

ROLE OF DIET IN ANTENATAL CARE: AN AYURVED REVIEW

VD. PRIYANKA SHIVAJIRAO WAGHMARE¹, Vd.Prashant Dalvi²

¹.P.G.Scholar,².Guide,Associate Professor, Dept of *Prasuti Tantra* and *Stiroga*, Govt.Ayurved College, Vazirabad Nanded (Maharashtra, India)

Abstract

Garbhavastha ie antenatal period is at most essential period for beginning of a new life. Nutritional care of *Garbhini* i.e. pregnant women is very much essential for growth of *Garbha* i.e. fetus which results into better outcome of new born. All over the world there is implementation of ANC to reduce morbidity and mortality rate. National and international guidelines in pregnancy care widely increases at the same time modern technology of investigation have been increased .So early diagnosis of anomalies and fetal complications can be detected. But ancient dietary precautions during pregnancy especially are not widely advised in this protocol. Ayurved science takes care of not be hurt to fetus and mother by advising special monthly antenatal diet care i.e. *Masanumasik Paricharya (Ahar)*. *Ahar* i.e. diet described in ayurved texts much scientific and essential where modern lifestyle and fast food is altering all this consequences of better progeny.

Key words – *Garbhini, Masanumasik Paricharya ,Ahar, Garbh.*

Introduction:

Pregnancy is a beautiful phase in women's life. Life of women is not complete until and unless she gets pregnant. During pregnancy fetus starts to get nutrition from mother through placental circulation. Adequate nutrition is needed for monthly constant and proper development of embryo.

The requirement of nutrition varies according to development of fetus. Thus the dietary requirement of mother also changes month wise. By following these diet regimens prescribed the pregnant women remain healthy and delivers a child having good health, energy, strength, complexion and voice.

Material and Method: Ancient ayurved sanhitas i.e. texts including

Charak, Sushrut, Ashtang Sangrah from departmental and college library. Online research publications from various sites are used as study material.

Ayurved Literature Review:

Ahar Prasasti (Importance of *Ahar*): In above said *shloka* the *acharya* said that diet is importance for humans for growth and development.

AHAR(Food):-

Importance of Month wise diet regimen for fetal growth and development.^[2,3,4,5,6,7,8]

Human is born and grows from *proper diet*. So proper healthy diet should be maintained. The food and behavior should be such that the balanced diet is protected at all cost. Diet enhances mental health which naturally improves physical health.

As the fetus is a small form of human being. The birth and growth of child upon the food and actions of mother.^[1]

Text	Dietary Regimen	Role in Fetus
First Month		Milk is also called complete food. In the pregnancy milk can be ideal constitute of diet for pregnant women as it is source of calcium, lactose, butter fat will also has moderate amount of protein with anabolic properties that give strength. Pregnant women should not get constipated therefore mild laxative is recommended. Also in first month vomiting and dehydration are symptoms seen so milk overcomes all these symptoms. Milk is rich in Vit-B1, B2, B3, B6, B9, B12 all vitamin B are important for developing neuron and cells. During first month circulatory (Placenta) excretory neurologic systems are begin to develop. Milk is rich source of Folic acid, it prevent birth defects like neural tube defect, enaencphaly etc. ^[9]
<i>Charak Samhita</i>	Non Medicated milk	
<i>Sushrut Samhita</i>	Sweet, Cold and Liquid Diet	
<i>Asthang Sangrah</i>	Medicated Milk	
<i>Harit Samhita</i>	<i>Yasthimadhu</i> with butter	

Second Month		<p>Role in Fetus : <i>Madhur rasa</i> has anabolic property. Heart is first organ to develop around 8 weeks. Sweet taste is good for heart so <i>acharya</i> told to consume sweet taste medicated drug in Second month.</p>
<i>Charak Samhita</i>	<i>Madhur rasa</i> Medicated with milk	
<i>Sushrut Samhita</i>	Sweet, Cold and Liquid Diet	
<i>Asthang Sangrah</i>	<i>Madhur rasa</i> Medicated herbal drugs with milk	
Third Month		<p>Honey is good source of all vitamin B and also contain calcium magnesium, zinc, copper, Iron, Phosphorus, Na, K, these are all essential for growth of hair, nails, cartilage according to modern science we start iron and calcium supplement to pregnant women in third month. If we give milk with honey according to <i>acharya</i> in third month there will be no deficiency of iron and calcium.</p>
<i>Charak Samhita</i>	Milk with honey and <i>ghee</i>	
<i>Sushrut Samhita</i>	Sweet, Cold and Liquid Diet	
<i>Asthang Sangrah</i>	Milk with honey and <i>ghee</i>	
Forth Month		<p>Butter is rich source of fat, Calcium, Phosphorus, Vitamin, Potassium, Salt, Vit-A, D, E. According to modern Science Four month of gestation babies fingers, toes are well defined. Butter contain Vit-A, and Vit-A is more essential for development for eye, eyelids, eyelashes, Vit-D help your body to absorb phosphorus. Butter is reach in calcium to maintain Good bone density, bone strength and also good muscle function we should note that at that time <i>acharya charak</i> told to consume all these things^[10].</p>
<i>Charak Samhita</i>	Milk with butter	
<i>Sushrut Samhita</i>	Cooked <i>Sixty days old</i> rice with curd	
<i>Asthang Sangrah</i>	Milk with butter	

Fifth Month		According to modern science nervous system starting to function at this point. <i>Ghee</i> has good action on nervous system and good for development, it is good antioxidant carries carotene essential for cell regrowth and repair.
<i>Charak Samhita</i>	<i>Ghee</i> Prepared with butter	
<i>Sushrut Samhita</i>	Cooked <i>Sixty day old</i> rice with milk and <i>ghee</i>	
<i>Asthang Sangrah</i>	<i>Ghee</i> Prepared with butter	
Sixth Month		During 6 th month some pregnant lady complaints bipedal edema. If we give sweet taste herbal medicine it naturally decrease edema. Because it has diuretic properties
<i>Charak Samhita</i>	<i>Ghee</i> Prepared from Milk. Medicated from sweetened herbal drugs	
<i>Sushrut Samhita</i>	<i>Ghee</i>	
<i>Asthang Sangrah</i>	<i>Ghee</i> Prepared from Milk. Medicated from sweetened herbal drugs	
<i>Harit samhita</i>	Sweetened Curd	
Seventh Month		All organs are well develop in this month and nourishment is done by sweetened herbal medicated <i>ghee</i> because sweet taste increases strength, glow, stamina of body
<i>Charak Samhita</i>	Medicated <i>Ghee</i> with sweet	
<i>Sushrut Samhita</i>	Medicated <i>ghee</i>	
<i>Asthang Sangrah</i>	Medicated <i>ghee</i> with sweetened herbal drugs	
<i>Harit samhita</i>	<i>Ghritakhand</i>	
During 8 th and 9 th Month acharya <i>charak</i> and <i>sushrut</i> told all treatment for painless labor		

Discussion:

Pregnancy dietary regimen is very well documented in *ayurvedic* classics starting from *samhita* period. Ancient *ayurvedic* scholars knew the importance of women health for a hale and hearty progeny. In this regard scholars have prescribed monthly dietary regimen and lifestyle practices for whole pregnancy according to need of mother health and fetal development and wellbeing. Nausea and vomiting are the main complication experience by majority of women during pregnancy due to this there is possibility in pregnant women to get dehydrated and malnourished, scholars have advised liquid diet instead of heavy and solid food in first trimester to avoid such type of complication.

Conclusion:

Ancient scholars of *ayurveda* were very much aware about the need of antenatal care during pregnancy dietary regimen prescribed during *samhita* period are very much cope with antenatal care set by modern gynecologist. Use of milk and other liquid diet in first trimester of pregnancy is essential to avoid

dehydration and malnutrition and other complications pregnancy.

Role of milk, butter, Ghee in pregnancy essential for fetal development is described.

Finally the conclusion is that Acharya has clean observation and powerful thinking about diet for pregnancy and give ideal month wise diet to overcome babies hazard.

References:

1. Vaidya Anant Damodar Athawale, Indu Commentary On Astanga Sangraha, 1st Edition, Sharir Sthan 3/7, Pune, Shree Mada Atreya Prakasan.
2. Kasinath Sastri, Dr. Gorakhnath Chaturvedi, Charak Samhita With Hindi Commentary Vidyotini, Sharir Sthan: 8/21, Page No 213-214, Choukhamba Bharati Academy, Varanasi.
3. Acharya Ambika Dutta Sastri, Yadavji Trikamji, Ayurveda Tattva Sandipika Hindi Commentary On Susruta Samhita, 13th Edition, Sharir Sthan 10/4, Choukhamba Sanskrit Sansthan, Varanasi.
4. Vaidya Anant Damodar Athawale, Indu Commentary On Astanga Sangraha, 1st Edition, Sharir Sthan 3/5, Pune, Shree Mada Atreya Prakasan.
5. . Acharya Ramavalamba Shastri, Nirmala Hindi Commentary On Harita

- Samhita, 1st Edition, Tritiya Sthan, 49/1, Varanasi, Prachya Prakasan.
6. Kasinath Sastri And Dr. Gorakhnath Chaturvedi With Hindi Commentary Vidyotini, Charak Samhita Sharir Sthan 25/40, Choukhamba Bharati Academy.
7. Acharya Ambika Dutta Shastri, Yadavji Trikamji, Editor, Commentary: Ayurveda Tatva Sandipika Hindi Commentary on Susruta Samhita Of Susruta, Sharir Sthan 3/16
8. Wikipedia.Org [Homepage On Internet] New York; Wikipedia, Inc; C. Available From [Http://En.Wikipedia.Org /Wiki/Milk/](http://En.Wikipedia.Org /Wiki/Milk/);
9. Yourhealthybody.Jillianmichaels.Com/; [Homepage On Internet] North Adams, MA 01247. Health, Fitness And Nutritional Information For Educational Purposes. Inc; C. Nutritional-Value-Butter-3724. Available From [Http://Yourhealthybody.Jillianmichaels.Com/](http://Yourhealthybody.Jillianmichaels.Com/);

Corresponding author:

VD. PRIYANKA SHIVAJIRAO WAGHMARE

P.G.Scholar, Dept of *Prasuti Tantra and Striroga*,
Govt.Ayurved College, Vazirabad Nanded
(Maharashtra, India

Email: piyuwaghmare25@gmail.com

Source of Support: NIL

Conflict of Interest : None declared