

**A CRITICAL ANALYSIS ON MASANUMASIK GARBHINI  
AHARAVIDIHI WITH SPECIAL REFERENCE TO ANNAPANAVIDHI  
ADHYAYA OF CHARAK SAMHINTA**

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**ABSTRACT**

**Introduction:** Getting the right nutrients is important at every stage of life. Pregnancy is the stage of a woman's life where she doesn't only feed to her body but also to the fetus growing inside her womb. As per *Ayurveda* among *Shadbhavas*, *Rasajabhava* mainly contributes to the *Shareera Abhinirvritti* and *Abhivridhi* of fetus which solely depend upon quantity and quality of food consumed by the mother. **Materials and Method:** Reviewing the month wise dietary regiments mentioned in *Jatisootriya Adhyaya* of *Charaksamhita Sharirasthan* and analysing its properties from *Annapanavidhi Adhyaya* of

*Charaksamhita Sutrasthana*. **Result:** As per *Samhitas* of *Ayurveda* food consumed by a pregnant woman benefits in nourishment and development of fetus. So it is desirable to have a wholesome dietary plan throughout the antenatal period. A nourishing and healthy diet plan in antenatal period contributes to good brain development and a healthy birth weight, and can reduce the risk of many birth defects. By reviewing *Annapanavidhi Adhyaya* of *Charak Samhinta* specific diet items can be filtered from bunch of food materials which by their *Garbha Hitakara Gunas* helps in pregnancy. **Discussion:** In this review article it is expected to classify various *Aharas* mentioned in *Annapanavidhi Adhyaya* which can be added into *Maasanumasika Pathya* mentioned for *Garbhini* by analysing its properties. It will provide a comprehensive idea of dietary regiments that should be followed throughout the antenatal period.

**KEYWORDS:** *Annapanavidhi, Garbhini, Maasanumasika Pathya.*

## INTRODUCTION

In *Amarakosha*, 'Stree' is defined as "Styayati garbho yasyam iti" means who bears the Garbha. Pregnancy means the beginning of a new stage in a woman's life, with many of bearable and non-bearable changes. During this stage, health of fetus is rely on maternal health, a healthy mother brings forth a healthy baby. If health of mother is maintained properly throughout pregnancy, outcomes like premature birth, still birth or Abortion can be passed over. *Acharya Charaka* mentioned that a woman who desires a healthy and good looking progeny should not indulge in uncongenial diet and regimen.<sup>[1]</sup>

As per *Acharya Charaka* embryo is carved by *Matrja*, *Pitrja*, *Atmaja*, *Satmyaja*, *Rasaj* and *Satvaj bhava*.<sup>[2]</sup> (refch.sa.sha.3/14) Among them *Satmya* and *Rasaj* are crucial for adequate organogenesis. *Rasajbhava* is considered as *Ahara Rasa*. The food taken by a pregnant woman nourishes and helps the growth of the foetus, nourishes the mother's own body and nourishes the breasts for milk formation. By keep an eye on this matters, *Acharyas* introduced *Maasanumasika Garbhini Paricharya* for nine months. *Ahara* is one of the three pillars of life. Even if drugs are introduced to a diseased person he cannot get cured without proper food. Hence *Ahara* is called as great medicine. *Ahara* can be adjusted in such a fashion that it fulfils the need of body and brings about homeostatic condition.<sup>[3]</sup>

Monthwise changes in pregnant woman and fetus according to *Charaka Samhinta*:

1st month - "Sarvadhatu kalushikrutakhetbhuta."<sup>[4]</sup> (CH.SHA 4/9)

2nd month - "Ghanam Sampadhyate."<sup>[5]</sup> (CH.SHA.4/10)

3rd month - "Sarvendriyani sarvanga avayava abhinirvantante."<sup>[6]</sup> (CH.SHA.4/11)

4th month - "Sthirtvam aapadhyate". (CH.SHA.4/20) "Garbhini gurugatratabhavati."<sup>[7]</sup> (CH.SHA 4/20)

5th month - "Garbhasya mamsa- shonita upchaya". "Garbhini karshyamaapadhyate."<sup>[8]</sup> (CH.SHA 4/21)

6th month - "Garbhasya bala varnaupachaya". "Garbhini bala varnahani apadhyate."<sup>[9]</sup> (CH.SHA 4/22)

7th month - "Garbha serve bhavapyayate". "Garbhini sarvakare klant-tama."<sup>[10]</sup> (CH.SHA 4/23)

8th month - "Ojasya anavasthitatvata". "Garbhini muhurmuhr yukta bhavanti muhurmuhr mlana."<sup>[11]</sup> (CH.SHA 4/24)

*Masanumasika Paricharya* according to *Charaka Samhinta*<sup>[12]</sup>

1st month - Non medicated milk.

2nd month - Milk medicated with *Madhura* rasa (sweet taste) drugs.

3rd month - Milk with honey and *Ghruta*.

4th month - Milk with *Navneeta*.

5th month - *Ghruta* prepared with butter extracted from milk.

6th month - *Ghruta* prepared from milk medicated with *Madhura* (sweet) drugs.

7th month - Same as in sixth month.

8th month – *Kshira Yawagu* mixed with *Ghruta*.

9th month - *Anuvasanabasti* with oil prepared with drugs of *Madhura* (sweet) group, vaginal tampon of this oil.

## MATERIALS AND METHOD

Reviewing the monthwise dietary regiments mentioned in *Jatisootriya Adhyaya* of *Charaksamhita Sharirasthan* and analyzing its properties from *Annapanavidhi Adhyaya* of *Charaksamhita Sutrasthana*.

## RESULT

After reviewing *Annapanavidhi Adhyaya* following food articles are found, which can be advised to patients. These food items have *Madhura*, *Shita*, *Vrushya*, *Snigdha*, *Bruhaniya* etc. *Guna* which are suggested for Garbhini.

*Shuka dhanya varga*: *Raktashali*, *Mahashali*, *Kalam*, *Sahshthik*, *Yava*, *Venuyava*, *Godhumam*. *Shamidhanya varga*: *Mudga*, *Masha*, *Makustha*, *Chanaka*, *Masura*, *Harenu*. *Mamsa varga*: *Aja mamsa*, *Chatak mamsa*, *Ena mamsa*. *Shak varga*: *Upodika*, *Tanduliyak*, *Vidarikanda*. *Phala varga*: *Mudvika*, *Kharjura*, *Phalgu*, *Pakva tala/Pakvanarikela*, *Avruka*, *Paravat*, *Narang phala*. *Harita varga*: *Ardrak*, *Baal mulak*, *Palandu*, *Godugdha*, *Dadhi*, *Navaneet*, *Ghruta*. *Ikshu varga*: *Bhakshita Ikshu*, *Guda*, *Sharkara*. *Krutanna varga*: *Peya*, *Vilepi*, *Mand*, *Lajamand*, *Shali Saktu*, *Rasala*, *Sagudadadhi*. *Eranda taila*, *Ardra pippali*, *Saidhava*.

## DISCUSSION AND CONCLUSION

Nowadays, questions are commonly asked by patients about food choices during pregnancy. According to *Kala*, *Desha*, *Vaya*, *Agni* etc. *Ahara* should be consumed. *Madhura Drava Shita Ahara* is already advised by *Acharyas*. By, looking inside *Annapanavishi Adhyaya* such food

articals has been distinguished having *Hitakara gunas*, that can be use to fulfil nutritional needs of mother and fetus.

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