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A REVIEW ARTICLE- ANTENATAL CARE: ROUTINE CARE FOR PREGNANT WOMEN THROUGH AYURVEDA

Dr. Snehal Korade¹, Dr. Hemalata Kongi², Dr. Priyanka Undre³

¹P.G. Scholar, Department of Prasutitantra Avum Streerog,

²Professor and H.O.D., Department of Prasutitantra Avum Streerog,

L. R. P. Ayurvedic Medical College, Islampur, Maharashtra, India

³P.G. Scholar, Department of Swasthavritta, Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, India

Corresponding Author's Mail ID: ksnehalkorade@gmail.com

ABSTRACT

Ayurveda has considered women as the most important factor in creating the universe. She plays a key role in the formation of new generation and has great impact on the progeny. In *Ayurveda*, it is said that women being vulnerable are prone to various diseases. Women are having various changes during menarche, reproductive period, pregnancy, menopause etc. Among this motherhood is the most important phase in every woman's life. In this phase she is constantly undergoing through various transformations on physical and psychological level and thus needs special care. *Ayurveda* has emphasized on protecting women in this phase by following various precautionary measures through diet and exercise and also treating diseases with the help of various *Ayurvedic* treatment modalities.

Keywords: Ayurveda, *Garbhadhan*, *Garbhini Paricharya*, Pregnancy care, Woman, Antenatal care.

INTRODUCTION

Ayurveda has given wholesome approach of care of women in pregnancy period. Pregnancy care refers to antenatal and postnatal care. In these phases a woman is going through tremendous changes in her body. Also due to hormonal changes there are changes on physiological as well as mental status. *Ayurveda* emphasizes on formation of healthy progeny which is possible only when the woman is in proper physical as well as mental state. For that our *Acharyas* have given unique diet regimen, various *Panchakarma* procedures and other dos and don'ts for a woman expecting a healthy child.

AIMS AND OBJECTIVES

Aim- To study pregnancy care in women through *Ayurveda*.

Objective: To study the pregnancy care of women through *Ayurveda* using different *Ayurvedic* texts and its clinical application.

MATERIAL AND METHODS

A. *Garbhadhan Purvakarma* (antenatal care):

1. ***Panchakarma:*** *Panchakarma* procedures are advised for both men and women in order to have all the *Dhatu* in their body in *Prakrit Avastha*. After that *Basti* is advised following diet containing of the *Tail and MashaChurna*.¹

a) *Masha -Vrushya, Vatashamak, Balya*.²

It has iron, folic acid, calcium, magnesium, potassium and therefore is good for woman's health.³

b) *Tail- Vatahara*⁴

Ayurveda knows the importance of proper physical and mental growth of both men and women thus it has given a particular age limit to conceive in order to have a healthy child.⁵

2. *Apatya Kameshti Yadnya*⁶

i) ***Purvakarma:***

a. *Yava-saktu sevan-* It is rich in fibre, iron, Vitamin B12,; thus helps to cure anaemia. It contains beta glucan which is known to boost the immune system.⁷

b. *Yavsattu + Ghrut + Madhu + Dugdha-* All these are great source of antioxidants, and various micro and macro nutrients in order to prepare the woman for pregnancy.

ii) ***Pradhankarma-***

Sevan of medicated *Ghrutrich* in Phosphorus, magnesium, calcium.

B) *Garbhadhan Pradhankarma*

Garbhini Paricharya-

Garbhini Paricharya refers to unique form of diet in every month of pregnancy along with different procedures. Proper diet helps to form *Prakrit Ras* which is

ultimately important in nourishment of formation of breast milk.⁸
 pregnant woman, foetus and in the

Table 1: 1) First trimester

	<i>Charaka</i> ⁹	<i>Sushrut</i> ¹⁰	<i>Vagbhat</i>	<i>Harita</i>
1st month	Non medicated milk	Sweet, cold and liquid diet	Medicated milk. ¹¹	<i>Madhuyashti, Madhuka Pushpa</i> with butter, honey and sweetened milk. ¹⁴
2nd month	Milk medicated with <i>Madhur</i> drugs.	Sweet, cold and liquid diet	Milk medicated with <i>Madhur</i> drugs. ¹²	Sweetened milk treated with <i>Kakoli</i> . ¹⁵
Month	Milk with honey <i>Ghrut</i> .	Sweet, cold liquid diet	Milk with honey <i>Ghrut</i> . ¹³	<i>Krushara</i>

CLINICAL IMPORTANCE

- 1) *Madhur Dravya*-All the *Dravya* in it are of *Madhur Ras*. It fulfills the need for increased amount of energy required for embryogenesis.
- 2) *Madhur Ras*= *Prithvi* +*Aap**Mahabhut*.^[16]
Prithvi- *Upachay*(Anabolic), *Sanghat*, *Gaurav*, *Sthairya*(Stability).¹⁷

Aap- *Upkleda*, *Sneha* (Nourishing), *Bandh*, *Mardav*(Cushioning).¹⁸

3) During first trimester most women experience nausea and vomiting resulting in dehydration and loss of nutrients. Use of cold and sweet liquid diet and milk will prevent dehydration and supply required Nourishment.¹⁹

Table:2 2) Second trimester

	<i>CHARAKA</i>	<i>SUSHRUT</i>	<i>VAGBHAT</i>	<i>HARITA</i>
4th month	Milk with butter	Cooked <i>Shashti</i> rice with curd, dainty and pleasant food mixed with butter and milk. Meat of wild animals	Milk with one <i>Tola</i> of butter. ²⁰	Medicated cooked rice.
5th	<i>Ghrut</i> prepared with butter extracted from	Cooked <i>Shashti</i> rice with curd, dainty and pleasant food mixed with butter and milk,	<i>Ghrut</i> prepared with butter extracted from	<i>Payasa</i> ²¹

month	milk.	meat of wild animals	milk.	
6th month	<i>Ghrut</i> medicated with drugs of <i>Madhur</i> group	<i>Ghrut</i> medicated with <i>prithakparnyadi</i> group of drugs	<i>Ghrut</i> medicated with drugs of <i>Madhur</i> group. ²²	Sweetened curd. ²³

CLINICAL IMPORTANCE

- 1) **Ksheer**- Milk provides nourishment and stability to the foetus.²⁴
- 2) **Sarpi**- *Ghrut* promotes memory, intelligence, *Agni*, *Ojas*, *Kapha*.²⁵
- 3) **Shashti Kshali**- Rich in carbohydrates, and provides energy to the body.²⁶
- 4) **Hrudyan**- In second trimester there is development of foetus on mental and emotional level. *Hrudyan* includes various *Amla Ras Dravya* which increases enthusiasm, pleases mind, and strengthens sense organs.²⁷
- 5) **Jangal Mamsa**- In 2nd trimester there is development of *Mansa Dhatu* in foetus.²⁸ According to "*Samanya Vishesh*

Siddhant", *Jangal Mansa* will nourish *Mansa dhatu* in foetus. Also, *Garbhini* becomes *Karshya*, therefore it also nourishes *Garbhini*.

- 6) **Gokshura**- The kidneys start making urine by 14 week of pregnancy.²⁹

Also, by second trimester most women suffer from oedema of feet and other complications of water retention. So *Ghrut* medicated with *Gokshura* is used which is a good diuretic and will prevent retention of water as well as its complications. It is beneficial for both foetus and mother.³⁰

- 7) **Dadhi**- According to modern science baby's digestive system will start to function in second trimester. *Madhur Dadhi* is advised to take in second trimester. The probiotics in curd helps in proper functioning of digestive system.³¹

Table: 3 3) Third trimester

	CHARAKA	SUSHRUT	VAGBHAT	HARITA
7th month	<i>Ghrut</i> medicated with drugs of <i>Madhur</i> group.	<i>Ghrut</i> medicated with <i>Prithakparnyadi</i> group of drugs.		
8th month	<i>Yavagup</i> prepared with milk and mixed with <i>Ghrut</i> .	<i>Asthapan Basti</i> followed by <i>Anuvasan Basti</i> .	<i>Yavagup</i> prepared with <i>Dugdham</i> mixed with <i>Ghrut</i> ³²	<i>Ghrutpurak</i> .

9th month	AnuvasanBasti of oil prepared with drugs of Madhura group, vaginal tampon with the same oil.		Anuvasanbasti of oil prepared with drugs of Madhura group, vaginal tampon with the same oil. ³³	Different varieties of cereals.
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CLINICAL IMPORTANCE

- 1) Pruthakparnisiddha Ghrut-Prithakparnyadi group of drugs are diuretic, anabolic, relieve emaciation and suppress pitta and Kapha. Their regular use in seventh month might help in maintaining health of mother and foetus.
- 2) Yavagu Seven- It is Balya and Brihana thus; provides nourishment to mother and foetus.
- 3) Basti-Most women suffer from constipation in late pregnancy, therefore Asthapan Basti administered during eighth month which is best for VataAnulomana relieves constipation. Besides this may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour.
- 4) Pichu-Tampon of oil in vagina provides lubrication of cervix, vaginal canal and perineum thus helps in normal labour. This may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis. Regular use of tampon might influence autonomic fibres

governing myometrium and in regulating their functions.

- 5) Milk and Drugs of Madhura group- They have been advised for entire pregnancy period. Milk is a complete food and the drugs of Madhura group are anabolic, thus use of these will help in maintenance of proper health of mother and growth and development of foetus.
- 6) Vididhanya- Different varieties of cereals is rich source of protein.

Benefits of Garbhini Paricharya

All the rules of Garbhini Paricharya if followed properly during Garbhadharana and Garbhprasavkal by the woman her Kukshi (Uterus), sacral region, flank and back become soft, Vayu moves into its right path; feces, urine and placenta are excreted or expelled easily by their respective passages; skin and nail become soft, women gain strength and complexion and she delivers easily at proper time a desired child who is completely healthy³⁴.

B) Postnatal care- Due to nourishment of foetus from mother all the dhatus in mother become weak. Also due to loss of fluid and blood during labour mother's health becomes weak³⁵. Therefore she is prone to various diseases. Thus, needs immense care; this phase is called as "SutikaKal". Different Acharyas have mentioned various diet regimens in SutikaKal. All these help to fulfil the deficiencies occurred in women and maintaining the dosha in Prakrit form.

- 1) Bath-After delivery, bath should be taken twice daily with luke warm water³⁶.
- 2) Snehan-According to digestive power any of the Sneha among Tup, Tail, Vasa, Majja can be given. The Dravya of Panchkol Gana can be given with Sneha which improves digestion, relives bloating by Vatanuloman³⁷.
- 3) After Snehan abdomen should be properly wrapped with big clean cloth in order to prevent Vata Prakopat that place.

Aim of Sutika Paricharya

- 1) AgniDeepan
- 2) Yonishodan
- 3) Vatanuloman
- 4) StanyaJanan

DISCUSSION

- 1) It is very unique feature of Ayurveda that it has mentioned diet

regimen according to every month of pregnancy.

- 2) It helps in the formation of healthy progeny
- 3) Besides this, the diet mentioned in it fulfills the need of various nutrients in woman's body thereby maintaining her physical as well as mental health throughout the pregnancy as well as her postpartum period.
- 4) Although Garbhini Paricharya is given thousand years ago it is time tested.

CONCLUSION

From above it can be concluded that the aim of Garbhini Paricharya is not merely the formation of healthy progeny but also maintaining the health of women in order to protect their physical and mental wellbeing.

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