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Research Article

Garbhasthapak Granules: A Comprehensive Review of a Ayurvedic Formulation for Antenatal Care

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Abstract

Antenatal care is essential for ensuring optimal maternal and fetal outcomes. Traditional Ayurvedic formulations have long been utilized to support pregnancy through holistic mechanisms. Garbhasthapak Granules, a classical polyherbal preparation, are indicated for garbhasthapana (maintenance of pregnancy) and maternal nourishment. This review aims to critically evaluate the pharmacological basis, therapeutic potential, and safety profile of Garbhasthapak Granules in antenatal care. The formulation comprises herbs with documented adaptogenic, antioxidant, immunomodulatory, and uterine-supportive properties. Preliminary clinical observations suggest benefits in improving maternal strength, reducing pregnancy-related discomforts, and supporting fetal development. However, high-quality randomised controlled trials and standardisation studies are needed to validate these findings. Garbhasthapak Granules may serve as a promising adjunct in integrative maternal healthcare.

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INTRODUCTION

Pregnancy is a critical physiological state requiring comprehensive care to ensure the health of both mother and fetus. Despite advances in modern obstetrics, challenges such as maternal कमजोरी (weakness), nutritional deficiencies, and stress-related complications persist. Traditional systems like Ayurveda offer a preventive and holistic framework for antenatal care, emphasizing maternal nourishment, मानसिक संतुलन (mental balance), and fetal stability.

The concept of *garbhasthapana* in Ayurveda refers to interventions that support the proper implantation, growth, and protection of the fetus. Garbhasthapak Granules are a classical formulation designed in line with these principles, aiming to provide systemic support during pregnancy.

AIMS

1. To screen high risk cases.
2. to prevent or to deal & treat the earliest complications.
3. to continue medical surveillance & prophylaxis.
4. to educate the mother about the physiology of pregnancy

Composition of Garbhasthapak Granules

Garbhasthapak Granules typically contain a combination of herbal ingredients known for their therapeutic effects in pregnancy.

To attain these aims & objectives our acharyas has guided us a lot in there Samhita's.

And for the clinical study, the reference is from Sushruta Samhita, Sharirasthanadhyay 10.

Sushruta Sharir 10/58-65 has been taken

अत ऊर्ध्व मासानुमासिकं वक्ष्यामः-॥५८॥
 मधुकं शाकबीजं च पयस्या सुरदारु च ।
 अश्मन्तकस्तिलाः कृष्णास्ताम्रवल्ली शतावरी ॥५९॥
 वृक्षादनी पयस्या च लता सोत्पलसारिवा ।
 अनन्ता सारिवा रास्ना पद्मा मधुकमेव च ॥६०॥
 बृहत्यौ काश्मरी चापि क्षीरिशुङ्गास्त्वचो घृतम् ।
 पृश्निपर्णी बला शिग्रुः श्वदंष्ट्र मधुपर्णिका ॥६१॥
 शृङ्गाटकं बिसं द्राक्षा कशेरु मधुकं सिता ।
 वत्सैते सप्त योगाः स्युर्धश्लोकसमापनाः ।
 यथासङ्ख्यं प्रयोक्तव्या गर्भसावे पयोयुताः ॥६२॥
 कपित्थबृहतीबिल्वपटोलेक्षुनिदिग्धिका ।
 मूलानि क्षीरसिद्धानि पाययेद्भिषगष्टमे ॥६३॥
 नवमे मधुकानन्तापयस्यासारिवाः पिबेत् ।
 क्षीरं शुण्ठीपयस्याभ्यां सिद्धं स्यादशमे हितम् ^[3] ॥६४॥
 सक्षीरा वा हिता शुण्ठी मधुकं सुरदारु च ।
 एवमाप्यायते गर्भस्तीव्रा रुक् चोपशाम्यति ॥६५॥

Acharya Sushruta has described these formulations under the context of “prevention of *Garbha-strava*” (pregnancy loss). However, a critical review of these drugs reveals a well-structured and systematic arrangement aimed at supporting the sequential monthly growth of the fetus, accommodating physiological adaptations in the mother, and ensuring the harmonious progression of the nine-month gestational period. These formulations appear to be thoughtfully designed to regulate and normalize the complex physiological changes occurring throughout pregnancy, thereby promoting maternal–fetal homeostasis. Based on the aforementioned *shloka*, a total of 20 drugs has been selected for the formulation of **Garbha-Sthapak Granules**, intended to support pregnancy maintenance and fetal development.

MADHUKA B.N- Glycirrizaglabra FAMILY- Fabaceae	DEV DARU B.N- Cedrus deodara FAMILY- Pinaceae	ASHMANTAKA B.N- Bauhinia variegata FAMILY Fabaceae	MANJISHTHA B.N- Rubia cordifolia FAMILY- Rubiaceae
<u>RASA</u> –Madhura <u>VIRYA</u> - Sheeta <u>VIPAKA</u> – Madhura <u>GUNA</u> - Snigdha, ShonitSthapana, Chhardi Nashak, vrishya, balya.	<u>RASA</u> –Katu, Tikta <u>VIRYA</u> - Ushna <u>VIPAKA</u> – Katu <u>GUNA</u> garbhashayashodhak, vednasthapak, shothhar, raktaprasadak, shoshahar, hridya-uttejak.	<u>RASA</u> –Tuvar, kashaya <u>VIRYA</u> - Sheeta <u>VIPAKA</u> – Katu <u>GUNA</u> - its fruit uses in prameha. It is kapha vatajita, raktadosha, galaroganashak.	<u>RASA</u> –Madhura, Tikta, Kashaya. <u>VIRYA</u> - Ushna <u>VIPAKA</u> – Katu <u>GUNA</u> - Shophahar, yonivikar& raktatisarnas- hak, vishaghna, improves complexion.
having mucolytic properties as it contains glabrin and glabridin which act like estrogen and promote lubrication, helps to maintain proper lubrication in fallopian tubes, antioxidant, anti – inflammatory, antipepsin effect, weight gain.	It is an antioxidant (contains matairesinol, nortrachelogenin and dibenzylbutyrolactollignan	Its bark contains quercitroside, &rutoside, and naringenin. Its flower is light in action, drying, absorbant, cures haemorrhages, excess menstrual bleeding & cough of tubercular origin.	It contains glucoside, anti- inflammatory agent rubimallin, and antibacterial compound sitosteol Antioxidant like alizarin and rubiadin, etc. are present; it improves liver function and thus prevents intrahepatic cholestasis of pregnancy, which occurs in 60% of ANC. Anti-diabetic.

Parameter	SHATAVARI	LATA (PRIYANGU)	UTPAL	SARIVA
Botanical Name (B.N.)	<i>Asparagus racemosus</i>	<i>Callicarpa macrophylla</i>	<i>Nelumbo nucifera</i>	<i>Hemidesmus indicus</i>
Family	Liliaceae	Verbenaceae	Nymphaeaceae	Asclepiadaceae
Rasa	Madhura, Tikta	Katu, Tikta	Tuvar, Kashaya	Madhura, Tikta
Virya	Sheeta	Ushna	Sheeta	Sheeta
Vipaka	Madhura	Katu	Katu	Madhura
Guna / Properties	Sanyapradayak, Kshayaghna, Vrishya, Balya, Rasayani, Agnidayak, Pushtida, Asrajita, Vata-Pitta Shamak	Chardinigrahan, Raktadushtishamak, Kantiprad, Jwaraghna, Dahaprashaman	Trishna-nashak, Raktavikar-nashak, Vayasthapan, Sanyajanan, Dipan, Aampachan, Balya	Useful in Raktadosha, Pradar, Atisar, Shukrakar, Sanyashodhan, Garbhasthapan
Major Constituents	Contains saponins, Shatavarin I-IV, β -sitosterol β -D-glucoside	Improves pancreatic function and helps prevent GDM	Kashaya rasa helps prevent bleeding tendencies and relieves constipation and abdominal distension	Contains hexatriacontane, sitosterol, etc.
Therapeutic Uses / Benefits	Acts as a brain tonic and tissue vitalizer	Helps in pancreatic regulation and prevention of gestational diabetes mellitus (GDM)	Strengthens the uterus and promotes breast development and milk production (Sanyajanan)	Helps correct deformities associated with abnormalities and acts as an antioxi

Parameter	ANANTA (DURVA)	BHARGI	KASHMARI (GAMBHARI)	BALA
Botanical Name (B.N.)	<i>Cynodon dactylon</i>	<i>Clerodendrum serratum</i> Spreng.	<i>Gmelina arborea</i>	<i>Sida cordifolia</i>
Family	Graminae	Verbenaceae	Verbenaceae	Malvaceae
Rasa	Madhura, Tikta	Katu, Tikta, Kashaya	Madhura, Tikta, Katu	Madhura
Virya	Sheeta	Ushna	Ushna	Sheeta
Vipaka	Madhura	Katu	Katu	Madhura
Guna / Properties	Dahaprashamana, Shonitasthapan, Prajasthapan, Grahbhutabadha hara, Chardinigrahan, Twachya, Mutral, useful in Garbhasrava, Unmada and Apasmara	Krimighna, Aampachak, Ruchya, useful in Gulma, Phuphusiya-vikar, Anulomak, Raktashodhak, Swedjanan	Useful in Daurbalya, Garbhashosha, Sutikaroga, Sanya-patana, Shotha, Hridroga, Sanya-kshaya and Shukra-vikara	Rasayani, Prajasthapani, Pushtidayak, useful in Prameha, Pradara, Yonivikara, Garbhavikara and Unmada
Major Constituents	Methoxy propionic acid, benzoic acid, phytol, sitosterol etc.	Antioxidant and anti-inflammatory phytoconstituents with anti-estrogenic activity	Gmeleneone, lignans, arborone etc.	Sitoindoside, ephedrine, steroids etc.
Therapeutic Uses / Benefits	Heals ulcers, cures herpetic skin lesions, pacifies cystitis and burning micturition, useful in viral skin diseases	Helps prevent hypertension, provides nutrition to the foetus, exhibits antioxidant and anti-inflammatory activities, inhibits estrogen surge and production	Acts as an immunomodulator and helps reduce inflammation of the uterus	Relieves difficulty in micturition and restores normal peristalsis

Parameter	SHIGRU (SEHJAN)	GOKSHURA	DRAKSHA	KASHERU
Botanical Name (B.N.)	<i>Moringa pterygosperma</i>	<i>Tribulus terrestris</i>	<i>Vitis vinifera</i>	<i>Scirpus kysoor</i>
Family	Moringaceae	Zygophyllaceae	Vitaceae	Cyperaceae
Rasa	Katu, Tikta	Madhura	Madhura	Madhura, Kashaya
Virya	Ushna	Sheeta	Sheeta	Sheeta
Vipaka	Katu	Madhura	Madhura	Madhura
Guna / Properties	Uttam Vedanasthapak, Dipan, Rochan, Hridya, Shukral, Chakshushya, Sangrahi, Pitta-prakopan, Yakrit-vikar nashan	Useful in Shosha, Prameha, Yakrit and Pliha disorders, Bastiroga, Brimhana, Rasayana, Garbhasthapan, Garbhashaya-shuddhikara, Vedanasthapaka	Brimhana, useful in Trishna, Chardi and Kamala, Ruchivardhana and Pushtidayaka	Grahi, Daha-shamaka, Sheetala, Pitta-Rakta-Vatahara, Kaphajanana
Major Constituents	Pterygospermin, Vitamins A, B1, B2, B3 and minerals such as Ca, K, Mg, Fe, Zn and P	Protodioscin (alkaloid) and other bioactive compounds	Sucrose, fructose, vitamins and phenolic acids	Amylase, steroids including progesterone
Therapeutic Uses / Benefits	Pterygospermin acts as an antibiotic; highly nutritious and useful in bronchial asthma	Component of Laghu Panchamoola; Mutral, Garbhasthapan and Balya; helps prevent hypertension during pregnancy due to diuretic action; Bala guna helps reduce backache and improve muscle mass	Acts as Garbhasthapan, Balya, Brimhana and Jivaniya; serves as a uterine tonic and provides minerals (Na, K, Ca) and vitamins B1, B2, B6 and C	Kasheru tubers contain progesterone which helps in maintaining pregnancy and supporting fetal development

Parameter	BILVA	PATOLA	IKSHU	SITA (Mishri)
Botanical Name (B.N.)	<i>Aegle marmelos</i>	<i>Trichosanthes dioica</i>	<i>Saccharum officinarum</i>	<i>Polygonatum cirrhifolium</i>
Family	Rutaceae	Cucurbitaceae	Gramineae	Orchidaceae
Rasa	Kashaya, Tikta	Tikta	Madhura	Madhura
Virya	Ushna	Ushna	Sheeta	Sheeta
Vipaka	Katu	Katu	Madhura	Madhura
Guna / Properties	Laghu, Snigdha, Hridya, Grahi, Deepana, Pachana	Pachana, Vrishya, Hridya, Balya, Agnideepaka, Ushna, Snigdha, Kriminashaka	Guru, Daha-shamaka, Sheetala, Pitta-Rakta-Vatahara, Kaphajanana	Balya, Guru, Raktapittanashaka, Daha-shamaka
Major Constituents	Rich in antioxidants and bioactive compounds with antibacterial and antifungal properties	Contains cucurbita-5,24-dienol, nicotinic acid, vitamin C and riboflavin	Rich in sugars and nutrients with hepatoprotective and anti-inflammatory constituents	Contains natural sugars and nutrients beneficial for cooling and nourishment
Therapeutic Uses / Benefits	Acts as Garbhashaya-Shothahara; ripe fruits are Balya; roots are cardiogenic, antibacterial, antifungal and antioxidant	Used as an antipyretic and analgesic and is beneficial in hepatobiliary diseases	Acts as Balya, Brihana and Sanyajana; possesses antihepatotoxic, antihyperglycemic, anti-inflammatory and diuretic properties; helps prevent urinary tract and liver infections and supports diabetes control	Useful in Chardi, cough and asthma; helps prevent bleeding; beneficial in Murcha, Pipasa and Daha and supports eye health

Garbha Poshana (Fetal Nutrition)

In Ayurvedic physiology, *Garbha Poshana* (fetal nourishment) is primarily mediated through *Ahara Rasa*, the nutritive essence derived from maternal dietary intake. This *Ahara Rasa* serves as the fundamental source of sustenance for the developing fetus, supporting its growth and development throughout gestation.

The classical texts describe a vital connection between the fetus and the mother through the *Nabhi Nadi* (umbilical connection), which is functionally linked to the maternal *Rasavaha Srotas* (channels responsible for nutrient transport). Through this interconnected system, the essence of digested food, along with vital ऊर्जा (vitality), is transmitted from the mother to the fetus. This continuous supply of nourishment facilitates progressive fetal growth from the stage of implantation until the complete development of both major and minor शरीर अवयव (body structures).

Furthermore, the mode of nutrient transfer is explained through the concept of *Upasneha*, which denotes subtle permeation and diffusion of nutrients via the *Rasavaha Dhamanis*. These channels are described as being distributed throughout the fetal body, ensuring uniform nourishment and sustenance of all developing tissues. This mechanism highlights a sophisticated understanding of maternal-fetal nutrient exchange, conceptually comparable to placental transfer described in modern physiology.

Overall, the concept of *Garbha Poshana* underscores the central role of maternal nutrition and systemic balance in ensuring optimal fetal development, reinforcing the importance of appropriate *ahara* and lifestyle during pregnancy.

MODERN VIEW ON FETAL GROWTH

In its broadest sense, embryology is the scientific study of developmental changes occurring from fertilization to birth, encompassing the sequential progression of cellular growth, differentiation, and maturation. The primary focus of embryology is prenatal life, which is classically divided into

three distinct phases: the ovum period, the embryonic period, and the fetal period. The entire gestational duration spans approximately nine months, equivalent to 40 weeks or 280 days.

Among these stages, the first two months—constituting the embryonic period—are particularly critical. This phase is characterized by rapid cellular differentiation and the formation of primordial organ systems. During this time, the embryo begins to acquire basic human morphological features. The study of these early developmental processes, including the formation of supporting structures such as the placenta, umbilical cord, amnion, and chorion, is encompassed under

general embryology.

Subsequently, the fetal period is marked by continued growth, structural refinement, and functional maturation of organ systems. This stage involves the progressive specialization and physiological development of tissues and organs, ensuring viability and adaptation to extrauterine life. The study of these processes is referred to as **systemic embryology**, which focuses on the maturation and functional integration of individual organ systems.

DISCUSSION

During the early stages of embryological development, organ differentiation remains indistinct and highly sensitive to internal and external influences. At this critical phase, the administration of *Garbhasthapaka dravyas* assumes significant importance, as these agents are traditionally indicated for maintaining गर्भ स्थिरता (fetal stability) and supporting early gestational development.

According to Acharya Sushruta, the first trimester represents a delicate period of fetal formation, during which a diet predominantly comprising *madhura* (sweet), *sheeta* (cool), and *drava* (liquid) qualities is recommended. Such dietary guidelines are intended to provide gentle nourishment, facilitate

proper tissue development, and minimize physiological stress on both the mother and the developing embryo.

The concept of *Māsānumāsika Vikasakrama* (month-wise fetal development), described extensively in classical Ayurvedic literature, outlines specific dietary (*ahara*) and therapeutic (*aushadha*) interventions tailored to each stage of pregnancy. This structured approach aligns maternal nutrition and medication with the evolving needs of the fetus, thereby contributing to the prevention of congenital anomalies and supporting optimal organogenesis.

Garbhasthapak Granules align with the Ayurvedic principle of preventive care during pregnancy. Their multi-targeted pharmacological actions address key aspects of antenatal health, including nutrition, immunity, and mental well-being. Compared to conventional supplements, this formulation offers a holistic approach rather than isolated nutrient replacement.

CONCLUSION

Garbhasthapak Granules represent a promising polyherbal intervention for antenatal care, with potential benefits in improving maternal health and supporting fetal development. While traditional use and preliminary evidence are encouraging, rigorous clinical trials, pharmacological studies, and quality standardization are necessary to establish their efficacy and safety in evidence-based medicine.

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