

## TO STUDY THE PREGNANCY CARE OF WOMEN THROUGH AYURVEDA

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Article Received on  
12 Jan. 2022,

Revised on 02 Feb. 2022,  
Accepted on 23 Feb. 2022

DOI: 10.20959/wjpr20223-23044

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### ABSTRACT

**Introduction:** *Ayurveda* has considered women as the most important factor in creating the universe. She plays a key role in the formation of new generation and has great impact on the progeny. In *Ayurveda*, it is said that women being vulnerable are prone to various diseases. Women are having various changes during menarche, reproductive period, pregnancy, menopause etc. Among this motherhood is the most important phase in every woman's life. In this phase she is constantly undergoing through various transformations on physical and psychological level and thus needs special care. *Ayurveda* has emphasized on protecting women in this phase by following various precautionary measures through diet and exercise and also treating

diseases with the help of various Ayurvedic treatment modalities. **Aim-**To study pregnancy care in women through *Ayurveda*. **Objective:** To study the pregnancy care of women through *Ayurveda* using different *Ayurvedic* texts and its clinical application. **Materials And Methods:** This is a conceptual study for which various *Ayurvedic* texts, modern texts, published research papers and articles are viewed. **Result:** Pregnancy care of women is thoroughly described in *Ayurveda*. **Conclusion:** Pregnancy care is very well described in *Ayurveda*. It is divided in three phases that is garbhadhan purvakarma, pradhankarma and sutika paricharya.

**KEYWORDS:** *Ayurveda*, *Garbhadhan*, Pregnancy care, Woman.

## INTRODUCTION

*Ayurveda* has given wholesome approach of care of women in pregnancy period. Pregnancy care refers to antenatal and postnatal care. In these phases a woman is going through tremendous changes in her body. Also due to hormonal changes there are changes on physiological as well as mental status. *Ayurveda* emphasizes on formation of healthy progeny which is possible only when the woman is in proper physical as well as mental state. For that our *Acharyas* have given unique diet regimen, various *panchakarma* procedures and other dos and don'ts for a woman expecting a healthy child.

## MATERIAL AND METHODS

### A) *Garbhadhan Purvakarma* (Antenatal care)

1) ***Panchakarma***- *Panchakarma* procedures are advised for both men and women in order to have all the *dhatu* in their body in *prakrit avastha*. After that *basti* is advised following diet containing of the *Tail* and *Masha churna*.<sup>[1]</sup>

a) *Masha -Vrushya, Vatashamak, Balya*.<sup>[2]</sup> It has iron, folic acid, calcium, magnesium, potassium and therefore is good for woman's health.<sup>[3]</sup>

b) *Tail- Vatahara*<sup>[4]</sup>

2) *Ayurveda* knows the importance of proper physical and mental growth of both men and women thus it has given a particular age limit to conceive in order to have a healthy child.<sup>[5]</sup>

### 3) *Apatya Kameshti Yadnya*<sup>[6]</sup>

#### i) *Purvakarma*

a) *Yavsaktu Sevan*-It is rich in fibre, iron, vitamin b12; thus, helps to cure anaemia. It contains beta glucan which is known to boost the immune system.<sup>[7]</sup>

b) *Yavsattu+Ghrut+Madhu+Dugdha* – All these are great source of antioxidants, and various micro and macro nutrients in order to prepare the woman for pregnancy.

ii) ***Pradhankarma***- *Sevan* of medicated *ghrut* rich in Phosphorus, magnesium, calcium.

### B) *Garbhadhan Pradhankarma*

*Garbhini Paricharya*- *Garbhini Paricharya* refers to unique form of diet in every month of pregnancy along with different procedures. Proper diet helps to form *prakrit ras* which is ultimately important in nourishment of pregnant woman, foetus and in the formation of breast milk.<sup>[8]</sup>

## 1) First trimester

	<i>Charaka</i> <sup>[9]</sup>	<i>Sushrut</i> <sup>[10]</sup>	<i>Vagbhat</i>	<i>Harita</i>
1st month	Non medicated milk	Sweet, cold and liquid diet	Medicated milk. <sup>[11]</sup>	<i>Madhuyashti, madhuka pushpa</i> with butter, honey and sweetened milk. <sup>[14]</sup>
2nd month	Milk medicated with <i>Madhur</i> drugs.	Sweet, cold and liquid diet	Milk medicated with <i>Madhur</i> drugs. <sup>[12]</sup>	Sweetened milk treated with <i>kakoli</i> . <sup>[15]</sup>
3rd month	Milk with honey and <i>ghrut</i> .	Sweet, cold and liquid diet	Milk with honey and <i>ghrut</i> . <sup>[13]</sup>	<i>Krushara</i> <sup>[15]</sup>

## CLINICAL IMPORTANCE

1) **Madhur dravya**-All the *dravya* in it are of *Madhur Ras*. It fulfils the need for increased amount of energy required for embryogenesis.

2) *Madhur Ras*= *Prithvi* +*Aap Mahabhut*.<sup>[16]</sup>

➤ *Prithvi*- *Upachay* (Anabolic), *Sanghat*, *Gaurav*, *Sthairya* (Stability).<sup>[17]</sup>

➤ *Aap*- *Upkleda*, *Sneha* (Nourishing), *Bandh*, *Mardav* (Cushioning).<sup>[18]</sup>

3) During first trimester most women experience nausea and vomiting resulting in dehydration and loss of nutrients. Use of cold and sweet liquid diet and milk will prevent dehydration and supply required Nourishment.<sup>[19]</sup>

## Second trimester

	<i>Charaka</i> <sup>[9]</sup>	<i>Sushrut</i> <sup>[10]</sup>	<i>Vagbhat</i>	<i>Harita</i>
4th month	Milk with butter	Cooked <i>Shashti</i> rice with curd, dainty and pleasant food mixed with butter and milk. Meat of wild animals	Milk with one <i>tola</i> of butter. <sup>[20]</sup>	Medicated cooked rice. <sup>[15]</sup>
5th month	<i>Ghrut</i> prepared with butter extracted from milk.	Cooked <i>Shashti</i> rice with curd, dainty and pleasant food mixed with butter and milk, meat of wild animals	<i>Ghrut</i> prepared with butter extracted from milk.	<i>Payasa</i> <sup>[21]</sup>
6th month	<i>Ghrut</i> medicated with drugs of <i>Madhur</i> group	<i>Ghrut</i> medicated with <i>prithakparnyadi</i> group of drugs	<i>Ghrut</i> medicated with drugs of <i>Madhur</i> group. <sup>[22]</sup>	Sweetened curd. <sup>[23]</sup>

## CLINICAL IMPORTANCE

1) **Ksheer**- Milk provides nourishment and stability to the foetus.<sup>[24]</sup>

2) **Sarpi**- *Ghrut* promotes memory, intelligence, *agni*, *ojas*, *kapha*.<sup>[25]</sup>

3) **Shashti Kshali**- Rich in carbohydrates, and provides energy to the body.<sup>[26]</sup>

- 4) **Hrudyanana**- In second trimester there is development of foetus on mental and emotional level. *Hrudyanana* includes various *Amla ras dravya* which increases enthusiasm, pleases mind, and strengthen sense organs.<sup>[27]</sup>
- 5) **Jangal Mamsa**- In 2nd trimester there is development of *Mansa dhatu* in foetus.<sup>[28]</sup> According to “*Samanya Vishesh Siddhant*”, *jangalmansa* will nourish *Mansa dhatu* in foetus. Also, *garbhini* becomes *karshya*, therefore it also nourishes *garbhini*.<sup>[28]</sup>
- 6) **Gokshura**- The kidneys start making urine by 14 week of pregnancy.<sup>[29]</sup> Also, by second trimester most women suffer from oedema of feet and other complications of water retention. So *ghrut* medicated with *gokshura* is used which is a good diuretic and will prevent retention of water as well as its complications. It is beneficial for both foetus and mother.<sup>[30]</sup>
- 7) **Dadhi**- According to modern science baby's digestive system will start to function in second trimester.<sup>[30]</sup> *Madhur dadhi* is advised to take in second trimester. The probiotics in curd helps in proper functioning of digestive system.<sup>[31]</sup>

### Third trimester

	<i>Charaka</i> <sup>[9]</sup>	<i>Sushrut</i> <sup>[10]</sup>	<i>Vagbhat</i>	<i>Harita</i>
7th month	<i>Ghrut</i> medicated with drugs of <i>Madhur</i> group.	<i>Ghrut</i> medicated with <i>prithakparnyadi</i> group of drugs.		
8th month	<i>Yavagu</i> prepared with milk and mixed with <i>ghrut</i> .	<i>Asthapan basti</i> followed by <i>Anuvasan basti</i> .	<i>Yavagu</i> prepared with <i>dugdha</i> mixed with <i>ghrut</i> . <sup>[32]</sup>	<i>Ghrutpurak</i> . <sup>[23]</sup>
9th month	<i>Anuvasan basti</i> of oil prepared with drugs of <i>Madhur</i> group, vaginal tampon with the same oil.		<i>Anuvasan basti</i> of oil prepared with drugs of <i>Madhur</i> group, vaginal tampon with the same oil. <sup>[33]</sup>	Different varieties of cereals. <sup>[23]</sup>

### CLINICAL IMPORTANCE

- 1) **Pruthakparnisiddha Ghrut**- *Prithakparnyadi* group of drugs are diuretic, anabolic, relieve emaciation and suppress *pitta* and *kapha*. Their regular use in seventh month might help in maintaining health of mother and foetus.<sup>[19]</sup>
- 2) **Yavagu Seven**- It is *balya* and *brihana* thus; provides nourishment to mother and foetus.
- 3) **Basti**-Most women suffer from constipation in late pregnancy, therefore *asthapana basti* administered during eighth month which is best for *vata anulomana* relieves constipation.

Besides this may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour.<sup>[19]</sup>

**4) Pichu-**Tampon of oil in vagina provides lubrication of cervix, vaginal canal and perineum thus helps in normal labour. This may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis. Regular use of tampon might influence autonomic fibres governing myometrium and in regulating their functions.<sup>[19]</sup>

**5) Milk and Drugs of Madhura group-** They have been advised for entire pregnancy period. Milk is a complete food and the drugs of *madhura* group are anabolic, thus use of these will help in maintenance of proper health of mother and growth and development of foetus.<sup>[19]</sup>

**5) Vididhanya-** Different varieties of cereals is rich source of protein.

### Benefits of *Garbhini Paricharya*

All the rules of *garbhini paricharya* if followed properly during *garbhadharana* and *garbhprasavkal* by the woman her *Kukshi*(Uterus), sacral region, flank and back become soft, *Vayu* moves into its right path; faeces, urine and placenta are excreted or expelled easily by their respective passages; skin and nail become soft, women gain strength and complexion and she delivers easily at proper time a desired child who is completely healthy.<sup>[34]</sup>

**B) Postnatal care-** Due to nourishment of foetus from mother all the dhatus in mother become weak. Also due to loss of fluid and blood during labour mother's health becomes weak.<sup>[35]</sup> Therefore she is prone to various diseases. Thus, needs immense care; this phase is called as "*Sutika Kal*". Different *Acharyas* have mentioned various diet regimen in *Sutika Kal*. All these help to fulfil the deficiencies occurred in women and maintaining the dosha in *prakrit* form.

- 1) **Bath-**After delivery, bath should be taken twice daily with lukewarm water.<sup>[36]</sup>
- 2) **Snehapan-**According to digestive power any of the *Sneha* among *Tup*, *Tail*, *Vasa*, *Majja* can be given.<sup>[36]</sup> The *dravya* of *panchkol gana* can be given with *Sneha* which improves digestion, relieves bloating by *vatanuloman*.<sup>[37]</sup>
- 3) After *Snehapan* abdomen should be properly wrapped with big clean cloth in order to prevent *vata prakop* at that place.<sup>[36]</sup>

### Aim of *Sutika Paricharya*

- 1) *Agni deepan*
- 2) *Yonishodan*
- 3) *Vatanuloman*

4) *Stanya janan***DISCUSSION**

- 1) It is very unique feature of *Ayurveda* that it has mentioned diet regimen according to every month of pregnancy.
- 2) It helps in the formation of healthy progeny
- 3) Besides this, the diet mentioned in it fulfils the need of various nutrients in woman's body thereby maintaining her physical as well as mental health throughout the pregnancy as well as her postpartum period.
- 4) Although *garbhini paricharya* is given thousand years ago it is time tested.

**CONCLUSION**

From above it can be concluded that the aim of *Garbhini Paricharya* is not merely the formation of healthy progeny but also maintaining the health of women in order to protect their physical and mental wellbeing.

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