

## NURTURING THE HEALTHY PREGNANCY AND PROGENY THROUGH COMPREHENSIVE PRECONCEPTION AND PRENATAL CARE

**\*Dr. Shilpa M. S. and Dr. Shivaprasad S. E.**

PG. Scholar, Department of Roganidana, Government Ayurveda Medical College, Bangalore.

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**\*Corresponding Author**

**Dr. Shilpa M. S.**

PG. Scholar, Department of  
Roganidana, Government  
Ayurveda Medical College,  
Bangalore.

### 1. ABSTRACT

Pregnancy is a Physiological milestones in a woman's life. *Garbini paricharya* includes the ideal dietary and lifestyle protocol followed by a pregnant woman to attain optimum health of progeny and prevent complication. Fetus is dependent on mother in every aspects during intrauterine life, so the health of fetus is totally dependent upon the maternal health. The ultimate aim of the preconception and prenatal care is healthy progeny, it includes *masanumasika patya ahara-viahara*, using of *garbasthapaka Dravya* and avoidance *garbhopagharakara bava*. Physiological and spiritual dimension of prenatal care includes maintaining a pleasant status of mind. It is very important in through the period of pregnancy. The importance of mental health of pregnant woman is emphasised during the treatment of intra uterine growth retardation. The deprivation of the prenatal care can lead to premature pregnancy, IUGR, low birth weight, maternal

and child mortality. Considering the relevance of this issues an effort is made to evaluate the role *charya* on healthy pregnancy and progeny.

**KEYWORDS:** *Garbini paricharya*, fetus, *Ahara-viahara*, *Garbhopaghatakara bhava*.

### 2. INTRODUCTION

Ayurveda is a science of life and basic principles of Ayurveda is "Swasthasya Swastha Rakshanam Aturasya Roga Prashamanam".

To maintain *Swasthya* of pregnant lady *Garbini Paricharya* is most important. *Garbini paricharya* includes the ideal dietary and lifestyle protocol followed by a pregnant woman to

attain optimum health of progeny and prevent complications. Conceived women shall be treated with special care just like a pot filled with oil, as the slightest oscillation of such a pot causes spilling of the oil, similarly the slightest exertion to the pregnant woman can initiate adverse pregnancy outcome.

Globally, complications During pregnancy, childbirth and the postnatal period have been The leading causes of death and disability among reproductive age Women (Ashra et al., 2017). As a result, 10.7 million maternal Deaths are reported to occur before the age of 25 years globally. Factors responsible for high prevalence of maternal deaths are Hemorrhage, complication of unsafe abortions, pregnancy induced Hypertension, infection and obstructed labor (Unicef, 2011). Thus, 2.7 million neonatal deaths and 2.6 million stillbirths were Reported in the world from 1990 to 2015 (WHO, 2016). Maternal Deaths can be reduced, if women can access quality medical care During pregnancy, childbirth, and postpartum (WHO, 2016).

Fetus is dependent on the mother in every aspect during intrauterine life, so the health of the fetus is totally dependent upon the maternal health. The ultimate aim of the preconception and prenatal care is healthy progeny, that includes physical, psychological, spiritual, social, diagnostic and therapeutic dimension.

Physical dimensions include -Ahara, vihara. The ahara consumed by the pregnant woman gets transformed into the "RASA " which nourishes the body elements of the mother and growing fetus and helps in the formation of the breast milk. Whatever the diet consumed by the pregnant woman becomes congenial to the fetus. She should always include butter, ghee and milk in her diet.

Physiological and spiritual dimension of prenatal care includes maintaining a pleasant state of mind. It is very important throughout the period of pregnancy. The importance of mental health of pregnant women is emphasized during the treatment of intrauterine growth retardation. The deprivation of the prenatal care can lead to premature pregnancy, IUGR, low birth weight, maternal and child mortality.

Considering the relevance of this issues an effort is made to evaluate the role charya on healthy pregnancy and progeny care of.

### 3. AIMS AND OBJECTIVE

To present an in-depth analysis of what is known about Ayurvedic pregnancy care.

### 4. METHODOLOGY

For the authentic data in Ayurveda literature, seven ancient Ayurveda texts were selected and searched. Literature review was carried out in Brihatrayee (Charak Samhita, Susruta Samhita and Ashtanga Hridaya Samhita) and important Ayurveda classics for Prasuti Tantra (Kashyapa Samhita, Harita Samhita and Ayurveda Prasuti Tantra and Stree Roga).

#### **Masanumasik Pathya Ahara (Monthly dietary regimen) during pregnancy**

Ayurveda advised that *Garbhini* (pregnant lady) should take sweet, liquid, nutritive diet with good quantity of milk, freshly cooked rice, meat or meat soup, butter extracted from milk, milk cooked with Madhura group of drugs and other congenial diet. Fetus derives its nutrition from mother, what so-ever she takes the rasa derived is divided in three parts i.e. for the nourishment of the mother, for nourishment of fetus and for development of breasts / formation of breast milk.<sup>[1]</sup>

The requirement of mother nutrition varies according to development of fetus and changes month wise.

#### **Effect of excessive use of Rasa in pregnancy on fetus**

The diet has to be balanced, excess use of any particular rasa or Dosha aggravating causes various congenital abnormalities or influences gene expression at a later life producing various diseases.<sup>[2]</sup> If pregnant women take Vata aggravation diet then fetus may suffer from *Kubja* (dwarf), *Kuni* (Arm without hand or finger), *Pangu* (motionless limb), *Muka* (Dumb) and *Minmin* (Nasal voice).<sup>[3]</sup> If any body part of pregnant women is affected by the Vatadi dosha, then the same part of the fetus will also be get affected by Vatadidosha.<sup>[4]</sup> If pregnant women take *Kapha Vardhak Ahara* then fetus may suffer from- *Kustha* (Skin diseases), *Kilasa*, Congenital teeth at birth, *Switra* (Lucoderma) and *Janmajata Pandu roga* (Congenital anemia).<sup>[5]</sup>

#### ***Garbhopaghatakara bhava***

specific practises that are not advised during pregnancy. The *Garbhopaghatakara* Bhavas are as follows in order to comprehend the complexity of this concept as it was articulated by the many Acharyas Charak Samhita: In the Charak Samhita, Acharya Charak advises against

using Tikshan Aushadha (pungent medicine), Vyavaya (excessive coitus), and Vyayama (excessive exercise) while pregnant. The following factors, as listed by Acharya Charak in Sharir Sthana, are harmful for the foetus.

SN	Pregnant women consuming constantly	Effect for progeny
1	Women sleeping in open place and moving out in night	Insane [unmata]
2	Indulges in quarrels and fights	Epileptic [Apasmara]
3	Indulges in sexual intercourse	Ill -physique, devoted to women
4	Sleep constantly	Drowsy, unwise, low digestive power
5	Alcohol consumption	Thirsty, poor in memory and unstable mind
6	Pork	Red eyes.
7	Fish	Delayed closure of eyes or stiffness
8	Kashaya rasa	Blackish in colour, <i>Anaha</i> and <i>udavarta</i>

## 5. DISUCUSION

*Garbhini Paricharya* aims at excellence in the formation of the fetus, its development without anomalies, Indian Journal of Public Health Research & Development, June 2020, Vol. 11, No. 6 155 a secure full term normal delivery and maintenance of the health of the fetus. In this regard they divide whole *Garbhini paricharya* in three categories such as *Masanumasik Pathya ahara* and *Vihara* (Monthly dietary and activities regimen), *Garbhasthapak karma* (diet and activities for maintenance of pregnancy and better progeny) and *Garbhopaghatakar bhavas* (diet and activities which are harmful to fetus). Acharyas considers milk is an ideal product as a diet for pregnant women because it is a rich source of calcium, lactose and fat.<sup>[6]</sup> Milk help in relieving constipation which is common problem during pregnancy. In second trimester pregnant women mostly suffer from edema of feet and other complications of water retention. In 6th month Gokshura (*Tribulus terrestris*) is advised which act as good diuretic and prevent retention of water. In Ayurveda many *Garbhopaghatakar bhavas* (diet and activities which are harmful to fetus) described such as *Ati-vyayama* (physical activities or exercise in excess), *Ati-langhan* (excessive fasting), *Vegavidharana* (suppression of natural urges) and not fulfillment *Dauhrida* desires etc. But if *Garbhini* practicing pranayama then during labour minimum release of adrenaline and proper release of oxytocin which make labour easier and smoothen. There is urgent need to include this plan in RCH (Reproductive and Child Health) programme for maternal and fetal wellbeing. So that national goal may be achieved in more effective manner.

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