantra) by Prof. P. V. Tiwari. Chaukhambha Orientalia.
6. A textbook of Obstetrics (prasuti tantra) by Dr. VNK Usha, Chaukhambha Sanskrit Pratisthana, Delhi.
7. DC Dutta textbook of Obstetrics edited by Hiralal Konar, 8.