

MANAGEMENT OF IUGR THROUGH AYURVEDA: CASE REPORTReetu Pandey¹, Seema Shukla²¹Assistant professor, SAM College of Ayurveda, Raisen (M.P.), India²HOD PG Dept of PTSR, Paprola, Kangra (H.P.), IndiaCorresponding Author: vdreetupandey@gmail.com<https://doi.org/10.46607/iamj3808112020>

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**ABSTRACT**

Intrauterine growth restriction refers to a condition in which a fetus is unable to achieve its genetically determined potential size. Thus, an IUGR fetus should have grown bigger, if growth-inhibiting factors had not been present in embryonic life. This case study is about a 22-year-old primigravida whose ongoing pregnancy was uneventful until her seventh month. She was visiting Civil Hospital Baijanath (H.P.) for regular antenatal check-ups. On her seventh-month routine visit to the hospital, she was clinically diagnosed with intrauterine growth restriction. She was treated with allopathic medicines, but her condition deteriorated then she visited gyne OPD of Ayurvedic medical College Paprola on the 33rd week of pregnancy and was treated with *Ayurvedic* formulation. She was given granules of *Garbhshoshahara yoga* described in *Garbhashaygata Vata chikitsa in Ashtanga Sangrah*.

Keywords: *Garbh Shosh*, Intrauterine Growth Restriction (IUGR), *Garbhkshaya*, *Garbhashoshahara yoga*.**INTRODUCTION**

The concept of fetal well-being has gained importance in conventional science in the recent era, but it is the prime concern of *Ayurveda*. Intrauterine growth restriction is said to be present in those fetuses whose weight is below the 10th percentile of average

gestational age. Growth restriction is difficult to diagnose and equally difficult to define. Birth weight percentile determines growth based on adjustments for the period of gestation, maternal height, maternal weight, race, birth order, and gender. There is

increased neonatal morbidity and mortality due to birth asphyxia, respiratory distress, meconium aspiration, hypothermia, hypoglycemia, and neonatal sepsis.

In Ayurveda, several disorders are described with the explanation of fetal growth restriction such as *Upavishtaka*, *Nagodara*, *Vatabhipannagarbha*, *Garbh Shosha*. Emaciation is mainly caused by *Vata Dosha*. This is the main reason behind choosing *Garbhashoshahara yoga* because it contains *Madhur Ras*, *Sheeta Virya*, and *Rakta Prasadana* herbs for the pacification of *Vata Dosha*

Case Report: -

22-year-old primigravida who was under treatment for an antenatal check-up at Civil Hospital Baijnath when she was detected with reduced symphysis fundal height which was like 25th week when she visited there at 28th week. After a clinical diagnosis, she was managed with modern medicine and advised to take a

protein-rich diet, but her condition wasn't improved. After 4 weeks of treatment, she went for an ultrasound scan at the 33rd week of gestational age. The ultrasound suggests the fetus's intrauterine growth restriction. Then she came to Prasuti Tantra and Stri Rog OPD of Ayurvedic Hospital Paprola for further treatment. As she was taking modern medicines and was not responding to those treatments, so we started *Ayurvedic* treatment i.e. *Garbhashoshahara yoga* granules 5 grams twice daily with milk. Alongside, she was given *Amalaki* powder 3 gram twice daily with honey.

After 4 weeks of treatment, we advised the ultrasound scan. In this scan fetal weight was improved drastically and reached 2870gm. At 39 weeks 5 days, she delivered a healthy male baby of weight 3.10 kg with an APGAR score of 10/10 at 1 min.

Treatment - *Garbhashoshahara yoga* 5 grams twice daily with milk, *Aamalki churna* 3 grams twice daily, coconut water, and iron- calcium.

Garbhashoshahara yoga content-

Drug	Botanical name
<i>Sariva</i>	Hemidesmus indicus
<i>Madhuyashti</i>	Glycyrrhiza glabra
<i>Gambhari</i>	Gmelina arborea
<i>Sita</i>	Saccharum officinarum

Personal history: -

Appetite	Good
Diet	Mixed type of diet
Bowel	Constipation on and off
Micturition	Increased frequency
Sleep	Disturbed

Menstrual history: -

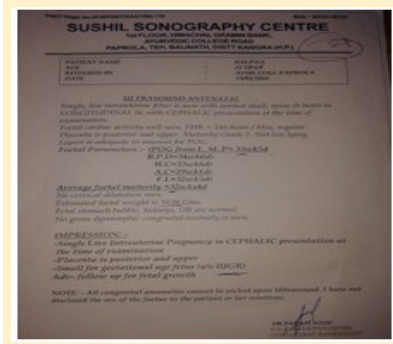
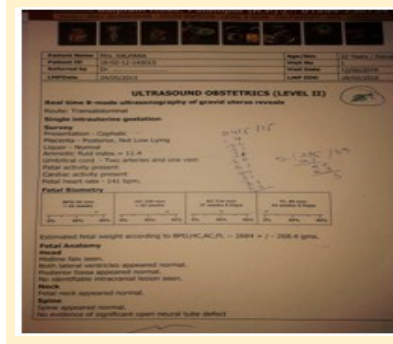
Menarche	12 years
Interval	28-34 days
Duration	4-5 days
Amount	3 pad per day
Clots / Pain	+ / +++

Obstetric History: -

Gravida 1, Para 0, Abortion 0, Live 0
Last menstrual period- 24 May 2015

Expected date of delivery - 28 February 2016
 Marital history- Married since 14th January 2015

Observations: -

Features	Before treatment	After treatment
Gestational age	34 weeks	38 weeks
Fundal height	28 cm	35 cm
Abdominal girth	84 cm	105 cm
Maternal weight	52 kg	55.5 kg
Head circumference	31.07cm	32.8cm
Abdominal circumference	25.54 cm	33.7 cm
Femur length	6.6 cm	7.4 cm
Hemoglobin	9.9 gm%	12.4gm%
HC/AC	1.216	0.973
EFW	1790gm	2807gm
Ultrasonographic evaluation of fetal growth after 4 weeks of treatment		

DISCUSSION

Intrauterine growth restriction was correlated with *Garbh Shosha*. As per *Samprapti* (pathogenesis), it was clear that *Garbhashosh (IUGR)* is due to *Vata* predominance with *Pitta-Kapha Anubandha (stipulation)* and *Garbhashoshahar Yoga* having *Tridosha Shamaka* property. All drugs of *garbhashoshahara yoga* have *Vata-Pitta Shamaka* and *Saptadhatu Prashadaka* property due to *Madhur Rasa. Ojovardhaka*, and *Vata Shamaka* due to *guru and Snigdha Guna. Pitta Shamaka* and *Kapha Vardhaka* due to *Sheeta veerya* and *Madhur vipaka*. The *Rasayana* effect of *Garbhashoshahar yoga* causes better *dhatu poshana* in the mother and in the fetus. Due to anti-inflammatory properties, it removes the congestion of vascular endothelium and placenta. So, improves placental circulation. It inhibits platelet aggregation, thus prevents clot formation in placental vessels. In addition, all the above mechanisms improve fetal growth restriction.

CONCLUSION

Garbhashoshahar Yoga is effective, tolerable in fetal growth restriction. The safety and efficacy of the drug were confirmed by the fact that all women showed maternal and fetal weight gain without any complication after the administration of the drug. From the observation, it can be concluded that *Garbhashoshahara Yoga* was effective in improving the Intra Uterine Growth Restriction. The case study helps us to understand the efficacy of *Ayurvedic* drugs in such a disease where modern medicine has limited effect and it will open scope for further research in this field.

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