

Importance of Shodhana and diet plan before and during pregnancy.

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ABSTRACT

Pregnancy and parenthood are amongst the most exciting events in the life of an individual women. In conception of pregnancy, egg (ova) and sperm cells unite to form a zygote. This zygote implant into uterus give rise to a fetus. In Ayurveda, this depends on various factors such as *Ritu Kshetra Ambu Beeja Atma Manas Kaala shadbhavas*. The *Pancha maha bhootas* and *Tridoshas* play a very important role in the formation of Garbha, due to their effect garbha shall obtain certain good /bad qualities. . To remove the impurities of body method of *shodhana* is useful. Appropriate diet (*Pathya ahara vihara*) of mother during pregnancy is necessary for a healthy progeny.

KEYWORDS:

Pregnancy, Garbha, Shodhana, Diet, Ahara

INTRODUCTION:

Life of woman can be classified into 3 phases: Pre Reproductive, Reproductive & Post Reproductive phases. Onset & cessation of menstruation are the borders of reproductive phase. Acharya Arunadatta explains *rutu* as the phase where the formation of *artava* takes place^[1]; further in the same context he explains the expulsion of the *shuddhartava*. In Ayurvedic classical state the concept of *rutu* right from the *garbhadana samskara* where in Acharya Sushruta mentions the factors responsible for *garbha as rutu, Kshetra, ambu, beeja*^[2]. Term *rutu* referring the fertile period of *stree* is given prime importance among the *garbhasambhava samagri*. In the formation of *Garbha* very important role will be played by equilibrium status of *Pancha maha bhootas & Tridoshas*. *Rutu kaala, Maanasika swasthya* of the

couple during conception and mother during pregnancy, *Pathya ahara vihara* of mother during pregnancy, Proper *garbhini paricharya* and *Rutumati charya*, Stress free mind, *Yoga asana, pranayama, dhyana, Vyayama*, naturopathic procedures like *Sodhana* (detoxification), hydrotherapy, mud therapy, magnetotherapy, chromotherapy, massage, steam bath. All these help to get a *Shreshta Garbha*.

Ancient scholars of Ayurveda have stated what to do and not to do for a pregnant women in detail, however *Acharya Harita* has prescribed a month wise dietary schedule in respect to growth and development of foetus too.^[3]

Sodhana means removal of *Doshas* from body. *Shodhana* is processes which removes unwanted material from the body. *Sodhana* also help to treat causes of infertility like polycystic ovarian diseases. Practice of *Nadi sodhana* during pregnancy help to remove stress.

AIMS AND OBJECTIVES:

AIM:

To discuss Important role of shodhana and diet before and during pregnancy to achieve *Shreshta Garbha* and healthy baby at end of pregnancy.

OBJECTIVES

- To discuss role of shodhana before and during pregnancy
- To discuss role diet before and during pregnancy

DESCRIPTION

Ayurveda and modern parlance both has thrown enough light upon the *Garbhavikasha* i.e sequential development of *Garbha* (embryo/foetus). Many classics of ayurveda have affirmed this developmental interpretation in month wise, but observations of *Acharya Harita* to this concern was more accurate and distinct. Based on observed changes transpired in couple of days or week in *Garbha* (embryo/foetus). To his opinion, the shape of *Garbha* (embryo/foetus) advances in chronological way like *budbud* (bubbles like); First day to *sonita* (resemblance of blood); tenth day then *Ghana* (solidified /compact); fifteenth day to *mamsapinda* (mass); twenty day etc. In order to provide proper nourishment and to fulfil the demands according to respective stages of *Garbha* (embryo/foetus)^[3].

SHODHANA: *Sodhana* is method of purification which help to remove all types of impurity and help established *shrestha garbha*. *Nadi shodhana* is method in which alternate breathing from nostril takes place. This *Nadi shodhana* help to relive during pregnancy. In infertility like polycystic ovary disease *sodhana* is use for treatment.

The desired properties are as follows-

- Presence of visible & invisible impuri- ties
- Hardness
- Help to improve air flow
- Relive stress

DIET -Unprocessed, natural, organic, rich in vit E &B6 also in omega3 &9. Cereals, Millets, Nuts, Avacado, apple,

cucumber seed, flax seed, Increases fertility. Garlic stimulates fertility.

Acharya Harita has suggested to adopt a scheduled diet pattern as per month wise. The details of these diet pattern have been given in Table-01 while the details of *Garbha vikasaha krama* (sequence of development of fetus) has been presented in Table- 02.

Table no.1:Month wise recommended diet by Acharya Harita

Month	Recommended Diet
1 st	<i>Yastimadhu, parusaka, madhuka with Navaneeta, madhu, sarkara</i>
2 nd	<i>Kakoli-Sarkara-Dugdha</i>
3 rd	<i>Krishara</i>
4 th	<i>Samskruta Odana</i>
5 th	<i>Payasha</i>
6 th	<i>Madhura-Dadhi</i>
7 th	<i>Ghreeta khanda</i>
8 th	<i>Ghreeta Puraka</i>
9 th	<i>Vividhaanna</i>

Table no.2: Garbha vikasa krama (sequence of development) according to Harita Samhita

Days / month	Development
First day	<i>Budbud</i> (Bubbles like)
Tenth day	<i>Sonita</i> (Resemblance of blood)
Fifteenth day	<i>Ghana</i> (Solidified/compact)
Twentieth day	<i>Mamsapinda</i> (fleshy mass)
Twenty fifth day	<i>Panchatwa prabhava</i> (five elemental things)
One month	<i>Panchabhuta</i>
Fifty day	<i>Ankura</i>
Three month	<i>Hasta, pada</i> (Parts and organs)
Three and half month	<i>Sira</i> (Head)
Fourth month	<i>Loma</i> (Lanugo hair)

Fifth month	<i>Sujiva</i> (lively)
Sixth month	<i>Sphurana</i> (quivering)
Eighth month	<i>Jatharagni</i> (Digestive fire)
Ninth month	<i>Chesta</i> (Organ systems able to function/activity)
Tenth month	<i>Prasava kala</i> (Onset of delivery)

DISCUSSION:

Following the methods of *Shodhana and pathya ahara vihara* (appropriate diet) helps to rejuvenate body and strengthens every system of body making the body fit for *garbhadharana*. Method like *Nadi shodhana* will help to attain stability of mind and body, strengthens body, relieves stress which needed for non conception. Diet factor plays a very important role as junk food, fast foods, stored food which are common in present time many causes various diseases hence conception is hindered. Excessive coffee, tea or beverages intake, smoking, alcohol also reduces fertility rate. Avoiding all these and following *saatvika* lifestyle results a *shrestha garbha*.

CONCLUSION:

Holistic approach of *Shodhana and appropriate diet naturopathic measures* helps to detoxify and balance *doshas* and purify the reproductive system and give rise to a healthy progeny with *shreshtha guna sampanna Garbha*. The nutritional well-being of women as they conceive, affects not only the development of the foetus but also the genetic organization of the future metabolic responsiveness of the child and later, the adult. According to WHO – Good Maternal Nutrition the Best Start in Life.

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