

SIGNIFICANCE OF RASAYANA DRAVYAS FOR GARBHINI AND GARBHA  
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**ABSTRACT**

Ayurveda has described several therapeutic regimens for the treatment of diseases and health promotion. The *Rasayana* therapy is one such approach of Ayurveda which helps to maintain general health and restrict pathogenesis of many diseases. The *Rasayana* drugs not only provides health benefits in diseased conditions but also promote and restore health of pregnant lady and new born, in this way *Rasayana* therapy play significant role in *Garbhini Paricharya*. This therapy provides health benefits in general health problems of pregnancy such as; tiredness, gastric irritation, pain and mood swings. *Rasayana* drugs possessing *Sheeta Virya*, *Madhura Vipaka* and *Madhura Rasa* thus offers many therapeutic properties including *Balya*, *Jivaniya*, *Garbha Sthapana* and *Brumhana*, etc. effects. These drugs potentiate *Dhatu*, regularize intrauterine life, nourishes mother and as well as new born and maintain circulation of body thus considered helpful for pregnancy care. Present article described significance of *Rasayana Dravyas* for *Garbhini* and for *Garbha Poshana*.

**KEYWORDS:** *Ayurveda*, *Rasayana*, *Garbha Poshana*, *Garbhini*.**INTRODUCTION**

Ayurveda described uses of *Rasayana* therapy since long back and ancient Ayurveda philosopher elaborated specific health benefits of *Rasayana* drugs along with their dosage and safety measures. These drugs also advocated for health management and disease prevention in case of pregnancy since *Rasayana* provides health restoration effects for *Garbhini* and *Garbha*. The *Rasayana* drugs prevent common infectious diseases during pregnancy, relief irritation; boost *Agni*, relieves body ache and nourishes fetus. *Rasayana* facilitate *Apyayana* of *Rasa Dhatu* thus improves strength of *Dhatu*.<sup>[1,5]</sup>

*Rasayana* by virtue of their *Madhura Rasa* regularizes maternal nutrition and fetal nourishment. The nourishing effects of *Rasayana* contribute towards *Prashasta Dhatu Nirmana*.

*Madhura rasa* is considered *Ajanma Satmya* which supplements fetus and also fulfill need of maternal diet. The uses of *Rasayana* during pregnancy improve quality of *Dhatu*s and *Ojas*. These drugs impart *Virya*, *Bala* and *Varna* effects therefore considered beneficial for both pregnant mother as well as fetus. The specific

health benefits of *Rasayana* which contributed towards healthy progeny depicted in **Figure 1**.



**Figure 1: Effects of *Rasayana* which helps in healthy pregnancy.**

*Rasayana* provides disease resistance power in; mother as well as fetus, these drugs maintains internal environment of fetus, establish *Garbha*, boost immunity and brings condition of healthy child birth. The *Medha*, *Dirghayu*, *Arogya*, *Smriti*, *Varna*, *Vyadhikshamatva* and *Prabha*, etc. effects of *Rasayana* contributed towards the

health of baby. Moreover regenerative, immunomodulatory, antioxidant, detoxifying and adaptogenic effects of *Rasayana* contributed towards the health restoration of *Garbhini*. These drugs maintain balances between mind and body, promote homeostasis and stabilize physiological process which is very essential during pregnancy.<sup>[5,8]</sup>

The neuro-protective effects prevent psychological depression, haemopoietic effects boost tissue, nutritive effects nourishes body and maintain growth of fetus. *Rasayana* drugs boost up quality of budding embryo. *Rasayana* facilitate *Prinana* of *Sarvadhātu*, provides supplementation to the fetus at early stage, helps to forming healthy tissues and provides healthy environment to the fetus growth.

*Vatatapika* type of *Rasayana* can be used effectively for *Garbhini*, *Ajasrika Rasayana* can also suggest along with nutritious diet such as milk and ghee. There are several drugs mentioned in *Garbhini Paricharya* like; *Shaliparni*, *Parushaka*, *Gokshura*, *Bala*, *Kharjura*, *Draksha*, *Shatavari*, *Ashwagandha* and *Jivanti*, etc. These drugs possess *Sheeta Veerya*, *Madhura Rasa* and *Madhura Vipaka* thus greatly helps in 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> of pregnancy. These drugs maintain level of *Rasa*, *Srotas* and *Agni* therefore maintains health of lady during pregnancy. These drugs provides relives in many complications related to pregnancy such as; hypertension, gestational diabetes, recurrent abortion, infections and intrauterine growth retardation, etc.

#### General Benefits of *Rasayana* in *Garbhini*

- ❖ *Rasayana* therapy improves quality of *Dhatu*s thus enhances strength of women during pregnancy.
- ❖ Imparts disease resistance power by improving immunity.
- ❖ *Rasayana* facilitate supply of nutrients and it provides nutrition therefore regularizes normal physiological function of body during pregnancy.
- ❖ *Rasayana* control circulation of body thus prevents fluctuation of blood pressure during pregnancy.
- ❖ Improves mental and intellectual power of child.
- ❖ Immuno-modulatory effect of *Rasayana* prevents many disorders related to alter immune response during pregnancy.
- ❖ Antioxidant effects of these drugs prevent oxidative damage during pregnancy thus control tissue damage.
- ❖ *Rasayana* stimulates detoxification of body therefore cleans *Srotas* and maintain transportation and circulation of body system.<sup>[9,11]</sup>

#### *Rasayana* for placental insufficiency

*Rasayana* nourishes *Rasa Raktadi Dhatu*s thus support growth and functioning of placenta and prevent placental insufficiency which may cause intrauterine growth restriction.

#### *Rasayana* for fetal growth

*Rasayana* possess *Balya*, *Brumhana* and *Medhya* effects thus support greatly towards the growth and development of fetus. The nutritional balance maintained by *Rasayana* enhances growth and improves birth weight of child.

#### *Rasayana* for fetal immunity

*Rasayana* improves fetal IgG level thus possess immunomodulatory effect. The maternal immunity improved by *Rasayana* drugs ultimately affects fetal immunity. It is believed that transfer of immunoglobulin to the fetus from mother during pregnancy improves after uses of *Rasayana* drugs.

#### *Rasayana* for physiological jaundice

Neonatal jaundice is common problem seen in new born, the *Balya* and *Yakrut Utejaka* properties of *Rasayana* drug helps to restrict pathogenesis of neonatal jaundice.

#### Specific *rasayana* drugs for *garbhini* and *garbha poshana*

*Shatavari* offers *Medhya* property thus enhances *Buddhi*; improves cerebral circulation, enhances oxygen utilization in brain and activates brain cells thus promotes intellectual components of baby.

*Jivanti* act as *Rakta Shodhaka*, improve *Varna* and imparts *Agnideepaka* effect thus facilitate formation of *Ahara Rasa*, thereby maintains *Poshana* of *Garbha*.

*Ashwagandha* helps in *Garbha Sthirakarana*, prevents preterm labor and reduces factors which can cause *Garbha Hani*.

*Draksha* is *Rasa Vardhaka Rasayana* hence facilitates growth of *Garbha* and *Garbhini*, this drug promote general health of female and prevent common gynecological disorders.

#### CONCLUSION

*Garbhini Rasayana* includes different drugs and dietary regimens having *Rasayana* properties and advocated for pregnancy care. *Rasayana* maintain general health of mother and induces favorable in-utero environment for fetus growth. Supports maternal nutrition and facilitate fetal nourishment also. *Rasayana* therapy provides tissue nourishment, imparts longevity, enhances immunity, boosts mental competence and regularizes normal physiological functioning of body, therefore advised for *Garbhini* and fetal care. *Rasayana* nourishes body tissues; maintain functioning of *Srotas* and contributed towards *Garbha poshana*. *Dirghayu*, *Smriti*, *Prabha*, *Medha*, *Varna*, *Deha Bala*, *Arogya* and *Vyadhikshamatva*, etc. effects of *Rasayana dravyas* helps to maintains cell life, promote growth of new cells, prevents infection, expels toxins, regulates physiological process and promotes homeostasis, therefore recommended for pregnancy care and fetal growth. Neuroprotective, anabolic, nutritive and *Rasa samvahana*

effects of these drugs contributed towards *Prashasta dhatu nirmana* in child. Drugs such as *Shatavari*, *Draksha*, *Ksheera*, *Jivanti* and *Ashwagandha*, etc. are considered good in case of pregnancy and neonatal care.

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