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Importance of Ayurvedic Diet (Ahar) in Garbhini Paricharya

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Pregnancy and delivery have special significance in every woman's life. Taking an equal diet earlier, during, and later pregnancy is a part of best health. Pregnant lady have specific dietary needs. The real dietary management of pregnant lady emulates on the wellbeing and excellence of child. In Ayurveda the Garbhini Paricharya mention as antenatal care in which Ahara (special dietary rule), Vihara (changes in therapeutic procedures and psychological behavior and day to day Normal activities) recommended. For goodness of fetus and mother and nourishment A monthly diet is necessary which have some nutrients and Ayurvedic medicines after conception. This is also helpful in natural delivery. There is specific type of medicine will be mentioned for fulfilling, nutrition, special needs and adequate growth of fetus in every month of pregnancy. In Ayurvedic diet, there is mention milk, butter and Ghrita all over pregnancy. Ushna (hot), Tikshana (spicy), excessive sweet, fried and heavy food should be prohibited. The diet should be well prepared, easy to eat and spices as Jeeraka,Fennel etc. should be added. Which helps in food digestion (Deepana, Pachana and Anulomana). Anuvasana Basti is described by Acharyas in 8th and 9th month of pregnancy to commond on Vata Dosha, lubrication of vaginal tract for easy and natural delivery. Good nourishment throughout pregnancy can helpful to care of mother and child like as nutrients, calcium,iron, folate and iodine.
Keywords: Garbhini Paricharya, Ahar, Deepana, Pachana.

I. INTRODUCTION

Life of a lady is uncomplete till she become a mother and give birth to healthy child. Pregnancy and delivery have special significance in every woman's life. In *Ayurveda* a pregnant lady called '*Sagrbha'* and this stage called "*Sagrbhaavastha*". In *Ayurveda*, planning for a good conception is correlated to the method of farming. Like the health of a field of crops dependent on the standard of actual timing of spreading soil seed and water. Same as a baby's health depend on the parent's health. Four necessary factors for successful healthy pregnancy are.[1]

1) *Bija*- Sperm/ovum
2) *Kshetra* -Uterus
3) *Ambu*- Nourishment
4) *Ritu*- Time for conception

The protection of pregnant lady shows the health & quality of the progeny. Taking an equal diet earlier, during, and later pregnancy is a part of best health. *Acharya Charaka* told that, the pregnant lady have to be served as a vessel filled with oil as the slightest vibration of such vessel can cause overturn of oil same as slightest exhilaration to the pregnant lady can induced *Garbhapata* (abortion).[2]

A. Garbhinini Paricharya (Antinatal Care)

The regular nursing and medical care recommended for a pregnant women throughout pregnancy called antenatal care.[3] The main intention behind counsel of *Garbhini Paricharya* is *Anupaghata* (pregnancy without complication), *Paripurnatva* (give actual growth of the baby and mother), [4] *Sukhaprasava* (Normal labour) and desired of healthy baby.[5]

- The monthly diet is discussed under three subtitals:-
  a)*Masanumasika pathya* (monthly diet)
  b)*Garbhopaghathakara bhavas* (contraindicated substances and Activities)
  c)*Garbhasthapaka dravyas* (medium helpful for balancing of pregnancy)

- ✓ In *Ayurveda* the *Garbhini Paricharya* mention as antenatal care in which *Ahara* (special dietary rule), *Vihara* (changes in therapeutic procedures and psychological behavior and day to day normal activities) recommended. For goodness of fetus and mother and nourishment a monthly diet is necessary which have some nutrients and *Ayurvedic* medicines after

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conception. Health and goodness of a child in the uterus depends up on the nutrition and health of mother. Taking an equal diet earlier, during, and later pregnancy is a part of best health.

B. Objectives of Garbhini Paricharya

1) To make easy a healthy development & growth of the fetus.
2) To increased, protect & balance the health of the mother.
3) To decrease the hazards during labour.

C. An Ayurvedic Dietary Care in Garbhini (Pregnant Women)

Nutrition is described as the science of diet and its relation to health. *Ayurveda* regarded food to the best supplement of nutrition and medicine for the pregnant lady. Pregnant lady have specific dietary needs. The *Ahara* would be *Dravam,Hridya,Madhuraprayam,Deepaniyam,Snigdham* & *Samskritam*.[6] There is specific type of medicine will be mentioned for fulfilling, nutrition, special needs and adequate growth of fetus in every month of pregnancy. This is also helpful in natural delivery. A good nourishment is necessary for the implantation and early baby growth. Dietary shedule mentioned in *Ayurveda* is helpful if pursued accurately and may be change according to the lifestyle of person to person.

1) **गर्भिणी परिचर्या- प्रथम माह:** Pregnant lady should take non medicated/ medicated milk in actual amount for her digestive power. Medicated with *Palash, Shalaparni & Garbhasthapak Dravya*.

a) *Charaka Samhita*- cold milk without adding of medicine.[7]
b) *Sushruta Samhita*- liquid, cold, sweet diet.[8]
c) *Astanga Sangraha*- milk with adding Medicine.[9]

2) **द्वसरा माह:** To take liquid diet and cool, sweetend milk which prepare with *Madhura Gana* drugs like *Kakoli.*

a) *Charaka Samhita*- prepared milk with *Madhura Gana* drugs.[10]
b) *Sushruta Samhita*- Same mentioned in 1st month.[11]
c) *Astanga Sangraha*- Same as mentioned by *Charaka*.[12]

3) **तिसरा माह:** To take cool, sweet and liquid diet. Milk with *Ghrita* and honey, *Krisara & Shastik Shali* (rice).

a) *Charaka Samhita*- Milk with honey and *Ghrita*.[13]
b) *Sushruta Samhita*- Same mentioned in 1st month.[14]
c) *Astanga Sangraha*- Milk with *Ghrita* and honey.[15]

4) चतुर्थ **माह:** *Ksheer* (milk) + *Navneet* (butter), prepared *Shastik Shali* with curd.

a) *Charaka Samhita*- Milk and butter.[16]
b) *Sushruta Samhita*- Prepared *Shastik Shali* (rice) with curd, good meal mixed with milk & butter and meat of wild animals.[17]
c) *Astanga Sangraha*- Milk & one *Aksa* of butter.[18]

5) **पञ्चम माह:** *Ahara* with proper amount of *Ksheer+ Sarpi, Payas,Yavagu*,and diet same as 4th month.

a) *Charaka Samhita- Ghrita* medicated with butter (extracted from milk).[19]
b) *Sushruta Samhita*- Prepared *Shastika Shali* with milk, meat of wild animals cooked with food combined with *Ghrita* and milk.-[20]
c) *Astanga Sangraha* - Same mentioned by *Charak*.[21]

6) **छठा माह**

a) *Charaka Samhita- Ghrit*a cooked with *Madhura* drugs *(Sariva).*[22]
b) *Sushruta Samhita*- Rice gruel or *Ghrita* cooked with *Gokshura*.[23]
c) *Astanga Sangraha*- Same mentioned by *Charaka*.[24]

7) **सप्तम माह**

a) *Charaka Samhita*- Like as in 6th month.[25]
b) *Sushruta Samhita- Ghrita* cooked with *Prithakaparnyadi Gana (Vidarigandhadi)* drugs.[26]
c) *Astanga Sangraha*- Same mentioned by *Charaka*.[27]

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8) **अष्टम माह**

a) *Charaka Samhita- Ksheera Yavagu* cookd with *Ghrita*.[28]

b) *Sushruta Samhita- Asthapana Basti* with *Kwath* (decoction) of *Badari* cooked with *Atibala, Bala, Patala, Satapuspa* etc. & *Ghrita* and honey. *Asthapan* come after *Anuvasana Basti* of oil prepared with *Madhura Gana* drugs & milk.[29]

c) *Astanga Sangraha-* Same mentioned by *Acharya Charaka & Sushruta*.[30]

9) **नवम माह***:* At the end in critical stage light diet is guided like *Shali* (rice) soup with *Ghrita*, moong daal soup.

a) *Charaka Samhita- Anuvasana Basti* with oil medicated with *Madhura Gana* drugs, vaginal application by this oil.[31]

b) *Sushruta Samhita-* Meat-soup of wild animals and unctuous gruels up to the time of delivery.[32]

c) *Astanga Sangraha-* Same as mentioned by *Charaka*.[33]

10) **दश माह-** If pregnancy carry on upto 10th month then –

a) *Shunthi Siddha Milk*

b) *Shunthi*

c) *Ksheervidari Kashay.*

*D. Pregnancy Harming Factors (***गर्भोप्घातकर भाव***)*

Those *Ahara* (diet) *& Vihara* which are damaging to the *Garbha* (fetus) is included here.

1) Traveling on irregular roads

2) Wearing of red colour clothes

3) Sitting on irregular and solid surface.

4) Intercourse, narcotic drugs, smoking, alcohol or sedatives.

5) *Ushna* (hot),*Ttikshana* (spicy), excessive sweet, fried and heavy food.

6) Holding of natural desire.

7) More exercise

8) Rest in supine position, causes the umbilical cord twists around the neck.

All of these may be reason of congenital problems in the fetus and delay the birth of a healthy child.[34]

II. CONCLUSION

Pregnancy and delivery of child are nature's present. if actual life style and dietary shedule are not balanced throughout pregnancy; it can cause many hazards to mother and fetus too which leads difficulty in labour (Prasava). Acharya's has mentioned about Garbhini Paricharya from the fertilization upto delivery to acquire the good result. Acharyas told the intake of milk and extra liquid fluid in first 3 months (trimester) of pregnancy to escape from malnutrition and dehydration and other hazards of pregnancy. Gokshura and Prithakapanyadi Gana drugs prevent from edema which is normal problem after 2nd trimester. Use of basti (enema) in 3rd and last trimester is necessary to,reduce constipation, give strength to myometrium and helps to regulate the function of myometrium during labor. Anuvasana Basti is described by Acharyas in 8th and 9th month of pregnancy to commond on Vata Dosha, lubrication of vaginal tract for easy and natural delivery. Good nourishment throughout pregnancy can helpful to care of mother and child like as nutrients, calcium,iron, folate and iodine.

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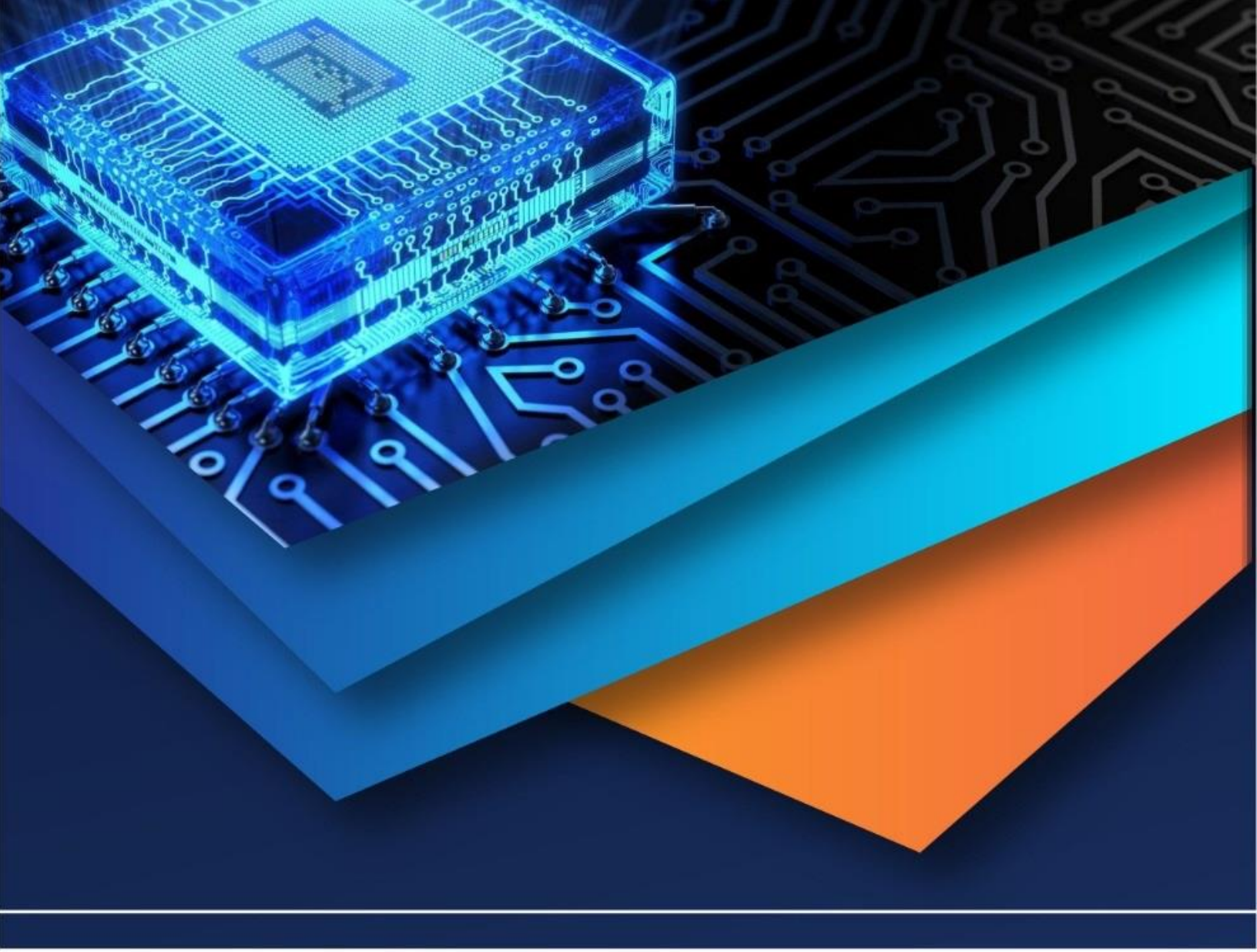
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