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Supplementary Tables

Table 1. Components of Ingredient I

Botanical name and voucher specimen no.	Family	Local Name	Habit	Part used	Quantity	UV	Rfc (%)	FIV (%)	Literature reports
<i>Cuminum cuminoides</i> (L.) Kuntze Shru/GRH/11	Apiaceae	Jeerige	Herb	Seed	100 gm	0.50	3.33	91.66	Coolant, galactagogue, anodyne, tonic, vatha, hiccough, cough, agalactia (16). Reduce inflammation of breasts and labour pain (17). Itching (18).
<i>Curcuma longa</i> L. Shru/GRH/12	Zingiberaceae	Arishina	Herb	Rhizome	Size- 9" × 7"	0.72	4.58	83.33	As an antiseptic, tonic, relives anemia, blood disorders and cold (19). Against body pain and body swelling (17). Relieves vomiting and anaemia (18). As thermogenic, anodyne, antiseptic, haematinic, styptic, alexiteric and cures pruritus (20).
<i>Glycyrrhiza glabra</i> L. Shru/GRH/14	Leguminosae	Jyeshthamadhu	Herb	Root	Size- 10" × 8"	0.40	2.08	91.66	As refrigerant and tonic, relieves cough (16).
<i>Myristica fragrans</i> Houtt. Shru/GRH/18	Myristicaceae	Jaayikayi	Tree	Seed	One seed	0.28	2.91	66.66	Against vomiting and thirst (18).
<i>Piper longum</i> L. Shru/GRH/22	Piperaceae	Hippali	Climber	Fruit	5 fruits	0.30	4.17	91.66	Fruit is given to women after child birth to check bleeding, fever and cold (19). As an analgesic against muscular pain and as tonic (18). Cures thirst and control chill (20).
<i>Piper nigrum</i> L. Shru/GRH/23	Piperaceae	Bolkalu	Climber	Fruit	50 gm	0.33	3.75	91.66	Used against weakness and cold during child birth (19). Anemia (18).
<i>Syzygium aromaticum</i> (L.) Merr. & L. M. Perry Shru/GRH/25	Myrtaceae	Lavanga	Tree	Bud	8-10 cloves	0.75	3.75	75.00	Against anemia and as tonic (19).
<i>Zingiber officinale</i> Roscoe Shru/GRH/28	Zingiberaceae	Shunthi	Herb	Rhizome	8 gm	0.37	3.33	83.33	As thermogenic and anodyne (16). Against labour pain and postnatal complaints (17), vomiting (18), Anemia, to cure thirst, as galactagogue and to control chill (20).

Table 2. Components of Ingredient II

Botanical name and voucher specimen no.	Family	Local Name	Habit	Part used	Dose in gram	UV	Rfc (%)	FIV (%)	Literature reports
<i>Anacardium occidentale</i> L. Shru/GRH/01	Anacardiaceae	Godambi	Tree	Roasted Kernel	25 g	0.30	4.17	83.33	As a tonic (19) and highly nutritious (20).
<i>Ficus carica</i> L. Shru/GRH/13	Moraceae	Anjoora	Tree	Fruit	10 g	0.28	2.91	66.66	Used against blood disorders, as a coolant and nutrient (18).
<i>Phoenix dactylifera</i> L. Shru/GRH/20	Arecaceae	Uttatti	Shrub	Dried fruit	25 g	0.75	3.75	75.00	As a coolant and tonic, used against cough and gastric problems (20).
<i>Prunus amygdalus</i> Stokes Shru/GRH/24	Rosaceae	Badaami	Tree	Seed	10 g	0.40	4.17	83.33	As tonic (18). Thermogenic, nutritious, nervine tonic, against neuralgia and cough (20).
<i>Vitis vinifera</i> L. Shru/GRH/27	Vitaceae	Drakshi	Climber	Dried fruit	25 g	0.45	4.58	75.00	As a coolant and tonic (18, 20). Against anemia, cough and to cure thirst (20).

Table 3. Components of Ingredient III

Botanical name and voucher specimen no.	Family	Local Name	Habit	Part used	Dose in grams	Method of preparation	Vehicle	Recommended period	Purpose	UV	Rfc (%)	FIV (%)	Literature reports
For Prenatal care													
Formulation I: <i>Cassia sophera</i> L. Shru/GRH/04	Leguminosae	Elevarige	Herb	Root	4.00	Extract taken by grinding freshly collected roots	Cow milk or lukewarm water	From 5 th month onwards	As tonic, blood purifier and energetic. Also to prevent cold, cough and hiccups	0.77	3.75	91.66	Against cough (16, 19). As a tonic, anodyne and to relieve from hiccough (16).
Formulation II: <i>Cocos nucifera</i> L.	Arecaceae	Thengina kaayi	Tree	Inflorescence	3.00	Tender inflorescence is cut into	Cow milk	From 3 rd month onwards	For body pain, easy delivery, pregnential	0.66	3.75	75.00	As coolant and to cure cough (16, 21).

Shru/GRH/08						small pieces, boiled in milk and ground			apthae, as energetic, blood purifier, to prevent lochia after delivery and pregnantal xerostomia				As a tonic, disinfectant and insecticide (16). As antiemetic, blood purifier, to cure uterine disorders (17). To relieve from thirst and to check haemorrhage (18).
Formulation III: <i>Cucurbita maxima</i> Duchesne ex Lam. Shru/GRH/10	Cucurbitaceae	Sihigumbala	Climber	Fruit	1.00	Finely grated fruit is boiled into thick paste	Cow milk	From 3 rd month onwards	For body pain, pregnental apthae and as blood purifier	0.30	4.17	91.66	As tonic (16, 18, 21).
Formulation IV: <i>Lagenaria siceraria</i> (Molina) Standley. Shru/GRH/17	Cucurbitaceae	Sore kaayi	Climber	Fruit	3.00	Finely grated fruit is boiled into thick paste	Cow milk or lukewarm water	From 5 th month onwards	As blood purifier, energetic and antiseptic	0.22	3.75	91.66	As anodyne, refrigerant, to relieve from burning of feet, cough and as a tonic (16). To relieve from pains, vaginal and uterine complaints, as a coolant and against blood disorder (19).
Formulation V: <i>Trigonella foenum-graceum</i> L. Shru/GRH/26	Leguminosae	Mente kaalu	Herb	Seed	1.00	Finely powdered seeds	Cow milk or lukewarm water.	From 5 th month onwards	As blood purifier, antiseptic, energetic, to relieve body pain, weakness and to avoid blood clotting	0.25	3.33	91.66	As tonic (16, 17, 19), as thermogenic, and to cure cough (16), as galactagogue (16, 18). To relieve vomiting (19).
For Post natal care													
Formulation VI: <i>Asparagus racemosus</i> Willd. Shru/GRH/02	Asparagaceae	Halavuma akkalathayi gadde	Climber	Tuber	2.00	Hot water extract of fresh tubers.	Cow milk	From 10 th day onwards	For weakness, lactation, as blood purifier, energetic and pain reliever.	0.43	2.91	58.33	As coolant, anodyne, agalactic, to cure vaata and cough (16). To cure diseases of blood (19). As tonic (16, 18, 19), galactagogue (16, 17, 18,

													19).
Formulation VII: <i>Cannabis sativa</i> L. Shru/GRH/03	Cannabinaceae	Ganja soppu	Shrub	Leaves	0.6	Finely ground leaves to get paste.	Cow milk	After 1 st month of delivery. Only at night after food	For weakness, indigestion, as energetic, blood purifier and also to relieve body pain	0.11	3.75	75.00	As tonic and relieve from cough (19). To relieve labour pain (17). Against uterine disorders (18).
Formulation VIII: <i>Hemidesmus indicus</i> (L.) R. Br. ex Schult Shru/GRH/15	Periplocaceae	Sogade beru	Climber	Root bark	2.00	Extract taken by grinding freshly collected root bark	Cow milk	From Parotta, 2001 th day onwards	For weakness and lactation	0.43	2.91	58.33	As tonic (16, 17, 19), as refrigerant (16), as blood purifier (17, 19). To cure vomiting and diarrhea in infants(19) As galactagogue (17, 20). To cure disorder of blood and anemia and thirst (18).
Formulation IX: <i>Papaver somniferum</i> L. Shru/ GRH/19	Papaveraceae	Gasgase	Herb	Seed	2.00	Grounded seeds	Cow milk or lukewar m water.	From Parotta, 2001 th day of delivery	As galactagogue, energetic and blood purifier. It also relieves body pain and is useful for lochia.	0.22	3.75	75.00	As cough tonic (16) and to relieve from body pain (17).
Formulation X: <i>Physalis angulata</i> L. Shru/GRH/21	Solanaceae	Kuppskaak e	Herb	Leaves	2.00	Leaf is ground into fine paste	Cow milk	After Parotta, 2001 th day onwards	As energizer, blood purifier and to reduce acidity.	0.14	2.91	66.66	As a coolant, tonic and to relieve from cough (16).
For Pre and Post natal care													
Formulation XI: <i>Centella asiatica</i> (L.) Urban Shru/GRH/05	Apiaceae	Ondelaga	Herb	Whole plant	4.00	Water extract of whole plant.	Cow milk	From 1 st month of pregnancy to 5 th month of delivery.	Blood purifier, energetic, antiseptic and pregnential xerostomia, weakness and aphthae.	0.33	4.58	91.66	As coolant and to relieve hiccough (16). As tonic (16, 18). As postnatal tonic and to cure blood disorders (17).

Formulation XII: <i>Citrus limon</i> (L.) Burm. f. Shru/GRH/06	Rutaceae	Gaja nimbe	Shrub	Fruit	3.00	Boiled and finely chopped fruits.	Cow milk	From 5 th month of pregnancy to 5 th month of delivery.	Avoids blood clotting, relieves body pain and prevents vomiting and gastritis. It is also a blood purifier, antiseptic and energetic.	0.33	2.50	58.33	As antiseptic and relieves hiccough (16), thirst and vomiting (18).
Formulation XIII: <i>Citrus medica</i> L. Shru/GRH/07	Rutaceae	Maadala kanchi	Tree	Fruit	3.00	Finely chopped fruits are boiled.	Cow milk	From 5 th month of pregnancy to 5 th month of delivery.	Avoids blood clotting, relieves body pain and prevents vomiting. It is blood purifier, antiseptic, energetic and helps in easy delivery.	0.43	2.91	58.33	Relieves hiccough, cough, as tonic, refrigerant, haemostatic and anodyne (16). Against pain and vomiting (18).
Formulation XIV: <i>Cucumis melo</i> var. <i>acidulus</i> Naudin Shru/GRH/09	Cucurbitaceae	Magekayi	Climber	Seed	0.8	Seeds are finely grounded and sieved.	Cow milk or lukewar m water.	From 3 rd month of pregnancy to 5 th month of delivery.	Blood purifier, energetic, tonic. pregnential xerostomia, helps in lochia and relieves body pain.	0.18	4.58	91.66	As coolant, galactagogue, tonic (16) and to cure anemia (18).
Formulation XV: <i>Ixora coccinea</i> L. Shru/GRH/16	Rubiaceae	Kusumaale beru	Herb	Root	4.00	Water extract of ground roots.	Cow milk	From 3 rd month of pregnancy to 5 th month of delivery.	Apthae, lochia, energetic and pregnential xerostomia and good growth and gives good color complexion to the child.	0.57	2.91	58.33	As antiseptic, to cure vaata and cough (16). Against infantile skin ailments (19), hiccups and thirst (18).