

Ayurvedic appraisal of intra uterine growth retardation

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In contemporary modern era, every couple has only one or at the most two offspring, so healthy progeny (sreyasi praja) is necessary for the successful sustenance of mankind. With its increasing incidence in developing countries like India, Intra uterine Growth Retardation has no proper management protocol till date. Also 5-6 fold increase of Intrapartum, Neonatal morbidity and mortality is seen in IUGR affected babies. Ayurveda, the science of life explains different foetal growth disorders like upavishtak, upasushk, Garbha sosha etc and a vivid description of its management is also available. The present work gives an idea about the Ayurvedic Etiopathology of such disorders with special reference to IUGR and its successful management protocol given in the Ayurvedic classics. The aim of the work is to enlighten scientific world about Ayurvedic solutions to IUGR and carry on further studies on IUGR in Ayurvedic lines.

Biography

Dr. Sindhura is a PG scholar of department of prasuti and stree roga in Dr BRKR Govt Ayurvedic College, Hyderabad. She is a Gold medallist in her BAMS. Her articles on NASYA and AYURVEDIC ONCOLOGY are published in college magazines. Her abstract on DIABETIC NEUROPATHY is published in book of Global ayurveda Festival. She recently presented a paper on Role of matra vasti in common gynaecological disorders in National conference on Panchakarma.

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