



ISSN 2456-3110

Vol 8 · Issue 2

February 2023

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

Indexed

# Role of *Rasayana Dravyas* in the form of *Ksheerapaka* during Pregnancy

Meghashree B<sup>1</sup>, Ramadevi G.<sup>2</sup>

<sup>1</sup>Preliminary Post Graduate Scholar, Department of Prasuthi Tantra & Stree Roga, Sri Dharmasthala Manjunatheshwar College of Ayurveda, Udupi, Karnataka, India.

<sup>2</sup>HOD & Professor, Department of Prasuthi Tantra & Stree Roga, Sri Dharmasthala Manjunatheshwar College of Ayurveda, Udupi, Karnataka, India.

## ABSTRACT

The antenatal care is termed to be most important because Quatre of Indian population suffer from malnutrition during antenatal period. Therefore, our acharyas have given an in depth, systematic month wise regimen to be observed throughout the antenatal period. *Garbhini Paricharya* prescribes *Pathya Ahara* and *Vihara* to be accompanied at different stage in pregnancy because it has direct impact on the mother and the child. *Rasayana* in *Garbhini Paricharya* is very much beneficial for the mother to overcome the physiological stumbling blocks of pregnancy which includes gastritis complaints, infection, tiredness, ache in calf muscles, pedal oedema etc. and for the foetus to have first-class nourishment. *Rasayana* effect in pregnancy can be brought about by different formulation, among them one of the special types of *Kalpana* which can produce *Rasayana* effect in pregnancy is *Ksheerapaka*. This paper targets to study the *Rasayana* drugs used for *Ksheerapaka* and to assess their viable benefits in pregnancy.

**Key words:** *Rasayana, Ksheerapaka, Pregnancy, ANC, Antenatal care, Ayurveda.*

## INTRODUCTION

Ayurveda, the science of existence has given a lot importance to women's health, as she is the basis of the progeny. The care of the pregnant and the new born are accurately defined in our *Samhitas*. Regimen to be accompanied all through ante natal and postnatal duration for the premiere fitness of mother and infant is highlighted. Ante natal care is the care of a women during entire gestational period. The aim of antenatal

care is to lessen the risk of pregnancy along with improving the physical and mental health of women to have a healthy progeny.

In a country like India where malnutrition is extensive, effecting both maternal and foetal wellbeing. It is essential that the pregnant women suitably be advised regarding her diet, nutrients are essential for consistent and proper improvement of embryo. Ayurveda considers *Ahara* to be the first-rate supply of nourishment in addition to medicinal drug for the pregnant woman.

*Garbhini Paricharya* is a unique concept defined in Ayurveda which describes supplementation of different drugs and diet having *Rasayana* properties during antenatal period. *Rasayana* mainly will have *Madhura Rasa, Sheeta Virya, Madhura Vipaka* with residences such as *Jivaniya, Balya, Brumhana, Garbha Sthapana, Ojo Vardhana* and many others.<sup>[1]</sup> It can also give a specific scope within the womb by nourishing the mother and foetus, additionally can act on prevention of illnesses.

### Address for correspondence:

Dr. Meghashree B

Preliminary Post Graduate Scholar, Department of Prasuthi Tantra & Stree Roga, Sri Dharmasthala Manjunatheshwar College of Ayurveda, Udupi, Karnataka, India.

E-mail: meghashreeyadav261@gmail.com

Submission Date: 13/12/2022 Accepted Date: 15/01/2023

### Access this article online

#### Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

Published by Maharshi Charaka  
Ayurveda Organization, Vijayapur,  
Karnataka (Regd) under the license  
CC-by-NC-SA

**Rasayana Dravyas mentioned in Garbhini Paricharya****Samanya Paricharya**

Nutrients essential to the pregnant women and the foetus are provided by following the *Garbhini Paricharya*. Medicated or non-medicated *Navaneetha*, *Madhu*, *Sharkara*, *Ksheera*, *Grutha* mentioned in *Samanya Paricharya* used by the *Garbhini* fulfils the demands of fetus. *Godhuma*, *Shashtika*, *Shali*, *Laaja Sakthu*, *Rasala* etc. must be used by a pregnant woman in her daily regimen. Fruits indicated in *Garbhini Paricharya* are *Panasa*, *Dhadri*, *Amalaka*, *Kadali*, *Dhraksha*.<sup>[2]</sup> These possesses properties of *Madhura Rasa*, *Snigdha*, *Laghu Guna*, *Hrudhya*, *Drava* and *Deepaniya Guna*<sup>[3]</sup> which satisfy the nutritional demands of *Garbhini* and also helps to accomplish the aims of *Garbhini Paricharya*.

**Visishta Paricharya****1. 1<sup>ST</sup> Trimester<sup>[4-7]</sup>**

Month	Garbha Vriddhi	Garbhini Lakshana	Paricharya
1 <sup>st</sup>	<i>Sarvadhatukalushikrutha</i>	<i>Nishtiva</i> , <i>Guarava</i> , <i>Angasada</i> , <i>Tandra</i> , <i>Hrudaya</i> <i>Vyatha</i>	<i>Anupasamskrutha Ksheera (Cha)</i> <i>Madhura Sheeta Dravya</i> <i>Yashtimadhu / Parushaka</i> <i>Madhupushpa + Navaneeta</i> <i>Madhu + Madhura Payas</i>
2 <sup>nd</sup>	<i>Pinda - Male</i> <i>Peshi - Female</i> <i>Arbuda - Napumsaka</i>	-	<i>Kakoli</i> <i>Madhura Payas</i>
3 <sup>rd</sup>	<i>Sarvendreyani</i> <i>Sarvanga Avayava</i> <i>Kesha (Chakrapani)</i>	<i>Sthanayo</i> <i>Krushnamukha</i> , <i>Romaraji</i> <i>Udhgama</i> ,	<i>Krishara</i>

		<i>Akasmath Chardi - Gandhadh Udhvijathi</i> , <i>Praseka</i> , <i>Sadana</i>	
--	--	---	--

**2. 2<sup>nd</sup> Trimester**

Month	Garbha Vriddhi	Garbhini Lakshana	Paricharya
4 <sup>th</sup>	<i>Sarvanga Anya Upanga</i> <i>Hrudayo</i> <i>Vyaktha</i> <i>Bhavani</i>	<i>Gurughathrathva m Adhikam</i> <i>Apadhyate</i>	<i>Ksheera + Aksha Matra</i> <i>Navaneeta</i> <i>Shashtika</i> <i>Odana with Dadhi</i> <i>Samsrutha Ahara Jangala</i> <i>Mamsa</i> <i>Sahitha</i> <i>Hrudhyam</i> <i>Annam</i> <i>Krithodanam</i>
5 <sup>th</sup>	<i>Mamsa Shonitha</i> <i>Upachaya</i>	<i>Karshyam</i> <i>Apadhyathe</i> <i>Garbha-Mamsadiposhan aiva (Chakrapani)</i>	<i>Ksheera Sarpi</i> <i>Paayasam</i>
6 <sup>th</sup>	<i>Balavarnopachaya</i>	<i>Balavarna Hani</i>	<i>Madhurousha dha Siddha</i> <i>Ksheera</i> <i>Swadamstra</i> <i>Sidha Sarpi / Ksheera</i> <i>Madhuram</i> <i>Dadi</i>

**3. 3<sup>rd</sup> Trimester**

Month	Garbha Vriddhi	Garbhini Lakshana	Paricharya
7 <sup>th</sup>	<i>Sarvabhavupajayathe</i>	<i>Klanthata</i>	<i>Madhura Aushadhi</i> <i>Siddha Ksheera</i> <i>Sarpi</i>

			<i>Prithakparnyadi Siddha Grutha</i>
8 <sup>th</sup>	<i>Asthira bhavathi oja</i>	-	<i>Ksheera Yavagu Sarpishmathim</i> <i>Asthapana &amp; Anuvasana (Vag &amp; Sush)</i>
9 <sup>th</sup>	-	-	<i>Madhura Aushadha Siddha Taila</i> <i>Anuvasana &amp; Pichu (Cha)</i> <i>Vivida Annani</i>

*Masanu Masika Pathya Ahara* mentioned by different acharyas also include *Dravyas* such as *Madhura Aushadhi Siddha Ksheera-Sarpi, Prithakparni, Navaneetha, Shatavari* etc. all these contain *Rasayana* property, thus helping the growing fetus and pregnant lady with adequate nutrient supply.

#### Property of Rasayana Dravya

*Rasayana* essentially means nutrition at all levels from macro to micro. *Rasayana* therapy replenishes the vital fluids of the body, boost the *Ojas* and the immune system, thus providing a protection sheet against disease by enhancing the immunity i.e., *Vyadhi Kshamathva* of the pregnant women.<sup>[8]</sup>

*Rasayana* is having properties such as *Bala-Varna-Prabha Vardhaka*<sup>[9]</sup> thus is having importance in the gestation period specially in 2<sup>nd</sup> trimester, where the *Bala-Varna Upachaya* is more in foetus than the other months and the pregnant women becomes emaciated. Main property of the *Rasayana* is to bring about the increase in the *Rasadhatu* and the preceding *Dhatu*.<sup>[10]</sup> If this process of *Dhatu Poshana* is accomplished without any hurdle, then the mother and the growing foetus will acquire required nutrients.

#### Importance of Ksheera

*Ksheera* contains property such has *Rasayana, Balya, Medhya, Madhur, Sheeta, Snigdha, Guru, Jeevaniya, Ajanma Satmya, Sara, Mrudu* and *Pischchila*.<sup>[11]</sup> It has similar properties to *Oja*. Milk contains water, proteins,

lipids, fatty acids, minerals, enzymes, vitamins, phospholipids, and pigments in trace amount. According to modern science milk having nutritive, antioxidant and immunomodulatory properties. Hence, in pregnancy milk is said to be the best due to its nutritive content and palatability.

#### Ksheerapaka<sup>[12]</sup>

*Ksheera* (milk) is nectar for a pregnant woman. Milk provides nourishment and stability to the fetus. *Madhura Rasa* and *Vipaka* of milk helps to reduce the *Tikshna* and *Ushnatva* of the drugs used and thus increases the palatability during pregnancy. *Charakacharya* recommends the use of non-medicated milk in the required amount (considering its digestibility) from the time of conception itself.<sup>[13]</sup> The diet of *Ksheera Kashayas* helps to meet the nutritional needs of a pregnant woman. The drug effect is prolonged because of the colloidal form of fat present in milk. Digestion of colloidal fat takes longer time.

The preparation of *Ksheerapaka* as described by *Acharya Sarngadhara*<sup>[14]</sup> is as follows: Drug taken 1 part with 8 times milk and 32 times water is boiled and reduced to the amount of milk. According to *Bhaishajya Ratnavali*, the drug, milk and water ratio is 1:8:8 and the mixture is boiled until the milk part remains. *Vridhavagbhata* advises to prepare the decoction of drug and to that, equal quantity of milk is to be added and boiled until milk part remains.

The *Dravya* used should be in coarse powder and boiled by adding water and milk on mild fire throughout the process till the quantity of milk left in the vessel. *Ksheerapakas* are meant for instant use only. *Ksheerapaka* dosage is same as that of *Kashaya dose* as 2 Pala is taken as explained in *Samhitas*. As *Agni* and *Matra* is given importance, so *Agnibala* of the *Garbhini* should also be taken into consideration.<sup>[15]</sup>

#### Antioxidant Activity

Placental oxidative stress plays an important role in the manifestation of pre-eclampsia. *Rasayana* drugs like *Ashwagandha, Shatavari, Vacha, Vidarikandha, Yashtimadhu* possess antioxidant property. Antioxidants are important for prevention of pre-

eclampsia and hypertensive disorders. Also, the oedema due to the above conditions is effectively prevented by *Gokshura* and *Prithakparni* by its diuretic and anti-inflammatory properties.

### Benefits of Garbhini Rasayana<sup>[16]</sup>

*Rasayana* therapy is a comprehensive and specialized regimen capable of maintaining health, longevity and improved mental faculty by acting at the level of *Rasa* (nutrition), *Agni* (digestion and metabolism) and the *Srotas* (microcirculation), thus enabling the organism to procure the best qualities of different *Dhatus* and thereby enhances the immunity. Main ideology of using *Rasayana Dravya* in pregnancy is to provide adequate amount of nutrient to the pregnant women and growing foetus. In addition to this, *Rasayana Dravya* are also capable of immune modulation due to their immunomodulation function, the only immunoglobulin passing through the placenta is IgG immunoglobulin.

Intra uterine environment plays a major role in continuation of pregnancy and delivery of healthy progeny, it can also produce some fetal hazards by the influence of some teratogenic substance like alcohol etc. fetal growth is most vulnerable to maternal dietary deficiencies of nutrients during the peri-implantation period and the period of rapid placental development. *Rasayana Dravyas*, has they contain the immunomodulators and nutritive action thus help in providing a healthy environment in the uterus for developing embryo.

importance of *Rasayana* is dominate in 2<sup>nd</sup> trimester of pregnancy due to organogenesis and rapid growth of the foetus. In 4<sup>th</sup> month the heart of the foetus is formed it also attains a stability hence *Dravyas* having *Hrudhya* property is much indicated in the 4<sup>th</sup> month of pregnancy.<sup>[17]</sup> In 5<sup>th</sup> month the growth rate of the foetus still increases and the same continues hence there is *Mamsa Shonitha Chaya*<sup>[18]</sup> in the mother due to increases of *Mamsa* and *Shonitha* in fetus. *Rasayana Dravya* due to its *Bhrumhana* property can overcome the *Karshyatwa* produced in the pregnant women by bringing about the *Mamsa Poshana*. In 6<sup>th</sup> month of gestation there will be *Bala & Varnahani* occurring in

the mother and the same will be developing in the fetus<sup>[19]</sup> therefore *Rasayana Dravyas* is very much indicated during this period as it is *Deha Indriya Bala Prabha Varna Vardaka*, it can surmount the issues occurred.

### DISCUSSION

Administration of *Ksheera Kashaya* along with its *Rasayana* property it also helps in *Vatanulomana*, which is needed for the normal expulsion of fetus during delivery. Intake of *Ksheerapaka* also helps to fulfil the increased nutritional requirements during pregnancy. Here different *Ksheerapaka* is given in the bases of traditional & classical practise, a survey study or a clinical documentation is necessary to record the benefits of *Ksheerakashaya* in pregnant women. Parameters like birth weight of the baby, amniotic fluid index, blood pressure, blood glucose level, any anomalies in the fetus, bio-physical parameters of the foetus etc. should be taken into consideration. Further, an RCT may be also be conducted with a control group who don't use antenatal *Ksheerapaka*, to evaluate the efficacy of *Ksheerapaka* having different medicated drugs which can be used in pregnancy.

### CONCLUSION

*Rasayana* therapy introduces a new concept of nutrition and its relevance to the qualities of tissue nourishment, longevity, immunity, mental competence and ability is vital in *Garbhini Paricharya*. Thus, *Rasayana* gives nutritive support to the tissues of the pregnant women which creates a favourable environment in-utero for the fetus to survive and to get the best out of it. Therefore, playing a major role in fetal nourishment.

### REFERENCES

1. Role of Rasayana drugs in Garbhini Paricharya - A comprehensive review - IAMJ. (n.d.). Retrieved February 9, 2023, from [http://www.iamj.in/posts/2017/images/upload/2190\\_2197.pdf](http://www.iamj.in/posts/2017/images/upload/2190_2197.pdf)
2. Vaidya Lakshmiapati Sastri, Yogaratnakara with Vidyotini Hindi commentary, editor Bhisagrata Brahmasankar Sastri, Chaukambha Prakashan, Varanasi, Reprint 2010, *ksheeradosha Chikithsa*.

3. Acharya Y T, editor, (1st ed.). Hindi Commentary Nibhandasangraha of Dalhana on Susruta Samhita of Susruta, Sharerasthana; garbhiniyakaranam shareram: Chapter 10, verses 3. Varnasi: Choukamba Orientalia, 2021;387.
4. Acharya Y T, editor, (1st ed.). Hindi Commentary Ayurveda Deepika of Chakrapaanidatta on Charaka Samhita of Agnivesha, sharerasasthana; jathisuthriyam shareram: Chapter 8, Verse32. Varanasi: Choukamba Surbharati Prakashani, 2021;346.
5. Sharma S, editor, Commentary Shashileka of Indu on Ashtanga Sangraha of Vridha Vagbhata, Sharerasthana; Garbhopachasraneeya Shareram: chapter 3, verse 3-12. Varanasi: Chowkhamba Sanskrit Series Office, 2016;285.
6. Acharya Y T, editor, (1st ed.). Hindi Commentary Nibhanda Sangraha of Dalhana on Susruta Samhita of Susruta, Sharerasthana; Garbhiniyakaranam Shareram: Chapter 10, verses 4. Varnasi: Choukamba Orientalia, 2021;387.
7. Prof. P.V. Tewari, (2014) Prasuti Tantra, Chaukhamba Orientalia; Varanasi: 5, 218-224p.
8. Acharya Y T, editor, (1st ed.). Hindi Commentary Nibhandasangraha of Dalhana on Susruta Samhita of Susruta, Chikithsasthana; Nivrithasanthapiyam Rasayanam: Chapter 30, verses 5-6. Varnasi: Choukamba Orientalia, 2021;505-506.
9. Acharya Y T, editor, (1st ed.). Hindi Commentary Ayurveda Deepika of Chakrapaanidatta on Charaka Samhita of Agnivesha, Sutrasthana; Rasayana Adhyaya Abhayamalakeya Rasayana Pada: Chapter 1, Verse 6,7. Varnasi: Choukamba Surbharati Prakashani, 2021;377.
10. Acharya Y T, editor, (1st ed.). Hindi Commentary Ayurveda Deepika of Chakrapaanidatta on Charaka Samhita of Agnivesha, Sutrasthana; Rasayana Adhyaya Abhayamalakeya Rasayana Pada: Chapter 1, Verse 8. Varnasi: Choukamba Surbharati Prakashani, 2021;377.
11. Acharya Y T, editor, (1st ed.). Hindi Commentary Ayurveda Deepika of Chakrapaanidatta on Charaka Samhita of Agnivesha, Sutrasthana; Annapanavidhi Adhyaya: Chapter 27, Verse225-7. Varnasi: Choukamba Surbharati Prakashani, 2021;165.
12. Meghna, P. P., Surendran, E., Sumedhan, V., & Sinimol, T. (1970, January 1). *A critical review of Garbhini Ksheerapakas mentioned in Ayurvedic texts of Kerala: Semantic scholar*. Journal of Ayurveda and Integrated Medical Sciences (JAIMS).
13. Acharya Y T, editor, (1st ed.). Hindi Commentary Ayurveda Deepika of Chakrapaanidatta on Charaka Samhita of Agnivesha, Sharerasasthana; Jathisuthriyam Shareram: Chapter 8, Verse20. Varnasi: Choukamba Surbharati Prakashani, 2021;343.
14. Parasuram Sastri, Vidyasagar. Sarngadhara Samhita of Sarngadhara Acharya with Aadamalla's Dipika and kasirama's Gudarthadipika. Ksheerapakavidhi 161-163, Chaukamba Orientalia: Varanasi, Reprint 2012,167.
15. Acharya Y T, editor, (1st ed.). Hindi Commentary Nibhandasangraha of Dalhana on Susruta Samhita of Susruta, sutrasthana; samshodhanasamshamaniya adhaya: Chapter 39, verses 10. Varnasi: Choukamba Orientalia, 2021;172.
16. Role of Rasayana drugs in Garbhini Paricharya-A comprehensive review - IAMJ. (n.d.). Retrieved February 9, 2023, from [http://www.iamj.in/posts/2017/images/upload/2190\\_2197.pdf](http://www.iamj.in/posts/2017/images/upload/2190_2197.pdf)
17. Acharya Y T, editor, (1st ed.). Hindi Commentary Ayurveda Deepika of Chakrapaanidatta on Charaka Samhita of Agnivesha, Sharerasasthana; Mahathi Garbha Vakranti Shareram: Chapter 4, Verse20. Varnasi: Choukamba Surbharati Prakashani, 2021;320
18. Acharya Y T, editor, (1st ed.). Hindi Commentary Ayurveda Deepika of Chakrapaanidatta on Charaka Samhita of Agnivesha, Sharerasasthana; Mahathi Garbha Vakranti Shareram: Chapter 4, Verse21. Varnasi: Choukamba Surbharati Prakashani, 2021;320.
19. Acharya Y T, editor, (1st ed.). Hindi Commentary Ayurveda Deepika of Chakrapaanidatta on Charaka Samhita of Agnivesha, Sharerasasthana; Mahathi Garbha Vakranti Shareram: Chapter 4, Verse22. Varnasi: Choukamba Surbharati Prakashani, 2021;320.

**How to cite this article:** Meghashree B, Ramadevi G. Role of Rasayana Dravyas in the form of Ksheerapaka during Pregnancy. J Ayurveda Integr Med Sci 2023;02:146-150.

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*