



# A REVIEW ON AETIOLOGY & AYURVEDIC INTERVENTION IN *GARBHA SRAVA* – IN PRESENT SCENARIO OF LIFE

\*Dr Manpreet Kaur \*\*Dr Asokan V \*\*\*Dr Harish Daga \*\*\*\*Dr Minakshi Singh\*\*\*\*\*Dr Chitrkla Patel

3<sup>rd</sup> Year Pg Scholar , Stree Roga Evum Prasuti Tantra Department \*\* M.S. (Ayu), Ph.D. , GAU. Professor and HOD, Stree Roga Evum Prasuti Tantra Department , \*\*\* M.S. (Ayu) , Assistant Professor Department of Shalya Tantra , \*\*\*\* 3<sup>rd</sup> Year Pg Scholar , Stree Roga Evum Prasuti Tantra Department \*\*\*\*\* 3<sup>rd</sup> Year Pg Scholar , Stree Roga Evum Prasuti Tantra Department Parul Institute Of Ayurved & Hospital , limda , Vadodara

## Abstract –

Motherhood is boon to a woman. According to WHO about 75% miscarriages occur before the 16<sup>th</sup> week and of these about 80% occur before the 12<sup>th</sup> week of pregnancy. Abortion incidence in India it is estimated that 15.6 million abortion take place per year. Ayurveda is complete science which emphasizes the responsibility of physician towards pregnancy before conception up to postnatal care. Core of topic- *Garbha upghatkar bhava* word has two keywords which indicates foetus and *upghatkar bhava* which means factors harmful to foetus . The expulsion of fetus upto fourth month of pregnancy is termed as *garbha-srava* ,there after in fifth and sixth months it is termed as *garbha-pata*. Our eminent Acharyas have given numerous *garbha upghatkar bhava*. These can be compared to contemporary sciences teratogens. They are basically parted into two viz. *aahar* and *vihar*. *Aahar garbh upghatkar bhava* incudes *ushna tikshna* , besides that , *vihar* comprises of all negative emotions like anger , frustration, stress , grief. Prevention and cure is main goal of Ayurveda. As there are various emerging challenges along with old diseases in the medical practice today and people are looking towards ayurveda for its solutions. The detail management of *garbha srava* and *garbha pata* is given according to month in Brihatrayi , Laghutrayi, and Nighantues. So all the expecting mothers must avoid these factors for healthy progeny , as the saying goes “first know the dongs well to do right thing well”

**Key words** – *Garbha srava, Garbha pata ,Pathya-Aapthya , Chikitsa*

**Introduction** – Ayurveda is a holistic science that emphasis on measures ‘To maintain the health of healthy and to improve the health of debilitated person’. It gives all information about each and every aspect of human life from birth to death , rather than its deals preconceptional care also. *Athulya gotreeyam* is a chapter in Charaka Samhitha that explains in detail about qualities of women to be selected as a partner , the *pumsavana* practices were done mainly with the intention of begetting a healthy child for proper embryological development and to maintain garbha<sup>1</sup>. To have healthy progeny maintenance of pregnancy till term is very important. But sometimes due to various causes the pregnancy will not be continued up to term which is very distressing for a couple and obstetricians alike. Our eminent Acharyas have given numerous *garbha upghatkar bhava*. Sharngadhara has enumerated eight disorders i.e. *upavistaka* , *nagodara* , *makkalla* , *mudhagarbha* , *viskambha* , *gudhagarbha* , *jarayudosa* and *garbhapata* etc under the heading of *garbhavyapat*<sup>2</sup>. *Garbhavyapats* are disorders or conditions affecting foetus can be described as *garbhavyapad*. Pregnancy outcome may be positive or negative based on the women lifestyle and regime. If due to non – congenial diet and mode of life bleeding occurs in second or third month , the fetus is not retained because this is considered to be a period of *asanjatasara*<sup>3</sup> ,as the fetus has not attained stability i.e in *amawastha*. In opinion of Acharaya Bhela , expulsion of *ama garbha* are due to disorders of fetus<sup>4</sup>. According to Acharaya Sushruta the expulsion of fetus upto fourth month of pregnancy is termed as *garbha – srava* because the products of conception are liquid, there after in fifth and sixth months it is termed as *garbha- pata* , because by this period the fetal parts have attained some stability or have become solid<sup>5</sup>.Our eminent Acharyas have given numerous *garbha upghatkar bhava*. These can be compared to contemporary sciences teratogens. They are basically parted into two viz. aahar and vihar these leads to *garbha srava* , *garbha pata* or premature labour . aahar *garbh upghatkar bhava* includes ushna ,tikshna , vidahi , consumption of excessive kshara , emetics , purgatives besides that , vihar comprises of all negative emotions like anger , frustration , stress , grief , due to coitus , travelling in carriage , riding on horse , journey on foot , staggering or stumbling , falling from height as palace etc, compression , running fast , sleeping or sitting in uneven place

**INCIDENCE** - The incidence of abortion is difficult to work out but it is estimated that 15.6 million abortions take place in india every year <sup>6</sup>, 10-20% of all clinical pregnancies end in miscarriage and another optimistic figure of 10% are induced or deliberate. About 75% miscarriages occur before the 16<sup>th</sup> week and of these about 80% occur before the 12<sup>th</sup> week of pregnancy<sup>7</sup>.

## Table no – 1

**Causes of *Garbhasrava* and *Garbhapata* according to dosa**

Vataj	Coitus , exercise , excessive emaciation , awakening in night , riding on vehicle, heavy exercise , trauma , worm infestation sitting , standing and sleeping on uneven place or in abnormal posture , travelling in carriage, riding on horse , journey on foot , staging or stumbling falling from height etc
Pitaj	Ushna , pungent drugs , fear , terror , jealousy ,trauma , worm infestation , stale food
Kaphaj	Sleeping in day , worm infestation

**AETIOLOGICAL FACTORS OF *GARBHASRAVA* AND *GARBHAPATA* ACCORDING TO DIFFERENT CLASSICS -**

Classical reference		<i>Garbhopaghathakara bhavas</i>
1-	Charaka samhita <sup>8</sup>	Ushna and pungent drugs , violent activities , coitus
2-	Sushruta samhita <sup>9</sup>	Coitus , exercise , excessive emaciation , sleeping in day , awakening in night , grief , riding on vehicle , fear , squatting , oleation , bloodletting , suppression of natural urges
3-	Ashtanga sangraha <sup>10</sup>	Pungent drugs , exercise , coitus , excessive emaciation , sleeping in day , awakening in night , grief , riding on vehicle , fear , squatting , oleation , bloodletting , suppression of natural urges , indigestion , prolong stay in hot sun or near fire. Anger , grief , fear , terror , fasting , squatting , looking or hearing disliked things

Aharaja								
Aharaja -	Ca	S.su	As Sh	As Hr	Ha	Ka	Yo.ra	Bh.pr.
Ruksha , katu , tikta diet	-	+	-	-	-	-		
Alkali diet							+	+
Pungent food and medicine	+	-	+	+	-	-	+	-
Very hot food	+	-	-	-	-	-	+	-
Decayed food	+	+	+	-	-	-	-	-
Heavy substance	+	-	+	-	+	-	-	-
Meat	+	-	-	+	-	-	-	+
Constipating food	-	-	-	+	-	-	-	-
Substance causing burning	-	-	-	-	+	-	-	-
Sour substance	-	-	-	-	+	-	-	-
Pulses	-	-	-	-	+	-	-	-
Hot milk	-	-	-	-	+	-	-	-
Clay eating	-	-	-	-	+	-	-	-
Intake of surana	-	-	-	-	+	-	-	-
Intake of onion	-	-	-	-	+	-	-	-
Intake of garlic	-	-	-	-	+	+	-	-
Intake of mustard leaves	-	-	-	-	-	-	-	+
Intake of slowly formed curd	-	-	-	-	-	-	-	+
Fasting or suppression of appetite	+	+	+	+	-	-	-	+
Suppression of thirst	+	-	-	-	-	-	-	-
Indigestion	-	-	+	-	-	-	+	-
Drinking of rain water	-	-	-	-	-	-	-	+
Emaciation	-	+	-	-	-	-	-	-
Satiation	-	+	-	-	-	-	-	-

Viharaaja factors								
Viharaaja	Ca	S.su	As Sh	As Hr	Ha	Ka	Yo.ra	Bh.pr.
Exercise	+	+	+	+	+	+	+	+
Coitus	+	+	+	+	+	+	-	+
Travelling in carriages	+	+	+	-	-	-	-	+
Riding on horse	-	+	-	-	-	-	-	+
Journey on foot	-	+	-	-	-	-	-	-
Staggering or stumbling	-	+	-	-	-	-	-	-
Falling from height	-	+	-	-	-	-	-	-
Compression in crowd	-	-	-	-	-	-	-	+
Running fast	-	-	-	-	-	-	-	+
Injury of abdomen	-	+	+	-	-	-	+	+
Sleeping and sitting on uneven surface	-	+	-	+	-	-	+	+
Sitting on hump	-	+	-	-	-	-	-	+
Suppression of urges	+	+	-	+	-	-	-	+
Swinging	-	+	-	-	-	-	-	-
Heavy work	-	-	-	-	-	-	-	+
Harsh or violent activities	+	-	-	-	-	-	-	-
Wearing red clothes	+	-	+	+	-	-	-	-
Sleeping in day and awakening at night	-	+	+	+	-	-	-	-
Visit to lonely place	-	+	-	-	-	-	-	-
Visit to cremation	-	+	-	-	-	-	-	-
Visit to chaitya tree	-	+	-	-	-	-	-	-
Visit to river bank	-	-	-	-	-	+	-	-
Talking in high pitch	-	+	-	-	-	-	-	-
Massage of oil and unguents	-	+	+	-	-	-	-	-
Prolonged stay in sun and fire	-	-	+	-	-	-	-	-
Falling in pits and well	-	-	+	-	-	-	-	-
Peeping in pits and well	-	-	-	+	-	-	-	-
Heavy weight lifting	-	-	-	+	+	-	-	-
Sleeping in supine position	-	-	-	+	-	-	-	-
Looking at declining moon	-	-	-	-	+	-	-	-
Looking at setting sun	-	-	-	-	+	-	-	-
Looking at both rahu's	-	-	-	-	+	-	-	-
Looking at eclipse	-	-	-	-	+	-	-	-
Tie anything or rope	-	-	-	-	+	-	-	-
Spit with guests	-	-	-	-	+	-	-	-
Negligence of beggars	-	-	-	-	+	-	-	-
Oppose ghrita filled pitcher or curd filled pot	-	-	-	-	+	-	-	-

Wear tight clothes	-	-	-	-	+	-	-	-
Remain in erect or flexed posture	-	-	-	-	+	-	-	-
Excessive laughing and tempering	-	-	-	-	+	-	-	-
Sitting and sleeping on high and soft surface	-	--	-	-	-	-	-	+

Manasa factors								
Manasa	Ca	S.su	As Sh	As Hr	Ha	Ka	Yo.ra	Bh.pr.
Grief	+	+	+	+	+	-	-	-
Fear	-	+	+	+	-	-	-	-
Terror	+	+	-	-	-	-	-	-
Anger	+	+	+	+	+	-	-	-
Exciting stories	-	+	-	-	-	-	-	-
Excitement	-	-	-	+	-	-	-	-
Suppression of desire	-	-	+	-	-	-	-	-
Discontent	+	-	-	-	-	-	-	-
Jealousy	+	-	-	-	-	-	-	-
<b>Rogaja</b>								
Vomiting	-	+	-	-	-	-	-	-
Diarrhoea	-	+	-	-	-	-	-	-
Fever	-	-	-	-	-	-	-	-
Disease of foetus	-	+	-	-	-	-	-	-
<b>Others</b>								
Krimi	-	+	-	-	-	-	-	-
Vata	-	+	-	-	-	-	-	-
Intake of abortifacients	-	+	-	-	-	-	-	-
Deeds of previous life mother and foetus	-	-	+	-	-	-	-	-
Time factor	+	-	-	-	-	-	-	-
20 yonivyapada	-	-	-	-	-	-	-	-
Vitiating of dosa	-	-	-	-	+	-	-	-
Sukra abnormality	+	-	-	-	-	-	-	-
Artava abnormality	+	-	-	-	-	-	-	-
Ashaya defect	+	+	-	-	-	-	-	-
Jataharini	-	-	-	-	-	+	-	-
Enema therapies		+				+		
Untimely use of snehana , swedana , blood letting		+		+				+

## MASAANUMASHIK CHIKITSA OF GARBHA-SRAVA AND GARBHAPATA ACCORDING TO ACHARYA SUSHRUTA<sup>11</sup>

अत ऊर्ध्व मासानुमासिकं वक्ष्यामः- ||५८||

मधुकं शाकबीजं च पयस्या सुरदारु च |

अशमन्तकस्तिलाः कृष्णास्ताम्रवल्ली शतावरी ||५९||

वृक्षादनी पयस्या च लता सोत्पलसारिवा |

अनन्ता सारिवा रास्ना पद्मा मधुकमेव च ||६०||

बृहत्यौ काश्मरी चापि क्षीरिशुङ्गास्त्वचो घृतम् |

पृश्निपर्णी बला शिगुः श्वदंष्ट्रा मधुपर्णिका ||६१||

शृङ्गाटकं बिसं द्राक्षा कशेरु मधुकं सिता |

वत्सैते सप्त योगाः स्युरर्धक्षोकसमापनाः |

यथासङ्ख्यं प्रयोक्तव्या गर्भसावे पयोयुताः ||६२||

कपित्थबृहतीबिल्वपटोलेक्षुनिदिग्धिका |

मूलानि क्षीरसिद्धानि पाययेद्विषगष्टमे ||६३||

नवमे मधुकानन्तापयस्यासारिवाः पिबेत् |

क्षीरं शुण्ठीपयस्याभ्यां सिद्धं स्याद्दशमे हितम् <sup>[3]</sup> ||६४||

सक्षीरा वा हिता शुण्ठी मधुकं सुरदारु च |

एवमाप्यायते गर्भस्तीव्रा रुक् चोपशाम्यति ||६५||

1<sup>st</sup> month -

Dravya	Uses
Madhuk	Balya , madhur rasa , best mucolytic –helps to maintain proper lubrication in fallopian tubes as it contains glabrin and glabridin which acts like estrogen and promotes lubrication, anti-oxidant ,anti –inflammatory, anti pepsin effect , weight gain , estrogenic activity
Shakbeej	Contains 15 proteins which helps to improve endometrial thickness. Thin endometrium is cause of infertility, anti oxidant , diuretic activity
Shatavari	Is rasayana , it provides nutrition to endometrium , Balances hormonal levels , promote digestibility , works as stimulant of endometrium and ovarian tissues, balance the hormone level tsh , estrogen ,fsh , lh , anti – dyspepsia
Devdaru	Is antioxidant (contains matairesinol , nortrachelogenin and dibenzylbutyrolactollignan )

2<sup>nd</sup> month

Krishan tila	Contains antioxidants (sisemin&sisemolin)-good source of folic acid (protects neural tube defects), anti – inflammatory , antithrombotic ,
Manjistha	Antioxidant-improves liver function (prevents intra hepatic cholestasis of pregnancy which occurs in 60% of ANC)- Keeps check on blood sugar level,
Shatavari	Is rasayana , it provides nutrition to endometrium, Balances hormonal levels , promote digestibility , works as stimulant of endometrium and ovarian tissues, balance the hormone level tsh , estrogen ,fsh , lh , anti – dyspepsia

3<sup>rd</sup> month –

Vrushadani	Unidentified and controversial herb
Shatavari	Source of vitamin A,B1,B2,C,E, magnesium, phosphorous,calcium and folic acid ,
Priyangu	Improves pancreatic function thus preventing GDM.kashay rasa –helps to prevent bleeding tendencies
Sweta sariva	Has strength to alter deformities associated withabnormalities- antioxidant

4<sup>th</sup> month-

Rasna	Is used as a substitute – antioxidant
Anantmool	Improves the skin glow of the foetus , Has strength to alter deformities associated with chromosomal abnormalities – antioxidant
Krishan sariva	Antioxidant – mild anti glyceic action (prevents GDM)
Kamal pusha	Prevents hypertension- provide nutrition to foetus , Antioxidant , anti- inflammatory , prolonged estrous cycle , property to inhibit the estrogen surge for implantation, antiestrogenic nature , reduction in protein content of the female genital tract suggests an inhibition of estrogen production
Yasthimadhu	Helps in proper functioning of lungs , weight gain

5<sup>th</sup> month

Bruhati ingni dorli	Prevents urinary tract infections, hepatoprotective , antioxidant, source of minerals – calcium ,sodium ,potassium ,zinc and iron – antioxidant
Kashmari	Immunomodulator
Vatankur	Improves foetal circulation through placenta , -protects from bacterial infections

6<sup>th</sup> month

Prushniparni	Prevents renal infection- has anti-bacterial properties
Bala	Reduces backache – limits oedema
Shigru	Antioxidant – rich source of calcium , iron , proteins , copper , B complex vitamins
Gokshur	Prevents hypertension in pregnancy. contains protodioscine(alkaloid)- helps to increase muscle mass of the foetus
Kashmari	Antioxidant – anti-inflammatory – pain killer

7<sup>th</sup> month

Shrungatak	Improves adaptive and innate immunity
Kamalgatta	Helps foetal nutrition and maternal health –source of calcium ,iron and zinc
Draksha	Anti –oxidant , source of vitamin B1,B2,B6 and C.
Kaseru	Contains progesterone – helps in maintaining pregnancy
Yasthimadhu	Cantains glabridin – improves cognitive functions of the brain

8<sup>th</sup> month

Kapitta	Roots contains amino acids , malstose , inositol-helps in foetal nutrition-has lactation promoting property
Bilva	Roots are an cardiotoxic , anti- bacterial, anti-fungal ,antioxidant
Bruhati	Hepato – protective , renal protective ,neuro protective
Ikshu	Good lactogenic , prevents urinary tractinfections
Patol	Anti – inflammatory ,antioxidants , woundhealing
Nidighika	Cariotonic –improves cardiac blood circulation



9<sup>th</sup> month

Sariva	Antioxidant – provides strength to uterine muscles
Ananta	Mild diuretic- helps to relieve pressure of urinary bladder. Levels of BUN , uric acid and creatinine
Yasthimadhu	Improves lubrication of uterine mucous membrane
Shatavari	Promotes lactation after delivery –helps in involutionof uterus following delivery

All mentioned dravyas having counter act the effect of the garbhopaghatakara bhavas and help in maintenance of the garbha. They are beneficial for the maintenance of proper health , growth and development of the foetus. The ayurvedic line of treatment was divided into three parts , vata kapha vitiation correction before conception with pachan , vata kapha balance in first trimester , tridosha balance in second and third trimester . Mentioned dravyas have quality of enhances fertility , ovulation , hormonal regulator, mild diuretics , sources of vitamins and minerals , anti-depressant property , analgesic , anti thrombolytic improves circulation of foetus and improving nourishment, antioxidant reduce oxidative stress during pregnancy thus pregnancy induced complications will be minimized whom stabilises and sustains foetus and helps in reducing tendency of abortion .In the concept of ayurved explained dravyas , worked by rasa , guna , veerya ,vipaka and some by the prabhav.

Pathya –apathya –

Pathya	Apathya
Aahar	
Take congenial diet.	Avoid <i>Tikshna, Ushna, Guru Ahara</i> and <i>Aushadhas</i> .
Use <i>Hridya, Drava, Madhura, Snigdha</i> substances treated with <i>Deepana Dravyas</i> .	Avoid <i>Madakaraka Dravyas</i> like wine etc.
Use butter, ghee and milk	Not to take meat excessively
Use <i>Jeevaniya group</i> of drugs both externally and internally.	Not to take meat excessively
Take the diet according to living place, season and <i>agni</i> .	Avoid dried, wet, putrified, stale food.
Use hot water.	Avoid <i>Vishtambi Ahara</i>
Take <i>Surana</i> and <i>Vibandhakar</i> substances along with juices	Not to take <i>Dwidala Ahara, Vidahi, 31 Atiguru, Ushna, and Ruksha Ahara</i>
	Not to eat clay, <i>Surana</i> etc
Vihara	
Maintain good conduct.	Not to do excessive <i>Vyayama</i> and <i>Vyavaya</i>
Sleeping and sitting places (a) covered with soft cushion or mattress. (b) contain pillow. (c) perfect and very comfortable.	Not to ride over vehicles
During <i>Grahana</i> , go into <i>Garbhagriha</i> and offer oblation to free from the clutches of <i>Grahas</i>	Give up the things contrary to <i>Indriyas</i> and other harmful articles.
Offer alms	Avoid <i>Divaswapna</i> and <i>Ratrijagarana</i>
	Avoid <i>Utkatasana</i> etc
	Avoid <i>Akala Poorvakarma, Panchakarma,</i>

	<i>Raktamokshana</i>
	Avoid <i>Akala Poorvakarma, Panchakarma, Raktamokshana.</i>
	Avoid <i>Vega Vidharana</i>
	Avoid outing, visiting of lonely places, cremation ground, <i>Chaityas</i> etc
	Avoid high pitch talk
	Not to be fatigued
	Avoid articles likely to aggravate <i>Doshas.</i>
	Avoid Peeping in the pit or well
	Avoid sleeping in supine position
	Not to look at descending noon, setting sun and both the <i>Rahus</i>
Wear clean, white and loose Garments	Not to wear red garments.
Wear ornaments	Not to touch dirty or disfigured persons possessing less body parts
Living place should be free from insects like mosquitoes etc.	Give up foul smelling, awful(terrible) looking substances
Take bath daily	
Be happy	Avoid utter harsh words and violent activities.
Live a pious(religious) life.	Avoid grief, fear etc.
Perform joyful functions	Give up exciting stories.
Perform auspicious deeds	Avoid the places where thoughts likely to promote anger, fear etc
Worship diety, brahmanas & priest	
Husband and relatives should behave affectionately.	
Should follow <i>Apta Vachana</i>	

Garbhini should avoid use of teekshna , rooksha , ushna dravyas. These leads to vata dosha dushti , Should give up foul smelling articles and should not eat dried up, stale ,putrefied or wet food ,vistambhi , vidahi food as these are harmful for the foetus. Garbhini should be avoid heavy exercises , coitus , harsh or violent activities ,ride over vehicles , excess satiation , excess emaciation , sleeping in day and awaking in night , sitting in uneven places and should avoid fasting, grief. All these psychological and strains like carrying heavy weight or vehicle riding may precipitate abortion due to sudden incese in intra-abdominal pressure.

**DISCUSSION** – The two principles of ayurveda concerning treatment of any disease are *prakrati vighata* and *nidana parivarjana*. In case of prevention of abortion these two principles are very much helpful. The pregnant women should avoid the exposure of above said etiological factors of abortion from starting of pregnancy which will prevent the pregnancy wastage. First trimester vaginal bleeding is the most common problem in pregnancy . Common cause of miscarriage in first trimester – genetic factor , endocrine disorders , thyroid abnormalities , infection , unexplained , there are many deep human emotions which can result from losses due to miscarriage ,

ectopic pregnancy , molar pregnancy , blighted ovum , or genetic termination. These emotions can include shock , denial , anger , guilt , depression , sadness , fear , anxiety and numbness . Advised nidana parivarjana and medicine prescribed having *garbhasthapaka* action which helped her continuing her pregnancy successfully. The maximum mentioned drugs in *masaanumashik* regimen having property of *garbhasthapaka* , *garbhapaushaka*. Sheet virya madhura vipaka and madhura rasa of drugs and milk help in maintenance of health of mother and foetus.

## CONCLUSION –

The present paper entitled as “ prevention of abortion by principles of ayurveda” reveals about the preventive aspect of abortion through an ayurvedic approach. Primary prevention is adopted by health promotion of pregnant women and specific protection by following certain deeds .Intake of milk , butter , ghee ayurvedic modality can provide global solution in several life style related problems. *Masaanumashika garbha srava* and *garbha pata chikitsa* is very well documented in ayurvedic classics starting from samhita period . By knowing the needs of women and for growing foetus. Ayurveda has potential to diagnosis and treat the patients on the basis on *samprati vighatan* of the disease , *nidana varivarjana*. And It is very essential for the prevention of present era problems related to mother and foetus. Also provide preventive approach and pro motive health care for the couples. By following *garbhini paricharya* and avoiding *garbhopaghatakara bhavas* may be preventable. Broad description of various regimes for preconceptional ,antenatal period is for the prevention of these complications and helpful for health of mother and foetus. Acharya stated, vata abnormality in reproductive organs. Kapha is main dosha governing first trimester. Stability to foetus is given by kapha. Rasa and pitta are responsible factors for foetal nutrition in first trimester. This concept will necessarily contribute in preventing the process of abortion in present scenario of life .

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