

A CLINICAL STUDY TO EVALUATE THE EFFICACY OF MADHURAUSHADH  
SIDDHAKSHEER IN THE MANAGEMENT OF GARBHINI PANDUVeena Jawale<sup>1</sup> and Neelam Ramesh Jain<sup>2\*</sup><sup>1</sup>H.O.D. Department of Prasutitantra evam Streeroga, S. G. R. A. College, Solapur.<sup>2</sup>Post Graduate Scholar, Department of Prasutitantra evam Streeroga, S. G. R. A. College, Solapur.

\*Corresponding Author: Dr. Neelam Ramesh Jain

Post Graduate Scholar, Department of Prasutitantra evam Streeroga, S. G. R. A. College, Solapur.

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## ABSTRACT

Pregnancy is a unique joyful experience in every woman's life. It is associated with complications like garbhini pandu I. e. Anaemia. There is apparent fall in Haemoglobin concentration due to Haemodilution which leads to state of Anaemia. There is marked demand of extra iron and vitamins during pregnancy, specially in later half. Even an adequate diet cannot provide this extra demand. Thus there always remains a physiological deficiency stage during pregnancy, which if not fulfilled will lead to pregnancy complications. Prophylactic supplemental of iron and other compounds are given to each & every pregnant woman, which may have adverse effects on body. So, to prevent adverse effects, safe herbal preparation i.e. "Madhuraushadh sidhha ksheer" is selected for study, which is useful in treatment of pandu. It is said to increase bala, varna, ojas of pregnant woman and subsides other pregnancy complications of Anemia.

**KEYWORDS:** Garbhini pandu, Anaemia, Madhuraushadh sidhha ksheer, bala, varna.

## INTRODUCTION

Pregnancy is blossoming of a woman into mother. Nutritional status of the woman before and during pregnancy affects the growth and development of the fetus. So it is imperative for the pregnant woman to be healthy. Fetus is dependent on mother for its nourishment and oxygen. The care of the pregnant lady reflects on the quality and health of the offspring. Health of the pregnant women is maintained through proper *Garbhini Paricharya* right from the conception till delivery. *Garbhini Paricharya* includes all aspects of care of pregnant lady like *Ahar* (diet), *Vihar* (exercise), *Apathya* (don't s) *Yoga* and Meditation etc.

*Acharya Charaka* says that a pregnant woman is to be treated as delicately as if one is carrying a pot full to brim with oil without spilling a drop, it means every step should be taken very carefully<sup>[1]</sup> To avoid complications in pregnancy in second trimester in Ayurveda, *Madhuraushadha sidhha ksheer* is recommended by many *acharyas* to overcome the effects of *balahani* and *varnahani* in the management of 6<sup>th</sup> and 7<sup>th</sup> month of *garbhini*. *Dravyas* included in this formulation possess qualities like *balya*, *brumhana*, *rasayana*, *jivana*, *aayushyam* and *aujasyam* to relieve the *garbhini* from the *dhatu kshaya lakshanas* as well as to promote the development of fetus.<sup>[3]</sup> *Goksheer* is said to be *Jivaniya*.<sup>[3]</sup> *Goghrita* possesses the qualities that enhance

*buddhi*, *smriti* and is best suited for *prajakanthi*. When *goksheer* and *goghrita* consume for long time acts as a *rasayana*.<sup>[3]</sup>

## Monthwise development of fetus

Sixth month<sup>[4,5]</sup>

षष्ठे मासि गर्भस्य बलवर्णोपचयो भवत्यधिकमन्येभ्यो मासेभ्यः,  
तस्मात्तदा गर्भिणी बलवर्णहानिमापद्यते विशेषेण॥ च. शा. ४/२२

During sixth month, fetus derives more strength and complexion, therefore the pregnant woman loses her strength and complexion significantly.

षष्ठे बुद्धिः। सु. शा. ३/१८

*Sushruta and Bhavamisra*: More enlightenment of *buddhi*.

Seventh month<sup>[6,7]</sup>

सप्तमे मासि गर्भः सर्वैर्भावैराप्याय्यते,  
तस्मात्तदा गर्भिणी सर्वाकारैः क्लान्ततमा भवति॥ च. शा. ४/२३

As during the seventh month of gestation the fetus attains over-all fulfillment of all elements. Therefore, a pregnant woman becomes excessively exhausted.

सप्तमे सर्वाङ्गप्रत्यङ्गविभागः प्रव्यक्ततरः। सु. शा. ३/१८

In seventh month, all the features (muscle, blood, bone)

etc, get proper nourishment. All the major and minor body parts are more conspicuous or are fully developed and whole body gets completely associated with *vāta*, *pitta* and *kapha*.

### Signs or symptoms of during different gestational period

#### Sixth month<sup>[8]</sup>

षष्ठे मासि गर्भस्य बलवर्णोपत्रयो भवत्यधिकमन्येभ्यो मासेभ्यः, तस्मात्तदा गर्भिणी बलवर्णहानिमापद्यते विशेषेण॥ च. शा. ४/२२

During sixth month, fetus derives more strength and complexion, therefore the pregnant woman loses her strength and complexion significantly.

#### Seventh month<sup>[9]</sup>

सप्तमे मासि गर्भः सर्वैर्भैरायायते, तस्मात्तदा गर्भिणी सर्वाकारैः क्लान्ततमा भवति॥ च. शा. ४/२३

As during the seventh month of gestation the fetus attains over-all fulfillment of all elements. Therefore, a pregnant woman becomes excessively exhausted

### Monthwise Regimen as Per Samhita<sup>[10]</sup>

#### Sixth Month and Seventh month

षष्ठे मासे क्षीरसर्पिर्मधुरौषधसिद्धिः, तदेव सप्तमे मासे॥ च. शा. ८/१३२

Acharyas have mentioned the sixth month as *Praduddhavasta* and *Snayu*, *Sira* and *Romadi Vyaktavastha*. In this month mother's diet mainly helps to promote *Buddhi-BalaOjo-Asthi Vardhana* and *Varna-Prasadana* effects. Mother is advised to use *Ghrita* prepared from milk medicated with *Madhura* drugs and *Ghrita* or rice gruel medicated with *Gokshura* (*Tribulus terrestris*) in this month. Use of *Gokshura* in sixth month of pregnancy is very important in *Ojovardhaka* and *Muthrakaraka* properties. It also prevents water retention as well as pregnancy induced hypertension and other related complications.

### CASE REPORT

A primigravida of age 25 years with normal BMI with history of six months of amenorrhea having complaints of generalized weakness since 8 days, Giddiness since 2-3 days came to OPD for further treatment. She belongs to a middle class family of hindu religion. She is housewife by occupation, married since an year ago. She has no H/O any Past major Illness like DM/ HTN etc. No any major illness in her family. No any surgical history. No history of any drug allergy. She had good appetite and includes only vegeterian food in her diet. She had no any complaints regarding sleep pattern. She had done immunization as per schedule.

### Madhuraushadha siddha ksheer<sup>[11]</sup>

Table no. 1: Ingredients of Drugs and Its quantity.

| Dravyas               | Quantity |
|-----------------------|----------|
| 1. Bala Choorna       | 1 gm     |
| 2. Shatawari Choorna  | 1 gm     |
| 3. Shrungatak Choorna | 1 gm     |

### Menstrual history

She had regular menstrual cycle with slightly excess bleeding and mild abdominal pain during menses last for 4 to 5 days, with no any associated complaints.

### On examination

**Blood pressure** – 110/70 mm of Hg

**Pulse** - 110 bpm

**Respiratory rate:-** 18/min

**Temperature:-** 98 F

**Pallor:-** Present +

### Dashvidha pareeksha

**Prakruti** – Vata Pitta

**Vikruti**- Vata & Pitta

**Satva**- Avar

**Satmya**- Madhyam

**Sara**- Pravara

**Samhanana**- Pravara

**Ahar shakti**- Madhyam

**Vyayam shakti**- Avar

**Pramana**- Madhyam

### Systemic examination

**Cvs**- S1 S2 Normal

**RS** – A<sub>E</sub> B<sub>E</sub>

**CNS**- Conscious

### Laboratory investigation

#### Blood examination

**CBC** – HB - 9.2 gm/dl;

**WBC** – 6600 /mm<sup>3</sup>;

**Platelet** - 444 × 10<sup>3</sup> / mm<sup>3</sup>

**Blood group** - O Positive

**RBS**: 86 mg/dl

**HIV**: Non reactive

**HBSAG**: Neg

**VDRL**: Non reactive

**Urine examination** - Appearance: Clear Pus cells: Occasional

### Obstetric examination

**Inspection**- Linea Nigra & Striae gravidum starts appearing.

**Palpation**- Ut height 20-22 weeks

**Auscultation**- FHS 144 b/min

**USG**: Single live intra-Uterine pregnancy of 19 weeks 4 days, Cephalic at present, Placenta – Anterior, Liquor-adequate, FW – 314 gm, EDD – 23/05/2022, No any anomaly seen at present.

**Chikitsa**: Duration of treatment 60 days

|                           |        |
|---------------------------|--------|
| 4. <i>Kharjur kalka</i>   | 1 gm   |
| 5. <i>Gokshur Choorna</i> | 1 gm   |
| 6. <i>Guduchi Choorna</i> | 1 gm   |
| 7. <i>Mrudwika kalka</i>  | 1 gm   |
| 8. <i>Goksheer</i>        | 100 ml |
| 9. <i>Jala</i>            | 100 ml |
| 10. <i>Sita</i>           | 12 gm  |
| 11. <i>Goghrita</i>       | 5 ml   |

### Method of Preparation of *ksheerpaka*

क्षीरं तिथिगुणं द्रव्यात क्षीरान्निरं समं मतं ।

क्षीरावशेषं कर्तव्यं क्षीरपाके त्वयं विधि ॥ द्र. वि. परिभाषा खण्ड १४८

**Procedure** - One part of selected drug in form of *churna* and *kalka* is taken into stainless steel vessel.

- 100ml milk and 100ml water is added to it.

- The vessel is placed on simmer flame.
- Heating is continued till whole water is evaporated and milk alone is left.
- The vessel is taken out and the milk is strained through filter.
- Add *Sita* (12 gm) as a *prakshep dravya*.
- Add *Goghrita* (5 ml) in it as *anupana*.

**Table no. 2: Drug administration details.**

|                              |  |
|------------------------------|--|
| <i>Prakshep dravya</i>       | <i>Sita</i>                            |
| Dose                         | 2 <i>pala</i>                          |
| <i>Aushadhi sewan kala</i>   | <i>Adhobhakta</i>                      |
| Route of drug administration | Oral                                   |
| Duration                     | 2 months                               |
| Follow up period             | 2 follow ups at an interval of 1 month |

### OBSERVATION

**Observation table no. 1**

| Parameters           | Before treatment | After treatment |
|----------------------|------------------|-----------------|
| Generalised weakness | Present          | Absent          |
| Giddiness            | Present          | Absent          |
| Varnahani (pallor)   | Present          | Absent          |
| Hb                   | 9.2gm/dl         | 11.7gm/dl       |

### RESULT

*Jivaniya, brumhaniya, balya, prajasthapan gunas* of *madhur rasa dravyas* and *balya, varnya, pushtikar, jivaniya gunas* of *ksheer* are very much ideal during this stage to take care of special needs during pregnancy.

**Bala** *Bala* which means “strength” is a popular herb in *Ayurveda*. *Bala* helps in managing weight by suppressing appetite and decreasing the urge to overeat. It also helps to manage blood glucose levels due to its hypoglycemic (blood sugar lowering) property. *Bala* also protects the liver cells against cell damage caused by free radicals due to its antioxidant and hepatoprotective activity. This antioxidant property also helps to protect the heart cells against free radical damage and manages blood pressure by preventing constriction of blood vessels. *Bala* is beneficial in managing bleeding piles due to its blood coagulant and astringent properties. It also improves immunity due to its *Rasayana* (rejuvenating) property.

**Shatavari** *Shatavari* strengthens the uterus and is known to help stimulate breast milk production during lactation. It possesses phytochemicals that play an important role with anti-fungal, diuretic, anti-tumour and immunostimulatory properties. The presence of other

compounds such as saponins, sulfur-containing acids, oligosaccharides, and amino acids makes it a beneficial herb that promotes good health. It is rich in folic acid which is a critical nutrient required for the development of the foetus. It is required both before and during the pregnancy to have a healthy baby. Calcium is an essential mineral required for the proper functioning of the body and development of teeth and bones. Pregnant women need ample amounts of calcium to support the development of the baby.

**Shrungatak** As *shrungatak* is *Sramahara, Sukrakara, Garbhasthapan, Grahi, Pittahara, Vrsya, Stanyajanana, Rakta Stambhaka* properties, it helps to relieve *garbhini* from *Mutrakrcchra, Prameha, Raktapitta, Trsa, Visarpa, Garbha Srava, Sopa*(external), *Vatavyadhi* etc. It has immense medicinal and nutritional values and benefits.

**Kharjura** Dates are highly recommended for pregnant women as they can reduce the risk of anaemia, help cope with morning sickness, regulate blood pressure and blood sugar levels, get rid of toxins, boost immunity, and maintain healthy calcium content in the body. Dates are loaded with different nutrients that help pregnant women

immensely.

**Guduchi** *Rasayana, Sangrahi, Balya, Agnidipana, Tridoshshamaka.* It is useful to relieve the garbhini from *Daha, Meha, Kasa, Pandu, Kamla, Kushta, Vatarakta, Jwara, Krimi, Prameha, Swas, Arsha, Kricch, Hridroga.* It is a rich source of protein and micronutrients, such as iron, zinc, copper, calcium, phosphorus, and manganese.

**Gokshura** Use of *Gokshura* in sixth month of pregnancy is very important in *Ojovardhaka* and *Muthrakaraka* properties. It also prevents water retention as well as pregnancy induced hypertension and other related complications.

**Mrudwika** Due to its iron content, *Mrudwika* help in anemia. It also contains vitamin B complex which is required for producing red blood cells. *Mrudwika* contains dietary fiber which helps absorb natural fluids in the body. This adds volume to the food moving down the intestinal tract resulting in regular bowel movements and relief from constipation. The fibers also help in eliminating harmful toxins from the body.

**Goskheer** Ayurvedic properties of milk are *Jatisatmya, Swadupaka, Dhatu vardhaka, ojovardhaka, bala shukra ayushya vardhaka* and it relieves tiredness, excessive thirst, hunger and dizziness. It provides strength immediately, makes *indriya* strong quickly, retains longevity, pleasure and *sapta dhatu vardhaka*. The fetus obtains nutrition and strength with stability. Milk is consider as an ideal element of diet for pregnant woman as it is a rich source of proteins and vitamins. Protein provide building and maintaining of tissues such as muscles. Also it contains of vitamin A, D, B1, B2, B6, B11 and B12, lactose, calcium, phosphorus, minerals and zinc.

**Goghrita** It has Ayurveda properties of *Saumya, Sheeta veerya, Mrudu, Madhura Rasa, Sneha Guna, and Guru Guna.* *Ghrita* improves *Smruti, Buddhi, Medha, Kanthi, Swara, Sukumarathwa, Ojas, Tejas* and *Bala*. Protein content of *Ghrita* is 0.04 g/tbsp which includes 17 amino acids that are essential for good health. Also, it contains 112 calories/tbsp., 33 mg of cholesterol and 12.7 g of total fat content. It provides many essential fatty acids such as omega-3 and omega-6 which provides antiinflammatory properties, regulate DNA products and assist with cellular communication. It also contains vitamin A, D, E, K, calcium, potassium and small amount of riboflavin and pantothenic acid.

## CONCLUSION

- *Madhuraushadh siddha ksheer* with *ghrita* has been indicated during 6th and 7th month of pregnancy to minimise the effects of *balahani, varnahani* and *padshopha*.
- *Jivaniya, brumhaniya, balya, prajasthapan gunas* of *madhur rasa dravyas* and *balya, varnya, pushtikar, jivaniya gunas* of *ksheer* are very much ideal during

this stage to take care of special needs during pregnancy.

- Subjective parameters such as *bala, Varna* showed significant effect on garbhini.
- Objective parameters like haemoglobin percentage showed significant results in garbhini.
- The results of the study confirms the nutritional benefits of *Madhuraushadh siddha ksheer* as *Garbhini Pandu* during 6th and 7th month of pregnancy.
- The present trial treatment considered as a better therapy for garbhini pandu.

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