

Regimen For The Pregnant Woman

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Abstract

Systematic supervision (examination and advice) of a woman during pregnancy is called *garbhini paricharya* (antenatal care). The care should start from the beginning of pregnancy and till the birth of child. The proper *garbhini paricharya* would result in the proper development of the fetus, its delivery, the health of the mother and thus her ability to withstand the strain of labour and have an eventless post-natal phase. *Garbhini paricharya* have described monthly dietary regimen and living style for whole pregnancy, specific water for bathing during pregnancy, amulet for pregnant woman etc. All of these advices are done with the aim to ensure normal pregnancy and uncomplicated labor with delivery of a healthy baby from a healthy mother. Dietetics and mode of life which are contraindicated during pregnancy are known as *garbhopaghatakara bhavas*. *Garbhopaghatakara bhavas* should be avoided as well as uses of *garbhasthapaka* drugs are beneficial for the fetus.

Key Words: *garbhopaghatakara bhava*, *garbhini paricharya*, Regimen, *garbha dhana vidhi*, nutrition,

Introduction:

Pregnancy is a beautiful phase in women's life. Life of women is not complete until and unless she gets pregnant and gives birth. Birth should not be risky both for mother and child, however, extra care needs to be taken by woman during pregnancy. Adequate medical care and awareness of the society about importance of healthy pregnancy can also check maternal morality and new born deaths. Woman must not go through pregnancy if she is poorly nourished, physically weak, surrounded by myths and misconception.

Garbhini paricharya:

The monthly regimen is broadly discussed under three headings:

- a. *Masanumasika pathya* (month wise dietary regimen)
- b. *Garbhopaghathakara bhavas* (Activities and substances which are harmful to fetus)
- c. *Garbhasthapaka dravyas* (Substances beneficial for maintenance of pregnancy)

During pregnancy, whatever diet the pregnant lady consumes, the Rasa formed from this performs three functions –

1. Nourishment of the women's body.
2. Formation of milk.
3. Nourishment to the foetus.

a) ***Masanumasika pathya* (month wise dietary Regimen):** During pregnancy fetus starts to get nutrition from mother through placenta. Adequate nutrition is needed for monthly constant and proper development of embryo. The requirement of nutrition varies according to development of fetus. Thus the dietetic requirements of the mother also

changes month wise. By following these dietetic regimens prescribed, the pregnant woman remains healthy and delivers a child having good health, energy, strength, complexion and voice.

The monthly regimen helps in

1. Softening of placenta (*apara*), pelvis, waist, sides of the chest and back
2. Downward movement of *vata* (*vata anulomana*) - this is needed for the normal expulsion of fetus during delivery.
3. Normalization of the urine and stool and their elimination with ease
4. Promotion of strength and complexion
5. Delivery with ease of a healthy child endowed with excellent qualities in proper time

Texts Dietary Regimen

During 1st month

| <i>Charaka Samhit</i> | Non medicated milk |
|--------------------------|--|
| <i>Sushruta Samhita</i> | Sweet, cold and liquid diet |
| <i>Ashtanga Sangraha</i> | Medicated milk |
| <i>Harita Samhita</i> | <i>Madhuyashti</i> , <i>madhuka pushpa</i> with butter, honey and sweetened milk |

During 2nd month

| <i>Charaka Samhita</i> | Milk medicated with <i>madhura rasa</i> (sweet taste) drugs |
|-------------------------|---|
| <i>Sushruta Samhita</i> | Same as first month |
| <i>Astanga Sangraha</i> | Same as <i>Charaka</i> |
| <i>Harita Samhita</i> | Sweetened milk treated with <i>kakoli</i> |

During 3rd month

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|-------------------------|-----------------------------------|
| <i>Charaka Samhita</i> | Milk with honey and <i>ghrita</i> |
| <i>Sushruta Samhita</i> | Same as first month |
| <i>Astanga Sangraha</i> | Milk with honey and <i>ghrita</i> |
| <i>Harita Samhita</i> | <i>Krushara</i> |

During 4th month

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| <i>Charaka Samhita</i> | Milk with butter |
| <i>Sushruta Samhita</i> | Cooked <i>sasti</i> rice with curd, dainty and pleasant food mixed with milk and butter and meat of wild animals |
| <i>Astanga Sangraha</i> | Milk with one <i>tola</i> (12gm) of butter |
| <i>Harita Samhita</i> | Medicated cooked rice |

During 5th month

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| <i>Charaka Samhita</i> | <i>Ghrita</i> prepared with butter extracted from milk |
| <i>Sushruta Samhita</i> | Cooked <i>shastika</i> rice with milk, meat of wild animals along with dainty food mixed with milk and <i>ghrita</i> |
| <i>Astanga Sangraha</i> | Same as <i>Charaka</i> |
| <i>Harita Samhita</i> | <i>Payasa</i> |

During 6th month

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| <i>Charaka Samhita</i> | <i>Ghrita</i> prepared from milk medicated with <i>madhura</i> (sweet) drugs |
| <i>Sushruta Samhita</i> | <i>Ghrita</i> or rice gruel medicated with <i>gokshura</i> |
| <i>Astanga Sangraha</i> | Same as <i>Charaka</i> |
| <i>Harita Samhita</i> | Sweetened curd |

During 7th month

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| <i>Charaka Samhita</i> | <i>Ghrita</i> prepared from milk medicated with <i>madhura</i> (sweet) drugs |
| <i>Sushruta Samhita</i> | <i>Ghrita</i> medicated with <i>prithakaparnyadi</i> group of drugs |
| <i>Astanga Sangraha</i> | Same as <i>Charaka</i> |
| <i>Harita Samhita</i> | <i>Ghritakhanda</i> (a sweet dish) |

During 8th month

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| <i>Charaka Samhita</i> | <i>Kshira Yawagu</i> mixed with <i>ghrita</i> |
| <i>Sushruta Samhita</i> | <i>Asthapana basti</i> with decoction of <i>badari</i> mixed with <i>bala, atibala, satapuspa, patala</i> etc., honey and <i>ghrita</i> . <i>Asthapan</i> is followed by <i>Anuvasana basti</i> of oil medicated |

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| | with milk <i>madhura</i> drugs |
| <i>Astanga Sangraha</i> | <i>Kshira yawagu</i> mixed with <i>ghrita, asthapana basti</i> with decoction of <i>badari, anuvasana basti</i> with oil medicated with <i>Madhura</i> drugs |
| <i>Harita Samhita</i> | <i>Ghritapuraka</i> |

During 9th month

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| <i>Charaka Samhita</i> | <i>Anuvasana basti</i> with oil prepared with drugs of <i>Madhura</i> (sweet) group, vaginal tampon of this oil |
| <i>Sushruta Samhita</i> | Unctuous gruels and meat-soup of wild animals up to the period of delivery |
| <i>Astanga Sangraha</i> | Same as <i>Charaka</i> |
| <i>Harita Samhita</i> | Different varieties of cereals |

Above tables showing the monthly dietary regimen described by classics

b) Garbhopaghathakara bhavas (Activities and substances which are harmful to fetus):

Garbhopaghatha kara bhavas are the *ahara* and *vihara* which are harmful to the *garbha*.

These may cause some congenital defects in the child and are not conducive to the birth of a healthy child, with all the good qualities. These can be grouped under two different headings namely *ahara* (diet) and *vihara* (behavior).

Garbhopaghathakara bhavas :

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|-------------------------|--|
| <i>Charaka Samhita</i> | Pungent drugs, Exercise, Coitus |
| <i>Sushruta Samhita</i> | Coitus, Exercise, Excessive satiation, Excessive emaciation, Sleeping in day and awakening in night, Grief, Riding on vehicle, fear, Squatting, Oleation, Bloodletting, Suppression of natural urges etc. |
| <i>Astanga Sangraha</i> | Pungent drugs, Exercise, Coitus, Emaciation, trauma, Conveyance causing excessive jerks, night awakening, day sleeping, Suppression of natural urges, Indigestion, prolonged stay in hot sun or near fire, Anger, grief, fear, terror, fasting, squatting, looking or hearing disliked things etc. |
| <i>Astanga Hridaya</i> | Excessive coitus, Exercise, carrying heavy weight, covering herself with heavy sheet, untimely sleep, squatting, grief, anger, excitement, suppression of natural urges, fasting, excessive walking, use of |

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| | pungent, hot, heavy, hardly digestible food, use of red garment, use of wine and meat, sleeping in supine position, bloodletting, purifying measures and enemas etc. |
| Kashyapa Samhita | Erect or flexed posture for long, shaking, excessive laughing, and trauma, cold water, garlic, looking declining moon, setting sun, seeing solar or lunar eclipse, misbehave with guests, rough behavior with beggars, perform oblation of <i>ghrita</i> for pacification, oppose full ewer, <i>ghrita</i> , garland, and pot filled with curd or <i>ghrita</i> , tie anything from thread or rope, wear tight garments etc. |

Table No. 2: Showing the *Garbhopaghatakara bhavas* described by classics

c) Garbhasthapaka dravyas (Substances beneficial for maintenance of pregnancy):

Garbhasthapaka dravyas counter act the effect of the *garbhopaghatakara bhavas* and help in the proper maintenance of the *garbha*. They can also be used in the treatment and prevention of abortion. These are to be used as a routine as they are beneficial for the maintenance of proper health, growth and development of the mother and fetus. Some of the *garbhasthapaka aushadhis* are *Aindri* (*Bacopa monnieri*), *braahmi* (*Centella asiatica*), *Satavirya* (*Asparagus racemosus*), *Sahashravirya* (*Cynodon dactylon*), *Amogha* (*Stereospermum suaveolens*), *Avyatha* (*Tinospora cardifolia*), *Shiva* (*Terminalia chebula*), *Arista* (*Picrorhiza kurroa*), *Vatyapushpi* (*Sida cardifolia*), *Vishwasenkanta* (*Callicarpa macrophylla*) etc. These should be taken orally as preparations in milk and ghee. A bath with cold decoction of these drugs should be given during *pushyanakshatra*.

These should be kept in close contact with the mother and can be used as amulets around the right arm and on the head. Drugs of the *jeevaneeya gana* can also be used in a similar way. *Kasyapa* has advocated that amulet of *trivrit* (*Operculina Tharpeum*) should be also tied in the waist of pregnant woman.

Clinical Importance Of Garbhini Paricharya:

First trimester:

- Embryogenesis takes place in the first trimester hence an increased amount of energy is required during this period. All these energies will be provided by *Kshira*, *Ghritha*, *Krusara*, *Payasa*, *Kshira* medicated with *Madhura Ausadhi*.
- During first trimester of pregnancy, most women experience nausea and vomiting, thus cannot take

proper diet which results in dehydration and loss of nutrients. Use of cold and sweet liquid diet and milk will prevent dehydration and supply required nourishment.

- Drugs of *madhur* group being anabolic will help in maintenance of proper health of mother and fetus.

Second trimester:

- In second trimester, muscular tissue of fetus grows sufficiently requiring more protein which is supplied from animal sources such as meat, milk, cheese, butter etc.
- Milk provides nourishment and stability to the fetus.
- Meat provides nourishment to the fetus and helps in muscular growth of the fetus.
- Cooked *shashti* rice advised in *Garbhini Paricharya* is rich in carbohydrate and provides energy to the body.
- By the end of second trimester most women suffer from edema of feet and other complications of water retention. So *ghrita* medicated with *gokshura* is used which is a good diuretic will prevent retention of water as well as its complications.

Third trimester:

- *Ghritha* medicated with *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 fetus.
- *Yavagu* consumption in eighth month which is *balya* and *brimhana* provides nourishment to mother and fetus.
- Most women suffers from constipation in late pregnancy, *asthapana basti* administered During eighth month which is best for *vata anulomana* relieves constipation. Besides this may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour.
- 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.
- Milk and drugs of *madhura* group 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 fetus.

CONCLUSION:

Ancient scholars of *Ayurveda* were very much aware about the need of maternal care during pregnancy. *Garbhini paricharya* prescribed during *samhita* period are very much cope with Antenatal care set by modern gynecologists. Use of milk and other liquid diet in first trimester of pregnancy is essential to avoid dehydration and malnutrition and other complications of pregnancy. *Gokshura* and drugs of *Prithakapanyadi* group help in preventing edema which is very common after second trimester. Use of *basti* (enema) in last trimester is essential to relieve constipation, strengthen myometrium and helps in regulating their function during labour. *Garbhsthapaka* drugs are used during pregnancy to counteract any etiology of abortion or intrauterine death if present and results in healthy baby.

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