

**EFFECT OF HERBAL MEDICINE FOR HEALTHY PROGENY:  
A SYSTEMATIC REVIEW**

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Healthy progeny refers to offspring born full-term, with optimal birth weight, no congenital anomalies, and a strong immune system. Herbal medicine, with its holistic health approach, offers a promising alternative or complement to conventional methods for promoting healthy progeny. This systematic review explores the impact of herbs on fetal development and maternal health, focusing on their role in reducing pregnancy complications. Nine studies published between June 2014 and June 2024 were analyzed using PRISMA guidelines. These include four randomized comparative clinical studies, two quasi-experimental studies, two in vivo experimental studies, and one case study. Key findings highlight that over 56% of the studies focused on single herbal drugs, while the remaining involved compound formulations. *Shatavari* (*Asparagus racemosus*) was featured in 44% of all studies, highlighting its key role in improving maternal and fetal outcomes like weight gain and development. Dietary supplementation with *Shobhanjana* (*Moringa oleifera*) and *Mudga* (*Vigna radiata*) improved hemoglobin levels, addressing pregnancy-related anemia. Herbal formulations like *Rasayana avaleha*, medicated *Ksheera basti* and *Ksheerapaka*, including *Shatavari* (*Asparagus racemosus*), *Ashwagandha* (*Withania somnifera*), and *Bala* (*Sida cordifolia*) administered with milk, demonstrated safety and effectiveness in promoting fetal growth, enhancing immune function and improving maternal well-being. Additionally, herbs like *Atibala* (*Abutilon indicum*) and *Yashtimadhu* (*Glycyrrhiza glabra*) enhanced outcomes in cases of repeated abortions and intrauterine growth restriction (IUGR). Despite encouraging results, limitations such as small sample sizes, short-term assessments, and lack of standardized protocols persist. Larger, long-term studies are necessary to validate these findings and establish guidelines.

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