SUSHRUTOKTA MADHUKADI DRAVYA IN GARBHASRAVA
(HABITUAL ABORTION) – A REVIEW

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ABSTRACT –

“Garbhastravi Vandhya” is a term used in Ayurvedic literature for recurrent habitual abortion in First Trimester. Pregnancy loss is a physically and emotionally demanding for couples. Pregnancy is the start of an incredible journey that leads to great emotional fulfilment to woman. Recurrent Pregnancy Loss (RPL) is also called as Recurrent Miscarriage or Habitual Abortion. It is defined as three consecutive pregnancy losses prior to 20 weeks of pregnancy from the last menstrual cycle (LMP). Here Garbhasrava is co related with Putraghni where it is a condition where repeated pregnancy loss occur because of Artava dosha, Rakta dosha, Ati raktasrava. Acharya Sushruta has stated Masanumasika Treatment of Grabhasrava for ten month which contains all those drugs which are Garbhasthapaka. They have Rasayana property and foetal growth promoting action and minimises the chances of Abortion in future.

KEAWORDS :-
Garbhastrava, Habitual Abortion, Putraghni, Masanumasika Treatment of Grabhasrava etc

INTRODUCTION –

Repeated pregnancy loss is seen nowadays with presence of vaginal bleeding. “Recurrent abortion” or “Repeated pregnancy loss” or “Habitual
Abortion or “Miscarriage” is defined as three or more consecutive pregnancy prior to 20 weeks of pregnancy from the last menstrual cycle (LMP) or with foetal weight < 500gm. Around 1% of fertile couples will experience recurrent early pregnancy losses [1]. In Ayurveda Putraghni (Miscarriage) can be explained further as embryonic loss (Early miscarriage) when it occurs before 10 weeks and Foetal loss (Foetal miscarriage) when occurs after 10 weeks [2]. Habitual Abortion is characterised by at least three consecutive spontaneous abortions after conceiving from the same partner. Among all yonivyapadas explained by Acharyas correlated with “Repeated pregnancy loss” or “Habitual Abortion or “Misscarriage”. As mentioned in Ayurvedic classics Madhura, Sheeta, Balya, Jeevaniya and Rasayana dravyas are helpful in preventing Garbhasrava and maintaining Pregnancy [3].

ACCORDING TO AYURVEDA –
A) GARBHASRAVA–
Aachaturthat Tato Masat Prasravet Garbhavichyuti |
Tatah Sthirasharirasya Patah Panchamshasyoха ||
(Su.S.Ni.8/10)
The expulsion of foetus up to fourth month of pregnancy is termed as “Garbha srava” because conceptus is liquid whereas after in fifth and sixth months is called as “Garbha pata” because at this level foetus parts gets stability and become solid [4]. Acharya Bhoja explains that before complete formation of Placenta, Amniotic membrane and its fluid expulsion of foetus occurs in pieces while after this period it occurs as miniature labour.

B) PUTRAGHNI YONIVYAPADA
Raukshaayad vayu yada garbham jatam jatam vinashayet |
Dusthta shonitajam naryaha putraghni nama sa mata ||
(Ch.Chi.30/28)
Acharya Charaka states that Vayu gets aggravated due to predominance of Rooksha properties (Vata kara Ahara Vihara) which destroys foetus repeatedly due to vitiated Shonita because of Vitiated Vayu [5].

NIDANA –
Acharya Sushruta says that Coitus, travelling in carriage, riding on horse etc falling from height, staggering, compression, running, trauma by any weapon, suppression of urge, consumption of excessive dry, hot or pungent, diet, grief, diarrhoea, excessive use of Kshara, emetics, purgatives by all these factors foetus gets detached from
uterus just like fruits by its stalk due to trauma thus it get aborted [6].

**SAMPRAPTI –**
- **Nidana** administration
- **Pittaprapopa**
- Reaches to Garbhashaya
- **Garbhopasrava** (Abortion)
- **Dosha** – Pitta
- **Dushya** – Garbha (Charaka and Sushruta)
- **Sithana** – Yoni (Garbhashaya)
- **Roopa** – Sthitam Sthitam Hanti Garbham

(Repeated destruction of foetus)

As it describes about consecutive repeated foetal loss thus correlated with Habitual Abortion or Miscarriage.

**TREATMENT (GENERAL) –**
- **Garbhashapaka gana** drugs
- **Madhura, Sheeta, Balya, Jeevaniya** and **Rasayana dravyas** are helpful in preventing Garbhasrava and maintaining pregnancy.

**DRUG REVIEW** [7] –

**RASAPANCHAKA –**

<table>
<thead>
<tr>
<th>DRUG</th>
<th>LATIN NAME</th>
<th>FAMILY</th>
<th>RASA</th>
<th>VIRYA</th>
<th>VIP AKA</th>
<th>GUNA</th>
<th>PART S</th>
<th>Dosham</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MADHUKA</strong></td>
<td>Glycyrrh</td>
<td>Legumino</td>
<td>Madh</td>
<td>Sheet</td>
<td>Mad</td>
<td>Guru,</td>
<td>Root</td>
<td>VP</td>
</tr>
</tbody>
</table>

*Madhuakm Shakabeeshcha Payasya Suradaru Cha |
Ashmantakastilaha Krishnestamravalli Shatavari ||
Vrikshadani Payasya Cha Lata Chotpalasariva |
Ananta Sariva Rsna Padma Madhukameva Cha ||
Brihatyai Kshshmari Chapi Ksheerishringastvachi Ghritam ||
Prishniparni Bala Shigru Shwadanshra Madhuparnika |
Shringatakam Bisam Draksha Kasheru Madhukam Sita ||
Vastaite Saptayogaha Syurdhshlasamapanaha |
Yathasankhyam Prayoktavya Garbhasrave Payoyuta ||
Navame Madhukantapayasyasarivaha Pibet |
Kshiram Shunthipayasyabhyam Sidham Syaddashame Hitam ||
Saksheera Va Hita Shunthi Madhukam Suradaru Cha |
Evamapyaate Garbhashivra Ruka Chopashamyati ||

(Su.Sha.10/58-65)
<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Family</th>
<th>Common Name</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Iza glabra</strong> Linn</td>
<td></td>
<td>se ura a hura</td>
<td>Snigdha</td>
</tr>
<tr>
<td><strong>SHAKABEEJA</strong> Tectona grandis</td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>PAYASYA (KSHEERA KAKOLI)</strong></td>
<td>Fritillaria roylei</td>
<td>Liliaceae Madhura Sheet a Madhura Guru, Snigdha Tuberous root PV</td>
<td></td>
</tr>
<tr>
<td><strong>SURADARU</strong> Cedrus deodara</td>
<td>Pinaceae Tikta Ushna Katu Laghu Snigdha Stem VK</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>IN 2</strong>&lt;sup&gt;ND&lt;/sup&gt; MONTH –</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ASHMANTA KA</strong> Ficus rumphi</td>
<td>moraceae Kashaya sheeta Katu Laghu Ruksha Twaka Ksheera Fruit KP</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>KRISHNAT EELA</strong> Sessanum indicum</td>
<td>Pedaliaceae Madhura Tikta Kashaya Katu Ushna Madhura Guru Snigdha Sukshma Vyavaya VK</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TAMRAVALI (MANJISTHA)</strong></td>
<td>Rubia cordifolia</td>
<td>Rubiaceae Kashaya Tikta Madhura Madhura Ushna Katu Guru sthumbha na Stem KP</td>
<td></td>
</tr>
<tr>
<td><strong>SHATAVARI</strong> Asparagus racemosus</td>
<td>Asparagaceae</td>
<td>Madhura, Tikta Sheet a Madhura Guru, Snigdha Roots VPK</td>
<td></td>
</tr>
</tbody>
</table>

**IN 3**<sup>RD</sup> MONTH –
| VRIKSHADANI | Dendrophthoe falcata | Loranthaceae | Madhura Tikta Kashaya | Sheetu | Katu | KP |  
| PAYASYA | Fritillaria roylei | Liliaceae | Madhura | Sheetu | Madhura | Guru, Snigdha | Tuberous root | PV |  
| PRIYANGU | Callicarpa macrophylla Yahl | Verbenaceae | Tikta Kashaya | Sheetu | Katu | Ruksha Raktaprasana | PV |  
| UTPALA | Nymphaea stellate | Nymphaeaceae | Madhura Kashaya | Sheetu | Madhura | Picchila Snigdha | Flower | PR |  
| SARIVA | Hemidesmus indicus | Asclepiadaceae | Madhura Tikta | Sheetu | Madhura | Guru Snigdha | Root | VPK |  

**IN 4TH MONTH –**

<p>| ANANTA (DURVA) | Cynodon dactylon | Gramineae | Kashaya Madhura | Sheetu | Madhura | Laghu Panchanga | KP |<br />
| SARIVA | Hemidesmus indicus | Asclepiadaceae | Madhura Tikta | Sheetu | Madhura | Guru Snigdha | Root | VPK |<br />
| RASNA | Pluchea lanceolate | Asteraceae | Tikta | Ushna | Katu | Guru leaf | V |<br />
| PADMA (BHARANGI) | Clerodendrum serratum | Verbenaceae | Katu Tikta Kash | Ushna | Katu | Laghu Ruksha | Root | VK |</p>
<table>
<thead>
<tr>
<th><strong>MADHUKA</strong></th>
<th>Glycyrrhiza glabra Linn</th>
<th>ayaha</th>
<th>Madhuraka</th>
<th>Madhura</th>
<th>Guru, Snigdha</th>
<th>Root</th>
<th>VP</th>
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</thead>
</table>

**IN 5TH MONTH –**

<table>
<thead>
<tr>
<th><strong>BRIHATID WAYA – 1) BRIHATI</strong></th>
<th>Solanum Indicum</th>
<th>Solanaceae</th>
<th>Tikta Katu</th>
<th>Ushna</th>
<th>Katu</th>
<th>Laghu Ruksha Tikshna</th>
<th>Roots</th>
<th>Fruits</th>
<th>KV</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2) KANTAKARI</strong></td>
<td>Solanum xanthocarpum</td>
<td>Solanaceae</td>
<td>Tikta Katu</td>
<td>Ushna</td>
<td>Katu</td>
<td>Laghu Ruksha Tikshna</td>
<td>Roots</td>
<td>Fruits</td>
<td>KV</td>
</tr>
<tr>
<td><strong>KASHMARI</strong></td>
<td>Gmelina arborea</td>
<td>Verbenaceae</td>
<td>Tikta Kashaya Madhura</td>
<td>Ushna</td>
<td>Katu</td>
<td>Guru</td>
<td>Root</td>
<td>Fruit</td>
<td>VP</td>
</tr>
<tr>
<td><strong>KSHEERIS HRINGA</strong></td>
<td>–</td>
<td>–</td>
<td>Kashaya</td>
<td>Sheet a</td>
<td>Katu</td>
<td>Guru Ruksha</td>
<td>Panchanga Ksheera</td>
<td>–</td>
<td>VP</td>
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<tr>
<td><strong>GHRTA</strong></td>
<td>–</td>
<td>–</td>
<td>Madhura</td>
<td>Sheet a</td>
<td>Madhura</td>
<td>Guru, Snigdha Mridu</td>
<td>–</td>
<td>–</td>
<td>VP</td>
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**6TH MONTH –**

<table>
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<tr>
<th><strong>PRISHNAP ARNI</strong></th>
<th>Uraria picta</th>
<th>Leguminaceae</th>
<th>Madhuraka</th>
<th>Madhura</th>
<th>Laghu Snigdha Sara</th>
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<th>VPK</th>
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</thead>
<tbody>
<tr>
<td><strong>BALA</strong></td>
<td>Sida cordifolia</td>
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<td>Madhuraka</td>
<td>Madhura</td>
<td>Laghu Snigdha Pichhila</td>
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<td><strong>SHIGRU</strong></td>
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<td>Madh</td>
<td>Sheet</td>
<td>Mad</td>
<td>Guru</td>
<td>PV</td>
</tr>
<tr>
<td>Plant Name</td>
<td>Family</td>
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<td>Guru</td>
<td>Snigdha</td>
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<tr>
<td><strong>SHWADANS</strong></td>
<td>Tribulus terrestris</td>
<td>Ruksha Tikshna</td>
<td>Fruit</td>
<td>V</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>HTRA</strong></td>
<td>Zygodon</td>
<td>Madhura</td>
<td>Sheet</td>
<td>Madhura</td>
<td>Guru, Snigdha</td>
<td></td>
<td></td>
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<tr>
<td><strong>MADHUPARNIKA</strong></td>
<td>Tinospora cordifolia</td>
<td>Laghu</td>
<td>Madhura</td>
<td>Kusha</td>
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<td><strong>7TH MONTH –</strong></td>
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<tr>
<td><strong>SHRINGATAKA</strong></td>
<td>Trapana bispinos</td>
<td>Sheet</td>
<td>Madhura, Kusha</td>
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<tr>
<td><strong>AKA</strong></td>
<td>Trapaceae</td>
<td>Madhura, Kusha</td>
<td></td>
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</tr>
<tr>
<td><strong>BEESA</strong></td>
<td>Nelumbo nucifera</td>
<td>Laghu</td>
<td>Madhura</td>
<td></td>
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<tr>
<td><strong>DRAKSHA</strong></td>
<td>Nymphaea</td>
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<td>Sheet</td>
<td>Madhura</td>
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<tr>
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<td>Vitaceae</td>
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<tr>
<td><strong>MADHUKA</strong></td>
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<tr>
<td><strong>SHARKARA</strong></td>
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<tr>
<td><strong>MADHUPARNIKA</strong></td>
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<td>Ushna</td>
<td>Madhura</td>
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<tr>
<td><strong>SHWADANS</strong></td>
<td>Madhura, Kusha</td>
<td>Sheet</td>
<td>Madhura</td>
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<td>Name</td>
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<td>Family</td>
<td>Monsoon 1</td>
<td>Monsoon 2</td>
<td>Monsoon 3</td>
<td>Monsoon 4</td>
<td>VP</td>
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<tr>
<td>BALA</td>
<td>Sida cordifolia</td>
<td>Malvaceae</td>
<td>Madhura</td>
<td>Sheet a</td>
<td>Madhura</td>
<td>Laghu Snigdha</td>
<td>Pichhila</td>
</tr>
<tr>
<td></td>
<td>Root Seed Leaf</td>
<td></td>
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<td></td>
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<tr>
<td>KAPITHHA</td>
<td>Feronia limonia</td>
<td>Rutaceae</td>
<td>Madhura Amla Kashya</td>
<td>Sheet a</td>
<td>Madhura</td>
<td>Laghu Fruit</td>
<td>PV</td>
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<td></td>
<td>Root</td>
<td>VK</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>BILVA</td>
<td>Aegle marmelos</td>
<td>Rutaceae</td>
<td>Katu Tikta Kashya</td>
<td>Ushna</td>
<td>Katu Laghu Ruksha</td>
<td>Root</td>
<td>VK</td>
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<tr>
<td></td>
<td>Leaf</td>
<td>V</td>
<td></td>
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<tr>
<td>BRIHATI</td>
<td>Solanum anguivi</td>
<td>Solanaceae</td>
<td>Tikta Ushna</td>
<td>Katu Laghu Ruksha Tikshna</td>
<td>Root Stem</td>
<td>Leaf</td>
<td>V</td>
</tr>
<tr>
<td>PATOLA</td>
<td>Trichosanthus dioica</td>
<td>Curcurbitaceae</td>
<td>Tikta Ushna</td>
<td>Madhura</td>
<td>Laghu Snigdha</td>
<td>Panchanga Leaf Fruit</td>
<td>VPK</td>
</tr>
<tr>
<td>IKSHU</td>
<td>Saccharum officinarum linn</td>
<td>Poaceae</td>
<td>Madhura Sheet a</td>
<td>Madhura</td>
<td>Guru, Sara, Snigdha Brimhanabalya</td>
<td>Stem</td>
<td>KP</td>
</tr>
<tr>
<td>NIDIGDHKA</td>
<td>Solanum xanthocarpum</td>
<td>Solanaceae</td>
<td>Tikta Ushna</td>
<td>Katu Laghu Ruksha Tikshna</td>
<td>Roots</td>
<td>Fruits</td>
<td>KV</td>
</tr>
</tbody>
</table>

**8th Month**

**Nick Names**

**KAPITHHA**

Feronia limonia

**BILVA**

Aegle marmelos

**BRIHATI**

Solanum anguivi

**PATOLA**

Trichosanthus dioica

**IKSHU**

Saccharum officinarum linn

**NIDIGDHKA**

Solanum xanthocarpum

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**9th Month**

**ANANTA (DURVA)**

Cynodon dactylon

**Gramineae**

Kashaya Madh

**Sheeta**

Madhura

**Laghu**

Panchanga

**KP**
DISCUSSION –
ROLE OF MADHUKADI Ksheerapaka –
IN 1ST MONTH –
a) MADHUKA (YASHTIMADHU) –
• As it is Madhura, Madhura, Sheeta, Guru, Snigdha reduces Vata and Pitta reducing chances of recurrent abortion.
It contains Globrin and Globridine which works on Oestrogen. As it is Snigdha it increases Shleshma in Fallopian tubes thus making Garbha to stay inside.
b) **SHAKABEEJA**
- It has 15 types of proteins.
- It increases endometrial thickness.
- It maintains pregnancy.

<table>
<thead>
<tr>
<th>c) <strong>PAYASYA (KSHEERAKAKOLI)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- <em>Ashwagandha</em> has been used nowadays in behalf of <em>Ksheerakakoli</em>.</td>
</tr>
<tr>
<td>- During the Fourth month and extending up to the seventh month, drugs which give strength to the uterine muscles and nourishment to the embryo are advised. <em>Ashwagandha</em> helps to prevent Abortion.</td>
</tr>
<tr>
<td>- This nourishment starts through Umbilical cord by <em>Kedar kulya</em> method. It has Anti stress activity which is a main factor in Pregnancy loss.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>d) <strong>SURADARU</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- It reduces Urinary tract infection because of its Anti-inflammatory activity.</td>
</tr>
<tr>
<td>- It is anti-toxic thus reduces toxic causes of pregnancy loss.</td>
</tr>
<tr>
<td>- It contains Matericinol, No troutchilogenin and Dibenzyl - Butero – Lactolignon which is tissue protective in nature.</td>
</tr>
</tbody>
</table>

**IN 2ND MONTH –**

<table>
<thead>
<tr>
<th>a) <strong>ASHMANTAKA</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- It helps in the process of Fertilisation as well as subsequent development of foetus with competent body structure.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>b) <strong>KRISHNATEEELA</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- It has Cisemine, Cisemaline and Folic acid which is protective for <em>Garbha</em>. Helps in brain development of foetus and prevents from formation of clots. It contains Omega 3 and Omega 6 Polysaturated fatty acids (PUFA) which is required for normal growth and development of body.</td>
</tr>
<tr>
<td>- It has fatty acids which is essential in continuing pregnancy. Lack of essential fatty acids bring poor vascular growth and consequent coagulation in blood vessels leading to infarctions in the placenta that results in impairment of placental functions, low birth weights and pregnancy loss.</td>
</tr>
<tr>
<td>- As foetus depends on mother for nutrition <em>Krishna tila</em> contains DHA which is necessary for brain development and taken from maternal lipid stores. During pregnancy placenta transport AA and DHA from mother to the foetus. It prevents from premature labour.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>c) <strong>TAMRAVALLI (MANJISTHA)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- It works as Foetus patron.</td>
</tr>
<tr>
<td>- It is a good tissue patron.</td>
</tr>
</tbody>
</table>
• It is anti-inflammatory and anti-microbial action thus prevents from infections, Urinary tract infection also is diuretic.
• It regulate blood sugar level thus helps to prevent gestational diabetes.
• It helps in foetus development.

d) **SHATAVARI**
• It has saponin rich fraction which Antioxytocic activity which removes infertility and prepares uterine wall for contraction during foetus development thus prevents recurrent pregnancy loss [8].

**IN 3**<sup>RD</sup> **MONTH –**

a) **VRIKSHADANI**
• It works on *Tridosha* also *Rasayana*.
• Its chopped leaves decoction is specially indicated on haemorrhage, miscarriage
• It is Anti-oxidant and Anti-microbial and diuretic in nature prevents from Urinary tract infection.
• It is Anthelmintic thus prevents from *Krimi* which is also a cause of *Garbhasrava*.

b) **PRIYANGU**
• Ethanolic extract of stem bark has shown moderate growth inhibitory activity against all the bacterial strains.

c) **UTPALA**
• Its chopped leaves decoction is used to prevent miscarriage.
• Its flowers and roots are used in menorrhagia, abortion, urinary tract infection, leucorrhoea and vaginitis. Its leaves has shown considerable antibacterial activity against *E. coli*
• Its petioles are used in bleeding during pregnancy.

d) **SARIVA**
• It *Madhura, tikta, sheeta* is *Raktapittahara* thus prevents from haemorrhage and abortion.
• Its roots promote healthy pregnancy and reduces the possibility of a miscarriage.
• It is good tissue protective.
• It helps in foetus development and nutrition.

**IN 4**<sup>TH</sup> **MONTH –**

a) **ANANTA (DURVA)**
• The study on animal model has revealed its immunomodulatory, anti-cancer, anti-inflammatory and antidiuretic activity.

b) **RASNA**
It has Anti-inflammatory activity due to its ethanolic content
c) **PADMA (BHARANGI)**
- *Bhavaprakasha* has mentioned it in haemorrhage.
- It not only cures *Raktapitta, Raktapradara* but also is *balya* and *brimhana*.

d) **MADHUKA - Explained above.**

**IN 5TH MONTH –**

a) **BRIHATIDWAYA**
- It is Ant inflammatory thus works on TORCH, Antiphospholipid syndrome (APS).
- It corrects oxidative damage at placental level.
- It promotes pregnancy.

b) **KASHMARI**
- It contains Calcium, Potassium, Sodium, Zinc and Iron.
- It is Tissue protective.
- It works on Menorrhagia.
- It is Anti-inflammator.
- It prevents abortion in early pregnancy.

c) **KSHEERISHRINGA**
- It prevents Vulvovaginitis during pregnancy.
- These are *Kashaya Rasa, Madhura vipaki* and *sheeta virya* which provides stability and nourishment to the foetus and preventing early expulsion.
- It increases blood circulation to foetus through umbilical cord.
- It promotes foetal development.
- It prevents from Chlamydia trachomatis present in the genital tract during early gestation has been associated with Preterm birth (PTB), Preterm rupture of membranes (PROM), Prematurity, Spontaneous abortion, Perinatal morbidity.

d) **GHRITA**
- It promotes fertility
- Its regular administration gives strength to uterus thus prevents from abortion and infertility.
- It is endocrine stimulant.
- It has Vitamin B2 is associated with neuromuscular functions whose deficiency causes impairment of neuromuscular functions of foetus which often results in abortion.
- It has Vitamin B5 which is important for metabolism due to co enzyme, proteins, fats and carbohydrates and tissue oxidation whose deficiency leads to abortion.
- It has folic acid which is needed for synthesis of DNA in rapidly multiplying cells like RBC whose deficiency results in megaloblastic anaemia and neural tube defect in foetus which may cause abortion \(^9\).
6TH MONTH –
a) **PRISHNAPARNI**
- Its dried leaf powder is an excellent remedy for gonorrhoea and for uterine contractions leading to abortion.
- It has speckled leaf which was used as a protection against evil being causing abortion.

b) **BALA**
- Antifungal activity was observed equivalent to fluconazole with aqueous extract.
- It has been used in threatened abortion and strengthens placental retention in expectant mothers.

c) **SHIGRU**
- It increases Iron level in pregnancy.
- It is Anti-inflammatory.
- It is tissue protective.
- It contains Vitamin C in more amount, 4 times more calcium than milk, 4 times more Vitamin A than carrot, 2 times more Proteins than milk, 3 times more Potassium than banana.

d) **SHWADANSHTRA**
- It is diuretic and improves the glomerular filtration rate (GFR).
- Besides it increases contractile effect of ureters.

e) **MADHUPARNIKA**
- It is *Katu*, Kashaya in taste, *Ushnya virya* and *Madhura vipaki*.
- It stimulates reticuloendothelial system, bone marrow cellularity and proliferation of stem cells. It also enhances the haemopoietin growth factor, IL - 3.
- It increases immunity to fight against infection.

7TH MONTH –
a) **SHRINGATAKA**
- It is *Ojovardhaka*.
- The powder of fruit helps in haemorrhage, bleeding disorders, threatened abortion
- It helps to improve primary regulation of conceptus survival, development, production of pregnancy recognition signals, implantation and placentation.

b) **BEESA**
- It prevents from bleeding disorders like menorrhoea, nasal bleeding.
- These seeds are sweet causes *snehana* thus stabilizes *garbha*.
- They are *Rakstasangrahi* thus improves blood cell count.
- They are *Garbhashhapaka* thus promotes safe pregnancy and coolant.

c) **DRAKSHA**
• It contain Progesterone which is more important in the prevention and treatment of miscarriage because it modulates the maternal immune system and suppresses the inflammatory response.
• It also develops a uterus, nourishes eggs, improves uteroplacental circulation, supports the luteal phase and decreases contraction of uterus smooth muscle after implantation so insufficient secretion of progesterone plays a vital role in threatened abortion and recurrent miscarriage.

d) **KASHERU** –
• It prevents from Garbhapata.
• It stabilizes garbha.
• It increases Progesterone which acts with hormonal and immunological mechanism to maintain pregnancy.

e) **SHARKARA**
• It is sweet thus palatable for lady along with other drugs for intake.
• It stabilizes garbha.
• It gives strength to woman.

8TH MONTH –
a) **KAPITHHA** –
• It gives stability to garbha.
• It has Amino acids, maltose, inocystole.

b) **BILVA** –
• It is Antifungal, Antibacterial and Antipyretic.
• It is haemostatic.

c) **PATOLA** –
• It works as tissue protective.
• It is Anti-inflammatory thus reduces infection.

d) **IKSHU** –
• As it is Madhura, Sara, Snigdha, Sheeta veerya, Madhura vipaki thus Guru, Brimhana, Balya, Kaphahara, Pittahara in nature thus stabilizes Garbha.
• It gives nutrition to Garbha.

CONCLUSION –
Habitual abortion is a common complication leading to maternal morbidity. It is a big emotional setback to couple. Acharya Sushruta has given treatment Madhukadi Ksheerapan which has drugs who works as Garbhasthapaka and nutritious for foetus.

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