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Review Article

Role Of Nutritious Diet During Pregnancy W.S.R. To *Garbhini Pricharya*: A Review

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ABSTRACT-

Women have special dietary needs during each stage of pregnancy. During pregnancy the mother's nutrition bears a great impact on the foetus growth and its future. The primary aim of antenatal care is to achieve at the end of pregnancy a healthy mother and a healthy baby. A combination of *aahara* (diet), *vihara* (regimen) and *aushadha* (medication) have been given great significance in *Ayurveda* in antenatal care called as *Garbhini Pricharya*. *Ayurveda* advises a specific diet regimen

throughout the pregnancy. Milk and Ghee stand out as the most common in the pregnant diet that *Ayurveda* advises. The idea of this is to provide optimum amount of protein and fat to the body. In addition, it provides right amount of calcium and vitamins for the pregnant mother helping in sustaining a comfortable lactation. In this review article a designed protocol of the month wise diet advised by various ancient *Ayurvedic* physician, which can be modified according to present era has been presented.

During 1st trimester of pregnancy use of cold and sweet liquid and milk will prevent dehydration and supply required nourishment. Fourth month onward muscular tissue of foetus grows sufficiently requiring more protein which is supplied by use of meat soup. Use of *gokshur* a good diuretic in 6th month will prevent retention of water as well as its complication. Most women experience constipation in late pregnancy due to pressure of gravid uterus over the bowels and effect of progesterone. Use of enema in 8th month will relieve this constipation.

The pregnancy diet should be light, nutritious, easily digestible and rich proteins, mineral and vitamins. The instruction about diet should be reasonable and realistic to individual women. The main aim of this study to generate a complete module for *garbhini* diet.

Key words: *garbhini paricharya*, antenatal care, Pregnancy diet

INTRODUCTION:

According to *Ayurveda* a lady should be treated carefully during pregnancy like oil filled pot¹. The term *Garbhini Paricharya* compound of 2 words *Garbhini* & *Paricharya*. The literally meaning is an all-round care of pregnant women. Thus, wellness of pregnant lady is maintained by *Garbhini paricharya* during whole pregnancy. *Garbhini paricharya* would result in proper development of the foetus and provide proper nutrition to lady. In *Garbhini*

paricharya caring of pregnant lady in the form of *Aahara* (diet), *Vihara* (life style) and preparing lady for *sukhprasava*. In other words, we can say that a planned programme of observation, Education and Proper Nutrition of pregnant lady.

Aim of *Garbhini paricharya*:

- ✓ All these advices are done with the aim to prepare the women's body for

adaptation and proper growth of foetus.

- ✓ To facilitate a healthy growth and development of foetus.
- ✓ Prepare body for normal delivery.
- ✓ To prepare women from minor and major complication.
- ✓ Minimize the maternal and infant morbidity and mortality rate.

Importance of *Garbhini Paricharya*:

- ✓ It helps in continuation of pregnancy till term.
- ✓ Provide proper nutrition to growing foetus.
- ✓ Prevention of untimely stimulation of *vata*.
- ✓ Enhancement of strength & complexion of both mother and baby.
- ✓ Successful lactation

Garbhini paricharya describe in all *Vrihtrayi samhitas* (*Charak*², *Sushruta*³ and *Vagbhata*^{4, 5}) and *Harita Samhita*⁶ in detailed. This article is an attempt to compile *Garbhini paricharya* from whole *samhitas* and correlate with modern dietetics.

MATERIAL AND METHOD:

The review of literature was carried out in two phases of *Ayurveda* and contemporary review. The contemporary literature review was done using Google scholar and other research article. The classical review was done using different *samhitas* and text books of *Stri* and *Prasuti*.

Garbhini Paricharya:

Garbhini paricharya is broadly discussed under two headings-

1. *Masanumasika Pathya* (monthly diet regimen)
2. *Garbhoupghatakar bhava* (Harmful activities for foetus)

Masanumasika Pathya (monthly diet regimen)-

During the pregnancy foetus is survival on nutrition of mother. According to foetus growth the requirement of foetus is increasing. So the requirement of mother also change in every month. So keeping in mind *Aacharyas* prescribe a specific diet in every month, it called *Masanumasika paricharya*

. Table No.1: Showing the Monthly dietary regimen according to Different *Acharyas*

Month	<i>Acharya Charak</i>	<i>Acharya Sushruta</i>	Vagbhatta	<i>Harita Samhita</i>
1 st Month	Only Milk	Sweet, cold and liquid diet	Medicated milk	Milk with <i>Yastimadhu, parushaka, madhuka Madhu, sarkara</i>
2 nd Month	Milk cooked with <i>madhura rasa dravya</i>	Same as 1 st month	Same as <i>Charak</i>	Milk cooked with <i>Kakoli</i> (<i>Roscoca procera</i>) with <i>sarkara</i>
3 rd Month	Milk+ honey and ghee	Same as 1 st month + <i>Shashtika</i> rice cooked with milk	Same as <i>Charak</i>	<i>Karishara</i> (boiled and cooked gruel of different cereals)
4 th Month	Milk + <i>navneetd</i> (butter)	<i>Shashtika</i> rice with curd Food with milk and ghee <i>Jangala Mams rasa</i> (wild animal meat)	Same as <i>Charak</i>	<i>Sanskrita odana</i> (medicated cooked rice)
5 th Month	Milk+ Ghee	<i>Shashtika</i> rice+ milk <i>Jangala Mans rasa+</i> Milk/ Ghee	Same as <i>Charak</i>	<i>Payasa</i> (rice cooked with milk and sugar)
6 th Month	Milk+ Ghee+ <i>Madhura Dravya</i>	<i>Ghruta</i> or <i>Yavagu</i> cooked with <i>Gokshur</i>	Same as <i>Charak</i>	Madhura dadhi (sweetened curd)

7 th Month	Milk+ Ghee+ <i>Madhura Dravya</i>	<i>Ghrita</i> cooked with <i>prithakprniyadi</i> group of drugs	Same as <i>Charak</i>	<i>Ghritakhanda</i> (a sweet dish)
8 th Month	<i>Yavagu</i> (rice gruel)+ milk+ ghee	<i>Aasthapana Basti</i> (decoction of <i>badari</i> , <i>bala</i> , <i>patla</i> , <i>mastu</i> etc.) <i>Anuvasana basti</i> (oil medicated with drugs)	<i>Yavagu</i> (rice gruel)+ milk+ ghee <i>Aasthapana</i> and <i>Anuvasana basti</i>	<i>Ghritapuraka</i> (a kind of sweet preparation)
9 th Month	<i>Anuvasana basti</i> Vaginal tampon of oil	<i>Aasthapana basti</i> <i>Madhura</i> , <i>snigdha</i> <i>dravya</i>	Same as <i>Charak</i>	<i>Vividhanna</i> (Different cereals items)

Benefits of *Masanumasika pathaya* (monthly diet regimen):

According to *Aacharya Charak* by following the regimen the woman remains healthy and delivers the child processing good health, energy or strength, voice, compactness and much superior to other family member and by the use of this regimen from first to ninth month her vaginal canal, abdomen, sacral region, flanks and back become soft, *vayu* moves into its right path, feces, urine and placenta are excreted or expelled easily by

their respective passage, skin and nails become soft, woman gains strength and complexion and she delivers easily at proper time a desired, excellent, healthy child possessing all the qualities and long life⁷.

According to *Aacharya Sushruta* that by this regimen foetus attains good growth, *vayu* moves in its right direction, woman becomes unctuous, strong and delivers the child easily without complication⁸.

Emphasizing the importance of woman's diet *Aacharyas* have mentioned that the *rasa* derived from the diet taken by the pregnant woman serves three purposes:

- (1) Nourishment of her own body
- (2) Nourishment of the foetus
- (3) Nourishment of breast or formation of milk which has already been discussed under foetal nourishment

Ayurvedic Diet Compilation⁹:

As per my opinion the *garbhini paricharya* is good for woman but it is not sufficient for pregnant women's nutrition requirement. So

Dietary Module-

	More Consume	Less Consume
Cereals	Rice, Wheat, Barley, Maize, Finger millet(<i>ragi</i>)	Oat, Sorghum/Great millet, Barnyard millet, Pearl millet
Pulses	Green gram, Lentils, Aconite bean	Red gram, Bengal gram, White gram/Chick pea, Kidney bean, Cow pea, black gram, Horse gram, Soybean
Flesh	Mutton, Chevon, Fish, Chicken, Egg	Beaf and Pork meat
Vegetable	Indian spinach, spinach, amaranthus, fenugreek, coriander leaves, cabbage, dill leaves, reddish leaves, Bengal gram leaves, drumstick leaves, pumpkin, white guard, snake guard, ridge guard, pointed	Mustard leaves, Bitter guard, Indian butter bean, Pea, French bean, Cluster bean, Lady finger, Jack fruit, Little guard, Spiny guard, Capsicum, Colocasia, Sugar beet, Yam, Purple yam, lotus stem, Mushroom, brinjal

according to the *Masanumasika pathya* some dietary principle may be made and choose some diet according to these principle.

Dietary Principle:

Rasa- Madhur, amla

Guna- Drava, snighdha, laghu (in matra/savbhava)

Virya- Madhura

Vipaka-Madhura

Doshashamaka- Vatapitta shamaka

Dhatukarma- Balya, Vrihana, Santarpana,

Deepaniya, Pachaka, Rochana, Varnya,

Mutrala, Amlapittahara, Purishajanana

	guard, cucamelons, drumstick bean	
Fruits	Date, Fig, Pineapple, Pomegranate, Mango, Litchi, Grapes, Water melon, Black current, Stone apple, Strawberry, cherry plum, Apricot, Apple pear, Coconut, Musk melon, Raspberry	Banana. Papaya, Indian black berry
Salad	Radish, Carrot, Onion	Cucumber, tomato
Dry Fruits	Dry grapes, Raisins, date palm, Almond, peanut, musk melon seed, water melon seed	
Milk products	Cow, buffalo, goat milk product	Sheep, Camel milk product, Sour curd
Oils	Sesame. Peanut, olive oils	Mustard oil
Condiments and spices	Rock salt, Black caraway, Glue berry, mango carry, ripen tamarind, lemon, tender ginger, cardamom, cinnamon bark, fenugreek, fennel, coriander leaves, black pepper, red chilly, Green chilly, curry leaves, Nutmeg, mint leaves, saffron, mace, clove	Black salt, common salt, red chilly

Garbhoupghatakar bhava (Harmful activities for foetus):

Samhita	<i>Garbhoupghatakar bhava</i>
Charak	High pitch voice, suppression of natural urges, coitus, going outside alone in lonely places, visiting cremation places, Exercise
Sushruta	Coitus, night awakening, day sleeping, prolonged abdomen posture, excessive emaciation
Vagbhatta	Travelling, indigestion, anger, grief, fear, fasting, use of red garments
Kashyapa	Looking at declining moon and setting sun, pot filled with <i>Ghrita</i> , wearing garland, excessive laughing

DISCUSSION:

During first trimester of pregnancy most women experience nausea and vomiting, thus cannot take proper diet. Use of cold and sweet liquid diet and milk will prevent dehydration and supply required nourishment, besides the drugs of *madhura* group being anabolic will help in maintenance of proper health of mother and foetus.

In fourth onwards muscular tissue of foetus grows sufficiently requiring more protein which is supplied by use of meat soup.

By the end of second trimester most women suffer from edema of feet and other

complications of water accumulation. Use of *Gokshur* a good diuretic in sixth month will prevent retention of water as well as its complications. The drugs of *vidarigandhadi* group 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. Most women experience constipation in late pregnancy due to pressure of gravid uterus over the bowels and effect of progesterone. Use of enema in eighth month will relieve this constipation, besides this may also affect the autonomous nervous system governing

myometrium and help in regulating their function during labor. Tampon of oil may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis, besides this tampon may also soften vaginal passage thus help in normal labor. It is just possible that the regular use of tampon might influence autonomic fibres governing myometrium and help in regulating their functions. Besides, this might soften the perineum and help in its relaxation during labor.

Milk and drugs of *madhura* group have been advised for entire pregnancy period. Milk is a whole diet. 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.

CONCLUSION:

Pregnancy is most precious time of a woman, if proper dietary regimen not follow during pregnancy it may result in many complication during labor and after delivery. To get a healthy baby and healthy mother our *Aacharyas* advised *Masanumasika paricharya* till last month of pregnancy. *Garbhini paricharya* helps to improve physical and psychological health of pregnant women. Hence, proper *garbhini paricharya* and *ayurvediya* dietary module should be followed during pregnancy.

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