

HEALTHY FETAL GROWTH – SUKHAPRASAVA**Dr. Priti Chaudhari^{1*}, Dr. Sunil Changle², Dr. Swapnil C. R.³ and Dr. Deepak Patil⁴**¹PG Scholar Dept. of Kaumarbhritya, Parul Institute of Ayurveda, Parul University.²Prof. and HOD of Kaumarbhritya, Parul Institute of Ayurveda, Parul University.³Lecturer Dept. of Kaumarbhritya, Parul Institute of Ayurveda, Parul University.⁴BAMS, D medicine, Chopda, Maharashtra.Article Received on
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University.**ABSTRACT**

Healthy progeny is the requirement of every society. In order to achieve this goal, completion of gestation period along with optimum or complete fetal growth is the pre-requisite. According to Sushruta for achieving the complete fetal growth, four factors are essential viz. *Ritu* (Healthy menstrual cycle with good sexual health) *Kshetra* (anatomical normalcy of uterus), *Ambu* (qualitative as well as quantitative proportion of amniotic fluid) *Beeja* (healthy and fertile gametes). With the help of these four factors there is fertilization and production of healthy fetus. Whenever there is complete growth and development of fetus (*Garbha*) within a stipulated time of 37-40 wks gestation

(*Garbhavasa*), it will initiate the natural birth process like a fruit fall from tree after gets complete ripening. It is very cleared that, completion of gestation period with optimum fetal growth is essential for *Sukhaprasava* (Natural and easy birth). This article is an attempt to explore the role of completion of gestation period and fetal growth for natural and easy delivery.

KEYWORDS: *Ambu, Garbha, Garbhavasa, Sukha Prasava.***INTRODUCTION**

Creation of a healthy child is the need of parents, nation as well as nature. Till now to produce healthy and talented child is dream of parents. Ayurveda described the methodology how to produce a healthy child. The health of child is depend on health of mother. The mother will gets a child having arogya, balavana, varna, swara, samhanana, and sampat. She will get a desired child having get delivered easily without giving much pain at appropriate

time.^[1] There is increased prevalence of fetal anomalies pointing towards faulty nutrition leading to derangement in fetal growth. Now a day, most women do not follow diet guidelines and lifestyle precautions, which result such cases of fetal anomalies. Labor may not fulfill naturally once, full term is complete and may have to be induced with drugs, this further increase the mortality & morbidity which signifies *Vata* imbalance. According to Sushruta, to achieve complete fetal growth; four factors are essential viz. *Ritu*, *Kshetra*, *Ambu*, *Beeja*.^[2] Each month of pregnancy has its distinguished requirements. Supplement of a proper diet with a good lifestyle is a key for a healthy progeny. Along with potent Shukra (sperm) & shonita (ovum), *Ayurveda* has considered certain protocols and guidelines which are very essential in order to achieve *prakruta garbha vridhhi* & *sukhaprasava* (normal fetal growth & normal labour). All these protocols are based on *Aahara* [nutrition], *Vihara* [lifestyle] and *Vichara* [thought process and behavior], which women have to follow at the different stages of pregnancy. These dietetic regimen and lifestyle of pregnant women has an impact on the six primary factors of fetal growth and development. These six factors are termed as *Shadgarbhakarabhava*^[3] viz. *Matrija* (maternal), *Pitrija* (paternal), *Atmaja* (soul), *Rasaja* (Nutritional), *Satmyaja* (wholesomeness), and *Sattvaja* (mind). This entire procreative factor is a must for healthy progeny. Once there is such synchronization of all *Shadvidha Bhava* there is very healthy fetal growth and development followed by normal labour.

AIM AND OBJECTIVES

- 1) To explore the role of complete and physiologically normal growth of fetus in relation to *Sukhaprasava* (normal easy delivery).
- 2) To explain the role of *Ayurveda* in formation of healthy fetus for normal and easy labour and better life outcome.

MATERIALS AND METHOD

Ayurveda Classical text books as well as modern available literature have been referred in regard to present this paper. Different journals, research articles, magazines, health bulletin, text books on gynecology, obstetrics, genetics, embryology, pediatrics, fetal medicine etc have been thoroughly screened. Different recent research updates in the contemporary science have also been revived for evidence based researches to throw light on the *Ayurveda* fundamentals fact regarding healthy growth and development of fetus.

DISCUSSION

As per Ayurveda, food is composed of *Panchamahabhoota* (five primary elements- *Pritvi* (Earth), *Aapa* (Water), *Teja* (Fire), *Vayu* (Air), and *Akasha* (Space)). It is mentioned in Ayurveda that the balanced *Aahara* taken by pregnant women helps in formation of healthy *Sapta Dhātu* in required amount in the fetus. *Rasa Dhātu* of the mother performs three functions; *Matru Pushti*, *Garbha Pushti*, *Stanya Pushti*. Influence of the diet of a pregnant woman on fetal development is even well known today. Acharya Charaka has quoted that a pregnant woman should start to take congenial diets from the very first day as she come to know that she has conceived.^[4] Acharya Sushruta has mentioned that she should consume *Hridya* (relishing), *Drava* (liquid), *Madhura* (sweet), and *Snigdha* (unctuous) *Dravya* medicated with appetizing medicinal herbs and such type of diet should be followed till delivery.^[5]

Acharya's have described the specific month wise regimen (*Masanumasik Garbhini Paricharya*) for a pregnant woman to compensate the requirements of mother as well as growing fetus and it is quoted that pregnant woman should at least follow the monthly diet plan.^[6]

Month	Charaka Sharira 8	Sushruta Sharira 10
1 st	Sheeta Ksheera and Satmya Bhojana	
2 nd	Madhura Aushadhi Siddha Ksheera	Madhura Sheetā, Drava Ahara
3 rd	Madhu sarpi Siddha Ksheera	Madhura Sheetā, Drava Ahara
4 th	Ksheera and Laksha(10g) Navaneeta	Shashtik Odana with Dahi and Dugdha Navaneeta Siddha Jangal mamsa yukta Hridya Anna
5 th	Ksheera and Ghrita	Shashtik Odan with Dugdha Ksheera sarpi yukta Jangal mamsa yukta Hridya Anna
6 th	Madhura Aushadhi Siddha kshira and sarpi	Shwadanshra siddha sarpi or Yavagu
7 th	Madhura Aushadhi Siddha Ksheera and sarpi	Vidarigandhadi Siddha Sarpi
8 th	Ksheeryavagu and sarpi	Asthapana Basti Followed by Anuvasana Basti
9 th	Madhura Aushadhi Siddha Taila Anuvasana and Yoni Pichu	Snigdha Yavagu and Jangal Mamsarasa till Delivery

Though every fetus has inert potential to grow, certain factors are very essential for the optimum growth and development of fetus. As explained earlier status of *Rasa Dahtu* of mother, status of *Garbhashaya* and *Garbha Nirmanakara Shad Bhava* are very crucial. Beyond these all factors there is role of time. There is particular time required and expected for all the activities. Ayurveda considered it under the concept of *Kala*. *Garbha Kala* is said

to be of 9 months. It means that fetus should get fully developed within the period of 9 months of gestation. Once there is optimum growth and development of fetus in the period of 9 months gestation, fetus comes outside with the normal mechanism of labour or *Prasava*. In such a timely *Prasava* there is easy expulsion of fetus without any aid. *Vayu* is known to start the all initiation and movement according to *Ayurveda*.^[7] Whenever there is complete and potentiate growth and development of fetus, then and only *Prakrita Vata Dosha* initiates the normal mechanism of *Prasava*. If there is no complete growth and development of fetus inside within the expected time limits there is a *Vaigunya* of *Apana Vayu*, such a vitiated *Vata Dosha* leads to different obstetrical ailments. a *Prasava* before the 9 months and greater than 10 months is considered as *Akala Prasava*.

Hence, it is very clear that proper functioning of *Vayu* and healthy growth and development of fetus, following of *Garbhini Paricharya* and *Prasava Paricharya* is milestone of the antenatal care. During first trimester, keeping physiology of pregnant woman in mind ancient Acharyas have given more emphasis on using highly nutritious household milk which are easy to assimilate. In this period dietary regimen and treatment protocol is concentrated on providing nourishment and *Vata anulomana*. In second trimester, *Garbhini Paricharya* helps in stabilization of *Garbha* and useful in meeting energy and protein requirement. In third trimester drugs and practices which relieve edema, constipation, backache etc are employed. *Garbhini Paricharya* aims at excellence in the formation of fetus, its development without anomalies, a secure full term delivery and maintenance of the health of the mother.

CONCLUSION

Healthy progeny is the requirement of every society. In order to achieve this goal, completion of gestation period along with optimum or complete fetal growth is the pre-requisite. Whenever there is complete growth and development of fetus (*Garbha*) within a stipulated time of 37-40 wks gestation (*Garbhavasa*), it will initiate the natural birth process and full term fetal growth is essential for *Sukhaprasava*. *Garbhini Paricharya* and *Prasava Paricharya* is helpful to maintaining the *Gati* of *Vata Dosha* and for healthy growth and development of fetus for *Sukhaprasava*.

Therefore it's very clear that, *Ayurveda* offers the safe motherhood which aims at excellence in the creation of the fetus, its development devoid of anomalies, safe guarding of the health of the mother through *Garbhini Paricharya*, and an easy full term delivery.

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