

Antenatal care in Ayurveda

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Abstract:

Being Mother is the greatest feeling for every women's life. In that phase (Pregnancy and parturition) of life women and her baby growing in her womb passes through so many changes to face this changes she needs strength which she get from her food¹ which she take during pregnancy and the baby is totally depend on mother so if mother take proper *ahara* (diet) and *vihara* during pregnancy it helps to be healthy. Proper *ahara*, *vihara* leads to proper growth and development of baby. And prevent them from any health problems during that period. In *Ayurveda* the Antenatal care comes under the heading of "*Garbhini Paricharya*". And some do's and don'ts come under the *Garbhaposhaka bhava* and "*Garbhopghatkara bhava*". In this two *garbhposhak* and *garbhopghatkara bhava* the things which are good for fetus and harmful for foetus are given.

Keywords: Pregnancy, *Garbhini paricharya*, *Garbhposhaka bhava*, *Garbhopghatkar bhava*

Introduction:

Giving birth to a baby is the greatest thing in every women's life. But the period of pregnancy and the child birth is so delicate for mother and baby both because during this process of nine months there are so many changes through which both travels. Now days lifestyle of people get changed which causes so many health issues like miscarriage, pregnancy induced hypertension, premature labour, preeclampsia, oligohydramnios, etc. Food habits are also changed which are not good for pregnant women. Especially in prime's they don't know what to do and not to do during pregnancy. Which things are good or which are harmful for them and their baby during pregnancy. In any community, mother and children constituent a priority group in sheer number they comprise approximately 71% of population of developing country¹

Ayurveda have two main goals first is to keep person healthy and second is to cure diseased one. So for that first

goal to keep people healthy there so many up and downs are given for every age group and every condition of life. Pregnancy is the one phase in which women go through so many changes if she follow all the merits and demerits given in *Ayurveda* for pregnant women in *Garbhini paricharya*, *Garbhaposhaka bhava*, *Garbhopghatkar bhava*, *Garbhini paricharya* means the proper *Ahara* and *vihara* which should be taken by *garbhini* to being healthy and keep foetus healthy with proper growth. Health of baby is closely related to maternal health, a healthy mother brings birth to a healthy baby & less chances of premature birth, still birth or abortion². *Garbhposhaka bhava* means the factors which enhance the growth and development of fetus. *Garbhopghatkar bhava* are the things which are damaging the fetus health.

Garbhposhaka bhava:(Factors for growth & development of fetus):

These are the rules which have to follow by every pregnant woman for healthy pregnancy. From the first day of conception should always cherish a clear joyful spirit in a clean body. She should wear clean & white cloths; engaged herself in doing of peaceful things. Live in devotion of Gods, superiors, her elders. She should not consume the food that should be amply sweet, palatable (*Hradya*), well cooked, prepared with appetizing drugs and abounding in fluid substance, The couch & bed of pregnant women should be low, soft & guarded with number of pillows from all sides³. There are some drugs which are taken with milk reduces the chances of miscarriage are the *Garbhsthapaka*

Drugs these are *Aindri* (*Baccopa Monnieri*), *Shatavari* (*Asparagus recemosus*), *Bramhi* (*Boccopa Muniera*), *Sahastravirya*(variety of *durva*), *Amongha* or *patala*(*Stereospermum suuaveolens*), *Arishtha*(*picrorhiza kurroa*), *Vatyapushpi* or yellow variety of *bala*(*Sida cardifolia* Linn.) *vishvaksenkanta* or *Priyangu*(*callicarpa macrophylla*). Root of *Trivritta* (*Operculina Tharpethum*) is tagged to the west of pregnant women is good for her health⁴.

Garbhopghatkara bhava (Factors responsible for damaging the foetus):

These are the thing which has to avoid during pregnancy to avoid any complications during pregnancy. She should not touch or come in contact with unclean, deformed person, avoid dreadful sights and painful or agitating sound and use of dry, stale, putrefied food as well as wet food. Long distance walk from home, resort to cremation-ground or to solitary retreat, talk in loud voice³

Food like cereals, heavy for digestion, sour, hot milk should be avoided during pregnancy. *Surana* (*Amorphophyllus paeoniifolius*), Garlic, onion should also avoid in pregnancy. Exercise, sex, Anger, sorrow, more walking, jumping are not good for health in that period.⁵

Seating on two legs, seating on rough & unequal surface, suppression of natural urges (urine, stool, fart), doing heavy workout, more use of hot & spicy, consuming food of only one test for long time, avoid fear, travelling on unequal roads with jerks, sleeping on back, in

open space, going out at night, intercourse.⁶

Garbhini paricharya or Masanumasik pathya: (Regimen for healthy baby):

Garbhini paricharya means the regimen to follow in nine months of pregnancy which are good for the healthy pregnancy and proper growth and development of fetus given by *Acharya* in *samhitas* are as follows:

Month's	<i>Charak samhita</i>	<i>Sushrut samhita</i>	<i>Harit Samhita</i>	<i>Ashtang Sangraha</i>
1 st month	only Milk ⁷	<i>Madhurrasatmak, sheet gunatmak, liquid diet</i> ⁸	<i>Yashtimadhu Falsa, Madhuk</i> flower with butter, milk & sugar ⁹ .	Unprocessed & cool milk, <i>Ghrut</i> in gold vessel followed by cold water ¹⁰
2 nd month	Milk medicated milk with sweet drugs ⁷	<i>Madhurrasatmak, sheet gunatmak, liquid diet</i> ⁸	<i>Kakoli</i> with Honey ⁹	Milk processed with drugs of sweet test ¹⁰
3 rd month	Milk with honey and <i>Ghrita</i> ⁷	<i>Madhurrasatmak, sheet guna, liquid diet, Shashtik rice with Milk</i> ⁸ .	<i>Krishara</i> ⁹	Milk processed with drugs of sweet test along with ghee and honey ¹⁰
4 th month	Milk with butter ⁷	<i>Satthisali</i> with curd & food mixed with milk & butter, <i>Jangal mansa</i> ⁸	Rice ⁹	Sweet milk with one aksh of fresh butter ¹⁰
5 th month	<i>Ghrita</i> prepared with butter extracted from milk ⁷	<i>Shashtik shali</i> with milk & clarified butter ⁸ .	Milk ⁹	Milk with ghee ¹⁰
6 th month	<i>Ghrita</i> medicated with <i>madhur rasatmak</i> drugs ⁷	<i>Shashtik Shali</i> with clarified butter & decoction of <i>swadanshtra</i> ⁸ .	.Sweet Curd ⁹	Milk with ghee processed with sweet drugs ¹⁰
7 th month	<i>Ghrita</i>	Clarified butter	<i>Ghrit</i> with Sugar ⁹	Fresh butter

	medicated with <i>madhura rasatmak</i> drugs ⁷	with <i>Prukthparnyadi gana</i> drugs ⁸ .		processed with drugs of sweet test. ¹⁰
8 th month	<i>Kshir Yavagu</i> with <i>ghrita</i> ⁷	<i>Asthapan basti</i> (enema) with decoction of <i>bada</i> (<i>Ziziphus mauritiana</i>)& <i>bala</i> .(<i>Sida cordifolia</i>), Liquid food made up of emollient substances (fats) & soup of flesh of <i>Jangala mamsa</i> . ⁸	<i>Ghrita</i> ⁹	Gruel of rice & milk with ghee ¹⁰ .
9 th month	<i>Anuvasana basti</i> with <i>madhurrasa siddhataila</i> & <i>pichu</i> (vaginal tempon) of that <i>taila</i> . ⁷	Liquid food made up of emollient substances (fats) & soup of flesh of <i>Jangala mamsa</i> . ⁸	All type of food which she want ⁹	Gruel of rise mixed with fats and soup of flesh of animals live in desert ¹⁰

Acharya wagbhata says if there miscarriage in first month then give Milk medicated with *Yashtimadhu* (*Glycyrrhiza glabra*), *shakabeej*, *kshirkakoli* (*Lilium polyphylus*), *Devdaar* (*pinus cedrus deodar*), In second month Milk medicated with *Apata* (*bohini racemosa*), *Kale til* (black sesame oil), *Manjishtha* (*Rubia cordifolia*), *Shatavari* (*Asperagus racemosa*). In third month Milk medicated with *Baandgul* (*Pluchea lanceolata*), *Kshirkakoli* (*Lilium polyphylus*), *Shwet & Krushna Sariva* (*Hemodesmus indicus*). In fourth month Milk medicated with *Dhamasa* (*alhagi mouromum*), *Sariva* (*Hemodesmus indicus*), *Rasna* (*Inula*

racemosa), *Manjishtha* (*Rubia cordifolia*), *Yashtimadhu* (*Glycyrrhiza glabra*). In fifth month Milk medicated with *Brihati* (*solanum indicum*), *Kashmri* (*Gmelina naarborea*), *Kshirivruksha* (*Ficus racemosa*) *Twak* (*cinnamomum zeylanicum*) & *Ghrita* In sixth month Milk medicated with *Prushniparni* (*uraria picta*), *Bala* (*sida cardifolia*), *Shigru* (*Moringa olifera*), *Gokshura* (*tribulus terrestris*), *Madhuparni* (*herpistris monnera*). In seventh month milk medicated with *shingada* (*trapa bispinosa*), *shringataka* (*trapa bipinnosa*), *draksha* (*vitis munifera*), *keshara* (*crocus sativus*), *yashtimadhu* (*Glycyrrhiza*

glabra), sugar. In eighth month milk medicated with *kapitha* (*Limonia acidissima*), *bilva* (*Aegle marmelos*), *brihti* (*Solanum indicum*), *patol* (*Tricentus diocahossus*), *ikshu* (*Saccharum officinarum*), *dorli* (*Solanum indicum*). In ninth month milk medicated with *Sariva* (*Hemodesmus indicus*), *Dhamasa* (*Alhagi mouromum*), *Kshirkakoli* (*Lilium polyphylus*), *yashtimadhu* (*Glycyrrhiza glabra*). In tenth month milk medicated with *yashtimadhu* (*Glycyrrhiza glabra*), *suntha* (*Zizyber officinale*), *devdaar* (*Pinus cedrus deodar*) should be given to the pregnant women.¹¹

Discussion:

In this way, above article emphasized mainly on importance of antenatal phase and parturition phase according to *Ayurvedic* literature and suggests proper care for pregnant woman for healthy child birth.

Conclusion:

All *acharya* Advise to take proper rest, avoid exercise, take proper diet because the growth and development of foetus is totally depend on the dietary and living habits of mother. So it is so important to take care of mothers *Ahara* and *vihara* for the proper growth and development of the fetus as well as to maintain the health of pregnant mother.

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Cite this article:

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Ayurline: International Journal of Research In Indian Medicine 2018; 2(6) : 1-6