



Review Article

ROLE OF AYURVEDA MONTH WISE TREATMENT FOR *GARBHA CHALANA* W.S.R TO PREVENT HEMORRHAGE IN PREGNANCY

Bhavna Khandagre^{1*}, Sucheta Ray², Priyanka Hajare³, Ekta Singh Parihar³

¹PG Scholar, ²Professor & HOD, ³Assistant Professor, Dept. of Prasuti Tantra and Stree Roga Mansarovar Ayurvedic Medical College, Hospital and Research Centre, Bhopal, MP, India.

Article info

Article History:

Received: 19-09-2024

Accepted: 19-10-2024

Published: 20-11-2024

KEYWORDS:

Garbhasthapana,
Hemostatic,
Progesterone,
Nagkasara.

ABSTRACT

Motherhood is beautiful reflection. It indeed encompasses a deep sense of creation, not just in the physical sense, but in nurturing life, fostering growth, and shaping futures. Abortion incidence in India it is estimated that 15.6 million abortions take place per year. Abortion either medical or criminal has distinctive physical, social, and psychological side effects. Ayurveda emphasizes the Physicians' obligations during pregnancy, from conception to postpartum care Centrality of topic: *Garbha "Chalana"* means "to move" or "displacement," and it also means "to indicate fetus." According to Ayurveda, *Garbha Chalana* is a situation in which the fetus shifts from its normal position. Ayurvedic texts recommend treating this disease on a monthly basis. This indicates that the fetus is unstable, irregularly lodged in the womb, and exhibiting quivering or other aberrant motions might occur every month. *Acharya Harita* mentions *Garbha Chalana Chikitsa*. However, the classics also describe month-by-month treatment for this condition, suggesting that it is probably a *Prasramsamana Garbha* condition, which means that the fetus starts to descend slightly for expulsion, and that there is pain and burning in the back and flanks, as well as excessive bleeding, abdominal distension, and urine retention. The purpose of monthly *Garbha Chalana* treatments and various formulations is to stabilize the fetus from the overall treatment approach is aimed at conserving energy, ensuring proper nourishment and promoting the healthy despite the complications the focus is on creating a conducive environment within the body for the fetus to thrive through up to 8th month and beyond.

INTRODUCTION

About 80% of miscarriages happen before the 12th week of pregnancy, and 75% of them happen before the 16th week, according to the WHO. Abortion incidence in India it is estimated that 15.6 million abortions take place per year. Abortion either medical or criminal has distinctive physical, social, and psychological side effects. Other factor such as Major Obstetric Hemorrhage (MOH) refers to any kind of excessive bleeding (usually related to pregnancy) in a parturient. This could occur during the postpartum phase, during pregnancy, or during childbirth.

Although it seldom happens in the abdominal cavity, bleeding usually happens vaginally. Available evidence suggests that severe obstetric hemorrhage is the most frequent cause of maternal mortality and morbidity all over the world. A total of 8.7 million cases of MOH were recorded in 2015, and 83,000 of those cases resulted in mortality. In Ayurveda for stability of fetus i.e., *Garbha Chalana chikitsa* is mentioned by *Acharya Harita*. The word "*Chalana*," which means "movement," in Ayurveda, denotes movement from its natural location. Nonetheless, the classics also recommend month-by-month treatment for this ailment, indicating that it is most likely a condition of *Prasramsamana Garbha*, which refers to the fetus begins to gently descend for ejection, causing pain and a burning feeling in flanks and back, excessive bleeding, distension of abdomen and retention of urine. This is threatened early pregnancy loss, first trimester vaginal bleeding and cramping are common

Access this article online

Quick Response Code



<https://doi.org/10.47070/ayushdhara.v11i5.1758>

Published by Mahadev Publications (Regd.)
publication licensed under a Creative Commons
Attribution-NonCommercial-ShareAlike 4.0
International (CC BY-NC-SA 4.0)

symptoms of early pregnancy loss. There are three important causes of bleeding in early pregnancy, abortion, ectopic pregnancy, hydatidiform mole and subchorionic hematoma. But here in this article we mainly focus to prevent bleeding regarding abortion. The month-by-month treatment also recommends a consistent strategy that the doctor should implement to stabilize the pregnancy and avoid abortion and this risk should be considered and analyzed every month. This treatment can be given in *Putragniyonivyapada*, recurrent abortion cases. The treatment of *Garbha chalana* every month and also different formulations in each month are for stabilizing the fetus from getting aborted. This demonstrates that Ayurvedic masters recognized the potential for fetal instability, trembling, or the fear of abortion during the course of pregnancy months, and that they should be treated with various formulations as prescribed appropriately. This problem may only occur until the eighth month of pregnancy, as indicated by the description of month-by-month treatment up until that point. The fetus will typically be delivered in the ninth month if it exceeds this time.

AIM

To study the role of Ayurveda month wise treatment for *Garbha Chalana* w.s.r to prevent hemorrhage in pregnancy.

OBJECTIVE

1. To thoroughly comprehend *Garbha Chalana* concept by review of Ayurveda, in order to prevent mainly from hemorrhage of early pregnancy.
2. To collect and compile the mode of action of medications/*(Aushadha)* of *Garbha chalana*.

METHODOLOGY

To review thoroughly hemorrhage in pregnancy and *Garbhachalana* in various Ayurvedic classic like *Nighantu*, *Samhita*, journals, web source and modern text was be screened thoroughly.

Nidan

1. According to Acharya Charaka, the normal delivery of a mature fetus at term is caused by all seven factors. So as any abnormalities in this factor may lead to immature growth and expulsion before term (*Garbhasrava/ Garbhapata*).
2. Anger, sadness, jealousy, fear, terror, excessive exercise and coitus, annoyance, repression of natural urges, sitting or standing and sleeping on uneven surfaces, or abortion or vaginal bleeding are caused by aberrant postures, severe suppression of hunger and thirst, etc. *Acharya Sushruta* mentioned coitus, travelling in carriage, riding on horse, journey on foot, staggering or stumbling, compression, running, trauma from weapons, stones, or whips, sleeping or sitting in an

uneven position, fasting, repressing natural urges, eating an excessively dry, hot, or pungent diet, grief, diarrhea, overusing *Ksara* (alkali), emetics and purgatives, swinging, indigestion, and abortifacient medication use similar to how trauma causes a fruit to separate from its stem, the fetus separates from its attachments.

3. As a fruit falls down untimely due to the effect of *Krimi* (insect or parasite), *Vata* (wind) and *Aghata* (trauma) similarly fetus gets detached due to the influence of all these factors.
4. According to *Maharshi Bhela*, *Garbhavyapada* is the result of the actions of all twenty *Yoni rogas*.
5. Abortion complications are also thought to be caused by the mother's physical and mental health issues as well as fetal disorders.
6. Also the conception occurring in the third day of menstrual cycle.
7. *Acharya Vagbhata* say that if the woman does not give up contraindicated things.
8. Aggravated *Vayu*, located in *Sukra* causes abortion.

Samprapti

The fetus's separation from its bonds, growth beyond the uterus's normal bounds, and descent from the hollow space between the liver, spleen, and bowel causes irritation in the abdominal cavity. When the *Apanavayu* becomes irritated, it results in flank and *Kukshi* pain (lower abdomen), *Bastisira* (bladder neck), abdomen, and vagina, in addition to flatulence or distension of the abdomen, urine retention, etc and a number of other symptoms and issues that affect the developing fetus with bleeding.

Prognosis

Early in pregnancy, cramps and bleeding are very common. According to studies, between 12% and 57% of pregnant patients will eventually experience early pregnancy loss, and roughly 25% of women will experience vaginal bleeding before 20 weeks of gestation, severe bleeding, particularly The prognosis is much worse than that of light bleeding or spotting when pain or cramping is present. A higher risk of adverse outcomes in later stages of pregnancy, including pregnancy loss, preterm birth, early membrane rupture, restricted fetal growth in the uterus, and placental abruption, is also linked to pregnancies complicated by threatened miscarriage. Additionally, individuals who go on to experience early pregnancy loss have an elevated risk of experiencing depression, disrupted sleep, feelings of anger, and disturbances in their marital relationships.

Clinical features (*Lakshana*)

1. Due to the causes mentioned earlier abortion starts, there is pain in uterus, sacral and groin region and

over the urinary bladder along with bleeding. The pain is due to vitiation of *Vayu* and bleeding is due to expulsion of *Amagarbha* and opening of the orifices of *Artavavahasrotasas*.

2. There are two main features- *Shoola* (pain) and *Pushpadarshanam* (bleeding).

Modern Treatment for hemorrhage in early pregnancy - Modern treatment approaches are

tailored to the underlying cause and the severity of the bleeding. Here are the key treatment options-Tranexa, β HCG, progesterone.

Month-wise Treatment of *Garbha Chalana*

First of all close monitoring is required.

Foot end elevated

Shatdhotaghrta local application on lower abdomen.

Month	Treatment
First month	<i>Madhuka, Mrdwika, Chandana, Nilotpala, Bala, Sringataka, Kaseru</i> pestled with cold water and mixed with milk.
Second month	<i>Mrnala, Nagakesara</i> mixed with milk, <i>Tagara, Kamala, Bilva, Karpura</i> pestled with goat's milk
Third month	<i>Nagakesara</i> , sugar with milk, <i>Padmaka, Chandana, Padmanala</i> with milk.
Fourth month	<i>Usira, Chandana, Nagakesara, Dhataki</i> with <i>Ghrta, Kadali Moola</i> (root), <i>Utpala</i> with milk.
Fifth month	<i>Dadima Patra</i> (pomegranate), <i>Chandana</i> with <i>Dadhi, Nilotpala, Mrnala, Kesara, Padmaka</i> .
Sixth month	<i>Gairika</i> (red ochre), black clay, cow- dung, then cooled and mixed with <i>Chandana</i> and sugar.
Seventh month	<i>Usira, Goksuru, Lajjalu, Nagakesara, Padmaka</i> mixed with water and honey.
Eighth month	<i>Lodhrachurna</i> and <i>Magadhikachurna</i> mixed with honey milk.

Mode of Administration

Medications prescribed by *Acharya Harita* can be administered as *Yoga* in *Churna* form or in *Vati* form. These can be taken daily before food, particular prepared *Vati* can be taken according to month wise.

Probable Mode of Action

1st Month- *Acharya Harita* elaborating the subject says that *Sukra* after its union with *Sonita* attains the form of *Kalala* during the first day itself. In ten days the *Sonita* becomes *Budbuda* in fifteen days a solid in twenty days a mass of flesh and in twenty five days becomes more conspicuous.

S.No	Dravya	Uses
01	<i>Madhuca</i> (<i>Madhuka indica</i> J.F.Gmel.)	Cooling and hemostatic property the <i>Sheeta</i> potency, along with the <i>Madhura rasa</i> and <i>Vipaka</i> , makes <i>Madhuka</i> effective in conditions where <i>Pitta dosha</i> is aggravated, such as in hemorrhages. Its cooling nature helps in pacifying <i>Pitta</i> and controlling excessive bleeding. Strengthening and nourishing. The <i>Madhura rasa</i> and <i>Vipaka</i> also suggest that <i>Madhuka</i> has a nourishing effect, which is essential during pregnancy to maintain the health of both mother and fetus. The <i>Snigdha</i> and <i>Guru</i> qualities contribute to its ability to provide stability and prevent excessive bleeding, as it helps in promoting the production of good quality <i>Rasa Dhatu</i> (nutrient fluid), which stabilizes the body.
02	<i>Mrdwika</i> (<i>VitisVinifer</i> Linn.)	The <i>Madhura</i> taste and sweet post-digestive effect (<i>Madhura Rasa</i> and <i>Vipaka</i>) are nourishing and help in tissue repair, which is beneficial in managing blood loss. The light and cooling properties (<i>Laghu</i> and <i>Sheeta</i>) help in pacifying <i>Pitta Dosha</i> , which is often aggravated in bleeding conditions. The cooling effect also aids in reducing excessive heat and inflammation, which can contribute to bleeding. Hemostatic and rejuvenative due to its nourishing and cooling properties, <i>Mrdwika</i> is considered hemostatic (helps in stopping bleeding) and rejuvenative, making it useful in conditions like hemorrhage during pregnancy.
03	<i>Chandana</i> (<i>Santalum album</i> Linn.)	<i>Chandana</i> has a <i>Madhura Tikta Rasa</i> and <i>Sheeta Virya</i> . The <i>Sheeta Virya</i> astringent properties of <i>Chandana</i> can help to reduce bleeding by promoting vasoconstriction and clot formation. <i>Chandana</i> helps in pacifying <i>Pitta dosha</i> which is often associated with bleeding disorders. <i>Chandana</i> is considered <i>Laghu</i> and <i>Ruksha guna</i> in its qualities. These attributes can help in reducing the heaviness and excess moisture in the body, which can be beneficial in conditions of excess bleeding. <i>Chandana</i> has a <i>Sheeta Virya</i> potency which helps in controlling excessive heat in the body. In hemorrhagic conditions, this cooling effect can be

		useful in calming the internal systems and reducing the flow of blood.
04	Nilotpala (Nympha eastellata Linn.)	<i>Nilotpala</i> has a <i>Madhura Rasa</i> which is generally considered soothing and nourishing. This can help in reducing bleeding and calming the system <i>Laghu Guna</i> the unctuous quality is particularly beneficial in providing lubrication and reducing irritation in the uterine lining. <i>Nilotpala</i> has a <i>Sheeta Virya</i> potency which can help to pacify <i>Pitta dosha</i> . <i>Madhura Vipaka</i> can help in stabilizing the body after the acute phase of bleeding and helps in replenishing lost fluids and tissues, which is crucial after hemorrhage. It supports the body's recovery by nourishing.
05	Bala (Sida cordifolia Linn.)	The <i>Madhura Rasa</i> and <i>Madhura Vipaka</i> contribute to nourishment and stability and preventing threatened abortion. <i>Madhura Rasa</i> is associated with building and stabilizing tissue which help in preventing uterine contractions that can lead to hemorrhage. The <i>Sheeta virya</i> potency of <i>Bala</i> can helpful in reducing inflammation and controlling excessive bleeding. <i>Bala</i> is <i>Guru</i> and <i>Snigdha Guna</i> These qualities help in nourishing the body tissues and providing strength, which is essential during pregnancy, particularly in preventing or managing hemorrhage. Calcium is present in <i>Bala</i> calcium Important for bone health and muscle function, which is crucial during pregnancy.
06	Sringataka (Trapa bispinosa Linn.)	The <i>Madhura</i> and <i>Kashaya Rasa</i> helps in balancing the <i>Pitta</i> and <i>Kapha doshas</i> . The astringent property helps in contracting tissues and stopping bleeding. <i>Laghu</i> and <i>Snigdha Guna</i> helps in nourishing and strengthening the body tissue which can beneficial in preventing miscarriage. <i>Sringataka</i> can be utilized for its hemostatic properties to control bleeding and provide the necessary nourishment and strength to the uterus to help maintain the pregnancy. Vit k is present in <i>Sringataka</i> vitamin K essential for blood clotting. It plays a crucial role in synthesizing clotting factors like prothrombin. Deficiency in vitamin K leads to bleeding disorders. It is important for pregnant women to have adequate Vitamin K levels to prevent potential bleeding complications.
07	Kaseru and Milk (Scirpus Grossus Linn.)	Combined effect in <i>Garbha Chalana</i> (hemorrhage during pregnancy) both <i>Kaseru</i> and milk have <i>Madhura Rasa</i> and <i>Shita Virya</i> suitable for reducing <i>Pitta dosha</i> which is associated with bleeding. <i>Guru guna</i> helps in grounding and stabilizing the body providing support to the growing fetus. <i>Sheeta virya</i> help in pacifying the heat and inflammation that might be causing the hemorrhage there by aiding in reducing bleeding. Milks nourishing properties support the overall health of the mother and fetus, ensuring proper growth and development while <i>Kaserus</i> styptic property directly helps in controlling the hemorrhage.

2nd Month- Acharya Harita is of the view that in fifty days buds (of future body parts) in embryo come up.

S.no	Dravya	Uses
01	Mrnala (Nymphaea nouchali Linn.)	<i>Mrnala</i> has <i>Madhura Rasa</i> helps in nourishing the tissue and providing strength to the body. The <i>Guru Snigdha Guna</i> qualities contribute to its grounding and stabilizing effect which helps in maintaining the integrity of uterine lining and preventing bleeding. <i>Sheeta virya</i> help in reducing <i>Pitta dosha</i> it's provides cooling and calming effect helping to control excessive heat that might lead to hamorrhage. It's specific action (<i>Prabhava</i>) as hemostatic agent makes it particularly effective in stopping bleeding this is crucial in managing hemorrhage during pregnancy where controlling blood loss is essential for the health of both mother and the fetus.
02	Nagkesara and Milk (Mesua ferrea Linn.)	The hemostatic properties of <i>Nagakesara</i> combined with the nourishing and calming effects of milk create a stable environment for the fetus, preventing <i>Garbha chalana</i> the <i>Kashaya</i> and <i>Sheeta</i> properties of <i>Nagakesara</i> control bleeding while the nourishing and grounding qualities of milk support overall maternal health, reducing the risk of hemorrhage and supporting fetal development. Milk contains several key minerals that are important for overall health, especially during pregnancy. The main minerals present in milk include. Calcium vital for bone during pregnancy, calcium helps in the development of the baby's bones and teeth. Adequate calcium intake can prevent complications such as hypertension and preeclampsia. Phosphorus collaborates with calcium to develop bones and teeth.

		Additionally, it aids in the creation of DNA and RNA. Proper phosphorus levels support bone health and overall growth.
03	Tagra (ValerianaWalli chii DC.)	The calming properties of <i>Tagra</i> help reduce stress and anxiety which beneficial in preventing uterine contractions that may lead to threatened abortion. The <i>Ushna Virya</i> potency of <i>Tagra</i> may help in balancing <i>Vata dosha katu Vipaka</i> help post digestive effect may support the digestive fire (<i>Agni</i>) ensuring proper nourishment and preventing the build-up of toxins (<i>Ama</i>) that could affect pregnancy.
04	Kamala (Nelumbo nucifera Gaern.)	<i>Kamala</i> is known for its <i>Sheeta virya</i> potency hemostatic and astringent properties, which can help manage hemorrhage during pregnancy. The astringent properties to <i>Kamla</i> help in contracting tissues and blood vessels which can aid in stopping bleeding. The post-digestive effect of <i>Kamala</i> is typically <i>Madhura</i> , which means that it may have a nourishing effect on the body after digestion. This can support overall health and might contribute to stabilization and recovery during or after a hemorrhagic episode.
05	Bilva (Aegle Marmelos Corr.)	The <i>Kashaya</i> (astringent) taste contributes to its hemostatic properties helping to reduce bleeding <i>Bilva</i> have <i>Garbhasthanaprabhava</i> helps in supporting and stabilizing the pregnancy. <i>Bilva</i> can help stabilizing the fetus by providing strength to the uterine muscle and reducing the risk of miscarriage. <i>Laghu, Ruksha</i> These qualities of <i>Bilva</i> contribute to its ability to reduce <i>Kapha</i> and alleviate symptoms related to excess fluid or bleeding.
06	Kapura and Goat Milk (Cinnamomum camphora Linn.)	The combination provides a synergistic effect where <i>Kapura</i> helps in stopping the bleeding through its <i>Stambhana</i> property while goat milk nourishes and strengthens. <i>Kapura</i> and goat milk both have <i>Sheeta virya</i> which help in reducing <i>Pitta</i> related bleeding. Together they help in maintaining the balance of <i>Dosha</i> , particularly <i>Pitta</i> which is crucial in managing hemorrhage and supporting pregnancy.

3rd Month –*Acharya Harita* opines that in 3 months head becomes stronger.

S.no	Dravya	Uses
01	Nagakesara sugar and Milk (Mesua ferrea Linn.)	<i>Nagakesara</i> is known for its <i>Stambhana</i> (hemostatic properties) which help in stopping bleeding. This makes it useful in managing hemorrhage during pregnancy. Sugar and milk both have a <i>Sheeta virya</i> potency which helps in pacifying <i>Pitta dosha</i> . This is beneficial in controlling excessive bleeding.
02	Padmaka (Prunus Cerasoides D.Don.)	The <i>Raktastambhana</i> (hemostatic) action of <i>Padmaka</i> can help in controlling such bleeding. The <i>Sheeta virya</i> helps in reducing any inflammation and excessive heat in the body which might be controlling to the hemorrhage.
03	Chandana (Santalum album Linn.)	<i>Chandana</i> has a <i>Madhura, Tikta</i> and <i>Sheeta Virya</i> the <i>Sheeta Virya</i> astringent properties of <i>Chandana</i> can help to reduce bleeding by promoting vasoconstriction and clot formation. <i>Chandana</i> help in overall nourishment and support the stability of pregnancy. <i>Chandana</i> is considered <i>Laghu</i> and <i>Ruksha</i> in its qualities. These attributes can help in reducing the heaviness and excess moisture in the body, which can be beneficial in conditions of excess bleeding <i>Chandana</i> has a <i>Sheeta Virya</i> which helps in controlling excessive heat in the body. In hemorrhagic conditions, this cooling effect can be useful in calming the internal systems and reducing the flow of blood.
04	Padmanala and Milk (Prunus Cerasoides Linn.)	Both <i>Padmanala</i> and milk have a <i>Sheeta virya</i> (cooling) and stabilizing effect which helps in arresting hemorrhage. They provides essential nutrients and support the overall growth and development of the fetus both <i>Padmanala</i> and milk their <i>Sheeta Virya</i> properties helps in calming the mind and body reducing stress and anxiety which can beneficial for the mother.

4th Month- Acharya Harita opines fourth month lanugo appear.

S.no	Dravya	Uses
01	<i>Ushira (Vetiveria zizanoides Linn.)</i>	The calming and cooling effects of <i>Ushira</i> can contribute to maintaining a stable environment in the uterus promoting healthy fetal development and reducing risk of excessive bleeding. <i>Ushira</i> is traditionally used to stop bleeding (hemostatic action). In the context of pregnancy-related hemorrhage, especially postpartum hemorrhage, <i>Ushira</i> may help manage bleeding by promoting clot formation and constricting blood vessels.
02	<i>Chandana (Santalum album Linn.)</i>	<i>Chandana</i> has a <i>Madhura, Tikta</i> and <i>Sheeta Virya</i> help in overall nourishment and support the stability of pregnancy <i>Raktaprasadnabhava</i> of <i>Chandana</i> aids in maintaining healthy blood flow and preventing stagnation or excessive flow. <i>Chandana</i> is considered <i>Laghu</i> and <i>Ruksha</i> in its qualities. These attributes can help in reducing the heaviness and excess moisture in the body, which can be beneficial in conditions of excess bleeding. <i>Chandana</i> has a <i>Sheeta Virya</i> , which helps in controlling excessive heat in the body. In hemorrhagic conditions, this cooling effect can be useful in calming the internal systems and reducing the flow of blood.
03	<i>Naga kesara (Mesua ferrea Linn.)</i>	<i>Nagakesara</i> is known for its <i>Stambhana</i> which helps in stopping bleeding. <i>Sheeta Virya</i> potency which helps in pacifying <i>Pitta dosha</i> this is beneficial in controlling excessive bleeding. It helps in maintaining the health of both the mother and the fetus. <i>Nagakesara</i> is traditionally used to control excessive bleeding. It may help reduce uterine bleeding by promoting blood clotting and stabilizing blood vessels. This can be particularly beneficial in cases of mild to moderate bleeding during pregnancy. Anti-inflammatory and antioxidant effect These properties can help in reducing inflammation in the uterus and improving overall uterine health, which may indirectly support the prevention of bleeding.
04	<i>Dhatkiand Ghrita (Woodfordia fruticosa Kurz.)</i>	<i>Dhatki</i> is known for its <i>Kashaya Rasa, Sheeta Virya</i> and <i>Madhura Vipaka</i> its action is often attributed to stopping bleeding due to its <i>kashaya Rasa</i> . <i>Ghrita</i> is described as having a <i>Madhura Rasa, Sheeta virya, Madhura Vipaka</i> it is used for nourishing and pacifying <i>Pitta dosha</i> and it also has soothing effects. <i>Dhatki</i> is combined with <i>Ghrita</i> , the hemostatic effect may be enhanced due to the astringent properties of <i>Dhatki</i> and the nourishing and stabilizing effect of <i>Ghrita</i> . This combination can help control bleeding by promoting tissue contraction and blood clotting while also providing nutritional support to the mother and fetus. The anti-inflammatory properties of <i>Dhatki</i> , combined with the soothing effect of <i>Ghrita</i> , may help reduce inflammation and calm the uterine tissues, which is crucial in managing hemorrhage.
05	<i>Kadlimoola (Musa paradisiacal Linn.)</i>	<i>Kadlimoola</i> is described as having a <i>Madhura Rasa</i> and <i>Sheeta virya</i> properties. <i>Kadlimoola</i> is used in hemostatic and anti-inflammatory these actions make it effective in stopping bleeding. <i>Sheeta virya</i> , which helps in soothing and pacifying <i>Pitta dosha</i> , particularly useful in pregnancy to maintain balance and prevent overheating. <i>Kadlimoola's Vipaka</i> is <i>Madhura</i> which helps in nourishing the tissues and is considered beneficial during pregnancy.
06	<i>Utpala and Milk (Nymphaea nouchali Linn.)</i>	<i>Utpala</i> and milk enhance their <i>Sheeta Virya</i> properties which can pacify aggravated <i>Pitta dosha</i> responsible for conditions like hemorrhage. Milk, being nourishing and soothing complements <i>Utpala</i> hemostatic action providing additional support to the body during pregnancy. <i>Utpala's</i> hemostatic properties could help in controlling excessive bleeding, while milk's nourishing qualities might help support the mother's overall health.

5th Month- Acharya Harita opines that fetus becomes more *Sujiva* (capable to live independently).

S.No	Dravya	Uses
1	Dadima Patra (<i>Punica granatum</i> Linn.)	The <i>Kashaya Rasa</i> helps contracting tissues and reducing bleeding. <i>Madhura Rasa</i> provides nourishment and supports tissue health which is important for both the mother and the fetus. The unique hemostatic property of <i>Dadima Patra</i> helps in stopping bleeding. Its hemostatic and astringent properties help in controlling bleeding and promoting wound healing. In the context of hemorrhage during pregnancy, <i>Dadima Patra</i> might be used to support the body's natural healing processes and manage bleeding.
2	Chandana Dadhi (<i>Santalum album</i> Linn.)	<i>Chandana</i> is known for its cooling properties and is often used to reduce burning sensations and excessive heat in the body <i>Dadhi</i> it's nourishment and strength can be helpful for maintaining overall health during pregnancy.
3	Nilotpala (<i>Nymphaea stellata</i> Linn.)	<i>Nilotpala</i> is known for its <i>Sheeta virya</i> properties <i>Nilotpala sheeta virya</i> potency helps in reducing inflammation and excessive heat, <i>Kashaya Rasa</i> helps in toning and strengthening tissue. <i>Nilotpala</i> is generally considered beneficial in managing hemorrhage in pregnancy due to its cooling, astringent anti-inflammatory properties.
4	Mrnala (Nymphaea nouchali Linn.)	<i>Mrnala</i> has <i>Madhura Rasa</i> helps in nourishing the tissue and providing strength to the body. The <i>Guru Snigdha Guna</i> qualities contribute to its grounding and stabilizing effect which helps in maintaining the integrity of uterine lining and preventing bleeding its specific action (<i>Prabhava</i>) as hemostatic agent makes it particularly effective in stopping bleeding this is crucial in managing hemorrhage during pregnancy.
5	Kesara (Crocus sativus Linn.)	Hemostatic effect unique ability stop bleeding, uterine tonic strengthens the uterine muscle which can help in managing and preventing excessive bleeding during pregnancy. <i>Kesara</i> has a sweet and slightly bitter taste. Sweetness can have a nourishing effect on the body. <i>Kesara</i> is known for its light, dry, and slightly oily qualities. These properties may help balance the <i>Vatadosha</i> and support blood circulation. Its post-digestive effect is sweet, which generally contributes to rejuvenation and strengthening.
6	Padmaka (Prunus Cerasoides D.Don.)	Due to its <i>Kashaya Rasa</i> , <i>Sheeta virya</i> and <i>Stambhana Prabhava</i> <i>Padmaka</i> effective in managing hemorrhage during pregnancy. Its <i>Kashaya Rasa</i> property helps in constricting blood vessels and reducing bleeding. The potency (<i>Virya</i>) of blood is typically (<i>Ushna</i>). During hemorrhage, this heating potency may be reduced due to the loss of blood, which can affect the body's ability to maintain normal metabolic processes. The post-digestive effect (<i>Vipaka</i>) of blood is generally <i>Madhura</i> which means that it helps in maintaining the body's nourishment and vitality. Loss of blood may impact this sweet effect, leading to an imbalance and reduced nourishment.

6th Month- Quivering of fetus

S.No	Dravya	Uses
1	Gairika (red ochre) + Black clay+ cow dung mixed with Chandana and sugar	<i>Gairika</i> is classified under " <i>Shonitasthapana Mahakashaya</i> " <i>Gairika</i> is known for its hemostatic properties, it is believed to help stop bleeding. Black clay traditionally used in various treatments, though its specific effect in this context is not widely documented often used for its cooling properties, sandalwood can help soothe the body. Sugar used for its nourishing properties and to make the mixture more palatable. These substances collectively help in cooling the body, stopping bleeding and promoting healing which is crucial in managing hemorrhage during pregnancy.

7th Month

S.No	Dravya	Uses
1	Ushira (<i>Vetiveria zizanoides</i> Linn.)	The calming and cooling effects of <i>Ushira</i> can contribute to maintaining a stable environment in the uterus promoting healthy fetal development and reducing risk of excessive bleeding. Hemostatic properties of <i>Ushira</i> helping to control any unexpected bleeding. <i>Sheeta virya</i> effect reducing to risk of inflammation and providing a calming influence on the uterus.
2	Goksurā (<i>Tribulus Terrestris</i> Linn.)	<i>Goksurā Madhura Rasa</i> and <i>Sheeta virya</i> can help in calming the <i>Pitta</i> and <i>Vatadosha</i> which are often disturbed during pregnancy there by potentially aiding in the reduction of hemorrhage and supporting fetal stability. <i>Goksurā</i> has a bitter taste, which is often considered beneficial for reducing excess <i>Pitta dosha</i> (heat) in the body. It is generally considered to have a dry, light quality. This may help to reduce excessive fluid accumulation and bleeding by balancing the <i>Doshas</i> . <i>Goksurā</i> is often regarded as having a heating potency. This may help in improving circulation and tissue health, which could be beneficial in managing hemorrhage.
3	Lajjalū (<i>Mimosa Pudica</i> Linn.)	<i>Lajjalū</i> has potential benefits for managing hemorrhage during pregnancy due to its hemostatic properties. The <i>Kashaya Tikta</i> tastes of <i>Lajjalū</i> help in contracting tissues and reducing bleeding which is beneficial in managing hemorrhage. The <i>Laghu Guna</i> and <i>Ruksha</i> qualities help in drying up excessive bleeding and promoting tissue repair. <i>Lajjalū</i> is generally regarded as having a cooling potency. This can be beneficial for reducing inflammation and excessive bleeding by calming the body's internal heat and stabilizing the bleeding process.
4	Nagkesara (<i>Mesua ferrea</i> Linn.)	<i>Nagkesara</i> is specifically known for its ability to stop bleeding its <i>Prabhava</i> includes the stabilizing of blood flow and the strengthening of the uterine muscle reducing the risk of miscarriage. Its <i>Sheeta virya</i> helps in reducing inflammation which can be a contribution factor to hemorrhage. <i>Nagkesara</i> has a bitter taste. In Ayurveda, bitter tastes are often considered to help reduce <i>Pitta dosha</i> and can have a stabilizing effect on bleeding conditions. It is generally considered to have a heavy and slightly dry quality. This can help in reducing excess fluid and controlling bleeding, potentially offering some support in hemorrhage situations.
5	Padmaka + Water + Honey (<i>Prunus Cerasoides</i> D. Don.)	<i>Padmaka</i> helps in reducing bleeding to. It's <i>Kshaya Rasa</i> and hemostatic properties. Water ensures hydration and cools the body helping to balance <i>Pitta dosha</i> and maintain blood volume. Honey offers additional hemostatic and antiseptic benefits promoting tissue repair and preventing infections.

8th Month- Acharya Harita opines that in this month the *Pachakagni* (digestive enzymes) starts functioning and in ninth month activities are more apparent.

S.No	Dravya	Uses
1	Lodhra churna (<i>Symplocos racemosa</i> Roxb.)	The <i>Kashaya Rasa</i> helps in contracting tissues and blood vessels which can aid in controlling bleeding. <i>Lodhra</i> hemostatic properties can help manage and control bleeding reducing the risk of hemorrhage and <i>Sheeta virya</i> potency can reduce inflammation in the uterine lining which can help stabilize the pregnancy.
2	Magadhika churna + Honey and Milk (<i>Piper longum</i> Linn.)	The combination of these ingredients can help in stabilizing the pregnancy by promoting proper blood flow and preventing stagnation milk and honey provide a soothing and nourishing effect which can help in calming and agitation or movement of the fetus (<i>Garbha chalana</i>). <i>Magadhika</i> stimulating effect on <i>Agni</i> can ensure that metabolism and digestion are functioning optimally preventing any accumulation of toxins that might contribute to instability or hemorrhage.

DISCUSSION

In abortion mainly *Pitta dosha* and causative factors. *Garbha Chalana* treatment can be uterine/endometrial receptivity (*Khetra dushti*) is done to prevent from hemorrhage of early pregnancy.

These medicines can be very effective if taken as all medicines month wise is form of *Vati or Churna*. Single drug can also be effective from month wise regimen. *Garbha chalana* (hemorrhage in pregnancy) according to Ayurvedic texts refers to the detailed month wise development and care of the fetus during pregnancy. *Acharya Harita* provides guidelines for the care of a pregnant woman and the fetus. *Acharya Harita* offers month wise treatment to ensure the health and well being of both the mother and the child month wise treatment according to *Acharya Harita* is play important role in pregnancy light and digestive food like milk, ghee and honey both have *Sheeta virya* potency which helps in pacifying *Pitta dosha* this is beneficial in controlling excessive bleeding. One of the below mentioned formulations shall be given for treatment of excessive quivering of fetus or threatened abortions. *Madhuka* cooling and hemostatic property provide strengthening and nourishing, *Chandna Madhura Rasa* and *Madhura Vipaka* are nourishing and help in tissue repair, *Nagkesara* hemostatic properties provide stable environment for the fetus. The treatment of *Garbha Chalana* every month and also different formulations in each month are for stabilizing the fetus from getting aborted. The drugs used in 1st - 9th month treatment are *Sandhana* with *Kashaya*, *Skandana* with *Sheeta Virya* in properties overall this *Masanumasikakashaya* to be given to avoid pregnancy complication and for better fetal growth.

CONCLUSION

In the case of hemorrhage the up to 8th month of pregnancy, *Acharya Harita* suggest treatment that aim to strengthen the uterus and focusing on stabilizing the pregnancy and ensuring the health of both mother and child and calm the vitiated *Dosha* particularly *Vata* and *Pitta* the approach involves the use of nourishing easily digestible foods and specific medication such as *Madhuka*, *Mardwika*, *Chandana*, *Mrnala* and *Nagkesara*, *Usira* etc. Its provide *Stambhana* (hemostatic properties) which help in stopping bleeding this makes it useful in managing hemorrhage during pregnancy. The overall treatment approach is aimed at conserving energy, ensuring proper nourishment and promoting the healthy

despite the complications the focus is on creating a conducive environment within the body for the fetus to thrive through up to 8th month and beyond.

REFERENCES

1. Tiwari P.V. Book of Ayurvediya Prasuti Tantra Evam Striroga, Part 1, Chaukhambha Orientalia Varanasi, Second Edition, 2000 2018, 60.
2. Text book of Gynecology, Dutta D.C., 7th Edn. Kolkata: New central Book Agency Pvt. Ltd. 2010
3. Ashtanga Sangraha-edited with Hindi Commentary, Kaviraj Atridev Gupta (editor), Varanasi: Chaukhambha Krishnadas Academy; 2005.
4. Dipika and Gudhartha Dipika. Shrangdhara Samhita. Commentary, Varanasi: Chaukhambha
5. Davari-Tanha F, Shariat M, Kaveh M, Ebrahimi M, Jalalvand S. Threatened Abortion: A Risk Factor For Poor Pregnancy Outcome. Acta Med Iran. 1; 46(4): 314-320.
6. <http://www.freemd.com/pregnancy/overview.htm>
7. Bhela Samhita of Bhela, Sutra sthana, Chapter 11, Verse no. 15, Maharishi University of Management Vedic Literature Collection, 27
8. Bramhanand tripathi, editor, 2005, Sharangadhara samhita of Sharangadhara, purvakhanda, chapter 7, verse no. 180-181, re-print ed., Chaukhamba Surbharati prakashana, Varanasi, 119
9. Premvati Tewari, 1996, Ayurveda prasuti-tantra evam stri-roga, part II, chapter 9, 2nd ed., Chaukhamba orientalia, Varanasi, 330
10. Ambikadatta shastri, editor, 2010, Sushruta samhita of Sushruta, vol I, nidanasthana, chapter 8, verse no. 12, re-print ed., Chaukhamba surbharati prakashana, Varanasi, 340
11. Narendranath shastri, editor, 1994, Madhava nidana of Madhavakara with Madhukosha commentary, chapter 64, verse no. 2, reprint ed., Motilal banarasidas, Delhi, 859
12. Brahmanadtripathi, editor, 2007, Charakasamhita of Agnivesha, vol I, Sharirasthana, chapter 4, verse no. 28, re-print ed., Chaukhamba surbharati prakashana, Varanasi, 887

Cite this article as:

Bhavna Khandagre, Sucheta Ray, Priyanka Hajare, Ekta Singh Parihar. Role of Ayurveda Month Wise Treatment for Garbha Chalana w.s.r to Prevent Hemorrhage in Pregnancy. AYUSHDHARA, 2024;11(5):28-36.

<https://doi.org/10.47070/ayushdhara.v11i5.1758>

Source of support: Nil, Conflict of interest: None Declared

*Address for correspondence

Dr. Bhavna Khandagre

PG Scholar,

Dept. of Prasuti Tantra and Stree Roga,
Mansarovar Ayurvedic Medical
College, Hospital and Research Centre,
Bhopal, MP.

Email: bhavanakhandagre@gmail.com

Disclaimer: AYUSHDHARA is solely owned by Mahadev Publications - A non-profit publications, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. AYUSHDHARA cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of AYUSHDHARA editor or editorial board members.