1. INTRODUCTION

The test of any civilization is the measure of consideration and care which it gives to its weaker members. Mothers and children not only constitute a large group i.e. 22.2% and 35.3% in India respectively, but also vulnerable or special risk group. In case of females of age group 15 to 44 years, the risk is connected with child bearing. The problems affecting the health of mother are multifactorial. Mother and child must be considering as one unit. During antenatal period, the fetus obtains all the building materials and oxygen from the mother’s blood. A healthy mother brings forth a healthy baby, thus there is less chance for a premature birth, still birth or abortion. Certain diseases and conditions of mother during pregnancy e.g. Syphilis, German measles (Rubella) or drug intake are likely to have their effects upon the fetus. Currently, the main health problems affecting the health of the mother and child in India, as in other developing countries, revolve round the triad of Malnutrition, Infection and the consequences of unregulated fertility.

The adverse effects of maternal malnutrition have been well documented – maternal depletion, anemia, low birth weight, toxemias of pregnancy, postpartum hemorrhage, all leading to high mortality and morbidity. Maternal infections may cause a variety of adverse effects such as IUGR, LBW, Embryopathy, Abortion, Puerperal sepsis. Many women are infected with CMV, Herpes Simplex virus Or Toxoplasma during pregnancy. Furthermore, as many as 25% of the women in rural areas suffer at least one bout of urinary infection. The ultimate objectives of MCH services are lifelong health. It includes maternal health which leads to child health. So, we should follow proper Ante Natal Care. The specific objectives of ANC are as follows-

- Reduction of maternal, perinatal i.e. fetal, infant & child morbidity & mortality.
- Promotion of reproductive health & ultimately promotion of physical development of fetus.
- To promote, protect & maintain the health of the mother during pregnancy.
- To detect high risk cases and give them special attention.
- To foresee complications and prevent them.

To achieve these objectives & to achieve MDG (Millennium Development Goals) world is
looking towards Ayurveda with hope. In the text of 17th century named ‘Raschandashu’ one herbo-mineral formulation is mentioned i.e. Garbhpal Ras, which is commonly used in pregnancy. Ayurved Sarsangraha, Rastantrasara and Siddhpravaya Sangraha also mentioned Garbhapal Ras. The name itself suggests that it is used for “CARE OF FETUS.” It is used to prevent complications during pregnancy and it ensures better nourishment of fetus. Pregnancy and fetal development progress through various changes. Drugs in pregnancy can be either:

- Pharmaceutical
- Recreational

Drugs can have temporary or permanent effects on the fetus. As Garbhpal Ras is herbo-mineral drug we should know in details about it.

2. MATERIALS AND METHODOLOGY

2.1. Objectives

- To know the therapeutic indications of Garbhpal Ras.
- To find out contraindications of the Garbhpal Ras.
- To know mode of action of Garbhpal Ras.
- To find out adverse effects of the Garbhpal Ras.
- To calculate the therapeutic drug dose and duration.

2.2. Materials needed for preparation (Contents)

Contents of Garbhpal Ras are as follows:

- Hingula (purified & processed cinnabar)
- Nag Bhasma (Lead, Pb)
- Vang Bhasma (Tin, Sn)
- Dalchini (Cinnamomum Zeylanicum)
- Tejpatra (Cinnamomum Tamala)
- Sookshma Ela (Elettaria Cardamomum)
- Shoonthi (Zingiber Officinalae)
- Marich (Piper Nigrum)
- Pimpali (Piper Longum)
- Dhanyak (Coriandrum Sativum)
- Krushnajeeraka (Carum Bulbocastanum)
- Devardu (Cedrus Deodara)
- Chavya (Piper Retrofractum)
- Lohabhasma (Iron, Fe)
- Draksha (Vitis vinifera)
- Vishnukranta (Aparajita)

2.3 Method of Preparation of Kalpa

All ingredients in equal quantity except Loha Bhasma which is half in quantity than others. All of them are triturated in extract of Vishnukranta (Clitoria Ternatea).

3. RESULTS AND DISCUSSION

3.1 Indications of Garbhpal Ras

3.1.1. First Trimester (Sadyogruhit Garbha lakshan and Vyakta Garbha lakshana)

- Nishtivika (Profuse salivation)
- Nausea, Vomiting and Loss of appetite (Emesis Gravidarum)
- Urodah (Heart burn)
- Constipation & Flatulence

3.1.2. Second Trimester and Third Trimester

- IUGR (Intra Uterine Growth Retardation)
- H/O Second trimester abortion or threatened pre-term labor pains
- H/O Intrauterine death, IUGR, BOH, Recurrent abortions, Premature delivery.
- K/C/O Gestational diabetes mellitus or Hypertensive disorder of pregnancy.
- K/C/O Anaemia
- K/C/O Oligoamnios, Uteroplacental insufficiency.
- Haemorrhoides & fissure.
- Heart Burn & Flatulence.
- Dyspepsia, Gastro-oesophageal reflux disease.

3.2. Contraindication of Garbhpal Ras

Patients sensitive to any of the ingredients in the formulations.

- K/C/O OR H/O Lead Poisoning.
- K/C/O OR H/O Mercury poisoning.
- Patients of Liver impairment.
- Patients of Renal impairment.

3.3 Special precautions

- Use with caution in every pregnant woman.
- Strictly under medical supervision. (As self-medication may prove to be dangerous).
- Precise dose for limited period.

3.4. Adverse effects
Overdosage and use in unindicated patients may cause severe poisonous effects.

3.5. Drug Duration and Time

- **Garbhpal Ras** can be started at any time, or in any trimester of pregnancy in absolute indicated patient. Garbhpal Ras can be given till term i.e. 9th month of pregnancy as per requirement & indication.

3.6 Dose of Garbhpal Ras

125 mg twice daily

3.7 Anupana

- Cow’s milk (Indian species) - As Garbhpal Ras content metals also, so milk will make these elements easily assimilable. Milk will eliminate the harmful effects of metal and enhances their bio-compatibility.
- Guduchi satva.
- Honey.
- Manjishthadi kwath (in patients with pregnancy with STD).

3.8. Mode of action

Mode of action of Garbhpal Ras is mentioned in Table No. 1 and Table No 2.

4. CONCLUSION

Though Garbhpal Ras is herbo-mineral formulation, if used in absolute indicated patients will definitely help mother & fetus both to maintain health. It has been proved that, despite the fact that mercury & lead were found in the maternal as well as umbilical cord blood in one of the research studies, the level of Hg & Pb were well below the permissible limits. People are always doubtful about the use of metals and minerals containing ayurvedic formulations. These Ras-Aushadhi are misunderstood and misinterpreted. Metals and minerals are converted to organometallic compounds by proper processing called Shodhana and Marana. Thus, to improve potency of certain drugs and make them most effective, specific metals are used in pure and processed forms. Metals and minerals are Yogvahi i.e. catalytic carrier, they carry active molecule of the herbs more effectively.

Garbhpal Ras contains cinnabar. Overdose of cinnabar causes poisoning. Improper processing (heating, decocting, fumigating) causes poisoning. Correct preparation, adequate doses, absolute indication for use are important factors impacting cinnabar toxicity. Simultaneously one should always be careful for other sources of mercury such as seafood. Same thing is for Lead poisoning. Carrots, lettuce, beetroot, tamarind, candy, milk, eggs, calcium supplements, cosmetics may content lead and mercury. This is to conclude that Rational use means specific drug, utilized in indicated patients, keeping in mind contraindications, adverse effects, proper drug dose, along with specific vehicle, Ayurvedic formulations will surely help world to achieve millennium development goal, if one keeps in mind an integrative approach.

5. REFERENCES

Table No. 1. Guna-karma of Garbhpal Rasā

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<tr>
<th>S.N.</th>
<th>Ingredient</th>
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<td>Yogvahi, Rasayan, Microbial infection, Increases urine output, Antiseptic</td>
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<td>Bdsalances Vata, Pitta, Kapha; Uterine Tonic, Nourishment, Agnipravartak, useful in DM (Prameha), Nausea, Vomiting, Heartburn, Kledaghna, UTI, Mutrakruchha, Mutraghat, Shotha, leucorrhoea, dermatitis</td>
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<td>Kapha-Vat shamak, Vedanahar, Anuloman, Dipana, Hrudya, Pachana, acts as anti-inflammatory &amp; antispasmodic, helps in relieving pain</td>
<td>Kapha-Vat shamak, Vedanahar, Anuloman, Dipana, Hrudya, Pachana, acts as anti-inflammatory &amp; antispasmodic, helps in relieving pain</td>
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**Table No. 2.** Mode of Action of Garbhapala Rasa

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