



## Role of Ashwagandadhi Ksheera Paka and its influence on Maternal and Foetal Weight during Pregnancy

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**Background:** Ashwagandadhi Ksheera Paka, a traditional Ayurvedic preparation, which is rich in protein, is been used for its potential benefits during pregnancy. However, its impact on maternal and foetal weight gain has not been thoroughly studied.

**Objective:** This study aims to evaluate the effect of Ashwagandadhi Ksheera Paka administration on maternal and foetal weight gain in pregnant women during the 6th and 7th month of pregnancy along with the analytical study of Ashwagandadi Ksheerapaka.

**Materials and Methods:** Twenty pregnant women were given Ashwagandadhi Ksheera Paka for two months i.e., 6th and 7th month. Maternal weight gain was monitored every 15th day, and fetal weight gain was estimated via ultrasound. Observations were recorded to assess the correlation between the administration of the Ksheera Paka and weight changes.

**Results:** The administration of Ashwagandadhi Ksheera Paka was associated with a statistically significant increase in both maternal and foetal weight over the two-month period. Analytical Study revealed the presence phytochemicals & presence of protein concentration higher in its hydroalcoholic extract.

**Conclusion:** The findings suggest that Ashwagandadhi Ksheera Paka may contribute positively to maternal and foetal weight gain during pregnancy. Further studies with larger sample sizes are recommended to confirm these results.

**Keywords:** Ashwagandadhi Ksheerapaka, Maternal health, Ayurveda

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## Introduction

Pregnancy is a critical period where the health and nutrition of the mother directly influence the growth and development of the fetus. During the second and third trimesters, especially in the 6th and 7th months, the fetus undergoes rapid growth, including substantial increases in weight and organ development.[1] According to ACOG guidelines there is average of 3-4grms per day weight gain in 6th month, in 7th month average fetal weight gain should be around 4-5gms per day.[2]

*Ksheerapaka* helps improve maternal strength, digestion, and immunity, while supporting healthy fetal growth. Rich in essential nutrients, promotes opti. weight gain for both mother & baby, reducing risk of deficiencies during this critical stage.[3]

## Objectives

1. To analyze the effect of *Ashwagandadhi Ksheerapaka* on the general health of pregnant women and fetal well-being during the 6th and 7th months of pregnancy.
2. Phytochemical screening and protein estimation of *Ashwagandhadhi ksheerapaka*

## Materials and Methods

### Study Design

**Sample** - 20 pregnant patient

**Intervention** - The administration of *Ashwagandhadhi Ksheera Paka* was advised to the patient, prepared as per classical references, with a recommended dosage of 50 ml in the morning and evening after food.

**Duration** - 8 weeks

### Method of preparation

The patient was instructed to take 6 grams of *Ashwagandhadhi Churna*, add 50 ml of milk and 200 ml of water, boil the mixture, and reduce it to 50 ml. The prepared *Ksheerapaka* was advised to be consumed twice daily, 50 ml each in the morning and at night after food.[4]

### Drug Review

*Dravya* is *Panchabauthika* these are the physico-chemical basis of the material objects.

These *Dravya* work on *Panchamahabhutha* and *Tridosha Sidhantha* contributing to balance state of *Dosha, Dhathu, Mala* and *Agni*. *Dravya* is again classified into *Ahara Dravya* and *Aushada Dravya*, where in food or diet which we consume daily also have got medicinal property hence at most care must be given to daily diet especially in pregnancy.

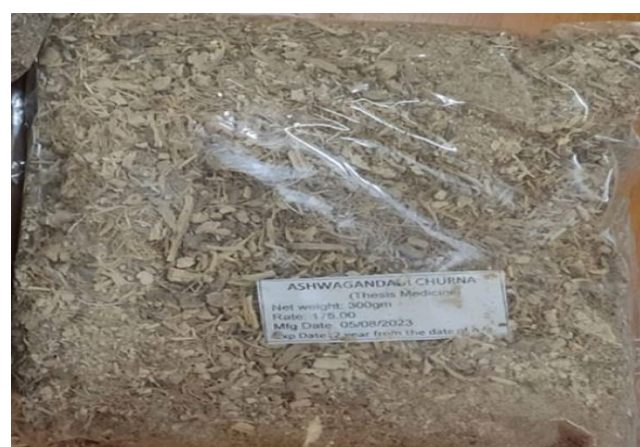
### Criteria for selection of *Madhura Dravyas* for the study

Ayurveda emphasizes importance of consuming *Madhura* (sweet) *Ahara* (food) and *Madhura Auśada* (medicine) during pregnancy. The intake of milk and medicines from *Madhura Gana* is recommended throughout pregnancy. These *Madhura* substances are anabolic, promoting mother's health and foetus's growth and development. In light of significance of *Madhura Auśadha* during pregnancy, as described in *Caraka Saṁhita*, *Susruta Saṁhita*, *Aṣṭanga Saṁgraha*, and *Aṣṭanga Hṛdaya*, study has been planned. The selection also considered availability of drugs, their action, potency, and shelf life in their pharmaceutical form, particularly as *Churna* (powder) which is used for *Ksheerapaka*.

Study contains 5 drugs which are taken from *Vidarigandadi Gana* and *Madhura Skanda*, they are given in table no 1.

**Table 1: Ashwagandhadhi Churna**

Drugs	Rasa	Guna	Virya	Vipaka	Karma
Ashwagandha [5]	Kashaya Madhura	Laghu Snigdha	Ushna	Madhura	Dipana
Yashtimadhu[6]	Madhura	Guru	Sheeta	Madhura	Rasayana
Punarnava[7]	Madhura	Ruksha	Ushna	Madhura	Pandugna
Sariva[8]	Madhura Thiktha	Guru Snigdha	Sheeta	Madhura	Ruchya
Vidarikanda[9]	Thiktha Madhura	Guru	Ushna	Madhura	Tridoshashamaka



**Image 1: Ashwagandhadhi Churna**

### Inclusion Criteria

1. Primi and multi gravida
2. Subjects limited to the age group of 20-35 years.

### Exclusion Criteria

1. Pregnancy complicated by anaemia, Multiple Pregnancy, APH, GDM, PIH, pre-eclampsia, Eclampsia, co-existing fibroid, Thyroid disfunction, Hyperemesis gravidarum and other Systemic diseases.
2. Diagnosed cases of IUGR, Oligohydramnios, Polyhydramnios.

### Subjective Parameter

1. Appetite, General weakness, Headache, Back ache, Constipation, Flatulence, Giddiness, Heart Burn, Palpitation, Vomiting, Pedal oedema, Sleep
2. Assessment done based on scoring

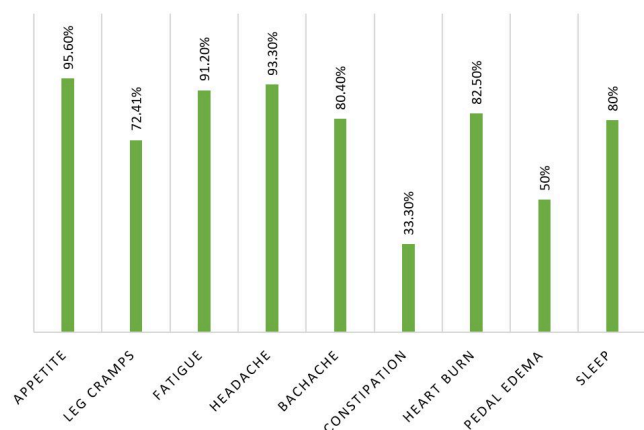
### Objective Parameter

1. Maternal Weight assessment
2. Haemoglobin
3. Foetal weight assessment

## Results

This study was statistically tested with Wilcoxon test for subjective parameter and for objective parameter paired 't' test is used

### Subjective Parameter



Graph 1

In subjective parameters there was marked difference observed before and after treatment, percentage of improvement in each subjective parameter is been given in graph no 1. Extremely statistical and clinical significance was noted in appetite, leg cramps, fatigue, headache, backache,

Heart burn, sleep. pedal oedema and constipation there was no statistical significance noted.

### Objective Parameter

Mean of before treatment and after treatment is given in table no 4. haemoglobin, serum protein, maternal weight, estimated foetal weight there was statistical significance noted.

Table 4

Parameters	Mean BT	Mean AT
Haemoglobin	10.52	10.83
Serum protein	7.36	8.51
Maternal weight	64.75	67.98
Estimated foetal weight	354.3	1424.5

### Analytical Study

Results obtained for qualitative screening of phytochemicals in *Ashwagandhadi Churna* are presented in table no. 5. The qualitative phytochemical analysis of both aqueous and hydroalcoholic extract revealed the presence of key bioactive compounds including carbohydrates, phytosterols, tannins, reducing sugar, proteins.

Table 5

SN	Phytochemicals	Ashwagandhadi Churna	
		Aqueous extract	Hydroalcoholic extract
1.	Alkaloid	+	-
2.	Carbohydrates	+	+
3.	Phytosterols	+	+
4.	Glycosides	-	-
5.	Tannins	+	+
6.	Saponins	+	+
7.	Reducing sugar	+	+
8.	Flavonoids	-	-
9.	Proteins	+	+

### Estimation of protein concentration by Biuret Method

The hydroalcoholic extract of *Ashwagandhadi* at a 1:10 dilution had an exceptionally high protein concentration of 12739.25 µg BSAE/mg of extract, making it the most protein-rich sample among all tested groups

## Discussion

Weakness, fatigue, depletion in maternal *Bala & Varṇa*, backpain, leg cramps, constipation, palpitation are anticipated due to the growing fetus, especially in the 6th and 7th month of pregnancy.

The drugs selected for the study belonging to *Madhura Rasa Gana*, which overcomes these hindrances efficiently in this phase of pregnancy.

*Madhura Rasa* is considered to be *Ajanma Satmya*. It could be administered irrespective of age limit and time. Supplementing *Madhura Rasa* through maternal diet, may facilitate the fetus in the womb to gain all the superior qualities and effects of it.

- Thereby may improve the *Dhatu*, *Ojas*, *Virya*, *Bala*, *Varṇa* of the fetus from the very beginning itself and thus it can attain *Ayushya*, *Tarpaṇa*, *Jivana* and *Balya* qualities.
- *Ksheerapaka* of *Ashwagandhadhi Churna*, promotes maternal and foetal weight gain by enhancing nourishment and vitality due to its *Balya*, *Rasayana Guna*.
- *Ashwagandha* and *Vidarikanda* boost tissue growth and muscle strength, while *Yashtimadhu* supports healthy weight gain and immune function.
- *Punarnava* regulates fluid balance, maintains the Hb and *Sariva* improves blood circulation and digestion, ensuring proper nutrient absorption.
- The milk-based preparation (*Ksheerapaka*) enhances the bioavailability of these herbs, maximizing their nutritive benefits for both mother and foetus.

## Conclusion

Study showed statistically significant results in the subjective parameters-appetite, leg cramps, fatigue, general weakness, backache, constipation, heart burn, palpitation & sleep. Hemoglobin, serum protein, EFW, Maternal weight showed statistically significant results. Analytical study proved that, higher concentration of protein in *Ashwagandhadhi Churna* in 1:10 dilution

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