

## Natural drugs for Abortification purpose: An Ayurveda Review

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### REVIEW ARTICLE

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#### ABSTRACT

Ayurveda is the oldest science of healthcare management which encompasses detailed descriptions about many biological states including pregnancy and development of Garbha. Garbha-pushti is depending upon many factors including Ahara-Vihara, the avoidance of concept of Ahara-Vihara can lead to many problems related to the development of fetus. When these types of conditions occur then continuation of pregnancy becomes problematic, moreover there are certain unavoidable conditions in which continuation of pregnancy becomes unbearable and termination of pregnancy needed. Ayurveda classics described some natural medicines for such type of conditions; similarly ayurveda also mentioned drugs that can be used in the management of conditions associated with post abortion condition.

**Keywords:** Ayurveda, Garbha, Abortion, Pregnancy.

#### Introduction

Ayurveda mentioned several aspects related to the development of human body and related diseases. The predominance of *Doshas* from birth may be considered responsible for the specific *Prakriti* of an individual. Predominant *Doshas* or vitiation in specific *Doshas* can affects quality of *Shukra* and *Shonita* resulting abnormal pregnancy. The hereditary disorders, *Yonivyapd* and *Beejabhagavayava* may cause *Putipraja* or *Vaikruta Garbha*. In such conditions there may be best alternative to terminate pregnancy with

medical advises, considering these all aspect present article described ayurveda herbs and formulations possess abortifacient effect.

Abortifacient Herbs are natural medicines which can induces termination of pregnancy or abortion. These drugs mainly work within period of first five weeks of pregnancy since fetus development occurs in initial days, size of the fetus also very little. These drug blocks progesterone action due to which uterus sloughs off embryo. Ayurveda drugs possess properties as depicted in Figure 1 which help to induces abortion (1-3):



**Figure 1.** Properties of ayurveda drug which help in abortion.

#### Ayurveda Abortifacients Drugs:

✓ *Abrus Precatorius* (*Gunja*):

*Abrus Precatorius* (*Gunja*) belongs from family *Fabaceae*, habitat throughout the

central India and also known as Rosary Pea & Jequerity. Seeds & leaves are mainly used for various therapeutic purposes including antimicrobial, emetic, diuretic, laxative & purgative. Seeds prevent conception in women and known to have abortifacient potential.

✓ ***Annona Squamosa (Seetaphala)***

*Annona Squamosa (Seetaphala)* belongs from *Annonaceae* family commonly known as sugar apple, sweetsop and tapotapo. The major parts which used for medicinal purpose are seeds, leaves and bark. The plant found in India and other Asian countries. The plant used in diarrhea, dysentery, as insecticides and as antiovolatory agents therefore can be used as potent abortifacient drug.

✓ ***Ashwagandha (Asgandha)***

*Withania Somnifera (Asgandha)* belongs from family *Solanaceae* also known as Withania, Winter Cherry and Indian Ginseng. The plant found in dry parts of India and roots mainly used for medicinal purpose. *Ashwagandha* mainly used as tonic, nervine, sedative and astringent, etc. It modulates functions related to the reproduction and hormonal regulation therefore can be used as Abortifacient.

✓ ***Calotropis Procera (Adityapushpika)***

*Calotropis Procera (Adityapushpika)* belongs from family *Asclepiadaceae* commonly known as Milkweed, mainly found around dry waste places In Asian countries. The plant used as anthelmintic, laxative, tonic, expectorant and as antidote. It also possesses abortive properties due to its constituents having stimulant action.

✓ ***Carica Papaya (Erاند karkati)***

*Carica Papaya (Erاند karkati)* belongs from family *Caricaceae*, commonly known as Papaya. Leaves and fruits used for various purposes, the enzyme papain possess many therapeutic benefits and used extensively in pharmaceutical industry. The excess consumption can induce labor pain and causes abortion therefore not recommended for pregnant women when pregnancy need to be continued.

✓ ***Crocus Sativus (Kesar)***

*Crocus Sativus (Kesar)* belongs from family *Iridaceae* generally known as Saffron and dried stigma is used for its biological effects. In India it mainly found in Jammu and Kashmir. It offers anti-depressant, antispasmodic, carminative, expectorant and stimulant effects. The stimulant effects provide abortifacient action therefore can be used for inducing medical termination of pregnancy.

✓ ***Plumbago Zeylanica (Chitraka)***

*Plumbago Zeylanica (Chitraka)* belongs from family *Plumbaginaceae*, commonly known as Leadwort, found in north India. Roots offer abortifacient action since it acts as an irritant to the uterus. The heavy properties of drug facilitate its action towards abortion & miscarriage, etc.

✓ ***Momordica Charantia (Karela)***

*Momordica Charantia (Karela)* belongs from family *Cucurbitaceae* commonly known as bitter melon, cultivated in India. Seeds & fruits mainly employed for various purpose including diabetes, as emetic, tonic, stomachic and stimulant, etc. It can be used for abortion due to its stimulating property.

✓ ***Peganum Harmala (Haramala)***

*Peganum Harmala (Haramala)* belongs from family *Zygophyllaceae* and commonly known as Harmala, found in sub-tropical regions. It used as antitumor, antibacterial, aromatic and aphrodisiac, etc. plant also used traditionally in Middle East as an abortifacient agent.

✓ ***Piper Longum (Pippali)***

*Piper Longum (Pippali)* belongs from family *Piperaceae* commonly known as Pipli, mainly found in forest area. Seeds, roots and fruit are mainly used for various therapeutic purposes such as; carminative, for constipation & gonorrhoea. *Piper Longum* also used to treat respiratory infections and asthma. *Piper Longum* infusion used to expel out placenta after birth and it also possess stimulant activity. These properties potentiate its action as abortifacient agent however its use as abortifacient agent is rare.

✓ ***Mesua Ferrea (Nagkesar)***

*Mesua Ferrea (Nagkesar)* belongs from family *Guttiferae* commonly known as Mesua, found

in tropical region of India, fruits and flowers are used as digestive & stomachic. The plant with other natural ingredient can be used for abortifacient action. (4-10)

### Ayurveda formulations for Abortion & Miscarriage:

**Table 1: Formulations for managing abortion, miscarriage and associated bleeding:**

S. No.	Formulations	Effects/Health Benefits
1	<i>Asokarishta</i>	Strengthen abdomen and reproductive regulation
2	<i>Kalyana Ghruta</i>	Removes all abdominal ailments and improve strength
3	<i>Mahadrakshadi Churna</i>	Cures uterine disorders and strengthen genitive organism

### Adverse Effects & Precautions:

- ❖ Abortifacients should be used whenever required under medical supervision
- ❖ Women having severe illness or too weak need to be avoided or handle with great care
- ❖ Management of post procedure is very important to handle complication related to abortion
- ❖ These drugs can affects functioning of liver and kidney
- ❖ Abortifacients should not be used for long periods since strong action of these drug can leads harmful effects and may damage female organs. (9,10)

### Conclusion

Abortifacient drugs are medicines which can induce termination of pregnancy or abortion. These drugs best work during initial period of pregnancy (first five weeks). *Abrus Precatorius*, *Annona Squamosa*, *Calotropis Procera*, *Carica Papaya*, *Crocus Sativus* and *Momordica Charantia*, etc. are drugs from natural sources which can be used as Abortifacient agent. Stimulant, irritant and bulk forming characteristics of these drugs facilitate abortion along with hormonal regulation and modulation of genital functioning.

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### Conflict of Interest

The abortion & miscarriage associated with bleeding. There are some ayurveda formulations (**Table 1**) which can be used to manage such types of conditions:

The author declares that there is no conflict of interest regarding the publication of this article.

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