



ROLE OF NAGAKESARA CHOORNA IN GARBHASTHAPANA – A CASE SERIES

Dr. Ankitha M.^{1*} and Dr. Anusha M.²

¹PG Scholar, ²Associate Professor, Department of Prasuti Tantra and Stri Roga, Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru.



*Corresponding Author: Dr. Ankitha M.

PG Scholar, Department of Prasuti Tantra and Stri Roga, Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru.

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ABSTRACT

Pregnancy is a precious phase in women's life. In today's world healthy conception and continuation of pregnancy without any complications is a challenge faced by many couples. 10-20% of all pregnancies end in miscarriages. Threatened abortion is very common in first trimester of pregnancy. In Threatened abortion the process of miscarriage has started but has not progressed to state from which recovery is impossible. In Ayurveda, Acharyas have explained the concept of *Garbasrava* which is very relevant in current scenario and can be correlated to threatened abortion. To counter act this conditions *Garbasthanapana Dravyas* and *Garbachalana Chikitsa* are explained. *Garbasthanapana Dravyas* gives stability to fetus, helps in maintenance of pregnancy and used in treatment as well as prevention of *Garbasrava*. In this context, *Nagakesara* is one such unique *dravya* which has *Kashaya Tikta Rasa*, *Alpa Ushna*, *Sangrahi*, *Garbasthanapaka*, *Raktasangrahaka*, anti-inflammatory, hemostatic and antioxidant properties which helps for continuation of pregnancy and healthy outcome. Hence in present study patients who are diagnosed as threatened abortion are given *Nagakesara Churna* with *Navaneeta* as *Anupana* and continued a healthy pregnancy and healthy term delivery discussed in detail.

KEYWORDS: Garbhasrava, Nagakesara, Garbasthanapana, threatened abortion.

INTRODUCTION

All women desire to experience motherhood. It's crucial to have healthy pregnancy and child birth. 10-20% of pregnancies ends in miscarriages.^[1] In current era, life style, altered diet and stress are the causes for increased incidence of miscarriages. In Ayurveda abortion upto four months of pregnancy is termed as *Garbasrava*.^[2] This could be correlated with threatened abortion. Bleeding in early pregnancy is a common complaint. Patient having threatened miscarriage had increased incidence of adverse pregnancy outcome.

Garbasthanapaka dravyas gives stability to fetus, it helps in maintenance of pregnancy and used in treatment as well as prevention of *garbasrava*.^[3] *Nagakesara* is having *garbasthanapaka* property which helps in continuation of pregnancy and healthy outcome.^[4]

AIMS AND OBJECTIVES

- To assess the role of *Nagakesara choorna* in the management and maintenance of pregnancy in patients with threatened abortion.
- To assess the mode of action of *Nagakesara choorna* in *garbasthanapana*.

MATERIALS AND METHODS

Literary data: will be collected from classical text of *ayurveda*, text book of modern medical science, magazines and journals.

Selection of cases: 5 patients diagnosed as threatened abortions were taken for the study from OPD and IPD of SDM Institute of Ayurveda College and Hospital, Bangalore.

DOSE, ANUPANA AND DURATION

All patients were advised to take *nagakesara choorna* with *navaneeta*, half teaspoon 2 times a day, before food up to 7 months of pregnancy.

INCLUSION CRITERIA

Patients who require *garbasthanapana* treatment are taken for the study.

CASE REPORTS

Table 1.

CASE NO	AGE	COMPLAINTS	INTERVENTION	OUTCOME
1.	30 years	Amenorrhoea since 2 months C/o Per vaginal spotting and low back ache since 1 day LMP – 15/2 /2023 POG – 7 weeks 3 days EDD – 22/11 /2023 Obstetric history –G ₁ P ₀ L ₀ A ₀ D ₀ Early pregnancy scan – Early single intrauterine gestation 7 weeks 3 days +/- 2 days cervix – 3.6 cms, No subchorionic haemorrhage, FHR – 160 bpm	Nagakesara churna with navaneeta was prescribed	Per vaginal spotting stopped and her pregnancy continued. She delivered full term female baby through normal delivery
2.	27 years	Amenorrhoea since 1 ½ months c/o per vaginal bleeding since yesterday night LMP - 16/2/2023 POG - 6 weeks 4 days EDD - 23/11/2023 Obstetric history – G ₁ P ₀ A ₀ L ₀ D ₀ Early pregnancy scan – Single intrauterine gestation of 5 weeks 4 days, FHR – 140 bpm No subchorionic haemorrhage, cervix-3.6cms	Nagakesara churna with navaneeta was prescribed	Per vaginal bleeding stopped and her pregnancy continued. She delivered full term male baby through normal labor.
3.	28 years	Amenorrhoea since 2 months C/O per vaginal bleeding since morning LMP - 21/06/2023 POG - 7 weeks 6 days EDD - 27/03/2024 Obstetric history – G ₂ P ₀ A ₁ L ₀ D ₀ Early pregnancy scan (15/8/2023)– Single live intrauterine gestation of 7 weeks 3 days Subchorionic haemorrhage – 2.0 x 0.4 cm Cervix length – 3.1 cms FHR – 170 bpm	Nagakesara churna with navaneeta was prescribed	Per vaginal bleeding stopped and her pregnancy continued. She delivered full term male baby through normal labor.
4.	25 years	Amenorrhoea since 2½ months C/O Per vaginal bleeding since yesterday LMP – not known GA by scan - 10 weeks 4 days EDD - 23/03/2024 Obstetric history -G ₃ P ₀ A ₂ L ₀ D ₀ Early pregnancy scan – Single live intrauterine gestation of 10 weeks 4 days FHR – 152 bpm, cervix – 3.6 cms	Nagakesara churna with navaneeta was prescribed	Per vaginal bleeding stopped and her pregnancy continued. She delivered full term female baby through LSCS.
5.	22 years	Amenorrhoea since 2 months C/o per vaginal bleeding since yesterday night LMP - 12/04/2023 POG - 7 weeks 2 days EDD - 19/1/2024 Obstetric history – G ₁ P ₀ L ₀ A ₀ D ₀ Early pregnancy scan – Twin live	Nagakesara churna with navaneeta was prescribed	Per vaginal bleeding stopped and her pregnancy continued. She delivered full term male babies through LSCS.

		intrauterine gestation of 6 weeks 5 days +/- 1 weeks, diamniotic dichorionic twin. Twin A - FHR - 174 bpm Twin B - FHR - 182 bpm		
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OBSERVATIONS

During the period of therapy, no any adverse effect was observed in any patient. Among these cases are aged between 20-30 years. All five patients complaining of bleeding /spotting per vagina, one patient with low back ache, two patients with history of abortions and with stressful job.

RESULTS

Per vaginal bleeding / spotting stopped and All five patients ended up with term pregnancy and delivered healthy baby.

DISCUSSION

Threatened abortion is clinical entity where the process of miscarriage has started, but has not progressed to a state where recovery is impossible. *Nagakesara* is having *kashaya, tikta rasa, alpa ushna, grahi, raktastambana, garbasthapaka properties*. It is having anti-inflammatory, hemostatic and antioxidant properties. *Kashaya rasa, grahi* and *rakta stambana* property of *nagakesara* helps in controlling bleeding.^[5] As per classical reference *nagakesara* is having *grahi* property, *grahana* means holding something. It strengthens the cervix, supports and increases the vascularity of endometrium and helps in continuation of pregnancy.

Nagakesara contains β -sitosterol and bioflavonoids like Mesua Ferrone-A and Mesua Ferrone -B.^[6] The probable mode of action of *nagakesara* based on its phytoconstituents are during implantation mother's immune system has to suppress. If not, results in inflammatory changes in tissue and autoimmune rejection of conception. β -sitosterol has anti-inflammatory properties. It reduces cytoplasmic toxicity and regulates endometrial receptivity. So that it helps in achieving conception and promotes healthy progeny. Increase in oxidative stress leads to reduction in trophoblastic invasion & incomplete conversion of maternal spiral arteries results in complications such as pre-eclampsia, IUGR and spontaneous miscarriage resulting in fetal and maternal mortality. Antioxidant and cytoprotective effect of bioflavonoids during early gestation helps in preventing pregnancy related complications.^[7] In this study *nagakesara choorna* with *navaneeta* was prescribed as it has *sheeta guna, madhura rasa, grahi* and *hridya* properties. As it is a lipid media *navaneeta* enhances the absorption of drug.

CONCLUSION

In Conventional System of medicine hormonal support are widely used which has interventions like Intramuscular injections and per vaginal suppository which may cause discomfort, pain and financial burden

on patient. As promising results are seen in this study, *nagakesara choorna* is highly effective, easily available and cost effective.

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