

ROLE OF AAHAR IN PREGNANCY W.S.R. TO GARBHINI PARICHARYA

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ABSTRACT

Aahara is the most important factor for sustenance of life. It is described in *Triupastambha*. It nourishes *Saptadhatu* and also considered as a *Mahabhaishajya*. In reference to *Garbhani Aahara*, *Aacharya* described *Garbhani Paricharya* which as designed protocol of the month wise diet advise from first month (beginning of pregnancy) to nine months (till the birth). Aim of this is development of fetus, its delivery, the health of mother and her ability to withstand the strain of labour and normal pregnancy and uncomplicated labour with delivery of healthy baby from healthy mother. *Aacharya Charka* described *Garbhupghatkar Bhava* which are contraindicated in *Garbhani* like *Ushna*, *Teekshna*, excessive *Amla Rasa* etc., ignorance of *Aahara* in *Dauhridaya Awastha* as well as sedentary life style and consumes fast

food, Chinese food, alcohol, smoking result of this adverse effect on *Garbha* and *Garbhani*. *Garbhani* is very susceptible for disease due to aggravation of *Doshas*, so use the balance diet play important role in pregnant women for their health and developing the fetus.

KEYWORDS:- *Garbhani Paricharya*, *Garbhupghatkar Bhava*, *Dauhridaya*.

INTRODUCTION

According to *Kasyap Aarogyam Bhojanadhinam* 'means that health is dependent on food.'^[1] *Aahara* is the food which is ingested. It includes all food likes *Chawya*, *Chausya*, *Leh*, *Bhakshya* etc. food has been given the prime importance since *Vedic* period. It is considered as '*Bramha*' in *Upnisad*. *Kasyap* gives it the name '*Mahabhaisjya*'^[2] Out of three

Upshthambha Aahara is the first one which has been of more importance.^[3] *Achayra Charak* also describe *Bala* and *Aayu* depend on *Aahara* in *Aahara Parikhsha*.^[4] In *Bhagvatgeeta* consumption of pure food i.e. *Satvika Aahara* makes the mind clear, when mind is devoid of blemishes memory power enhances.^[5] Many principles mentioned about *Aahara* like *Matravat Aahara*, *Ashtvidhivishetayan*, *Virudh Aahara* etc. In reference of *Garbhni Aahara*, *Ayurveda* classics described the *Garbhni Parichaya*. *Garbh* is originated by the aggregate of these entities *Matraj*, *Pitraj*, *Aatamaj*, *Satmyaj*, *Satvaj*, and *Rasaj Bhava*.^[6] It is known as *Garbhuttpattikar Bhava*. These all six *Bhavas* are must in the origin of *Garbh*. *Rasa* derive from the diet taken by *Garbhani* serves three purpose.^[7]

1. Nourishment of her own body.
2. Nourishment of the fetus
3. Nourishment of breast or formation of milk

Mother and child must be considered as one unit. It is because in the antenatal period fetus is the part of mother for about 280 days during the development.^[8] During this period the fetus obtains all the building material and oxygen from mother. Most important phase of life of mother and child is antenatal period and child health closely related to the maternal health. If, use excellent food by mother, she brings forth a healthy baby.

AIMS AND OBJECTIVES

- Role of *Aahara* in pregnancy.

Need of study

Garbhni Aahara is essential to the good health of her baby. Women eat well and follow the diet regimen regularly along with antenatal care are less likely to have complications during pregnancy. They are also more likely to successful give birth to a healthy baby.

Study design

On the basis of conceptual study the role of *Aahara* in *Garbhani* describe below.

Garbhani Parichaya studied in three phase

1. *Mashanumasik pathya*.
2. *Garbhaupghatkar bhava*.
3. *Garbhasthapaka dravya*

The modern medicine also describes antenatal care by describing antenatal diet.

In reference of *Garbhani Aahara*, *Pathya* described as per *Manasumasik Aahara*.

Mashanumasik pathya in ayurveda for garbhini

S.no.	<i>Charak Samhita</i> ^[9]	<i>Shusurt Samhita</i> ^[10]	<i>Astang Samgrah</i> ^[11]	<i>Harit Samhita</i>
1th month	Non medicated milk	Sweet, cold, liquid diet	Medicated milk	Madhuyashthi , madhuk puspa with buteer, honey and sweetend milk
2th month	Milk medicated with <i>Madhur Ras</i> drug	Same as 1 st month	Same as <i>Charak</i>	Sweetend milk treated with <i>Kakoli</i>
3th month	Milk with honey and <i>Ghruta</i>	Same as 1 st month	Same as <i>Charak</i>	<i>Krushra</i>
4 th month	Milk with butter	Cooked <i>Shastika</i> rice with curd, dainty and pleasant food mixed with milk and butter and <i>Jangal Mansa</i>	Milk with <i>Ek Tola</i> of butter	Medicated cooked rice
5 th month	<i>Grita</i> prepared with butter extracted from milk	Cooked <i>Shastika</i> rice with milk, <i>Jangal Mansa</i> along with dainty food mixed with milk and <i>Ghruta</i>	Same as <i>Charak</i>	<i>Payasa</i>
6 th month	<i>Ghruta</i> prepared from milk medicated with <i>Madhura</i> drugs	<i>Ghruta</i> or rice gruel medicated with <i>Gokshur</i>	Same as <i>Charaka</i>	Sweetened curd
7 th month	Same as in sixth month	<i>Ghruta</i> medicated with <i>Prithakaparnyadi</i> group of drugs	Same as <i>Charak</i>	<i>Ghritakhand</i>
8 th month	<i>Khiraayavagu</i> mixed with <i>Ghruta</i>	<i>Ghee</i> and honey, <i>Asthapanabasti</i> with decoction of <i>Badari</i> mixed with <i>Bala</i> , <i>Atibala</i> , <i>Satapuspa</i> , <i>Patala</i> etc, honey and <i>Ghruta</i> . <i>Asthanpan Basti</i> is followed by <i>Anuvasana Basti</i> of oil medicated with milk, <i>Madhura</i> drugs	<i>Kshirayavagu</i> mixed with <i>Ghruta</i>	<i>Ghritapurka</i>
9 th month	Rice gruel with milk and <i>Ghruta</i>	Unctuous gruels and <i>Jangal Manas Ras</i> up to the period of delivery	Meat soup with cooked rice and fat or rice gruel mixed with good quality of fat	Different varieties of cereals

Garbhupkharkar bhava

In Ayurveda classics describe '*Garbhaupghatkar Bhava*' in reference of *Aahara*, *Vihara* which are contraindicated for pregnancy, which produce adverse effect on baby and mother.

If Mother like excessive *Ushna*, *Teekshna*, *Aalp aahar* causes death, miscarriage, low weight baby. *Acharya Charak* also described the effect of excessive use of six *Rasas* like *Madhur* (*Premeh*, *sathaulya*), *Amla* (*Raktipitta*, Skin disorder), *Lavana* (*Khalitya*, *Palitya*) *Katu* (*Daurblya*, *Alpa shukra*, *Anaptya*), *Tikta* (*Shosh*, *Yakshma*), *Kashay* (*Shayam Varana*, *Aanah Udavarta*)^[13] Pig meat causes stammer to baby

Nowadays due to change in life style, pregnant women fond of alcohol, smoking, fast food, Chinese food, package food. This food contains some additive as flavour enhancer like monosodium glutamate (aazinomoto) etc. which are not good for health.

Garbhasthapaka darvya

They must also be used in prevent abortion, growth and development of the foetus and mother. Some *Dravya Bramhi*, *Satvirya*, *Amogha*, *Shiva*, *Arista* etc.^[14]

According to the modern science also describes antenatal care by describing antenatal diet. Extra calorie is required. Energy-(3200kcl/day), protein(65 mg/day), fat(30gm/day), calcium(1000mg/day), iron -(40 mg/day) thiamine(1.5mg/day), riboflavin-(1.7 mg/day), pyridine(2.5 mg/day) vit c(40 mg/day), folic acid(400micro gram/day), vitb₁₂(1 micro gram/day).^[15]

Dauhradya- It is also described in reference of *Garbhini Aahara*. Due to this *Dohyardya Awastha* it is not desirable to ignore the (desire of) foetus expressed through the mother. In case of some ignorance there may destruction or morbidity (in foetus)^[16]

DISSCUSSION

Milk and drug of *Madura Varg* have been advised for entire pregnancy period. Milk Is balance and wholesome diet. *Ghrutam Acharya Sushrut* elucidates the common qualities and says that It acts as a lubricating moisterner proving efficacies in *Udavarta*, It is appetizing and subdues the *Vata* as well as *Pitta*.

Embryogenesis take place so increased amount of energy is required, it is provide by *Ksheera*, *Ghrita*, *Krasara*, *Pyasa*, medicated with *Madhur Aushdhi*. Most women experienced nausea and vomiting which result dehydration and lack of nutrients so use of cold and liquid diet and milk will prevent dehydration. Muscular tissue of foetus grows so required protein supplies meat milk butter etc. in this duration most of pregnant women experienced oedema of feet because of retention of water so, *Ghrita* medicated with *Gokshur*

is used which is good diuretics. *Ghrita* medicated with the *Prithakparnadi* group of drugs are diuretics, anabolic, relieve emaciation and suppress *Pitta* and *Kapha*, *Yavagu* consumption in the 8th month which is *Balya* and *Branghn*. *Dauhrdya Awastha* the mother become equal to the foetus for acquisition and maintenance in respect of certain things there for the wise manage the pregnant (lady) liked or wholesome thing. Modern science also describe diet in reference of antenatal care.

CONCLUSION

Aahara for describe pregnant women in *Garbhni Parichaya* is important for maintaining health strength, nutrition and complexion of both mother as well as baby this type of regimen avoids constipation and the waste product are eliminate properly. Her pelvic organ, abdomen, back, skin and nail soft and delivery take place without any difficulty. It prevent abortion and miscarriage. So *Aahara* describe in *Garbhani Parichaya* is not only unique but also scientific with modern science so antenatal care should be done as per *Ayurveda*.

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