AN AYURVEDIC PERSPECTIVE OF INTRAUTERINE GROWTH RETAR-DATION (IUGR) – A CONCEPTUAL STUDY
Kulkarni Mrudula¹, Pimpalshende Preeti²
Assistant Professor, ²PG Scholar
P. G Department of Prasutitantra Streeroga, Bharati Vidyapeeth College of Ayurved, Pune, Maharashtra, India

ABSTRACT
Upavistaka (IUGR) is one among the Garbhavyapadas. According to the modern science IUGR is common disorder & found in day to day practice. Percentage of IUGR is increasing so proper evaluation & management can result in favourable outcome. According to Ayurveda if a pregnant woman does not follow the recommendations from Ayurveda she may land up into many pregnancy related complications which are broadly categorized as “Garbhavyapada” & “Garbhauapadrava”. Garbhavyapada are disorders of Garbha/foetus like, Garbhastra (early pregnancy loss), Garbhapata (2nd trimester abortion), Garbhashosha, Upavishtaka, Nagodara, Leenagarbha (various type of IUGR) and Mritagarbha (IUD). While going through Ayurvedic literature, it becomes evident that Ayurveda is a treasure house for natural formulations which are devoid of side-effects & offers holistic medicine in management of Upavishtaka. Hence, an attempt was made through this study to review the Ayurvedic literature regarding Upavishtaka (IUGR) & its management & to enlighten the importance of Ayurveda in this era in improving the quality of life.
Keywords: Upavishtaka, IUGR, Garbhavyapada.

INTRODUCTION
Pregnancy (Sagarbhavastha) is an important milestone in life on the road of motherhood. Propagation of species through reproduction is one of the most basic instincts of any living being. However, in case of human species, only reproduction in numbers is not considered to be important. According to Ayurveda; the ancient life science “healthy progeny” (Suptraja) is the aim. Basically Ayurveda is a preventive science, which recommends various life style & dietary regimens to prevent complications and diseases. In pregnancy sometimes due to Mithya-ahar-vihar, over exertion, stress & malnutrition, women suffer from various problems. These are Yo-nigatastray, Udarshoolaoor growth of foetus get retarded etc. Intra Uterine Growth Retardation [IUGR] is one of the important symptoms observed in day to day practice. Foetal growth restriction is the second leading cause of perinatal morbidity and mortality, followed only by prematurity. The incidence of IUGR is estimated to be approximately 5% in the general obstetric population. In assessing perinatal outcome by weight, infants who weigh less than 2500gms at term have a perinatal mortality rate 5-30 times greater than that of infants whose birth weight are at 50th percentile of normal weight. The mortality rate is 70-100 times higher in infants who weigh less than 1500gms. Perinatal asphyxia involv-
ing multiple organ system is one of the most significant problems in growth restricted infants.
This growth retardation disorders are termed as UpavishtakGarbhavyapad (cessation of foetal growth accordingly) in Ayurved. UpavishtakGarbhavyapad is associated with nourishment of foetus for which it is totally depends on mother. Upavishtak can be correlated with IUGR, in which the foetal weight is below 10% of average for the gestational age. Timely diagnosis and management of IUGR is one of the major achievements in contemporary obstetrics. If the growth restricted foetus is identified and appropriate management instituted, perinatal mortality can be reduced, underscoring the need for assessment of foetal growth at each perinatal visit. There are certain drugs and many formulations for IUGR which are supposed to be effective. These can provide a safe, reliable and economical, alternative to available mode of management.

**ETIOLOGY:** In Ayurveda causes of Upavishtakare Ushna and Tikshnaahar, Atishram (over exertion), Divaswap, Pushpadarshan, Yonigataraktastrav, Yonigatastrav, Garbhopghatkarbhavas.

**CONCEPT OF DISEASE:** After some development and attainment of Saar (after four month) by the foetus if bleeding per vaginum or other types of vaginal discharges occur due to use of pungent and hot articles by the pregnant woman, then the foetus does not grow properly due to these discharges, and stays in the uterus for a very long time. This condition is termed Upavishtak.

Vata aggravated due to this bleeding withholding Pitta and Shleshma compresses the Rasavahanadi of the foetus. Because of this obstruction to Rasavahanadicausing improper flow of rasa, the foetus does not develop properly and becomes Upavishtak, in the same way as the paddy does not does not grow properly if the water does not reach the field due to obstruction with leaves and grass etc. to its flow in the supply channels.

**Table: Type of IUGR in Ayurvedic Text:**

<table>
<thead>
<tr>
<th>Author</th>
<th>Etiology</th>
<th>Clinical Features</th>
<th>Period of Delivery</th>
<th>Principles of treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Charaka</strong></td>
<td>Use of hot, pungent articles, bleeding or other vaginal discharges during Sanjatasaragarbha</td>
<td>Absence of fetal growth, prolonged intra-uterine stay.</td>
<td>After considerable delay.</td>
<td>Jivaniya, Brihani-yadra, eggs, riding, etc.</td>
</tr>
<tr>
<td><strong>Susruta</strong></td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Vagbhata I</strong></td>
<td>Due to use of contr-indicated articles in Sanjatasara-garbha, continuous but less bleeding per vagina causing aggravation of Vata and obstruction to Rasavahanadi.</td>
<td>Absence of abdominal growth, quickening of fetus without decrease in its size, clinical features of other dosas.</td>
<td>After Years</td>
<td>Just like Charakalateron induction of abortion.</td>
</tr>
</tbody>
</table>
INTRA UTERINE GROWTH RETARDATION (IUGR)

**DEFINITION:** The most widely used definition of IUGR is a fetus whose estimated weight is below the 10th percentile for its gestational age and whose abdominal circumference are below the 2.5th percentile. At term, the cutoff birth weight for IUGR is 2,500 g (5 lb, 8 oz.).

**TYPES:** Depending upon the relative size of their head, abdomen and femur the foetuses are subdivided into:

- a) Symmetrical or Type 1
- b) Asymmetrical or Type 2

**ETIOLOGY:**

The causes of foetal growth restriction can be divided into 4 groups…..

1) Maternal
2) Foetal
3) Placental
4) Unknown

**PATHOPHYSIOLOGY:** Basic pathology in small for gestational age is due to reduced availability of nutrients in the mother or its reduced transfer by the placenta to the foetus. It may also be due to reduced utilisation by the foetus. Brain cell sizes (asymmetric-SGA) as well as cell numbers (symmetric-SGA) are reduced. There is oligohydramnios as the renal and pulmonary contribution to amniotic fluid are diminished due to reduction in blood flow to these organs. The SGA is at risk of intrauterine hypoxia and acidosis, which if severe may lead to intrauterine foetal death.

**INVESTIGATIONS:**

1. Serial ultrasonography is the most valuable tool in the detection of growth retardation. A scan has been performed in early pregnancy, this is of great benefit. USG is repeated by two weeks of interval.

2. Uterine artery Doppler
3. Umbilical artery Doppler
4. Middle cerebral artery Doppler

**GENERAL MANAGEMENT:**

1. Adequate bed rest specially in left lateral position.
2. To correct malnutrition by balanced diet 300 extra calories per day are to be taken.
3. High protein diet.
4. Essential nutrients supplementation prevents adult metabolic disease in a trans generational model of IUGR. (e.g. Accretion of amino acid into proteins is an essential component of foetal growth).
5. WHO recommended diet.
6. Low dose aspirin (50mg daily) may be helpful in very selected cases with history of recurrence.
7. Avoidance of smoking and alcohol.

**MANAGEMENT**

For the treatment of IUGR, Jeevaniya, Madhura, and Vataharadravyas are used with Ghrita, Dugdha and Aamgarbhashould be given. In same manner, Acharya Charak also said that, In Samanyachikitsa of IUGR different Acharyas explain different types of Chikitsa for Vridhi and Poshan of Garbha. IUGR arises due to Garbhaposhanjanyavikriti. Garbha does not get proper Ahar-raja that contains all types of Saptadhatuvardhakahara. Improvement in Ahara-vihara of Garbhnii will improve Ahar-raja Upatti and nutrition of Garbha. For production of Prakritahara rasa, the Agni of Garbhinishould be Prakrit. According to Granthakarsh, use of Jeevaniya, Brinhaniya, Madhura,
Snigdha, Vataharadravyas with Ghrita, Ddugdha and Aamagarbha will help her to come out of this condition.

**PROBABLE ACTION OF DRUGS**

**Examples**

1. **Ashwagandha**\(^{13}\) :- It possess the Gunas as Vatakaphaguna, Bruhaniya, Rasayan, Deepaniya, Vrushya and Garbhashapana hence it will act as a good nutritive value, helpful to increase muscle tone of uterus also acts on microcirculation. Considering according to chemical composition \(^{14}\)
   - Steroids helps in cellular hypertrophy (growth)
   - Antioxidant property neutralizes free radicals there by limiting the oxidative damage.
   - Antispasmodic and relaxant effect improves placental circulation which is one of the main reason for IUGR.

2. **Yashtimadhu**\(^{13}\) :- It possess antioxidant properties and also act as a Rasayan, Balya, Garbhaposshak, Jeevaniya. It also helps in improving debility (Rasadhatusaarta)

3. **Laghumalinivasanta**\(^{15}\) :- It is one of the Vasantkalpa which is Madhur, Balya, Garbhapooshak and Garbhvruddihikar. The drug Laghumalinivasant contains ShudhaKharpar, Marich with butter, Kharpar, which acts on mainly Rasavahini, Rasadhatvagni, RasutpadanVikruti. It also works on Agnimandya, hence it is very effective in treatment of Upavishtaka which is caused by severe Dhatukshaya.

4. **Gambhari**\(^{15}\) :- It is Tridoshashamak, Balya, Bruhaniya, Rasayan. Deepaniya and Pachaniya- so helps in IUGR caused by Dhatvagnimandya. Its Tikta rasa helps to remove obstruction and thus the fetus can get it maximum Poshan and complication of LBW can be prevented.

5. **Shatavari**\(^{15}\) :- It is Rasayan, Balya, Pushtida, SnigdhaGunatmak. It possesses antioxidant properties. It also works on Agnimandya, hence it is very effective in treatment of Upavishtaka which is caused by severe Dhatukshaya.

**CONCLUSION**

Upavishtaka(IUGR) is a common disorder in obstetrics and carries increasing risk of perinatal mortality and morbidity. Identification of IUGR is crucial. Timely diagnosis and management of IUGR is one of the measure achievements in contemporary obstetrics. If the growth restricted foetus is identified and appropriate management instituted, perinatal mortality can be reduced. Proper evaluation and management (by modern and ayurvedic) can result in favorable outcome.

Ayurveda offers excellent remedies which are safe, naturally available, rejuvenating and finally improves whole health, hence Ayurvedic management should be encouraged, so that the alternative safe mode is available for the treatment of IUGR.

**REFERENCES**

1. Prof.K.R.Srikantha Murthy, AshtangSangraha of Vagbhata, English Translation, Krishnadasa Academy, Varanasi 14\(^{th}\) Edn.,(2001)

2. Prof.K.R.Srikantha Murthy, AshtangHridaya, English Translation, Krishnadasa Academy, Varanasi 3rd Edn.,(2001)

4. Prof. Radhavallabh Tripathi, Charak Samhita with Commentary Ayurveda-Deepika of Chakrapani with Sanskrita Vyakhya, Chaukambha Publication, Delhi (2011)
9. Community.babycenter.com
10. www.adjog.org/article
14. en.mr-ginseng.com

CORRESPONDING AUTHOR
Dr. Pimpalshende Preeti V.
PG Scholar, Prasutitantra Streeroga Bharati Vidyapeeth College of Ayurved, Pune, Maharashtra, India
Email: preetipimpalshende@gmail.com

Source of support: Nil
Conflict of interest: None Declared