

IMPORTANCE OF GARBHINI MASANUMASIK AHARA (DIET IN PREGNANCY)- A REVIEW

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ABSTRACT

Systematic supervision (Examination and advice- diet, habit etc.) of a woman during pregnancy is called *garbhini paricharya* (Antenatal care). Supervision should be of a regular and periodic nature and according to the need of an individual. 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. Diet is an integral part of *garbhini paricharya*, which told by ancient acharyas. The dietary advices are done with the aim to ensure normal pregnancy and uncomplicated labour with delivery of a healthy baby from a healthy mother. The dietary regimen of pregnant women reflects its effect on the quality & health of the

offspring. Diet provides nutrition to not only mother but also foetus. Also it is useful to prevent various complications and to provide a safe management to the pregnant lady and her growing offspring, Ayurveda has described a systemic and planned diet for *Garbhini* i.e. *Garbhini Ahara*. *Garbhini ahara* have a direct effect on the health of mother & child.

KEYWORDS: Diet, Ahara, Nutrition, Fetus, *Garbhini Paricharya*.

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)

In this article we are going to study *masanumasik pathya* i.e. monthwise dietary regimen of pregnant woman according to Ayurveda.

***Masanumasika pathya* (Month wise dietary regimen)**

During pregnancy fetus gets his nutrition through placenta from mother. Adequate nutrition is needed to fetus for constant and proper development. The requirement of fetus varies according to its development. Thus the dietetic requirements of the mother also changes according to particular month. By following dietetic regimens which were prescribed by ancient acharyas, the pregnant woman remains healthy and delivers a child having good health, energy, strength, complexion and voice. Detail the month wise dietetic regimen known as *masanumashika paricharya* (monthly regimen) for woman right from the first month up to the ninth month of pregnancy. The monthly regimen helps in^[1]:

1. Nutrition to Mother and Fetus.
2. For successful lactation after delivery
3. *Vatanulomana* - It is needed for the normal expulsion of foetus during delivery.
4. Promotion of strength and complexion of fetus.
5. Uneventful and easy delivery

Mother and child health forming a major area of concern finds special emphasis in Ayurveda, which uphold a complete caring plan in this regard called *GARBHINI PARICHARYA*. In Women's life, *Garbhavastha* (pregnancy) is a most important event and we should treat a pregnant woman with special care. In Charaka Samhita, it is mentioned that the pregnant women should be treated just like a pot filled with oil as the slightest oscillation of such pot can cause spilling of oil from pot, similarly slightest harm to the pregnant women can initiate deleterious effects on both mother and fetus, for these reasons our Acharyas has given a detailed Systematic & Month wise regimen for the pregnant women.^[2]

AIM AND OBJECTIVES

1. To collect and analyse the *Masanumasik Garbhini Ahara*.
2. To understand the clinical importance of *Garbhini ahara*, as described in ancient treatise& its utility in today's context in corelation with pregnancy diet and nutrition.

MATERIAL AND METHODS

Month wise Diet in Pregnancy according to Acharya Charaka^[3] and AcharyaSushruta.^[4]

First month diet

- 1] Charaka- Cold milk in small quantity but frequently. *Madhura* (sweet), *Sheeta* (cooling tothe body) and liquid diet is preferred in 1st month for maintenance of foetus.
- 2] Sushruta- *Madhura* (sweet), *Drava* (liquid) and *Sheeta* (cold) diet consumption.

Second month diet

- 1] Charaka- Milk medicated with *madhura* (sweet) drugs.
- 2] Sushruta- In this month sweet, Cold and Liquid diet should be taken.

Third month diet

- 1] Charaka- Milk, Honey, Ghee.
- 2] Sushruta- Sweet, Cold, Liquid diet, *Shashti* rice with milk.

Fourth month diet

- 1] Charaka- Butter taken out of milk.
- 2] Sushruta- Cooked *Shashti* rice with curd, dainty and pleasant food mixed with milk andbutter and meat of wild animals.

Fifth month diet

1. Charaka & Sushruta- Milk, Ghee.

Sixth month diet

- 1] Charaka- Milk and Ghee medicated with *madhura* (sweet) drugs
- 2] Sushruta- *Gokshura Siddhakshiryavagu- Ghrita* or rice gruel medicated with *Gokshura* (*Tribulus terrestris*)

Seventh month diet

- 1] Charaka- Milk and Ghee medicated with *madhura* (sweet) drugs
- 2] Sushruta- Ghee medicated with *prithakparnyadi* group is advised.

Eighth month diet: Charaka- *Yavagu* in milk.

Importance of Garbhini diet as per Ayurveda and modern science: First month of pregnancy

Milk is *vata* and *pitta shamaka*.^[5] According to Acharya Charaka *Vata* is *Sarva Sharia Dhatu Vuhakara* i.e. *vata* helps in controlled division of cells.^[6] During the first trimester of pregnancy most of women experiences nausea, vomiting and loss of appetite.^[7] The use of cold, sweet and liquid diet like milk prevents dehydration and supply required optimum nourishment. These food is easy to digest and *agnideepaka* (increases digestive power).

Second month of pregnancy

In this month sweet cold and liquid diet should be taken.^[8] Milk medicated with *madhura* drugs being anabolic will help in maintenance of proper health of mother and fetus. Milk is *Prithvi* and *jala mahabhuta* predominant which helps in moistening and shaping of embryo.^[9] Milk is natural source of folic acid and it is also good source of carbohydrate, fats, protein (all most all amino acids), and all vitamins (except vitamin C), minerals, enzymes which is essential for fetal and mother's nutrition.

Third month of pregnancy

Same as in second month.

Fourth month of pregnancy

Navaneet and ghee with milk fulfills the increased nutrient of the fetus and also supplies the nourishment to mother. *Jangala mansa* is *prinana* (replenishing), *hridya* (cardiac tonic), *pranajanana* (vitaliser) in qualities.^[10] and also is the excellent source of high biological protein, vitamins, fat, minerals (iron etc) and source of a range of endogenous antioxidants and other bioactive substances .It also supplies good amount of calories.^[11] high protein content of meat helps in musculature tissue formation of fetus and iron and B complex vitamin helps in blood formation.

Shahsti rice is cooling, unctuous, sweet, light (*laghu*) and stabilizing in qualities.^[12] and curd and *navneeta* are appetizers, digestive stimulants, aphrodisiac, increases unctuousness and

Strength.^[13] Hence because of these qualities *shashti* rice with curd help in stabilizing the fetus and provide strength to mother.

Fifth month of pregnancy

As explained in fourth month ghee, milk and meat required for the rapid growth of the fetus and also for the better health of mother.

Sixth month of pregnancy

Gokshura (*Tribulus terrestris*) have diuretic and nephro-protective properties.^[14] Ayurveda also describe qualities of *gokshura* as *mutravirechaniya* (diuretic), *shothahara* (anti-inflammatory) and *krimighna* (anti-bacterial).^[14] So it helps to reduce odema and other complication of water accumulation by gravid uterus in the later month of pregnancy. *Gokshura* may also prevent the pre-eclamptic toxemia of pregnancy.

Seventh month of pregnancy

Vidarigandhadi group is anti-inflammatory, *prajasthapana* (procreant), *vayasthapana* (rejuvenator), *balya* (tonics), *brumhana* (weight promoting) and *angamarda prashanama* (restorative) pacify *vata* and *pitta*.^[16] *Vidari kandha* (*Pueraria tuberosa*) has calming, strengthening and antiinflammatory properties. In this way the diet and decoction will help in growth and development of fetus in this month. At 7th month the fetal lungs get matured, steroids help in lung maturity of fetus. *Brihati* (*Solanum indicum*) one of the medicinal plant of the *Vidarigandhadi* group; its chemical constituent are steroidal alkaloid and steroid.^[17] hence this may be helpful in lung maturity of fetus.

Eighth month of pregnancy

Yavagu, *masarasa*, milk etc used in this month will help in providing strength to the pregnant woman.

RESULT

Mode of action of dietary products

1. **Shali- shastik (rice):** It is rich in carbohydrates, provides fuel for body, excellent source of niacin, vitamin D, Calcium, Fibre, Iron, Thiamine and Riboflavin.^[18]
2. **Mudga (Green gram or vigna radiata):** It is rich source of low fat protein. It has a wide amino acid profile, providing at least every type of amino acids. It contains both insoluble and water soluble fibres. Water soluble fibre reduces LDL cholesterol and

reduces risk for cardiovascular diseases. It has low glycemic index. It digests slowly and releases glucose into your bloodstream, stabilizing blood sugar which in turn lowers risk of developing diabetes.^[19]

3. **Butter:** It contains a high amount of saturated fat and provides 7% of recommended dietary allowance of vitamin A based on 2000-calorie diet. Vitamin A is important to vision health.^[20]
4. **Ghee:** It contains 112 calories/tbsp. and 33 mg of cholesterol. The total fat content is 12.7 gm. It provides many essential fatty acids such as omega-3 and omega-6 which provides anti-inflammatory properties, regulate DNA products and assist with cellular communication. Protein content of ghee 0.04 g/tbsp, which includes 17 amino acids essential for good health. It contains 3% linoleic acid, an antioxidant. It also contains Vitamin A, D, E, K, Calcium, Potassium and small amount of riboflavin and pantothenic acid.^[21]
5. **Milk:** It is rich source of proteins and vitamins. Proteins are vital for building and maintaining tissues such as muscles. It contains Vitamins A, D, B1, B2, B6, B11, B12, minerals, calcium, phosphorus, zinc, lactose provides slow release of energy.^[22]
6. **Honey:**^[23] Energy: 64 calories in 1 tbsp. Fat: 0 g. Carbohydrate: 17.3 g. Protein: 0.06 g.

CONCLUSION

Diet is the most important and integral part of *garbhini paricharya*. Ancient acharyas told different dietary regimen month wise in pregnant woman. This *masanumasik ahara* gives all vital nutrients to mother and fetus, also it provides strength to mother to bear labour pains and makes woman capable for successful postpartum lactation.

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