

**CLINICAL STUDY TO EVALUATE THE EFFECT OF *MASANUMASIKA*
GARBHA SRAVA CHIKITSA IN PRECONCEPTIONAL CARE AND
ANTENATAL CARE TO PREVENT *GARBHA SRAVA* W.S.R FIRST
TRIMESTER ABORTION**



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CLINICAL STUDY TO EVALUATE THE EFFECT OF *MASANUMASIKA GARBHA SRAVA*
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ABSTRACT –Women is a special creature of God as he has gifted woman with the ability to keep the human species alive via giving birth to new ones. Pregnancy period is grossly divided in three stages and are called trimesters. When women presents with subsequent pregnancy loss, it is frustrating and challenging problem for couples as well as clinicians. *Garbha srava* is often associated with guilt embarrassment and depressive state. More than 80% of abortions occur within the first 12 weeks of gestation. In present clinical study dravyas used for trial mentioned in Susruta Samhita , Astanga Sangrha , Harita Samhita , Yogaratnakara. Many preparations have been mentioned in ayurvedic texts for treatment and prevention of *Garbhasthapaka*, *Garbhapaushaka* ,*Garbha srava* , *Garbha Raksha Vati* is one of the modified formulation of churna to tablet form. **AIM** -To Evaluate the effect of *Masanumasika Garbha Srava Chikitsa* to prevent First Trimester Abortion. **OBJECTIVE**-Literary review of *Garbha Srava* and First Trimester Abortion , Literary review of *Masanumasika Garbha Srava Chikitsa* ,To compare the effects of *Masanumasika Garbha Srava Chikitsa* along with standard protocol for abortion management. **METHODS**- After the scrutiny , patients were registered in the study. Explained to the patient about the trial and effects of the drug. Written consent was taken in suitable language from the patient.**INCLUSION CRITERIA**-Married women with age 20-35 years,H/O spontaneous abortions in first trimester, H/O habitual abortion, C/O threatened abortion,Choriodecidual hemorrhage, UPT positive case with H/o of habitual abortion, Unexplained causes of abortion,Women with family history of recurrent abortion,Endocrine and metabolic like Thyroid dysfunction, Diabetes Mellitus. **EXCLUSION CRITERIA**-Women with H/o consanguineous marriage,Women age below 20 years above 35 years,Genetic causative factors for abortion, chromosomal abnormality,Anatomical abnormalities uterus,Immunological disorders. Number of patients registered for study were N=10 in group-1 i.e preconceptional trial group with *garbha raksha vati* -1st ,with Folic Acid , N=10 in group-2 i.e preconceptional control group with Folic Acid ,N=32 in group-3 i.e. ANC trial group with *Garbha Raksha Vati*-2nd ,3rd & Folic Acid ,with P.O.G 4th -12th weeks , N=20 in group-4 i.e control group with Cap Progesterone & Folic Acid , with P.O.G 4th -12th weeks. **RESULTS & CONCLUSION** – In registered patients N=9 completed in group-1, N=10 completed in group -2 , N=32 completed in group-3 ,N=16 completed in group-4 in that 4 patients aborted during

treatment. In preconceptional group-5.3% patients were conceived after one and half month of treatment, 36.8% patients were conceived after two month of study duration. 86.5% ,patients continued the pregnancy thorough out 3 months with or without any complication , 5.8% had continue of pregnancy beyond 3 months with complications,7.7% patients were aborted in control group. Studying results of *Garbha Raksha Vati* groups during the treatment or after no abortion took place. The maternal as well as fetal growth was representing *Garbhasthapaka, Garbhapaushaka Garbhavruddhikara prabhava* which was prominently taken care by *Garbha Raksha Vati* .

Key words- *GARBHA , GARBHASRAVA , MASANUMASIKA GARBHA SRAVA CHIKITSA*