



## Recurrent minor ailments in pregnancy and management – A case report.

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### ABSTRACT

Pregnancy is unique joyful experience in every woman's life. It is associated with many physiological alterations. This article discusses a female patient of 34years age with second gravida with previous Full term normal vaginal delivery with 33.1 weeks pregnancy seen in outdoor patient department. This patient was visiting the outdoor patient department since she was 5.4weeks pregnant. <sup>1</sup>The efficacy and response of modern medications used during pregnancy may be altered due to physiological changes of pregnancy and there may be the possibility of adverse effect on the growing fetus. Because of that patient was seeking ayurvedic line of treatment for her multiple complaints. From detailed history, involvement of vitiated *pitta* and *vata* noticed. <sup>7</sup>According to Acharya Charaka the drug used in pregnancy should be *mrudu, madhur, sheeta virya, sukhakarak evum sukumara*. After appropriate analysis based on ayurvedic and modern parameter, the patient was treated accordingly as per her complaints in those specific weeks of pregnancy. She was treated with *kamdudha vati*, <sup>2</sup>tablet cystone, <sup>3</sup>tablet liv 52, naturo lax granules, <sup>4</sup>tablet neeri, *gokshur churna*, syrup Honitus, capsule nilsin, aloe vera gel, *shatadhout ghrita, sarivadi vati*, stretch nil cream. With above-mentioned medications patient reduced her complaints. Other necessary investigations done as per requirement. An attempt is made in this article to analyse probable cause of her multiple complaints and management strategy adopted. Here it shows that with proper clinical evaluation and systemic approach of ayurvedic treatment multiple minor ailments in pregnancy can be cured.

**Keywords:** *Ayurvedic treatment, Pregnancy, woman's life*

## INTRODUCTION

Patient in this case report complaining of nausea, giddiness, weakness is the *vyakta garbha lakshanas* but the complaints like vomiting during pregnancy i.e., <sup>8</sup>*Garbhaj vaman* is mainly due to *vata-vaigunya, dauhrida avamanana* and *garbha nimittaja*. Here *vata dosha* plays important role. Complaints like itching over abdomen which is due to *striae gravidarum* i.e., *Kikkisa*<sup>10</sup> in which Atreya said, growing fetus displaces the *vata, pitta and kapha doshas* upward reaching *uras*, produces burning sensation, which causes itching. The complaints like boils over various body parts, burning sensation at throat region i.e., *garbhadaha* indicates vitiated *pitta* which requires *sheeta chikitsa*.

The complaint like constipation is very common in pregnancy due to increase in the progesterone hormone, which causes relaxation of body muscles including intestines. Increased frequency of micturition is also due to hormonal and physical changes during pregnancy. So, proper functioning of *vata didosha* must be maintained throughout the entire pregnancy period to avoid any complications.

## CASE PRESENTATION

A female patient aged 34 years was complaining of one-month amenorrhea came to outdoor patient department on 20/06/2022. She had done urine pregnancy test at home before visiting the outdoor patient department, which was positive. Married life of 14 years with regular unprotected sexual intercourse. The other associated complaints were – on and off pain in abdomen, nausea, giddiness since 8 – 10 days. She has history of something coming out per vaginam since last 3-4 years. Her menstrual cycles were regular with last menstrual period – 12/05/2022, past menstrual history - 4-5 days/28-30 days/3-4 pads/day- no clots, no dysmenorrhea. She had no history of urinary complaints, constipation, white discharge, dyspareunia, fever, loose motions, vomiting, stress incontinence etc. On examination, dosha involvement was *vata* and *pitta*.

General examination of the patient revealed no significant abnormality. Systemic examination of the patient was normal. On per speculum examination- 1<sup>st</sup> degree cystocele+, no stress incontinence. On per vaginal examination 1<sup>st</sup> degree uterine descent +, external os felt below ischial spines, cervical length is normal. Body mass index of patient is 21.5 with weight 55kg and height 160cm which is within normal limit. Blood pressure – 120/80mmhg, pulse – 78/min, vitals stable. No any abnormal findings seen in general and systemic examination.

Here, obstetric history was – G2P1L1A0D0, G1P1L1 – male baby – 13 years – full term normal delivery – she had no history of pregnancy-induced hypertension, post-partum hemorrhage, and gestational diabetes mellitus in first pregnancy, G2 – PP- spontaneous conception.

She had no K/C/O diabetes mellitus, hypertension, tuberculosis, bronchial asthma, Thyroid disorder, epilepsy. She had no history of any major medical or surgical illness. She had no history iron sucrose/blood transfusion.

She had family history of paternal diabetes mellitus, maternal hypertension, husband (45years old)- K/C/O diabetes mellitus since 2years.

She had no history of any drug allergies.

## DIAGNOSTIC PARAMETERS

As patient was complaining 1 month amenorrhea with urine pregnancy test positive, she is advised her viability scan and for on and off pain in abdomen we advised her USG (A+P) to rule out if there were any calculus and asked her to follow up with reports-

Visits	Complaints	Examination	Investigations	Treatment	Dietary habits	Reports
1 <sup>st</sup> (20/06/2022) B/D - 5.4 Weeks, B/S - not known  Weight -55kg,  Height - 160cm	On & off pain in abdomen, nausea, giddiness, since 8-10days, H/O something coming out p/v since last 3years	O/E - vitals stable, P/A - soft, NT, S/E - NAD, P/S - 1 <sup>st</sup> degree cystocele +, no stress incontinence, P/V - 1 <sup>st</sup> degree uterine prolapse +, descent +, Os felt below ischial spine, cervical length adequate	Adv. – USG (A+P), USG – viability scan f/b ANC profile	1)Tablet Pregnidoxin plus –once daily –1month – Before Food, 2) Capsule Becozinc-once daily x 1 month, 3) Tablet Cystone – twice daily x1month, f/u after 1 month or if any other complaints, Adv. Surgery opinion for calculus	1)1 teaspoon honey - twice daily, 2) 300ml milk – twice daily, 3)2 dates & 2 almonds – daily once, 4) Sprouts 1 bowl daily, 5) jagger --y	USG (20/06/2022) - viability scan – SLIUP of 5+5weeks GA, CRL- 0.20cm, FHR – 141bpm, EDD- 15/02/2023 USG(A+P) - (20/06/2022)- 1) right intramural calculus- single calculus measuring 4mm is seen in upper pole calyx of right kidney. 2) left distal ureteric calculus – single calculus measuring 3.9mm is seen in left distal ureter 0.33cm away from u-v junction with mild hydronephrosis of kidney & ureter, 3) Left proximal ureteric calculus – single calculus measuring 3.4mm is seen in left proximal ureter 5.2cm away from p-u junction with mild hydronephrosis of

						kidney & proximal ureter. ANC profile – Hb – 13.3 gm/dl, TLC – 8400 / cu mm, platelets – 2,40L/UL, BSL –R – 98.2mg/dl, HIV, HBSAG, VDRL - negative, urine – P.C. - 2-3, E.C. - 3-4, albumin, sugar – absent, thyroid profile – T3 – 1.10ng/ml, T4 – 7.16microgram /dl, TSH – 3.25micro iu/ml
2) 23/06/ 2022 B/D - 6.0wee ks, B/S- 6.1wee ks	Nausea, generalize d weakness( mild)	O/E - vitals stable, P/A - soft, NT		1)Tablet Kamdudha Vati 250mg – 2tab Twice Daily – Empty Stomach, 2) Tablet Pregnidoxin Plus 1tab – Once Daily – 1month, 3) Capsule Becozinc- Once Daily X 1month, 4) Tablet Cystone – 1tab – Twice Daily X 1month F/U After 1month For Inj TT –1 <sup>st</sup> Dose / If Any Other Complaints		
3) 20/07/ 2022 B/d-9.6 weeks, b/s- 10wee ks, Wt - 56kg	Mild pain in abdomen- , nausea, cold since 4days, unsatisfac tory defication ,	O/E - vitals stable, P/E - soft, NT		1)Tablet Kamdudha Vati 250mg – 2tab Twice Daily – Empty Stomach, 2) Tablet Pregnidoxin Plus 1tab – Once Daily –	Adv. – freque nt diet – 1hrly, avoid spicy food, take	

	No H/O cough			1month, 3) Capsule Becozinc- Once Daily X 1month, 4) Tablet Cystone – 1tab – Twice Daily X 1month 5) Tablet Liv 52- Twice Daily, 6) Nasivion Nasal Drops – 2drops In Each Nostril – SOS If Symptoms Not Decreased F/U After 3 Days for ENT Opinion	milk	
4) 28/07/ 2022 B/D- 11wee ks, B/S- 11.1we eks	On & off pain in abdomen on left side, cold, generalize d weakness, headache decreased	O/E - vitals stable, P/A - soft, nt S/E- NAD	Adv. – NT scan	Ct All Medicines Adv.- Steam Inhalation- Twice Daily		
5) 08/08/ 2022 B/D- 12.4we eks, B/S - 12.5we eks	Headache, on & off backache	O/E - vitals stable, P/A - soft, nt S/E - NAD, L/E - no pedal edema	Adv. – USG (A+P) after 1mont h for renal calculu s.	1)Tablet Paracetamol – SOS 2) Tablet Orofer Xt – 1tablet HS 3)Capsule Becozinc –Once Daily 4) Tablet Cystone – 1tablet –Twice Daily 5) Tablet Liv 52 –Twice Daily Inj TT- 1 <sup>st</sup> Dose Given	Adv. – bed rest, avoid coitus , don't lift heavy weigh t, Take milk & milk produ cts in	NT scan - (04/08/2022)- A SLIUF of GA 12.4weeks, AFI – adequate, EFW- 55(+/- 10) gms, FHR – 161bpm, placenta – situated over anterior, low lying just touching internal os & normal in echopattern, maturity grade – 0 NT – 1.2mm, nasal bone seen, cervical canal - 35mm

					diet, Protein rich diet	
6)25/08/2022 B/D - 15 weeks, B/S - 15.1 weeks, Weight - 57kg	Mild pain in abdomen, nausea, giddiness, vomiting 1-2 episodes daily, unsatisfactory defecation	O/E - vitals stable, P/A - UT just palpable	Adv. – BSL – R, blood group	1)Tablet Orofer Xt – Once Daily –At Night 2)Tablet Pregnidoxin Plus – Twice Daily-empty Stomach 3)Tablet Kamdudha Vati 250mg – Twice Daily – Empty Stomach 4)Naturolax Granules 2tsf In Glass of Water at Night 5)Tablet Cystone –Twice Daily 6) Tablet Liv 52 – Twice Daily – Before Food	Protein rich diet with plenty of fluids	25/08/2022- BSL –R – 75mg/dl, blood group – A positive
7)08/09/2022 B/D-17 weeks, B/S - 17.1 weeks	Vulvar itching , burning at vulvar region,	O/E - vitals stable, P/A - FH – 16-17weeks, FCA+	Adv. USG – ANA MELY SCAN at 20 <sup>th</sup> weeks, USG (A+P)	1)Tablet Orofer Xt – Once Daily –At Night 2)Tablet Kamdudha Vati 250mg – Twice Daily – Empty Stomach 3)Naturolax Granules 2tsf In Glass of Water at Night 4) Tablet Liv 52 – Twice Daily – Before Food 5) Lucrush Ointment for L.A. – Twice Daily	Protein rich diet with plenty of fluids, green leafy vegetables, seasonal fruits, milk and milk products	08/09/2022 USG (A+P)- USG shows normal study, no calculus seen

8) 13/09/ 2022 B/D - 17.5we eks, B/S - 17.6 weeks	Vulvul itching, increased frequency of micturition, on & off cold	O/E - vitals stable, P/A- FH - 17- 18weeks, FCA+	Adv. - urine routine , microscopic, urine - culture and sensitivity	Continue All Medications + 6)Tablet Levocet Twice Dail X 1day 7)Tablet Neeri - Thrice Daily X 7days		13/09/2022-urine- PC- 4-5, EC-3-4,
9) 19/09/ 2022 B/D - 18.4 weeks, B/S - 18.5we eks	Burning sensation & itching at vulvul region, burning sensation at throat region	O/E - vitals stable, P/A - FH - 18weeks, FCA+	Adv. OGTT at 24wee ks	Continue All Medications + 1)Tablet Cefuroxime 500mg -Twice Daily X 5days, 2)Tablet Pan 40mg -Twice Daily X 5days 3)Tablet Cetirizine 5mg - At Night X 5days 4) Gokshur Churna 2gms With Warm Water X 7days	Adv. steam inhalation - thrice daily	Urine culture & sensitivity - gram stain +, pus cells +, gram negative bacilli seen, organism - e-coli
10) 27/09/ 2022 B/D- 19.5we eks, B/S - 19.6we eks	Cough with expectorations, cold in the last 2-3 days, rash over face with burning sensation	O/E - vitals stable, P/A - FH - 18- 19weeks, FCA+		Continue All Medications + 1) Liquid Honitus - 10ml- tds 2)Capsule Nilsin - Twice Daily X 5days		Anamoly scan (27/09/2022)- A SLIUP of 19+6 weeks ga, EFW- 320gms, FHR - 151bpm, AFI - 13cm, placenta - anterior wall, no any abnormality seen
11) 07/10/ 2022 B/D - 21.1we eks, B/S - 21.2we	Itching all over body since 5- 6days	O/E- vitals stable, P/A - FH- 20 weeks, FCA+	Adv. - LFT	Continue All Medications + 1)Tablet Neurokind - Once Daily X 10days 2)Aloe vera Gel for L.A. -		LFT (07/10/207/10/2022)- Sr. Bilirubin (total) - 0.86mg/dl, Direct- 0.27mg/dl, Indirect - 0.59mg/dl, SGOT- 29.85units/l, SGPT- 36.5units/l, sr. Alkaline

eks				Twice Daily		phosphatase- 192.5iu/l, total proteins – 6.6g/dl, sr. Albumin –3.5g/dl, sr. Globulin – 3.1g/dl, HBSAG - negative
12)31/ 10/202 2 B/D - 24.4 weeks, B/S - 24.5we eks, Weight - 67kg	Boil over right upper arm	O/E- vitals stable, P/A - FH- 24 weeks, FCA+, FM+	Adv. – heamo gram, growth scan at 28 <sup>th</sup> weeks	1)tablet Orofer Xt – 1 Tablet – At Night, 2) Tablet Kamdudha Vati 250 Mg – 2tablet Twice Daily, 3)tablet Sarivadi Vati 250 Mg – Twice Daily After Food, 4)stretchnil Cream For L.A ,5) Liquid Honitus 10ml – Thrice Daily 6) Shatadhouta Ghrita For L.A - At Night 7) Aloe vera Gel for L.A. – In Morning 8) Steam Inhalation – Thrice Daily 9) Tablet Liv 52 – Twice Daily		Heamogram (31/10/2022) Hb – 10.6gm/dl, TLC – 11000/cu mm, plt – 1,941/ul, OGTT - (at 2 hrs)101mg/dlmg/dl)101 mg/dl
13) 29/11/ 2022 B/D- 28.5we eks, B/S- 28.6we eks	1-2 boils over abdomen &pubic region, Itching over abdomen	O/E- vitals stable, P/A - FH- 28 weeks, FCA+, FM+		1)tablet Orofer Xt – 1 Tablet – At Night, 2) Tablet Kamdudha Vati 250 Mg – 2tablet Twice Daily, 3)tablet Sarivadi Vati 250 Mg – Twice Daily After Food, 4)stretchnil		USG (ANC WITH DOPPLER) - 22/11/2022 A SLIUG of 27+4 weeks with vertex presentation, AFI – 13.3cm, FHR – 148bpm, placenta – anterior, grade 2, EFW – 1095gms, doppler - normal



				Cream For L.A, 5)liquid Honitus 10ml – Thrice Daily 6) Shatadhouta Ghrita For L.A - At Night 7) Aloe vera Gel for L.A. – In Morning 8) Steam Inhalation – Thrice Daily 9) Tablet Liv 52 – Twice Daily		
14) 05/01/ 2023 B/D - 34weeks, B/S- 34.1 weeks	Increased frequency of micturition	O/E- vitals stable, P/A - FH- 34 weeks, FCA+, FM+	Adv. – ANC with doppler	Continue All Medications		
15) 25/01/ 2023 B/D - 36.6, B/S - 37weeks	Backache	O/E- vitals stable, P/A - FH- 36 weeks, FCA+, FM+, L/E - no pedal edema	Adv. - heamogram			USG ANC +DOPPLER (19/01/2023)- A SLIUP with 35+1 weeks with oblique lie with shoulder presentation, AFI – 8.2cm, placenta – anterior, grade – 3, cervix length – 3.7cm, FHR –141bpm, EFW- 2560gms, doppler - normal

### ASSESSMENT PARAMETER

After treatment repeat investigations, ultrasonography clinically decreased symptoms prove action of treatment.

**Mode of action of drugs given:** Initial management including pathyapathyavihar acting as nidanparivarjan.

## Mode of action

1) **Tablet cystone<sup>2</sup>** - The diuretic herbs in this natural concoction help to break down kidney stones and flush them out and other gravel through the urine.

This herbal supplement contains *Pashanabheda* (*Saxifraga Lingulata*)-49mg, Small Calatrops (*Gokshura*)-16mg and *Shilapushpa* (*Didymo carpus Pedicellate*)-65mg, *Cyperus scariosus*-16mg, *Achyranthes aspera*-16mg, *Onosma bracteatum*-16mg, *Vernonia cinerea*-13mg, *Sheelajeet*-16mg, Hajrool yahood bhasma(16mg) which are powerful natural ingredients needed to support a healthy urinary tract.

The *Pashanabheda* helps to soothe the internal tissues of the urinary tract, thereby alleviating inflammation and pain during urination. This ingredient is also an effective antimicrobial with diuretic and demulcent properties.

This health supplement also has *Shilapushpa*, which is famous for its antilithiatic properties and is used extensively in helping dissolve kidney stones as well as preventing the further recurrence of such stones.

It is also infused with small calatrops, which offer a plethora of benefits related to the prevention and treatment of kidney and bladder stones.

2) **Tab kamdudha vati** - According to ayurvedic principles, *kamdudha ras* has *sheeta virya* (cool potency), so it is useful in every *pitta roga* classified in ayurveda. Generally, *kamdudha ras* is potent antacid. It reduces heat in the body and alleviates sensation of burning. It also neutralizes gastric acid. It reduces inflammation of gastric and esophageal mucosa. Hence, it gives relief from heartburn, hyperacidity, dyspepsia, burning sensation etc.

3) **<sup>3</sup>Tablet liv 52** - It consists of seven herbs including *Capparis spinosa* (*Himsara*), *Cichorium intybus* (*Kasani*), *Mandur bhasma*, *Solanum nigrum* (*Kakamachi*), *Terminalia arjuna* (*Arjuna*), *Cassia occidentalis* (*Kasamarda*), *Achillea millefolium* (*Biranjaisipha*) and *Tamarix gallica* (*Jhavaka*). Liv 52 with its digestive qualities, helps one get relief from mild constipation facilitating bowel movement with greater ease and convenience. It protects liver against various hepatotoxins, promotes appetite and growth. It acts as gastrointestinal and hepatic regulator.

4) **Naturolax granules**- It is prepared with herbal ingredients such as *Psyllium Husk* (*isabgol* husk powder), *Kasni*, *Nimbukamlam*, *Svarjiksara* and Root Extract. *Isabgol* contributes to the ease of passage of the stools as it adds unfermented gel, which functions as an emollient and lubricant agent.

5) **<sup>4</sup>Tablet neeri** - It is a unique blend of multiple herbs that helps relieve urinary issues. It helps enhance kidney function and prevents recurrent infection of the urinary tract. It contains *moolikshar* (*raphanus sativus*), *ikshu mool* (*hemidesmus indicus*), *gokhru* (*tribulus terrestris*), and *daruharidra*(*berberis aristata*). Neeri exerts anti-microbial & alkalizer properties,

exhibits balanced diuresis, which eases the propulsion of urinary calculi, and helps in calculus disintegration.

6) **<sup>11</sup>Gokshur churna** - Gokshura churna is a traditional herbal formulation. Ayurvedic scriptures of Charaka Samhita and Sharangdhar Samhita strongly back the use of this potent formulation for the mitigation of *Prameha* (i.e., urinary tract disorder). It is also extremely useful for *Ashmari* (i.e., urinary calculi), *Vibandha* (i.e., constipation), *Shoola* (i.e., abdominal colic), *Mutrakrichra* (i.e., dysuria), *Anaha* (i.e., bloating), and *Mutraghata* (i.e., urinary obstruction). According to Ayurveda, properties of *Gokshura* are described as:

गोक्षुरः शीतलःस्वादुःबलकृत्वस्तिशोधनः ।

मधुरोदीपनोवृष्यःदृष्टिदचअश्मरीहरःप्रमेहश्वासकासार्थं, कृच्छहृद्रोगवातनुत् ॥ भावप्रकाश<sup>11</sup>

*Gokshura* has *Madhura rasa* (sweet), *Guru* and *Snigdha guna* (unctuous and heavy quality), *Sheeta Virya* (Cold in Potency), *Vrishya* (Aphrodisiac), *Rasayana* (Rejuvenator), *Brimhana* (Nourishing therapy), and *Vatapittahara* properties.

7) **Aloe vera gel** - Aloe Vera stimulates fibroblast, which produces the collagen and elastin fibers making the skin more elastic and less wrinkled. It also has cohesive effects on the superficial flaking epidermal cells by sticking them together, which softens the skin.

8) **Capsule nilsin** - Nilsin capsule contains *Mahasudarshan*, *Sunthi*, *Vach*, *Kosta Kulinjan* and *Sitopaladi* as its key ingredients. *Mahasudarshan* boosts immune resistance. *Sitopaladi* is a type of natural expectorant, stimulant, and helps overcome burning sensation in eyes and body.

9) **Syrup honitus<sup>5</sup>** - Honitus Herbal Cough Remedy provides effective relief from cough. It is an ayurvedic remedy enriched with *Tulsi*, *Mulethi*, *Banaphsa*, *Kantkari*, *Talispatra*, *Sunthi*, *Pippali*, *Vasaka*, *Shati*, *Pudina satva*, *Shudha Madhu*.

Honey helps relieve cough and throat irritation

*Tulsi* has anti-tussive properties that help in relieving cough and cold symptoms

*Mulethi* acts as a sore throat reliever

*Sunthi* and *banapsha* have expectorant properties that help in the expulsion of phlegm.

10) **Stretchnil cream**- Stretch Nil Cream is a unique herbal preparation, for minimization of stretch marks. Stretch Nil Cream contains *Manjishtha* (*Rubia cordifolia*), *Neem* (*Azadirachta indica*), *Tulsi* (*Ocimum sanctum*), *Chandan* (*Santalum album*), *Daruharidra* (*Berberis aristata*), and *Yashtimadhu* (*Glycyrrhiza glabra*). Each of these ingredients have been advocated for skin related disorders.

## DISCUSSION

This is very interesting case report. Quite often in various stages of pregnancy, these all-minor complaints will experience by patient. Since evolution of life in this universe woman has been placed in utmost worshipping place due to her power of “Janani”. Pregnancy is a time of anticipation, excitement, and preparation for many new parents, uncertainty. The care of pregnant women presents a unique challenge to modern as well as ayurvedic medicine. Most women will progress through pregnancy in an uncomplicated fashion & deliver a healthy infant requiring little medical intervention, unfortunately, a significant number will have medical problems, which will complicate their pregnancy or develop such a serious condition that the lives of both themselves and their unborn child will be threatened. Undoubtedly, good antenatal care has made a significant contribution.

During pregnancy there are progressive anatomical, physiological & biochemical changes not only confined to the genital organs but also to all systems of the body. This is principally a phenomenon of maternal adaptation to the increasing demands of growing fetus.

<sup>9</sup>According to *Sushruta Samhita* -

The development of fetus mainly depends upon the inflation done by *Vayu* & nourishment supplied by *rasa*. Behind the umbilicus, there is the location of *vyotisthana* (the place of light or fire). The *Vayu* by its blowing action excites or stimulates this fire, which in turn performs development of body.

*Bhela* lays equal emphasis on the role of *Agni* and *Vayu*.

*Harita* also mentioned the role of *Vayu* and *Agni* in development of fetus.

<sup>6</sup>Archaryas Charaka, Sushruta, Vagbhata also mentioned *sadyogruhita garbha lakshana's* and *vyakta garbha lakshanas* which ultimately indicates the progressive changes in pregnancy, *garbhini paricharya* etc.

Ayurvedic management involves treating the above factors, mainly the management for vitiated *vata* and *pitta*.

Patient in this case report complaining of nausea, giddiness, weakness is the *vyakta garbha lakshanas* but the complaints like vomiting during pregnancy i.e., *Garbhaj vaman* is mainly due to *vata-vaigunya*, *dauhrida avamanana* and *garbha nimittaja*. Here *vata* dosha plays important role. Complaints like itching over abdomen which is due to *striae gravidarum* i.e., *Kikkisa* in which Atreya said, growing fetus displaces the *vata*, *pitta* and *kapha* doshas upward reaching *uras*, produces burning sensation, which causes itching. The complaints like boils over various body parts, burning sensation at throat region i.e., *garbhadaha* indicates vitiated *pitta* which requires *sheeta chikitsa*.

The complaints like constipation are very common in pregnancy due to increase in the progesterone hormone, which causes relaxation of body muscles including intestines.

Increased frequency of micturition is also due to hormonal & physical changes during pregnancy.

So, proper functioning of *vata* dosha must be maintained throughout the entire pregnancy period to avoid any complications. Establishing proper functioning of these is the first step in maintaining uncomplicated pregnancy.

<sup>12,13</sup>The World Health Organization (WHO) and the Food and Agriculture Organization (FAO) of the United Nations recommend a dietary intake of 1200 mg/day of calcium for pregnant women.

<sup>14</sup>Antenatal micronutrient interventions recommended in guidelines of WHO, for pregnant women include daily elemental iron (30–60 mg) and folic acid (0.4 mg) to prevent maternal anaemia.

Present case reveals that these various minor ailments in pregnancy can be treated with ayurvedic management.

## CONCLUSION

This case report shows an insight into successful management of recurrent minor ailments in pregnancy through ayurvedic treatment modalities. Here it shows that with proper clinical evaluation & systemic approach of ayurvedic treatment multiple minor ailments in pregnancy can be cured simultaneously.

The results obtained in this single case study are encouraging and the protocol followed here may be subjected for trial in larger sample.

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