

**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 Panchamshashtyoha //*
(*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
- *Pittaprakopa*
- Reaches to *Garbhashaya*
- *Garbhopasrava* (Abortion)
- **Dosha** – *Pitta*
- **Dushya** – *Garbha* (*Charaka* and *Sushruta*)
- **Sthana** – *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) –

- *Garbhasthapaka gana* drugs
- *Madhura, Sheeta, Balya, Jeevaniya* and *Rasayana dravyas* are helpful in preventing *Garbhasrava* and maintaining pregnancy.

DRUG REVIEW ^[7] –

RASAPANCHAKA –

DRUG	LATIN NAME	FAMILY	RAS A	VIR YA	VIP AKA	GUNA	PART S	Dos ham
1ST MONTH								
MADHUKA	Glycyrrh	Legumino	<i>Madh</i>	<i>Sheet</i>	<i>Mad</i>	<i>Guru,</i>	Root	<i>VP</i>

Madhuakm Shakabeeashcha Payasya Suradaru Cha /

Ashmantakastilaha Krishnastamravalli Shatavari //

Vrikshadani Payasya Cha Lata Chotpalasariva /

Ananta Sariva Rsna Padma Madhukameva Cha //

Brihatyai Ksshmari Chapi Ksheerishringastvachi Ghritam //

Prishniparni Bala Shigru Shwadanshra Madhuparnika /

Shringatakam Bisam Draksha Kasheru Madhukam Sita //

Vastaite Saptayogaha Syurdhshlokasamapanaha /

Yathasankhyam Prayoktavya Garbhasrave Payoyuta //

Navame Madhukantapayasyasarivaha Pibet /

Kshiram Shunthipayasyabhyam Sidhham Syaddashame Hitam //

Saksheera Va Hita Shunthi Madhukam Suradaru Cha /

Evamapyate Garbhastivra Ruka Chopashamyati //

(SuS.Sha.10/58-65)

	iza glabra Linn	se	ura	a	hura	Snigdha		
SHAKABEE JA	<i>Tectona grandis</i>							
PAYASYA (KSHEERA KAKOLI)	<i>Fritillari a roylei</i>	<i>Liliaceae</i>	<i>Madh ura</i>	<i>Sheet a</i>	<i>Mad hura</i>	<i>Guru, Snigdha</i>	Tuber ous root	PV
SURADARU	<i>Cedrus deodara</i>	<i>Pinaceae</i>	<i>Tikta</i>	<i>Ushn a</i>	<i>Katu</i>	<i>Laghu Snigdha</i>	<i>Stem</i>	VK
IN 2ND MONTH –								
ASHMANTA KA	<i>Ficus rumphi</i>	<i>moraceae</i>	<i>Kash aya</i>	<i>sheet a</i>	<i>Katu</i>	<i>Laghu Ruksha</i>	<i>Twaka Kshee ra Fruit</i>	KP
KRISHNAT EELA	<i>Sessanu m indicum</i>	<i>Pedaliace ae</i>	<i>Madh ura Tikta Kash yaya Katu</i>	<i>Ushn a</i>	<i>Mad hura</i>	<i>Guru Snigdha Sukshma Vyavaya</i>	VK	
TAMRAVAL LI (MANJISTH A)	<i>Rubia cordifoli a</i>	<i>Rubiaceae</i>	<i>Kash aya Tikta Madh ura</i>	<i>Ushn a</i>	<i>Katu</i>	<i>Guru sthambha na</i>	<i>Stem</i>	KP
SHATAVAR I	<i>Asparag us racemos us</i>	<i>Asparagac eae</i>	<i>Madh ura, Tikta</i>	<i>Sheet a</i>	<i>Mad hura</i>	<i>Guru, Snigdha</i>	Roots	VPK
IN 3RD MONTH –								

VRIKSHAD ANI	<i>Dendrophthoe falcata</i>	<i>Loranthaceae</i>	<i>Madhura Tikta Kashaya</i>	<i>Sheeta</i>	<i>Katu</i>	<i>KP</i>		
PAYASYA	<i>Fritillaria roylei</i>	<i>Liliaceae</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Tuberous root</i>	<i>PV</i>
PRIYANGU	<i>Callicarpa macrophylla Yahl</i>	<i>Verbenaceae</i>	<i>Tikta Kashaya</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Ruksha Raktaprasana</i>		<i>PV</i>
UTPALA	<i>Nymphaea stellate</i>	<i>Nymphaeaceae</i>	<i>Mdhura Kasshaya</i>	<i>sheeta</i>	<i>Madhura</i>	<i>Picchila Snigdha</i>	<i>Flower</i>	<i>PR</i>
SARIVA	<i>Hemidesmus indicus</i>	<i>Asclepiadaceae</i>	<i>Madhura Tikta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru Snigdha</i>	<i>Root</i>	<i>VPK</i>
IN 4TH MONTH –								
ANANTA (DURVA)	<i>Cynodon dactylon</i>	<i>Gramineae</i>	<i>Kashaya Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Laghu</i>	<i>Panchanga</i>	<i>KP</i>
SARIVA	<i>Hemidesmus indicus</i>	<i>Asclepiadaceae</i>	<i>Madhura Tikta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru Snigdha</i>	<i>Root</i>	<i>VPK</i>
RASNA	<i>Pluchea lanceolata</i>	<i>Asteraceae</i>	<i>Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Guru</i>	<i>leaf</i>	<i>V</i>
PADMA (BHARANGI)	<i>Clerodendrum serratum</i>	<i>Verbenaceae</i>	<i>Katu Tikta Kash</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu Ruksha</i>	<i>Root</i>	<i>VK</i>

			aya					
MADHUKA	Glycyrrh iza glabra Linn	Legumino se	Madh ura	Sheet a	Mad hura	Guru, Snigdha	Root	VP
IN 5TH MONTH –								
BRIHATID WAYA – 1) BRIHATI	<i>Solanum Indicum</i>	<i>Solanacea e</i>	<i>Tikta Katu</i>	<i>Ushn a</i>	<i>Katu</i>	<i>Laghu Ruksha Tikshna</i>	<i>Roots Fruits</i>	<i>KV</i>
2) KANTAKAR I	<i>Solanum xanthoc arpum</i>	<i>Solanacea e</i>	<i>Tikta Katu</i>	<i>Ushn a</i>	<i>Katu</i>	<i>Laghu Ruksha Tikshna</i>	<i>Roots Fruits</i>	<i>KV</i>
KASHMARI	<i>Gmelina arborea</i>	<i>Verbenac eae</i>	<i>Tikta Kash aya Madh ura</i>	<i>Ushn a</i>	<i>Katu</i>	<i>Guru</i>	<i>Root Fruit</i>	<i>VP</i>
KSHEERIS HRINGA	–	–	<i>Kash aya</i>	<i>Sheet a</i>	<i>Katu</i>	<i>Guru Ruksha</i>	<i>Panch anga Kshee ra</i>	<i>KP</i>
GHRITA	–	–	<i>Madh ura</i>	<i>Sheet a</i>	<i>Mad hura</i>	<i>Guru, Snigdha Mridu</i>	–	<i>VP</i>
6TH MONTH –								
PRISHNAP ARNI	<i>Uraria picta</i>	<i>Legumina cae</i>	<i>Madh ura Tikta</i>	<i>Sheet a</i>	<i>Mad hura</i>	<i>Laghu Snigdha Sara</i>	<i>Root</i>	<i>VPK</i>
BALA	<i>Sida cordifoli a</i>	<i>Malvacae</i>	<i>Madh ura</i>	<i>Sheet a</i>	<i>Mad hura</i>	<i>Laghu Snigdha Pichhila</i>	<i>Root Seed Leaf</i>	<i>VP</i>
SHIGRU	<i>Moringa</i>	<i>Moringac</i>	<i>Madh</i>	<i>Sheet</i>	<i>Mad</i>	<i>Guru</i>		<i>PV</i>

	<i>oleifera</i>	<i>eae</i>	<i>ura</i>	<i>a</i>	<i>hura</i>	<i>Ruksha Tikshna</i>		
SHWADANS HTRA	<i>Tribulus terrestri st</i>	<i>Zygophyll aceae</i>	<i>Madh ura</i>	<i>Sheet a</i>	<i>Mad hura</i>	<i>Guru, Snigdha</i>	<i>Fruit</i>	<i>V</i>
MADHUPA RNIKA	<i>Tinospor a cordifoli a</i>	<i>Menisper maceae</i>	<i>Tikta Kash aya</i>	<i>Ushn a</i>	<i>Mad hura</i>	<i>Laghu</i>	<i>Stem</i>	<i>VPK</i>
7TH MONTH –								
SHRINGAT AKA	<i>Trapana tum bispinos a</i>	<i>Trapacea e</i>	<i>Madh ura, Kash aya</i>	<i>Sheet a</i>	<i>Mad hura</i>	<i>Guru Ruksha</i>	<i>Seed</i>	<i>P</i>
BEESA	<i>Nelumbo nucifera</i>	<i>Nymphace aceae</i>	<i>Madh ura, Tikta Kash aya</i>	<i>Sheet a</i>	<i>Mad hura</i>	<i>Laghu</i>	<i>Seed</i>	<i>KP</i>
DRAKSHA	<i>Vitis vinifera</i>	<i>Vitaceae</i>	<i>Madh ura</i>	<i>Sheet a</i>	<i>Mad hura</i>	<i>Guru Sara Snigdha Brimhani ya</i>	<i>Fruit</i>	<i>VP</i>
KASHERU	<i>Scirpus grossus</i>	<i>Cyperacea e</i>	<i>Madh ura Kash aya</i>	<i>Sheet a</i>	<i>Mad hura</i>	<i>Guru Ruksha</i>	<i>Rhizo me</i>	<i>P</i>
MADHUKA	<i>Glycyrrh iza glabra Linn</i>	<i>Fabaceae</i>	<i>Madh ura</i>	<i>Sheet a</i>	<i>Mad hura</i>	<i>Guru, Snigdha</i>	<i>Root</i>	<i>VP</i>
SHARKARA			<i>Madh</i>	<i>Sheet</i>	<i>Mad</i>	<i>Snigdha</i>	<i>Powde</i>	<i>PV</i>

			<i>ura</i>	<i>a</i>	<i>hura</i>		<i>r</i>	
BALA	<i>Sida cordifolia</i>	<i>Malvaceae</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Laghu Snigdha Pichhila</i>	<i>Root Seed Leaf</i>	<i>VP</i>
8TH MONTH –								
KAPITHHA	<i>Feronia limonia</i>	<i>Rutaceae</i>	<i>Madhura Amla Kashaya</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Laghu</i>	<i>Fruit</i>	<i>PV</i>
BILVA	<i>Aegle marmelos</i>	<i>Rutaceae</i>	<i>Katu Tikta Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu Ruksha</i>	<i>Root</i>	<i>VK</i>
BRIHATI	<i>Solanum anguivi</i>	<i>Solanaceae</i>	<i>Tikta Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu Ruksha Tikshna</i>	<i>Root Stem Leaf</i>	<i>V</i>
PATOLA	<i>Trichosanthes dioica</i>	<i>Curcubitaceae</i>	<i>Tikta</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Laghu Snigdha</i>	<i>Panchanga Leaf Fruit</i>	<i>VPK</i>
IKSHU	<i>Saccharum officinarum linn</i>	<i>Poaceae</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru, Sara, Snigdha BrimhanaBalya</i>	<i>Stem</i>	<i>KP</i>
NIDIGDHIKA	<i>Solanum xanthocarum</i>	<i>Solanaceae</i>	<i>Tikta Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu Ruksha Tikshna</i>	<i>Roots Fruits</i>	<i>KV</i>
9TH MONTH								
ANANTA (DURVA)	<i>Cynodon dactylon</i>	<i>Gramineae</i>	<i>Kashaya Madh</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Laghu</i>	<i>Panchanga</i>	<i>KP</i>

			<i>ura</i>					
SARIVA	<i>Hemidesmus indicus</i>	<i>Asclepiadaceae</i>	<i>Madhura Tikta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru Snigdha</i>	Root	VPK
PAYASYA	<i>Fritillaria roylei</i>	Liliaceae	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	Tuberous root	PV
MADHUYASHTI	<i>Glycyrrhiza glabra</i> Linn	Legumino	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	Root	VP
10TH MONTH								
SHUNTHI	<i>Zingiber officinale</i>	<i>Zingiberaceae</i>	<i>Katu</i>	<i>Madhura</i>	<i>Laghu Snigdha</i>	<i>Rhizomes</i>	VK	
PAYASYA	<i>Fritillaria roylei</i>	Liliaceae	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	Tuberous root	PV
MADHUYASHTI	<i>Glycyrrhiza glabra</i> Linn	Legumino	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	Root	VP
SURADARU	<i>Cedrus deodara</i>	<i>Pinaceae</i>	<i>Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu Snigdha</i>	Stem	VK

DISCUSSION –

ROLE OF *MADHUKADIKSHEERAPAKA* – IN 1ST MONTH –

a) *MADHUKA (YASHTIMADHU)* –

- As it is *Madhura, Madhura, Sheet, 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.

c) PAYASYA (KSHEERAKAKOLI)

- *Ashwagandha* has been used nowadays in behalf of *Ksheerakakoli*.
- 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. *Ashvagandha* helps to prevent Abortion.
- This nourishment starts through Umbilical cord by *Kedar kulya* method. It has Anti stress activity which is a main factor in Pregnancy loss.

d) SURADARU

- It reduces Urinary tract infection because of its Anti-inflammatory activity.
- It is anti-toxic thus reduces toxic causes of pregnancy loss.
- It contains Matericinol, Nortrachilogenin and Dibenzyl - Butero – Lactolignon which is tissue protective in nature.

IN 2ND MONTH –**a) ASHMANTAKA**

- It helps in the process of Fertilisation as well as subsequent development of foetus with competent body structure.

b) KRISHNATEELA

- It has Cisemine, Cisemalin and Folic acid which is protective for *Garbha*. 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.
- 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.
- As foetus depends on mother for nutrition *Krishna tila* 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.

c) TAMRAVALLI (MANJISTHA)

- It works as Foetus patron.
- It is a good tissue patron.

- 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 Antioxytotic activity which removes infertility and prepares uterine wall for contraction during foetus development thus prevents recurrent pregnancy loss [8].

IN 3RD 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 4TH 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-inflammatory.
- 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 *Garbhasthapaka* thus promotes safe pregnancy and coolant.

c) *DRAKSHA*

- It contains 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, inositol.

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 which work as *Garbhasthapaka* and nutritious for foetus.

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