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## The Role of Ayurvedic Herbs in Preventing Miscarriage (Garbhastrava): A Review

Bhapkar R.<sup>1</sup>, Shirke P.<sup>2</sup>

1. MS Scholar, Dept. of Prasuti Tantra and Stree Roga , Dr.D.Y.Patil College of Ayurveda and Research centre, Pimpri, Pune, 411026.
2. HOD and Professor Prasuti Tantra and Stree Roga department, Dr. D. Y. Patil College of Ayurveda and Research centre, Pimpri, Pune, 411026

### ABSTRACT:

Ayurveda examines recurrent pregnancy loss from a holistic perspective, highlighting the importance of balance among the body, mind, and spirit. In accordance with Ayurvedic principles, recurrent pregnancy loss (RPL) can be linked to conditions such as “Puthraghni yonivyapath” and “Garbhasravivandhya,” which pertain to fertility issues and recurrent pregnancy losses stemming from imbalances in the three doshas - Vata, Pitta, and Kapha. Each woman's distinctive constitution (Prakriti) is shaped by her doshas. An imbalance resulting from excessive intake of Katu (spicy), Kashaya (astringent), and Tikta (bitter) foods, along with other lifestyle choices, can elevate Vata levels—potentially leading to conditions like “Shonita Dusti” (blood disorders) and “Artava Dusti” (ovum-related disorders), which could contribute to pregnancy loss. The Ayurvedic approach focuses on fostering a supportive environment for conception and maintaining pregnancy rather than merely addressing symptoms.<sup>1-3</sup>

**KEYWORDS:** Dosha, Garbhasthana, Garbhastrava(miscarriage).

### CORRESPONDING AUTHOR:

**Dr. Rutuja Sanjay Bhapkar**

MS Scholar, Dept. of Prasuti Tantra and Stree Roga, Dr. D. Y. Patil College of Ayurveda and Research centre, Pimpri, Pune, 411026.

Email- [bhapkarrutu@gmail.com](mailto:bhapkarrutu@gmail.com) , Mobile no: - 917719926855

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**INTRODUCTION:**

Miscarriage, which is typically defined in contemporary medical settings as the unintentional loss of pregnancy before it reaches viability (generally less than 20-24 weeks), occurs in about 10-15% of recognized pregnancies. Recurrent pregnancy loss (RPL), characterized by two or more successive miscarriages, presents various emotional, physical, and medical difficulties. The ancient Indian medical system of Ayurveda categorizes miscarriage under the terms Garbhastrava (bleeding during the first trimester or the expulsion of the fetus before full term) and Garbhapata.<sup>4</sup>

According to Ayurvedic principles, the well-being of the embryo or fetus (garbha) depends on a balance among Beeja (the ovum and sperm), Rasa (nutritional fluids), Dhatus (tissues), a healthy uterine environment (kshetra), and the equilibrium of doshas particularly Vata and Pitta.<sup>5</sup>

Ayurvedic practices advocate for preventive measures (Garbhini Paricharya) and certain herbal treatments (such as Garbhasthapan herbs) to help sustain pregnancy and avoid miscarriage.<sup>6</sup>

**Terminology used in ayurveda for miscarriage**

**Garbhasrava:** Denotes the fetus's ejection through the fourth month of gestation. This is due to the fact that during this time, the products of conception are thought to be in a liquid or semi-liquid form (ama or "unripe" state).<sup>4</sup>

**Garbhapata:** The term for the fetus's ejection in the fifth and sixth trimesters of pregnancy. At this point, the foetal pieces are more firm or have achieved some stability, and the mechanism of evacuation is similar to a little labour.<sup>4</sup>

Recurrent or habitual miscarriage is also described in Ayurvedic classics as :-

**Putraghni Yonivyapada:** A uterine disorder characterized by repeated pregnancy losses.<sup>7</sup>

**Vandhya:** Refers to infertility resulting from repeated abortions.<sup>7</sup>

**Aim:-**

Ayurvedic herbs and treatments aimed at preventing miscarriage (referred to as Garbhasrava or Garbhapata) are designed to support the mother's overall health and solidify the groundwork for a successful pregnancy. This method emphasizes the importance of balancing the body's Doshas (particularly Vata and Pitta), improving the quality of reproductive tissues (Dhatus), cleansing the body of toxins, and creating a supportive environment for the developing fetus.

**Objective:-**

To significantly evaluate Ayurvedic herbs and traditional formulations stated in Ayurvedic literature and current clinical research that contribute to stopping miscarriage, and to synthesize modern-day pharmacological proof, protection issues, and gaps for destiny studies

**Material And Methods:-**

Review of classical Ayurveda texts (Sushruta, Charaka, Vagbhata) on Masanumasa & Garbhasthapanadravyas; literature search of recent Ayurvedic studies and clinical trials using databases of Indian Ayurvedic journals; comparison with modern pharmacological data. Literature: Ayurved Bruhatrayi, Relevant to topic literature of modern books and journals, Dravyaguna vigyana books. Previous related research work to the present topic (Thesis, Articles, Lectures etc.) to correlate attributes of Masanumasik kashayas

**Etiological Factor:-**

According to Charaka	According to Sushruta	According to Vagbhata
Abnormalities of shukra (semen), Asrk (ovum or ovarian hormones),	Excessive coitus, Travelling in carriage for long distance, horse riding,	Excessive accumulation of doshas, Disease of mother or fetus,

Atma (life principle), Ashaya (uterus/womb), Rutukala (Menstrual cycle), Ahara(diet).	Excessive walking, Fast running, Compression, Trauma by weapons, sitting in uneven place Abortifacient drug.
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**Role of Role of Dosha in Miscarriage**

**Vata Dosha (Primary cause)-** 1) Causes uterine instability, pain, bleeding.  
2)Lead to detachment and expulsion of fetus.  
3)Aggravated by stress, travel, fasting, excessive activity.

**Pitta Dosha-** 1) Causes excessive bleeding, inflammation  
2)Leads to heat-induced fetal damage

**Kapha Dosha-** 1) Causes poor nourishment of fetus.  
2)Leads to weak implantation and growth failure  
Vata + Pitta combination is most commonly responsible.

**Pathogenesis (Samprapti):-**

Nidan ———Dosha vitiation (mainly Apana vata)———Disturbance of Garbhashaya——  
——Impaired nourishment of fetus———  
—Bleeding,pain,uterine contraction———  
—Garbhastrava .

**Ayurvedic management for preventing recurrent pregnancy loss:-**

**1)Panchakarma(Pre-conception Detoxification)**

To remove toxin (Ama) from body ayurveda recommended detoxification of body before

**A) Shatavari — Asparagus racemosus**

**Rasa** - Madhura (Sweet) , **Tikta** (Bitter) **Virya** - Sheeta (cool) **Vipak** - Madhura (Sweet)

Active principle and Mechanism of action -

Uterine Contraction	Strengthens uterus	Hormonal Balance	Stress Management	Provide Essential Nutrients
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planning pregnancy. In this detoxification following therapies are included -

Virechana - For pitta balance

Basti /Uttarbasti - For vata regulation

Panchakarma is a vital Ayurvedic preconception treatment performed 3–6 months before pregnancy to detoxify (Shodhana) and rejuvenate the reproductive system of both partners. It removes accumulated toxins (Ama), balances doshas (Vata, Pitta, Kapha), and improves egg/sperm quality, fostering an optimal environment for conception and a healthy, intelligent child.

**Key Components and Benefits of Preconception Panchakarma**

**Detoxification (Shodhana):** Processes like Vamana (emesis) and Virechana (purgation) cleanse the body, addressing root causes of infertility.

**Reproductive Health:** Basti (medicated enema) is used to balance Vata, regulate hormones, and strengthen the uterus for implantation, while Nasya helps with hormonal balance.

**Stress Reduction:** Therapies like Shirodhara (oil pouring) and Abhyanga (oil massage) reduce mental stress, improving overall conception chances.

**Sperm and Ovum Quality:** Cleansing removes toxins from Shukra Dhatu (reproductive tissue), enhancing sperm count and motility, and supporting healthy egg production.

**Timing:** The ideal time is 1-3 months before trying to conceive.

**2)Garbhashaya Balya Chikitsa (Strengthening the uterus)**

Following ayurvedic herbs are known to support uterine health

Saponins is active compound in shatavari have antioxytocin effect ,that inhibit uterine contraction. This action is crucial in preventing a preterm labor or threatened abortion. <sup>8-16</sup>	This nourishing the womb and uterine tissues, form supportive environment for implantation of fertile egg and helps to fetus growth. <sup>9,10,17</sup>	Phytoestrogens which is content of shatavari helps for balance hormonal levels.	Shatavari act as an adaptogen,helps mother's body to manage physical and emotional stress,which can impact pregnancy.	Shatavari is rich in folic acid and elements that are important for Fetal development and maternal health.
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**B) Guduchi - Tinospora cordifolia**

In ayurveda Guduchi is classified as Rasayana (rejuvenator) that enhances overall vitality,immunity and reproductive health.

**Rasa** - Tikta(Bitter), Kashaya (Astringent) **Virya** - Ushna **Vipak** - Madhura (Sweet)<sup>10</sup>

Active principle and Mechanism of action -<sup>14</sup>

Diterpenoid Lactones (Furanolactones): Compounds like tinosporides, columbin, and isocolumbin serve as powerful anti-inflammatory substances.

Alkaloids: Berberine, palmatine, tembetarine, and magnoflorine enhance the overall therapeutic properties of the herb.

Glycosides: The presence of 18-norclerodane glycoside, tinocordiside, and various cordiosides is noted.

Other Components: Included are steroids, such as β-sitosterol, along with polysaccharides

Immunomodulatory Effects	Anti-inflammatory Properties	Tissue Strengthening	Stress Reduction
Guduchi stabilize maternal immune response and make more stable environment for fetal development. Because maternal immune system may treat fetus as foreign body causes recurrent spontaneous abortion. <sup>16</sup>	Reduces local inflammation in reproductive system	Enhance all seven dhatus quality and promotes nourishment,tissue strength,stability in body	Helps to manage stress.

**C) Yashtimadhu (Licorice) – Glycyrrhiza glabra**

Rasa - Madhura (Sweet) **Virya** - Sheeta (cool) **Vipak** - Madhura (Sweet)<sup>20</sup>

Active principle and mechanism of action-

Glycyrrhizin - The primary active component of this triterpenoid saponin, responsible for the herb's sweet flavor. It exhibits notable anti-inflammatory and immunomodulatory properties, which can aid in decreasing inflammation that could potentially jeopardize a pregnancy.<sup>21</sup>

Flavonoids-including liquiritin, isoliquiritigenin, and glabridin, offer antioxidant benefits and possess mild estrogen-like effects. These estrogenic properties may assist in maintaining hormonal equilibrium, essential for a healthy pregnancy.

Phytoestrogens are plant-derived compounds that support the functioning of the endocrine system and adrenal glands, which play a role in regulating stress hormones such as cortisol and sustaining hormonal balance.

Implantation Support	Fetal Nourishment and Growth	Hormonal Balance	Stress and Inflammation Reduction	Maternal Health
Help for proper implantation and stabilisation of pregnancy. <sup>19</sup>	Yashti Madhu is categorised as Jeevaniya herb, so it provides adequate nutrition to both mother and developing fetus. <sup>18,20</sup>	phytoestrogens helps to support hormonal balance	Yashtimadhu has anti-inflammatory and stress reducing property, which are beneficial to maintaining healthy pregnancy environment <sup>22</sup>	It is useful for managing common pregnancy discomfort like nausea and common condition like anaemia in pregnant woman.

#### D) Sariva (Indian sarsaparilla) – *Hemidesmus indicus*

**Rasa** - Madhura (Sweet) , Tikta (Bitter) **Virya** - Sheeta (cool) **Vipak** - Madhura (Sweet)<sup>23</sup>

Active principle and mechanism of action-<sup>25</sup>

2-Hydroxy-4-methoxybenzaldehyde (MBALD): This significant aromatic phenolic compound is present in the root extract.

Sterols and Triterpene Saponins: These are recognized as vital active components that enhance the plant's therapeutic characteristics.

Coumarins & Tannins: Found in the root, these contribute to its anti-inflammatory effects. Essential

Oils: The roots contain abundant essential oils that offer medicinal advantages.

Strengthens pregnancy	Reduces heat (Pitta)	Addresses underlying causes	Formulation
Sariva is uterine tonic, which act to support retention of fetus	Because of sheeta veerya sariva reduces excessive dosa in body, which is common cause of bleeding and pregnancy loss in ayurveda <sup>24</sup>	It is specifically use to treat infections	It is used in masanumasik preparation. Sarivadyasava and sariva vati is basically used in practice to ensure healthy pregnancy.

#### E) Bala – *Sida cordifolia* (Atibala / Bala group)

In Ayurvedic tradition Bala is classified as Garbhasthapaka Dravya means substance that helps to sustain pregnancy by nourishing mother and fetus

**Rasa** - Madhura (Sweet) **Virya** - Sheeta (cool) **Vipak** - Madhura<sup>27</sup>

Active principle and mechanism of action<sup>-26-28</sup>

Vasicine: The alkaloid vasicine is present in *Sida cordifolia*. Pharmacological research has revealed that vasicine can have oxytocic and abortifacient effects, which means it may actually cause uterine contractions and possibly cause a miscarriage rather than prevent one, even though certain traditional writings mention the plant in relation to uterine health.

Uterine Tonic	Supportive Formulation	General Health
Helping to strengthen uterine muscles and provide nourishment for maternal body.	Bala Tail - Use for external massage that provide strength to muscles and ligaments of pelvic area Mahadhanwantaram Gutika- In ayurvedic practice this formulation use to prevent miscarriage.	It improved general strength, immunity, energy which are crucial during pregnancy.

### 3) Hormonal balance and ovum quality

Ayurveda improve hormonal harmony by nourishing Artava Dhatu (reproductive tissue).

Therapies-

A) Rasayana treatment

Key Mechanisms of Rasayana in Preventing Miscarriage:

**Garbha Sthapana (Stabilizing the Fetus):** Specific Rasayana herbs and formulations are used to nourish the uterus, enhance the endometrium, and stabilize the fetus, particularly in cases of recurrent spontaneous abortions. **Immune Modulation & Inflammation Control:** Rasayana drugs act as immunomodulators, strengthening maternal immunity and reducing local inflammation that may cause early pregnancy loss. **Nutrient Delivery:** Rasayana improves the supply of essential nutrients (Rasa-Raktadi Dhatus) to the fetus, enhancing placental functioning and preventing intrauterine growth restriction.

**Stress Reduction:** By calming Vata dosha, these therapies reduce stress, anxiety, and mental disturbances that can contribute to premature delivery or miscarriage.

B) Medicated ghee preparations

C) Herbal formulation for thyroid and insulin balance (if required)

Certain Rasa Kalpa (herbo-mineral formulation) along with herbal medicine are use such as -

**Garbha Pal Ras :** Garbhapal Ras typically contains a blend of minerals and herbs, including: Hingool (Cinnabar), Nag Bhasma (Lead Calx), Bang Bhasma (Tin Calx), Dalchini (Cinnamon), Sunthi (Ginger), Tejpatra (Indian Bay Leaf), Chhoti Ela (Cardamom), Pipal (Long Pepper), Mirch (Black Pepper), Dhania (Coriander)

Benefits & Uses

**Pregnancy Support:** Helps in the healthy development of the fetus and supports maternal health.

**Ailment Management:** Used for treating nausea, vomiting (morning sickness), fever, diarrhea, and hyperacidity during pregnancy. **Uterine Health:** Strengthens the uterus, reduces uterine swelling, and helps prevent habitual abortion/miscarriage.

**Puerperal Care:** Used in post-delivery care.

**Dosage & Administration**

**Dose:** 1–2 tablets, once or twice a day, often taken with honey, milk, or water.

**Garbha Chintamani Ras :** used to manage complications like fever, excessive vomiting (morning sickness), weakness, and potential miscarriage risks, while also balancing Vata-pitta doshas .

**Ingredients:** Contains Swarna Bhasma (Gold), Rajat/Chandi Bhasma (Silver), Lauha Bhasma (Iron), Abhrak Bhasma (Mica), Sudh Parad (Purified Mercury), and Sudh Gandhak.

**Dosage:** Typically 1–2 tablets, once or twice a day, usually with honey, milk.

#### 4) Role of beeja shuddhi and male factor correction<sup>29</sup>

Shukra shodhana focus on improving sperm count, motility, enhance the inherent strength, vitality and genetic quality of sperm.

**Shukra Shodhana Gana:** Charaka sutra 4/12  
**Kustha (Saussurea lappa B. Clarke.) - Rhizome**

Anti inflammatory, diuretic, anti microbial, anti tussive, expectorant, immune modulator etc.

**Elavaluka (Brunus cerasus Linn.) - Seeds**

Possesses antibiotic, anti-inflammatory, cooling properties, soothes the urogenital system, diuretic, and more.

**Katphala - Myrica nagi - Stem bark**

Serves as an expectorant, anti-tussive, bronchodilator, and stabilizer among other uses.

**Samudraphena (Internal - cell of Sepia officinalis) - mineral origin drug**

Functions as a carminative, digestive aid, lithotriptic, anti-flatulent, and anti-spasmodic.

**Kadamba (Anthocephalus indicus A. Rich.) - Gum/resin**

Acts as an absorbent, anti-hyperglycemic, bulk enhancer, and stabilizer.

**Ikshu - Sugarcane (Saccharum officinarum Linn.) - Roots/juice**

Works as a diuretic, coolant, choleric, energizer, and tonic.

**Kandeksu (Saccharum spontaneum Linn.) - Roots**

Serves as a choleric, energizer, diuretic, coolant, soothing agent, and lithotriptic.

**Ikhsuraka (Asteracantha longifolia Nees.) - Roots/Stem**

Exhibits anti-inflammatory, analgesic, immune-modulating, and alkalizing properties.

**Vasuka (Indigofera enneaphylla Linn.) -**

Whole plant Strengthens the urogenital system, acts as an absorbent, and has antimicrobial properties.

**Therapeutic uses of Shukra shodhana gana drugs:**

Hukrashodhana drugs individually and altogether helpful in several uro - genital disorders such as urinary calculi, dysurea, spermatorrhoea, haemeturia, proteinurea etc. In addition, they are useful in general debility and in bilious health conditions. In liver disorders and immunological disorders too they are applicable in various forms

**5) Stress and Emotional Healing**

Repeated miscarriage may cause due to an anxiety, fear and emotional trauma . Calm and balance mind is essential for conception and pregnancy stability.

**Therapies include -**

A) Shirodhara -Shirodhara is often part of the pre-conception Panchakarma detoxification process, which prepares the body by removing toxins, balancing doshas, and creating an optimal environment for conception and implantation.

B) Abhyanga - Vata Pacification: In Ayurveda, miscarriages are often attributed to an aggravated Vata dosha. Regular oil massage helps calm Vata, which can prevent uterine spasms and support fetal development.

Stress Reduction: Abhyanga reduces cortisol levels, helps manage anxiety, and fosters relaxation, which is crucial for reducing the risk of pregnancy loss.

Strengthening the Uterus: Techniques like applying Lakshadi Taila or Shatadhauta Ghrta (ghee) to the abdomen are used to nourish the uterus, enhance blood circulation, and increase fetal stability.

Preconception Care: It is recommended as part of a 3-6 month preconception routine (along with detoxification/Panchakarma) to prepare the body and uterus for a healthy pregnancy.

C) Meditation and Pranayama -



D) Satvik diet and counselling -

**MASANUMASIK KASHAYA** <sup>30-31</sup>

**1) 1st month**- Yashtimadhu, Shakbeej (Rasa-Kashaya, Vipak- Katu)

**2) 2nd month** - Ashmantak(Rasa- Madhur, Kashaya, Vipak-Madhur, Veerya-Sheet, Guna-Laghu, Ruksha), Krushnatila (Rasa- Katu, Tikta, Madhur, Kashaya, Vipak-Madhur, Veerya-Ushna,Guna-Snigdha), Manjishtha (Rasa- Madhur, Tikta, Vipak- Katu, Veerya-Ushna, Guna-Guru, Ruksha), Shatavari

**3) 3rd month** - Vrukshadani (Rasa- Kashaya, Tikta, Madhur, Vipak-Katu, Veerya-Sheet, Guna-Laghu, Ruksha), Ksheerkakoli (Rasa-Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha), Priyangu(Rasa-Tikta, Kashaya, Madhur, Vipak-Katu, Veerya-Sheet,Guna-Laghu, Ruksha) ,Nilotpal(Rasa-Madhur, Kashaya, Tikta, Vipak-Madhur, Veerya-Sheet ,Guna- Laghu, Snigdha, Pichhil) ,Sariva

**4) 4th month** - Ananta (Rasa-Madhur, Kashaya, Katu, Vipak-Madhur, Veerya-Sheet, Guna-Laghu), Sariva, Trushnashamak, Rasna(Rasa-Tikta, Vipak- Katu, Veerya-Ushna, Guna- Guru), Padma (Rasa-Tikta, Kashaya, Madhur, Vipak-Katu, Veerya-UshnaGuna- Guru, Ruksha), Yashtimadhu, Shonitsthapan, Trushnashamak, Chhardihar

**5) 5th month** -Bruhati (Rasa- Katu, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha), Kantkari (Rasa-Katu, Tikta, Vipak-Katu, Veerya-Ushna,Guna-Laghu, Ruksh), Kashmari(Rasa-Tikta, Kashaya, Madhur, Vipak-Katu, Veerya-Ushna, Guna- Guru), Ksheerishrung, Ksheeritwak(Rasa- Kashay, Vipak-Katu, Veerya-Ushna, Guna-Guru, Ruksha), Vacha(Rasa-Katu, Tikta, Vipak-Katu, Veerya-Ushna,Guna-Laghu, Tikshna)

**6) 6th month** - Prushniparni(Rasa-Madhur, Tikta, Vipak-Madhur, Veerya-Ushna, Guna-Laghu, Snigdha), Bala, Shigru(Rasa- Katu, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha), Shwadanshra(Rasa-Madhur, Vipak-Madhur, Veerya-Sheet, Guna-

Guru, Snigdha), Madhuparnika(Rasa-Tikta, Kashaya, Vipak-Madhur, Veerya-Ushna, Guna-Guru, Snigdha)

**7) 7th month** - Shrungatak(Rasa-Madhur, Kashaya, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Ruksha), Draksha (Rasa-Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha, Mrudu), Kasheruk (Rasa- Madhur, Kashaya, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Ruksha), Yashtimadhu, Sita (Rasa- Madhur, Vipak-Madhur, Veerya-Sheet)

**8) 8th month** - Kapitth (Rasa-Madhur, Amla, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha), Bruhati(Rasa- Katu, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha), Bilwa(Rasa-Kashaya, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha), Patol(Rasa-Tikta, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha), Nidigdika (Rasa-Tikta, Katu, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Ruksha)

**9) 9th month** -Madhuka (Rasa-Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha), Ananta (Rasa-Madhur, Kashaya, Vipak-Madhur, Veerya-Sheet, Guna-Laghu, Snigdha), Payasya (Rasa-Katu, Tikta, Vipak-Katu, Veerya-Ushna, Guna-Guru, Snigdha), Sariva (Rasa- Madhur, Tikta, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha)

**10) 10th month** - Shunthi (Rasa-Katu, Vipak-Madhur, Veerya-Ushna, Guna-Laghu, Snigdha), Payasya (Rasa- Madhur, Vipak-Madhur, Veerya-Sheet, Guna- Guru, Snigdha), Madhuk (Rasa-Madhur, Vipak-Madhur, Veerya-Sheet, Guna-Guru, Snigdha), Surdaru (Rasa-Katu, Tikta, Madhur, Vipak-Katu, Veerya-Ushna, Guna-Laghu, Snigdha)

**DISCUSSION:** Recurrent pregnancy loss (RPL) is a difficult condition in which pregnancies are lost repeatedly, frequently as a result of a variety of uterine, hormonal, systemic, and genetic causes. By concentrating on resolving systemic imbalances, promoting reproductive health, and boosting general immunity, the integrated approach of

Ayurveda offers encouraging remedies for RPL. This review discussion demonstrates how Ayurvedic treatments can be helpful.

**CONCLUSION:** Ayurvedic herbs and formulations appear to hold potential for enhancing the maintenance of pregnancy and decreasing the likelihood of miscarriage, particularly in cases of idiopathic and recurrent miscarriage. There is a necessity for extensive randomized controlled studies that have sufficient sample sizes, include placebo or control groups, and feature prolonged follow-up periods. It is essential to standardize herbal preparations through the quantification of active ingredients, conduct safety evaluations (including animal toxicology and teratogenic studies), and perform dose-response investigations. Investigations into mechanisms (such as cytokine profiles, hormonal assays, and immune markers) would aid in confirming the pathways of action. Ethical factors, including obtaining informed consent, managing interactions with conventional treatments, and tracking adverse effects, must be integrated into the research process.

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