REVIEW ARTICLE ISSN 2456-0170

DIETARY REFORMS FOR HEALTHY PREGNANCY AS PER ANCIENT TEXTS

[1]Dr Vibha Pali [2]Dr Prabhu. C. Nagalapur
[1]P.G Scholar, [2]Associate Professor, Dept of Swasthavritta, S. J. G. Ayurvedic Medical College, Koppal-Karnataka

ABSTRACT

In the Ayurvedic classics it has been beautifully explained with a very good example that in order to achieve good quality grain four factors i.e. *Beeja, Ambu, Kshetra* and *Kala* is important likewise to attain healthy child *Beeja* which are *Stree Artava and Purusha Shukra, Ambu* meaning *Aahara, Kshetra* i.e, *Garbhashaya* and *Kala* the *Rutukala* plays very important role. In this review article *Ambu* i.e. *Ahara* and its importance for healthy pregnancy and good nourishment and development of fetus is focused.

KEYWORDS: *Masanumasika Pathya, Garbhini*

INTRODUCTION

Science is advancing daily with its new inventions, better facilities and making life much easier. On one hand science is acting as boon and making the lives easy but also it is bringing the side effects as curse. Many such curses can be enlisted like polycystic ovarian syndrome, thyroid disorders, etc and the common cause for all of this is stress, inappropriate diet, sleep and improper daily routine. One of the rising problems in pregnant women is spontaneous abortions and premature birth.

A study conducted in year 2016 showed that the prevalence of recurrent spontaneous abortions in India is 32%.[1]. An estimated 15 million are born premature every year i.e. more than 1 in 10 babies and approximately 1 million children die each year due to complications of preterm birth[2]. These problems can be handled or controlled very cost effectively by following certain simple measures like following dietary regimen that have been mentioned in different Ayurvedic classical texts.

THE PREVENTIVE SOLUTION

In Ayurveda texts it has been clearly described about the regimens for the *Garbhini* to must follow and avoid few dietary habits for acquiring healthy baby. It has been mentioned in the *Brihat Triya* as *Masanumasika Pathya* (month wise dietary regimen). So the dietary regimen described for every month is enlisted below.

MONTHLY DIETARY REGIMEN [3,4,5]

MONTH	CHARAKA	SUSHRUTA	VAGBHATA
FIRST	Non medicated milk, Congenial diet twice which does not cause	*Madhura, Sheeta* and *Dravabahula* diet	Medicated milk twice in a day, medicated with *Shalaparni (*Desmodium

	indigestion and is pleasant to lady		gangeticum*) Ghrta* for first 12 days
SECOND	Milk medicated with drugs of *Madhura Varga* like *Shatavari(Asparagus racemosus), Kakoli(Lilium polyphyllum), Medha(Litsea monopetela)* etc. should be taken	*Madhura, Sheeta* and *Dravabahula* diet	Milk medicated with drugs of *Madhura Varga* like *Shatavari(Asparagus racemosus), Kakoli(Lilium polyphyllum), Medha(Litsea monopetela)* etc.should be taken
THIRD	Milk with honey and *Ghrta*	*Madhura, Sheeta* and *Dravabahula* diet	Milk with honey and *Ghrta*
FOURTH	Butter extracted from milk in one *Aksha Matra* i.e. one *Tola* 12 gms or milk with butter.	Cooked *sasti rice* with curd and *hridya* (pleasant) food mixed with milk and butter also meat of animals of *jangala desha*.	Butter extracted from milk in one *Aksha Matra* i.e. one *Tola* 12 gms or milk with butter.
FIFTH	Butter with milk or butter extracted from milk	Cooked *sasti rice* with milk, meat of animals found in *jangala desha* along with *Hridya Aahar* mixed with milk and *ghrta*.	Butter with milk or butter extracted from milk
SIXTH	*Ghrta* medicated with the drugs of *madhura* group.	*Ghrta* or rice gruel medicated with *gokshura*.	*Ghrta* medicated with the drugs of *madhura* group.
SEVENTH	Same diet as of sixth month	Ghrta medicated with *vidarigandhadhi gana* of drugs.	Same diet as of sixth month
EIGHTH	Rice gruel prepared with milk and mixed with *ghrt* should be given	She should be given unctuous gruels, *jangala mansa rasa.*	Rice gruel mixed with *grta* should be given
NINTH	Regimen of eighth month to be continued	Regimen of eighth month to be continued	Regimen of eighth month to be continued

DISCUSSION

For first trimester

i) According to Ayurveda Milk is *Kapha Vardhaka* & thus promotes development of embryo. Rich in proteins & increases blood supply, helps in the growth & development of placenta. Rich in calcium & helps in development of breast & uterus. It also has Vitamin D which is necessary for calcium absorption in mother.

ii)Madhura drugs are *Jeevaneeya & Kapha Vardhaka, Pittahara* & are *Garbhastapaka Dravyas* like *Shatavari(Asparagus racemosus), Kakoli(Lilium polyphyllum), Medha(Litsea monopetela)* etc. help in the development of fetal brain, growth of fetal body tissues. They also provide carbohydrates.

iii)During the first trimester of pregnancy most women experience nausea and vomiting, thus cannot take proper diet. *Madhura Gana Dravyas* being anabolic will help in maintenance of proper health of mother and fetus. Also, in first trimester stress is laid on stabilizing the pregnancy and nurturing the uterine bed through *Rasa* and *Rakta Dhatus*. The embryo gets nourishment directly by *Upsnehana*. Hence more *Jaleeya* substances such as juicy fruits, coconut water, milk are advocated. Also the use of *Garbhastapaka Dravyas* helps in implantation of embryo and thus prevents from the threat of abortion.

iv)Use of *Sheeta (Sheeta Veerya)* and *Madhura,* liquid diet along with milk will prevent dehydration and supply required nourishment.

v)If milk may not be consumed or accepted in daily routine for its odour or taste it can modified by adding some taste inducers like *Shatavari(Asparagus racemosus), Chawanprash* etc

Second trimester

i)The diet should be one of rice, milk, butter and Ghee. Fruits such as Amalaki etc are advised. The drugs prescribed like Milk, Butter, Meat, *Shashtika Shali* also fulfill the need. *Ghrt* and *Madhura gana* help to prevent intrauterine growth retardation (IUGR).

ii)From the fourth month onwards-muscular tissue of fetus grows sufficiently requiring more protein, which is supplied by use of meat or meat soup.

iii)By the end of second trimester most women suffer from edema of feet and other complications of water accumulation. So, *Ghrta* or rice gruel medicated with *Gokshura(Tinospora cordifolia)* may be taken. Use of *Gokshura(Tinospora cordifolia)* a good diuretic in sixth month will prevent retention of water as well as its complications.

Third trimester

i)The drugs of V*idarigandhadi* group are diuretic, anabolic, relieve emaciation and suppress *Pitta* and *Kapha.* Their regular use in seventh month help in proper growth, maintaining health of mother and fetus.

ii)From the seventh month onwards, there should be less fat, less salt and less water in the diet therefore, rice kanji with a little ghee is advocated which avoids complications like pedal edema and hypertension.

iii)This gives the strength to the women to deliver normally without any complications. Rice gruel mixed with *Grta* should be given. Rice gruel with milk & *Gritha* is *Brumhana* thus helps in body building & weight gain.

CONCLUSION

-The *Rasa* derived from the diet taken by the pregnant woman serves three purposes, Nourishment of her own body, Nourishment of fetus, Nourishment of breast or formation of milk, thus increased demands of calories, fats and other nutrients is met.

-For proper growth of the fetus the required diet in every month, satisfy the needs during its course of time, like Proteins help for expansion of maternal plasma, the growth of uterus and breasts. Calcium meets the demands of both mother and fetus for strong bone. Certain minerals & Vitamins like sodium, potassium, vitamin B-6, B-12, magnesium etc help both maternal and fetal nourishment and immunity development.

REFERENCES

1. Pubmed, www.ncbi.nlm.nih.gov 25/12/2017
2. www.who.int25/12/2017
3. Pt. K.Shastri Charaka Samhita, Sharirasthana 8th chapter, Shlokano-32, edition 2012, Chaukambha Sanskrit sansthana, Varanasi. pg-831.
4. Dr.Shiva prasad Sharma Ashtanga Sangraha, Sharirastahna 3rd chapter, Shola no-3 edition 2008, Chaukhambha Sanskrit Series Office, Varanasi. pg.285.
5. Pt. K.Shastri Charaka Samhita, Sharirasthana 8th chapter, Shloka no-32, edition 2012, Chaukambha Sanskrit sansthana, Varanasi. pg-831.

CORRESPONDING AUTHOR

Dr Vibha Pali
PG Scholar Department of Swasthavritta,
S. J. G. Ayurvedic Medical College, Koppal
E-mail: vibhapali@gmail.com

Source of support: Nil,
Conflict of interest: None Declared

Cite this article as
Vibha Pali: Dietary Reforms for Healthy Pregnancy As Per Ancient Texts; ayurpub; III(4): 1014-1017