



"Nourishing Pregnancy: Incorporating Ayurveda And Contemporary Nutritional Principles For Maternal And Fetal Well-Being"

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Abstract-

Introduction- The period of pregnancy is a period of rapid growth and changes. Pregnancy is both joyous as well as stressful journey as the body of mother undergoes varied changes. Nutrition plays very important role in pregnancy. The type of *Aahar* that is taken during pregnancy determines the health of the fetus. With the changing / increasing prevalence of Pregnancy related health issues it is important to know how various dietary patterns affect maternal and fetal health.

AIM & OBJECTIVE - To study the role of diet in *Garbhini Avastha*.

Material & Method - Material has been collected from ancient *Ayurveda* texts, Research Journals, and electronic databases.

Result And Discussion- *Ayurveda* is utilized to promote the health of both mother and unborn child by providing essential care during *Garbhini Avastha*. Incorporating both *Ayurveda* and modern knowledge helps gain a health pregnancy and also a healthy baby.

Keywords- Pregnancy, Fetus, *Aahar*, Nutrition, *Garbhini Avastha*.

Introduction-

Preventive care is highly valued in *Ayurveda*, which sees it as essential to preserving health and averting illness. This is especially clear in the way it handles pregnancy, when a thorough routine is advised to protect the health of the mother and the unborn child.

Garbhini Paricharya, or *Ayurveda* pregnancy care, emphasizes care aspects that are sometimes overlooked in modern medicine. Beyond merely replacing lacking vitamins or minerals, *Ayurveda's* holistic approach seeks to give each person a healthy lifestyle.

In contrast to treating problems after they occur, *Ayurveda* emphasizes taking preventive action to guarantee the best possible health results.

According to *Ayurveda*, the idea of "*Pathya Aahar*" (wholesome or appropriate diet) encompasses how important it is to preserve overall health and stave off illness. *Ayurveda* preventive treatment is based on the concepts of *Pathya Aahar*.

Throughout the lives, women have unique dietary needs, particularly before, during, and after pregnancy, when their nutritional sensitivity is at its highest. For mothers and their children to survive and be healthy, it is essential to provide them with wholesome food as well as sufficient services and attention.

AIM & OBJECTIVE: -

To study the role of diet in *Garbhini Avastha*.

MATERIAL AND METHOD: -

Material has been collected from ancient *Ayurveda* texts, Research Journals, and electronic databases. The study analysed *Masanumasik Garbhini Ahar* and diet according to modern science.

LITERATURE REVIEW: -

The combination of physical, emotional and psychological experiences that comes with pregnancy makes it a fascinating journey. It is a period of transition during which pregnant mothers deal with the challenges of giving birth. Giving birth is a special act.

Throughout their lives, women have unique dietary needs, particularly before, during, and after pregnancy, when their nutritional sensitivity is at its highest. For mothers and their children to survive and be healthy, it is essential to provide them with wholesome food as well as sufficient services and attention.

Women should eat healthy & safe diet before becoming pregnant in order to build up enough reserves for pregnancy. During pregnancy and lactation, there is rise in nutrient and energy requirements that should be met for the sake of the mothers and the child, health both during pregnancy and the early years of life.

PREVELANCE-

India has accounted for a third of global maternal deaths, at 19% (56,000). The Indian Maternal Mortality Rate (MMR) in 2009 was 212 maternal deaths per 100,000 live births, down from 398 maternal deaths per 100,000 live births in 1997.⁽¹⁾

The fetus begins receiving nourishment from the mother through placenta throughout pregnancy. For the embryo to develop properly and consistently each month, adequate nutrition is required. The fetal developmental stage determines the feeding needs. As a result, the mother's nutritional needs vary from month to month.

By adhering to these dietary recommendations, the expectant mother maintains her health and gives birth to a child with good health, vitality, strength, voice, and complexion. Additionally, the youngster would be well-built.

Month	<i>Charak Samhita</i> ⁽⁵⁾	<i>Sushruta Samhita</i> ⁽⁶⁾	<i>Astanga Samgraha</i> ^[7]	<i>Harita Samhita</i> ^[8]
1 st Month	Non medicated milk	Sweet, cold and liquid diet	Medicated milk in specific quantity	<i>Madhuyasti, Parusaka, Madhukapuspa</i> with butter honey and sweetened milk
2 nd Month	Milk medicated with <i>Madhura Rasa</i> drugs	Same as in 1 st month	Milk medicated with <i>Madhura Rasa</i> drugs	Sweetened milk treated with <i>Kakoli</i>
3 rd Month	Milk with honey and ghee	Same as in 1 st month	Milk with honey and ghee	<i>Krisara</i>
4 th Month	Milk with butter	Cooked <i>Sastika</i> rice with curd, pleasant food mixed with milk and ghee	Milk with 1 Tola (12gm) of butter	Medicated cooked rice
5 th Month	Ghee prepared with butter extracted from milk	Cooked <i>Sastika</i> rice with milk, <i>Jangala Mansa</i> mixed with milk and ghee	Ghee prepared with butter extracted from milk	<i>Payasa</i>
6 th Month	Ghee prepared from milk medicated with <i>Madhura</i> drugs	Ghee or rice gruel medicated with <i>Gokshura</i>	Ghee prepared from milk medicated with <i>Madhura</i> drugs	Sweetened curd
7 th Month	Same as in 6 th month	Ghee medicated with <i>Prithakparn yadi</i> group of drugs	Same as in 6 th month	<i>Ghritakhanda</i>
8 th Month	<i>Kshira Yavagu</i> mixed with ghee	<i>Asthapana Basti</i> with decoction of <i>Badari, Bala, Atibala, Satapuspa, Patala</i> , milk, ghee, <i>Mastu</i> , oil salt, <i>Madanaphala</i> , honey	<i>Kshira Yavagu</i> mixed with ghee, <i>Asthapana Basti</i> with decoction of ghee, <i>Anuvasana Basti</i> with oil medicated with <i>Madhura</i> drugs	<i>Ghritapuraka</i>
9 th Month		Unctous gruels and <i>Jangala Mansa Rasa</i> up to the period of delivery		Varieties of cereals

In many developing countries, these physiologic changes can be aggravated by under-nutrition, leading to micronutrient deficiency states, such as anaemia, that can have disastrous consequences for both mothers and newborn infants. Keeping this view in mind ancient *Ayurveda* physicians had planned a regimen for pregnant woman known as *Garbhini Paricharya*⁽²⁾

Ayurveda text states that, "If a pot filled with oil right up to the brim is to be carried without spilling even a single drop, every step has to be taken with care", the texts emphasis that a similar care and attention is required in taking care of a pregnant woman. ⁽³⁾

The *Ahara* consumed by *Garbhini* has threefold action i.e. providing nourishment to the body elements of mother, to the growing fetus and for the formation of breast milk.⁽⁴⁾ The fetal developmental stage determines the feeding needs. As a result, the mothers nutritional needs vary from month to month.

1st Trimester-

During the 1st trimester, women usually face the problems of nausea and vomiting thus, the use of cold, sweet liquid diets and milk will help. The most crucial nutrient throughout the first trimester is folate. There is increase requirement of folate during pregnancy, so folate rich diet like green leafy vegetables, legumes, eggs, seeds and nuts is advised.

2nd TRIMESTER-

From the fourth month onwards that is 2nd trimester, the fetal muscle tissue grows efficiently which requires extra protein, which is provided by meat and meat soups. According to *Acharya Harita*, sweetened curd is given to *Garbhini* in sixth month. Butter is also a much needed during pregnancy. It has *Vatapittashamaka*, *Avidahi*, *Rochana*, *Medhya*, *Balya*, *Brimhana* properties. As it is a vital growth phase, Protein Calcium, Omega-3, magnesium etc are required.

3rd TRIMESTER-

During 3rd trimester, majorly women have complaint of constipation, in order to prevent constipation *Laghu*, *Snigdha*, *Drava Aahar* and Fiber rich diet is advised.

Additionally, use of Basti (enema) in 8th month will relieve the constipation as it is Vata Anulomana.

The baby experiences a major development surge in the last trimester, accumulating the majority of its weight and getting ready for delivery so all the essential nutrients are added.

Discussion: -

The article highlights how diet is vital for the health of both the mother and the fetus throughout pregnancy because it is a time of major physiological changes for the mother. It emphasizes how micronutrient deficiencies, including anemia, can result from poor nutrition and have serious repercussions for both mothers and babies, particularly in developing nations like India. The necessity of receiving appropriate treatment during pregnancy is highlighted by India's high maternal death rate.

Most women have nausea and vomiting throughout the first trimester of pregnancy, which prevents them from eating a healthy diet. The use of cold, sweet liquid diets and milk will help prevent dehydration and provide the necessary nutrition. In addition, anabolic sweet group drugs will support the proper maintenance of the mothers and the fetal health, and the recommendation of memory-promoting drugs in therapy may be due to the fact that stress-causing environmental factors have a significant impact on the fetal physical and mental growth. Therefore, pregnant women's health and the growth of the fetus will be maintained.

Folate is useful in growth and development of fetus. It aids in the prevention of neural tube defects, which are severe brain and spinal birth abnormalities. So, there is a need of Folate rich diet for pregnant women.

As in 2nd trimester fetal muscle growth takes place, so meat and meat soups are advised. Meat has a lot of beneficial qualities. It provides strength, nourishment *Preenanam*, or contentment. Butter is rich in vitamin A, E, riboflavin, niacin, pantothenic acid, calcium, phosphorus, potassium, sodium so is advised. ⁽⁹⁾

According to *Acharya Harita*, sweetened curd is given to *Garbhini* in sixth month. Curd is rich in vitamin A, D, calcium, protein and probiotics ⁽¹⁰⁾. It helps cool down body temperature and also helps calm the emotional center and prevent stress and anxiety. It also prevents *Kikkisa* (striae gravidarum).

A common term for the second trimester is the "growth phase." The infant's organs, muscles, and bones are expanding quickly. Calcium & Vitamin D: Crucial for the development of the baby's bones and teeth. Omega-3 Fatty Acids (DHA/EPA): Vital for the baby's brain, eye, and nervous system development. Protein: The need for protein continues to rise to support the baby's growth. Magnesium & Potassium: These minerals can help with common second-trimester symptoms like leg cramps.

Most of the pregnant women experience constipation in late pregnancy due to the pressure of the gravid uterus over the bowel and effect of progesterone. Additionally, use of Basti (enema) in 8th month will relieve the constipation as it is *Vata Anulomana* besides may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour. ⁽¹¹⁾

Additionally, pregnant lady's body is getting ready for labor, therefore foods high in energy, fiber rich and easy to digest are important. Iron: To support the baby's final growth and keep the mother from becoming anaemic, the daily iron requirement keeps rising. Protein & healthy Fats are essential for baby's weight gain and also provides long lasting energy to mother. Calcium is necessary for growth and density of bones of both mother and fetus. Probiotics and Fiber helps maintain gut health and helps reduce problems like bloating and constipation which is usually common in 3rd trimester. As part of its holistic approach, *Ayurveda* emphasizes a monthly nutrition plan (*Masanumasik Garbhini Ahar*) to support the health of both the mother and the fetus. This conventional method aims to promote general health rather than just treating vitamin and mineral deficiencies. Each month, the mothers nutritional demands vary according to the foetus changing eating needs and developmental stage.

Following these dietary guidelines is thought to preserve the health of the expectant mother and help deliver a child with good health, strength, voice, and complexion.

Conclusion: -

The article asserts that a meticulously structured diet during pregnancy, integrating concepts from ancient *Ayurveda* literature and contemporary nutritional research, is essential for the health and welfare of both the expectant woman and the developing foetus. The changing needs during each trimester are addressed by the *Masanumasik Garbhini Ahar's* month-by-month dietary modifications as well as modern nutritional guidelines. Pregnant women who follow these guidelines can promote healthy fetal development, control frequent pregnancy discomforts, and accumulate enough reserves for lactation and delivery, all of which will ultimately lead to a better outcome for mother and child. *Ayurveda's* emphasis on holistic care offers a thorough framework that goes beyond dietary supplements to include general well-being during this critical time.

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