

# Role of Ayurvedic Herbs for Healthy Pregnancy

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**Abstract:** Garbha is innermost part fetus which is maturing in mother womb Garbha sanskar is evolving civilized, decorative, purified impressible but physically, mentally, spiritually well being. Preconception care is advice given to couple planning, pregnancy before the time of conception. Now-a-days there are increasing rate of infertility, medical and obstetric risk, congenital anomalies, pre-existing chronic disease during pregnancy due to poor lifestyle, improper nutrition, negligence towards health. So, garbha sambhava samagri, shatbhava, punsavan karma had been explained to achieve healthy progeny.

**Keywords:** Ayurveda, garbha samskar, punsavan karma.

## 1. Introduction

In charaka samhita, jatisutriyaya chapter explained about shreyasi praja (baby meat with social and spiritual welfare) Premarriage counselling is first step towards garbhasanskara. To achieve healthy progeny various ayurvedic herbs had been explained in our texts. Garbha sambhav samagri had been explained (ritu, kshetra, ambu, beeja shudhi).

### A. Ritu sudhi (proper reproduction system of body)

The couple having imbalance of hormone which need proper treatment and change in lifestyle.

- Eg.: PCOD (kanhnara gugullu, varunadigana kwatha, satapushpa taila nasya), Anovulation (pushpadhanva rasa, shatapushpa kalka), PID (kanhnara gugullu, anuvasana vasti).

### B. Kshetra shudhi - (endometrium with decidual reaction)

The purification of garbhashaya is done which will nurture physical & mental ability of fetus.

### C. Ambu shuddhi - (nutritional mechanism)

It helps to avoid condition like anaemia, low birth weight, inadequate liquor.

### D. Beeja shuddhi – (matrujabeeja, pitrujabeeja)

The purification of sperm & ovum helps to prevent congenital anomalies. The purification is done-

1. Snehan
2. Sanshodhan
3. Ahara
4. Vihara

## 2. Material and Method

All data and literature are collected from ayurvedic text,

modern books, review, article, journal & available website.

## 3. Discussion

The food ingested by couple will nourish the beeja which will effect nature of gamete.

- *Satwik food* – It favor spiritual growth like fruit, nut, seed, vegetable, honey, pure water, milk.
- *Rajasik food* – It induces restlessness of mind ( spicy food, coffee, tea, egg, garlic, onion, chocolate, processed food)
- *Tamasik food* – It include heaviness of body and dullness of mind (meat, fish, alcohol, stale or overripe food, overeating)
  - Male – Ksheera, Shalyaodana.
  - Female – Taila, Masha.
- *Healthy food*
  1. Purush should take ghrita and dugdha with madhura varga and stri should take tila taila and masha.
  2. In Ayurveda certain vrishya herbs had been explain which will increase quality & quantity of shukra dhatu like asparagus, broccoli, milk, milk products.
  3. Spices related to shukra dhatu includes (turmeric, black cumin, cumin).
  4. Brumhan diet (organic food, vegetable, whole gram, cereal, cheese, milk, curd).
  5. Shatavari for women & ashwagandha for men to enhance egg & sperm quality & quantity.
  6. Asparagus has testosterone enhancing quality.
  7. Almond and dates for enhance sperm in males.
  8. Apple for breakfast lead to healthy body (ksheta).
  9. If agni is strong, cooked banana in ghee with cinnamon and cardamon will increase fertility.
  10. Black gram or urada dala which enhance fertility rate.
  11. Garbhashthapaka drugs (jeevaniya and prajasthapaka drugs) which are balya, grabhashthapaka, shukra janana, putrapatyas

preconceptional administration may have potency of proper ovulation.

#### 4. Conclusion

There are many herbs in our ayurvedic text which will help in to achieve pregnancy, and stabilizes garbha and proper ahara, vihara can lead to proper balance of HPO axis.

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