



## Therapeutic Potential of Makhana Churna and Sharkarayukta Dugdha: An Ayurvedic Perspective

Rao S<sup>1\*</sup>, Patil A<sup>2</sup>, Jadav M<sup>3</sup>

DOI:10.21760/jaims.10.5.29

<sup>1\*</sup> Shabnam Rao, Post Graduate Scholar, Department of Prasuti Tantra Avum Stree Roga, Sri Sai Ayurvedic PG Medical College and Hospital, Aligarh, Uttar Pradesh, India.

<sup>2</sup> Aniket Patil, Professor, Department of Prasuti Tantra Avum Stree Roga, Sri Sai Ayurvedic PG Medical College and Hospital, Aligarh, Uttar Pradesh, India.

<sup>3</sup> Meeti Jadav, Associate Professor, Department of Prasuti Tantra Avum Stree Roga, Sri Sai Ayurvedic PG Medical College and Hospital, Aligarh, Uttar Pradesh, India.

The foundation of lifelong health is established during the intrauterine period, where proper fetal growth and development are crucial determinants of future well-being. Ayurveda, the ancient science of life, emphasizes the critical importance of Garbha Vriddhi (fetal development) and prescribes specific dietary and lifestyle guidelines under Garbhini Paricharya (antenatal care) to ensure healthy offspring. Rasayana (rejuvenative) and Brimhana (nourishing) therapies form the cornerstone of intrauterine health maintenance. Among the various Rasayana Dravyas mentioned in Ayurvedic texts, Makhana (Euryale ferox Salisb.), known for its Madhura Rasa, Guru and Snigdha Guna, holds significant importance for promoting Dhatu Poshan (tissue nourishment) and enhancing vitality. Sharkarayukta Dugdha, a classical combination of sweetened milk, is recommended for pregnant women to nourish the fetus, enhance maternal Ojas, and ensure smooth parturition. The synergistic use of Makhana Churna (powdered Makhana) with Sharkarayukta Dugdha provides an excellent dietary intervention aimed at improving intrauterine nutrition, preventing low birth weight, and supporting healthy tissue development. Modern scientific studies have also highlighted Makhana's high protein, calcium, antioxidant, and micronutrient content, making it beneficial for maternal health and fetal growth. Similarly, milk's easily digestible proteins and Sharkara's energy-enhancing properties contribute to meeting the increased metabolic demands of pregnancy. This article critically explores the Ayurvedic rationale and modern nutritional relevance of using Makhana Churna with Sharkarayukta Dugdha during pregnancy, aiming to present a holistic approach for promoting optimal intrauterine development, enhancing maternal health, and preventing fetal growth disorders through natural, time-tested interventions.

**Keywords:** Intrauterine Growth, Makhana Churna, Sharkarayukta Dugdha, Garbha Vriddhi, Rasayana Therapy, Maternal Nutrition

### Corresponding Author

Shabnam Rao, Post Graduate Scholar, Department of Prasuti Tantra Avum Stree Roga, Sri Sai Ayurvedic PG Medical College and Hospital, Aligarh, Uttar Pradesh, India.  
Email: [drlucky341@gmail.com](mailto:drlucky341@gmail.com)

### How to Cite this Article

Rao S, Patil A, Jadav M, Therapeutic Potential of Makhana Churna and Sharkarayukta Dugdha: An Ayurvedic Perspective. J Ayu Int Med Sci. 2025;10(5):198-202.  
Available From  
<https://jaims.in/jaims/article/view/4416/>

### To Browse



Manuscript Received  
2025-04-11

Review Round 1  
2025-04-25

Review Round 2  
2025-05-05

Review Round 3  
2025-05-15

Accepted  
2025-05-25

Conflict of Interest  
None

Funding  
Nil

Ethical Approval  
Not required

Plagiarism X-checker  
12.98

Note



© 2025 by Rao S, Patil A, Jadav M and Published by Maharshi Charaka Ayurveda Organization. This is an Open Access article licensed under a Creative Commons Attribution 4.0 International License <https://creativecommons.org/licenses/by/4.0/> unported [CC BY 4.0].



## Introduction

The intrauterine period is crucial for determining the lifelong physical, mental, and immunological health of an individual. *Ayurveda*, the ancient Indian system of medicine, emphasizes the importance of *Garbha Vriddhi* (fetal growth) and outlines comprehensive guidelines for antenatal care under the principles of *Garbhini Paricharya*.<sup>[1]</sup> Proper fetal nourishment, according to *Ayurveda*, is essential for the development of *Dhatu* (tissues) and the maintenance of *Ojas* (vital essence), which ensures a healthy birth and longevity.<sup>[2]</sup> A well-nourished fetus develops strong immunity, proper organ formation, and stable mental faculties, forming the basis for a healthy future. Among the various approaches recommended, *Rasayana* (rejuvenation) and *Brimhana* (nourishing therapy) are considered key strategies for promoting healthy intrauterine growth. Substances possessing *Madhura Rasa* (sweet taste), *Snigdha Guna* (unctuousness), and *Guru Guna* (heaviness) are particularly beneficial for fetal tissue development and maternal strength.<sup>[3]</sup> *Ayurveda* further describes the importance of *Mamsa Dhatu Vriddhi* (enhancement of muscular tissues) and *Rakta Dhatu Poshan* (nourishment of blood tissue) during pregnancy, both of which depend heavily on the quality of maternal nutrition and digestion (*Agni*).<sup>[4]</sup> *Makhana* (*Euryale ferox* Salisb.), traditionally classified under *Brimhana* and *Balya* (strength-promoting) categories, is rich in proteins, antioxidants, calcium, magnesium, and fiber, making it an ideal nutritional supplement during pregnancy.<sup>[5]</sup> Its consumption enhances strength, vitality, and tissue regeneration, thus supporting intrauterine tissue growth and protecting against fetal developmental anomalies. When combined with *Sharkarayukta Dugdha* (sweetened milk), a classic *Ayurvedic* combination, its effects are magnified, promoting both maternal and fetal nourishment. Milk, categorized as a primary *Jeevaniya* (life-promoting) and *Ojovardhaka* (Ojas-enhancing) substance, serves as an easily digestible, wholesome source of nutrition for pregnant women.<sup>[6]</sup> *Sharkara* (sugar) added to milk provides quick energy, reduces *Vata* aggravation, and supports the anabolic processes necessary for fetal development. This synergistic combination meets increased metabolic demands of pregnancy & prevents intrauterine growth retardation (IUGR), anemia, & general maternal debility.

Modern nutritional studies further validate these ancient concepts by emphasizing the importance of protein, amino acids, calcium, magnesium, and antioxidants for proper fetal and placental development.<sup>[7]</sup> Therefore, integrating traditional Ayurvedic wisdom with modern nutrition highlights the immense therapeutic potential of *Makhana Churna* and *Sharkarayukta Dugdha* in ensuring optimal intrauterine growth, maternal vitality, and the birth of a healthy progeny.

### Ayurvedic Perspective on Intrauterine Growth

*Ayurveda* views intrauterine life as a delicate phase where proper nourishment is crucial for *Garbha Vriddhi* (fetal development) and prevention of anomalies.<sup>[8]</sup> The formation and growth of the fetus depend on the optimal condition of *Beeja* (gametes), *Kshetra* (uterus), *Ritu* (fertile period), and *Ambu* (nutritional fluid).<sup>[9]</sup>

According to *Charaka Samhita*, maternal *Rasa Dhatu* quality, influenced by maternal diet and *Agni*, is the primary source of fetal nourishment.<sup>[10]</sup> In early stages, nutrition is provided via *Upasneha* (transudation), later through *Garbhanabhinadi* (umbilical cord), emphasizing continuous maternal nutrition.<sup>[11]</sup> *Garbhini Paricharya* (antenatal care) prescribes a diet rich in *Madhura Rasa* (sweet taste), *Snigdha* (unctuous), and *Guru* (heavy) qualities to promote fetal growth and maintain maternal *Dosha* balance.<sup>[12]</sup>

Deficiency in nutrition leads to *Vata* vitiation, disturbed *Rasavaha Srotas*, and intrauterine growth restriction (*Garbha Upatapa*).<sup>[13]</sup> Thus, a diet enriched with *Brimhana* (nourishing), *Balya* (strength promoting), and *Rasayana* (rejuvenating) properties is advised. *Makhana Churna* and *Sharkarayukta Dugdha* align with these principles, aiming to support fetal growth, enhance *Ojas* (vital energy), and ensure a healthy intrauterine environment.<sup>[14]</sup>

### Nutritional and Medicinal Properties of Makhana Churna and Sharkarayukta Dugdha

*Makhana* (Fox Nut) and *Sharkarayukta Dugdha* (milk with sugar) are both significant in *Ayurveda* for their nutritional and medicinal properties. These formulations are particularly valued for their ability to nourish the body, balance *Vata*, and support *Ojas* (vital energy), which is essential for maternal health and fetal development during pregnancy.

Nutritional Properties of *Makhana Churna*

*Makhana* is known for its rich nutrient profile. It contains essential proteins, carbohydrates, and fats, making it a good source of energy. Its high content of *Sattvic* qualities is believed to promote calmness and stability, which is beneficial during pregnancy. *Makhana Churna* is also considered an excellent source of magnesium, potassium, and antioxidants, which support the heart, regulate blood pressure, and provide relief from stress and fatigue, common during pregnancy.[15]

Medicinal Benefits of *Makhana Churna*

*Makhana* has been extensively used in *Ayurveda* for its cooling and *Vata* balancing effects. It is a mild *Rasayana* (rejuvenator) that supports the strength of the uterus and maintains the health of both mother and fetus. It is believed to help with *Prameha* (diabetes), *Shvasa* (respiratory issues), and *Chronic Stress* through its ability to calm the mind and reduce anxiety.[16]

Additionally, its high fiber content aids in digestion, which is crucial for pregnant women who often face digestive issues.

Nutritional Benefits of *Sharkarayukta Dugdha*

The combination of *Sharkara* (sugar) and *Dugdha* (milk) forms a nutrient-dense food with multiple health benefits. *Sharkara* is considered an excellent *Anupana* (vehicle) for many herbs and food substances, improving their bioavailability. When combined with *Dugdha*, it enhances the absorption of nutrients and promotes the growth of *Ojas*. [17]

The combination of milk’s natural proteins and fats, along with sugar’s quick energy release, makes this preparation vital for sustaining energy levels and promoting healthy fetal growth.

Medicinal Effects of *Sharkarayukta Dugdha*

The combination of milk and sugar in this formulation provides both immediate and long-term benefits for maternal and fetal health. It promotes *Medhya* (mental strength) and *Bala* (strength), contributing to the overall well-being of both the mother and fetus.

Additionally, *Sharkarayukta Dugdha* is said to support lactation and improve maternal digestion, which is essential during pregnancy for both nourishment and detoxification.[18]

Combined Benefits

When used together, *Makhana Churna* and *Sharkarayukta Dugdha* support *Garbha Pushti* (fetal nourishment) and the mother's vitality. These two substances provide a synergistic effect, balancing *Vata*, *Pitta*, and *Kapha*, promoting a balanced environment for the growing fetus, enhancing immunity, and stabilizing maternal *Agni* (digestive fire). They help in promoting the healthy development of fetal tissues and support overall well-being during pregnancy.[19]

Formulation	Guna (Qualities)	Karma (Actions)
1. Makhana Churna	Snigdha(unctuous), Madhura (sweet), Laghu (light), Guru (heavy), Shita (cooling)	Vata and Pitta pacifying, Rasayana (rejuvenative), Astringent, Antioxidant, Improves digestion, Promotes fertility, Supports uterine health
2. Sharkara	Pushtikar, Brimhana, Pittashamaka	Improved maternal energy, antioxidant support
3. Dugdha	Jeevaniya, Ojasvardhaka, Pushtida	Better fetal growth, improved maternal vitality

Postpartum Benefits

The postpartum period is critical for both the mother and newborn, as it involves recovery from childbirth and adjustment to the demands of motherhood. *Ayurvedic* care emphasizes nurturing the mother’s health during this phase, ensuring proper physical recovery, hormonal balance, and mental well-being. The combination of *Makhana Churna* and *Sharkarayukta Dugdha* offers numerous benefits to support the mother's recovery during the postpartum phase.

*Makhana Churna* in Postpartum Care

After childbirth, a mother’s body undergoes significant changes, and *Makhana Churna* plays a vital role in aiding recovery. Its cooling and calming properties help regulate the digestive system, which can often be disturbed post-delivery due to hormonal fluctuations. Additionally, *Makhana* is rich in antioxidants and essential nutrients, which help rebuild tissue and improve strength.

Postpartum Benefits

- **Rejuvenates Body:** *Makhana Churna* acts as a *Rasayana*, promoting rejuvenation and enhancing vitality, which is essential during postpartum recovery.

- **Supports Digestion:** Post-delivery, women often experience sluggish digestion, and *Makhana* helps restore proper digestive function by regulating *Vata* and *Pitta*.
- **Boosts Energy Levels:** The *Rasa* (nourishing essence) of *Makhana* provides essential nutrients to improve energy levels and reduce postpartum fatigue.
- **Balances Hormones:** The calming effects of *Makhana* assist in balancing the hormonal shifts that occur after childbirth.[20]

### Sharkarayukta Dugdha in Postpartum Care

*Sharkarayukta Dugdha* (milk with sugar) is highly beneficial during postpartum phase, providing both nourishment and energy. The milk acts as a source of calcium and other essential nutrients, which help mother regain strength and heal after childbirth. Sugar helps improve energy levels and supports production of *Ojas*, which is essential for overall vitality and immunity of new mother.

### Postpartum Benefits

- **Promotes Lactation:** The nourishing properties of *Sharkarayukta Dugdha* are crucial for boosting lactation, ensuring adequate milk supply for the newborn.
- **Strengthens Bones:** Calcium in milk supports bone health, which is important as the body's calcium levels are often depleted during pregnancy and childbirth.
- **Improves Energy:** The combination of milk and sugar helps restore energy levels, combating postpartum fatigue.
- **Supports Immune System:** The rich nutrients in *Sharkarayukta Dugdha* help improve immunity, making the new mother less susceptible to infections.[21]

### Combined Effect of Makhana Churna and Sharkarayukta Dugdha in Postpartum Care

When used together, *Makhana Churna* and *Sharkarayukta Dugdha* provide a holistic approach to postpartum recovery. These formulations help replenish nutrients lost during childbirth, support lactation, and promote emotional well-being. Cooling and rejuvenating properties of *Makhana* combined with nourishing benefits of *Sharkarayukta Dugdha* ensure that mother experiences a smooth transition during postpartum period.

### Key Benefits of the Combined Use

- **Holistic Recovery:** The combination helps restore both physical and mental well-being, essential for postpartum recovery.
- **Enhanced Milk Production:** Together, they support lactation, ensuring that the mother can feed her newborn adequately.
- **Improved Digestion:** These formulations improve digestion and prevent common postpartum digestive issues such as bloating and constipation.
- **Strengthens Immunity:** The combination helps enhance immunity, reducing the risk of infections during the postpartum phase.[22]

## Conclusion

In conclusion, the combination of *Makhana Churna* and *Sharkarayukta Dugdha* holds significant therapeutic potential in both pregnancy and postpartum care from an *Ayurvedic* perspective. These formulations provide holistic benefits by nourishing the body, balancing *Doshas*, supporting digestion, and enhancing emotional well-being. *Makhana Churna*, with its *Vata* and *Pitta* pacifying properties, plays a crucial role in providing nourishment, enhancing energy levels, and supporting the growth and development of the fetus during pregnancy. In the postpartum period, its rejuvenating qualities help the mother recover physically and emotionally. Similarly, *Sharkarayukta Dugdha* offers essential nutrients, supports lactation, and aids in the restoration of energy and immunity, which are vital for the mother's recovery post childbirth. Together, these *Ayurvedic* formulations contribute to a balanced and healthy transition through the challenges of pregnancy and the postpartum phase. Incorporating these natural remedies into the daily regimen can enhance maternal health, promote fetal development, and ensure a smooth postpartum recovery, fostering overall wellness for both mother and child. Further research into these *Ayurvedic* preparations could further validate their efficacy and broaden their application in modern healthcare practices.

## References

1. Sushruta. Sushruta Samhita (English translation). Vol. 1. Sharma KK, editor. Varanasi: Chaukhambha Vishwabharati Academy; 2001 [Crossref][PubMed] [Google Scholar]

2. Charaka. Charaka Samhita (commentary by Chakrapanidatta). Varanasi: Chaukhambha Sanskrit Sansthan; 2011. . [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  3. Tripathi I. Chakradatta (commentary). Delhi: Chaukhambha Sanskrit Pratishthan; 2010. . [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  4. Sharma PV. Dravyaguna Vijnana. Vol. 2. Varanasi: Chaukhambha Bharati Academy; 2005 [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  5. Singh S, Bais S, Bains A. Nutritional and therapeutic applications of Makhana (*Euryale ferox* Salisb. ): A review. *Int J Pharm Sci Res.* 2020;11(5) [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  6. Dwivedi R, Dwivedi S. Milk and milk products: An Ayurvedic overview. *AYU.* 2007;28(3). [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  7. Ghosh S, Mitra S, Paul R. Dietary supplementation during pregnancy: Modern view with traditional perspectives. *J Nutr Food Sci.* 2018;8(2). [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  8. Tiwari PV. Ayurvediya Prasuti Tantra evam Stri Roga. Varanasi: Chaukhambha Orientalia; 2017. . [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  9. Rao KS. Garbha Sanskara: The Ayurvedic guide to fetal development. Delhi: Chaukhambha Sanskrit Pratishthan; 2003. . [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  10. Acharya YT. Charaka Samhita with Ayurvedadipika commentary of Chakrapanidatta. Varanasi: Chaukhambha Surabharati Prakashan; 2014. . [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  11. Tiwari P. Ayurvedic concepts of Garbha and Garbhini Chikitsa. Varanasi: Chaukhambha Bharati Academy; 1991. . [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  12. Sharma S. Kashyapa Samhita. Varanasi: Chaukhambha Sanskrit Series Office; 2015. . [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  13. Sharma RK, Dash B. Agni and the mechanism of digestion and metabolism in Ayurveda. Varanasi: Chaukhambha Publishers; 2012. . [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  14. Srikanthamurthy KR. Bhavaprakasha of Bhavamisra. Vol. 1. Varanasi: Chaukhambha Krishnadas Academy; 2012 [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  15. Tiwari PV. Ayurvediya Prasuti Tantra evam Stri Roga. Varanasi: Chaukhambha Orientalia; 2017. . [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  16. Acharya YT. Charaka Samhita with Ayurvedadipika commentary of Chakrapanidatta. Varanasi: Chaukhambha Surabharati Prakashan; 2014. . [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  17. Sharma S. Kashyapa Samhita. Varanasi: Chaukhambha Sanskrit Series Office; 2015. . [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  18. Srikanthamurthy KR. Bhavaprakasha of Bhavamisra. Vol. 1. Varanasi: Chaukhambha Krishnadas Academy; 2012 [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  19. Patanjali S. Yoga Sutra. Varanasi: Chaukhambha Sanskrita Series; 2011. . [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  20. Kapoor S. Postpartum care and rejuvenation in Ayurveda. Pune: Ayurvedic Institute of Wellness; 2019. . [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  21. Deshmukh A. Postpartum rejuvenation: Ayurvedic approaches for new mothers. Nagpur: Vaidya Ayurveda Press; 2017. . [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
  22. Pandit M. Ayurvedic practices in postnatal care. Mumbai: Vaidya Publications; 2020. . [\[Crossref\]](#)[\[PubMed\]](#)[\[Google Scholar\]](#)
- Disclaimer / Publisher's Note: The statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of Journals and/or the editor(s). Journals and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.