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### “HEALTHY AND BALANCED DIET IN PREGNANCY ACCORDING TO AYURVEDA”

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#### **ABSTRACT:**

Pregnancy is an important event in any woman's life. Selection of the right kind of pregnancy diet can in fact decide the mental and physical health of the baby. It is pretty understandable to be health conscious during this time but you can really pin your faith on an *ayurvedic* pregnancy diet because of its age old history of success. Describing the benefits of this dietic regimen prescribed for the woman having normal development of fetus, *Charaka* says that by this the woman remains healthy and delivers the child possessing good health, strength, voice, compactness and much superior to other family members.

**Key words:** Pregnancy, *Ayurvedic*, Health

## INTRODUCTION:

What woman eats and drinks during pregnancy is her baby's main source of nourishment. So, experts recommend that a mother-to-be choose a variety of healthy foods and beverages to provide the important nutrients a baby needs for growth and development. After all the hundreds of dietary suggestions that woman gets from near and dear ones about what to eat and what not to eat, those associated with Ayurveda are undoubtedly the most reliable ones. Ayurvedic pregnancy diet are discussed under *Garbhini Paricharya*, is a protocol for pregnant woman.

## AIMS AND OBJECTIVES:

### Aim:

To promoting the health of mother and baby during pregnancy.

### Objectives:

- 1.To cover the daily routine nutrition of the mother and baby.
- 2.To study classical month by month regimens in pregnancy.
- 3.To study other dietary supplements in pregnancy.

## MATERIALS AND METHODS:

Month wise dietary regimen discussed in Ayurveda as "*Garbhini paricharya*". Data was collected from the classical text books. *Garbhini Paricharya* is discussed

in *Charak Samhita Sharirasthan*<sup>1</sup> 8. In *Sushrut samhita* it is discussed in *Sharirasthan*<sup>2</sup> 10.

In *Ashtang Sangraha*<sup>3</sup> it is discussed in *Sharirasthan* 3. In *Harit Samhita*<sup>4</sup> *Tritaya Sthan Garbhini Paricharya* is discussed. Data also collected from internet sources.

## MONTHLY DIETARY REGIMEN:

### First month:

- 1.Having doubt of conception from the first month, she should take non-medicated milk in desired quantity<sup>5</sup> (*Charak*)
- 2.Sweet, cold and liquid diet should be taken from first to third month<sup>6</sup> (*sushrut*)
- 3.Medicated milk<sup>7</sup> (*Ashtang Sangraha*)
- 4.*Madhuyashti, Madhuka Pushpa* with butter, honey and sweetened milk<sup>8</sup> (*Harita Samhita*) Because the fetus is unstable in the uterus in the early months.

### Second month:

- 1.Milk medicated with *Madhura Rasa* drugs<sup>9</sup> (*Charak*)
- 2.Sweetened milk treated with *Kakoli*<sup>10</sup> (*Harita Samhita*)

### Third month:

- 1.Milk with honey and *Ghrita*<sup>11</sup> (*Charak*)
- 2.Rice with milk is advised to be taken frequently and in more quantity in the first course of meals like early breakfast and lunch<sup>12</sup>

(*Sushrut*)

1. *Krisara*<sup>13</sup> (*Harita Samhita*) For example- *Singhada* (Water chestnut). This is *Garbhasthapan* food (stabilizes fetus). It helps to fix the placenta. *Singhada* powder 1 tablespoon with lukewarm milk and ghee is very useful. Daily use of cow's ghee with milk is useful at this time of pregnancy.

#### **Fourth month:**

1. Milk with butter<sup>14</sup> (*Charaka*)
2. Curds with rice, dainty and pleasant food mixed with milk and butter and meat of wild animals. More quantity of food is to be taken in a day time like breakfast and lunch. (*Sushruta*)<sup>15</sup>
3. Milk with one *Tola* (12gm) of butter
4. Medicated cooked rice (*Harita Samhita*)<sup>16</sup>

#### **Fifth Month:**

1. *Ghritha* prepared with butter extracted from milk (*Charak*)<sup>17</sup>
2. Cooked rice with milk, meat of wild animals (*Sushruta*)<sup>18</sup>
3. *Payasa* (*Harita Samhita*)<sup>19</sup>

#### **Sixth Month:**

1. *Ghritha* prepared from milk medicated with *Madhura* (sweet) drugs (*Charaka*)<sup>20</sup>
2. *Ghritha* or rice medicated with *Gokshura* (*Sushruta*)<sup>21</sup>
3. Sweetened curd (*Harita Samhita*)<sup>22</sup>

#### **Seventh Month:**

1. *Ghritha* medicated with *Prithakaparnyadi* group of drugs<sup>23</sup> (*Sushruta*)

2. *Ghrithakhand*a (a sweet dish)<sup>24</sup> (*Harita Samhita*) Because genesis of all the body components like muscle, bone, blood and all the major and minor body parts takes place. They are fully developed in this month and get completely associated with *Vata*, *Pitta* and *Kapha*.

#### **Eighth Month :**

1. *Kshira Yawagu* mixed with *Ghritha*<sup>25</sup> (*Charaka*).
2. *Asthapana basti* with decoction of *Badari* mixed with *bala*, *Atibala*, *Satapushpa*, *Patala*, etc. honey and *Ghritha*. *Asthapana* is followed by *Anuvasana basti* of oil medicated with milk *Madhura* drugs<sup>26</sup> (*Sushruta*)
3. *Kshira yawagu* mixed with *Ghritha*, *Asthapana basti*<sup>27</sup> (*Ashtanga Sangraha*)
4. *Ghrithapuraka*<sup>28</sup> (*Harita Samhita*)

#### **Ninth month:**

1. *Anuvasana basti* with oil prepared with drugs of *Madhura* (sweet) group, Vaginal tampon of oil<sup>29</sup> (*Charaka*)
2. Gruels and meat soup of wild animals up to the period of delivery<sup>30</sup>. (*Sushruta*)
3. Different varieties of cereals<sup>31</sup> (*Harita Samhita*)

#### **OTHER DIET FOR PREGNANCY:**

1. Cereals like Rice, Jowar, Barley, Wheat, Ragi, Bajara

2. Pulses like green gram, red gram, soyabean, Bengal gram.

Fruits like Banana, Apple, Dates, Grapes, Pomegranate, Oranges, Almonds, Dried dates

3. Fresh *Amla* is best for expecting mother. One *Amla* every day is very useful for nutrition in pregnancy

4. Guava, Berries, Custard apple are not good for digestion hence better to avoid.

5. Green leafy vegetables like spinach, cauliflower, cabbage, drum stick leaves, curry leaves, coriander etc.

6. Milk and milk products: Whole milk, Ghee, Butter, Paneer, Buttermilk, Curd, Cheese, *Shrikhanda* etc.

7. Cow milk is best for expecting mothers.

8. Milk and milk products mixed with fresh fruit is bad for health hence better to be avoided.

9. Flesh foods: Goat meat, Chicken, Eggs, Crabs, Sardine fish.

10. Dry salted fish causes indigestion hence to be avoided.

11. *Ahaliva* \ *Halim* seeds roasted in cow's ghee and mixed with milk and sugar is tonic for expectant mother and lactating mother. This helps in general debility and pregnancy anemia.

12. Crabs, corn, eggs, are very useful in third trimester to build strong bones in

fetus.

13. Soya milk and egg yolk is good for bone development.

14. Spinach soup, carrots helps in pregnancy anemia and provides good nutrition.

16. Black current juice (prepared by soaking and grinding them with water) is ideal for all types of urine disorders in pregnancy and constipation.

17. Mangoes are very nutritious and preventive for recurrent common infections like sinusitis, cold etc.

18. Spinach: Regular use of this prevent threaten abortion and hemorrhage.

19. Tender coconut water is a best diuretic. It safely removes all the toxins.

#### **Discussion:**

*Garbhini Paricharya* is very well documented in *Ayurvedic* classics starting from *Samhita* period. Ancient *Ayurvedic* scholars knew the importance of women health during this period, for this scholars have prescribed monthly regimen and life style practices for whole pregnancy according to the need of mother's health and fetal development and wellbeing.

During first trimester of pregnancy most women experiences nausea and vomiting thus cannot take proper diet. Use of cold and sweet liquid diet and milk instead of



heavy and solid foods will prevent dehydration and supply required nourishment, also *Madhura* drugs being anabolic will help in maintenance of proper health of mother and fetus.

*Garbhini paricharya* considers milk an ideal constituent of diet for pregnant woman as it is a source of calcium, lactose and butter fat. Milk also has moderate amount of protein with anabolic properties that give strength. Pregnant woman should not get constipated. Therefore mild laxatives and enema is recommended, if there is a tendency to constipation, it is found that usually, milk alone is sufficient to cope with the constipation. In fourth month onwards muscular tissue of fetus grows sufficiently requiring more proteins which is supplied by use of meat soup. By the end of second trimester most women suffer from water retention. Use of *Gokshura* (*Tibullus Terrestris*), a good diuretic, in sixth month will prevent retention of water as well as its complications. Being diuretic, *Gokshura* is also helpful in pregnancy induced hypertension

and related other complication. The drug *Prithakaparnyadi* group are also diuretic, anabolic, relieve emaciation and suppress *Pitta* and *Kapha*, their

regular use in seventh month might help in maintaining health of mother and fetus. Most women experiences constipation in late pregnancy due to pressure of engaged head in pelvis over the bowel and rectum. Use of *Basti* (enema) in eighth month will relieve this constipation, besides this may also affect the autonomous nervous system governing myometrium and helps in regulating their function during labor. Tampon of oil may destroy pathogenic bacteria or vaginal canal and prevent puerperal sepsis, besides this tampon may also soften vaginal passage so that delivery of baby becomes easy in comparatively less effort as well as there is minimum possibility of tear of birth canal. It is just possible that the regular use of tampon might influence autonomic fibers governing myometrium and help in its relaxation during labor.

*Garbhoghatakara Bhavas* (diets and mode of life both) are resulting either in abortion or intrauterine death of fetus.

*Garbhoghatakara Bhavas* also cause congenital anomalies in fetus. So, they are absolutely avoided during pregnancy from starting.

#### **CONCLUSION:**

Ayurveda provides significant assistance

to woman during pregnancy and it is complementary addition to the care. It governs the health of not only the mother but the foetus as well. It thus, becomes imperative to pay extra attention to what you eat.

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