

**GARBHINI PATHYA AHARA: FROM MONTHLY NUTRITION TO MISCARRIAGE  
PREVENTION****Dr. Padhma Sree M.\*<sup>1</sup>, Dr. Rajani Kagga<sup>2</sup>**<sup>1</sup>PG Scholar, Department of *Prasuti Tantra & Stree Roga*, Sri Sri College of Ayurvedic Science and Research, Bangalore.<sup>2</sup>BAMS, MS(AYU), Associate Professor, Department of *Prasuti Tantra & Stree Roga*, Sri Sri College of Ayurvedic Science and Research, Bangalore.**\*Corresponding Author: Dr. Padhma Sree M.**PG Scholar, Department of *Prasuti Tantra & Stree Roga*, Sri Sri College of Ayurvedic Science and Research, Bangalore.DOI: <https://doi.org/10.5281/zenodo.17745934>**How to cite this Article:** Dr. Padhma Sree M.\*<sup>1</sup>, Dr. Rajani Kagga<sup>2</sup> (2025). Garbhini Pathya Ahara: From Monthly Nutrition To Miscarriage Prevention. World Journal of Pharmaceutical and Medical Research, 11(12), 26–35.

This work is licensed under Creative Commons Attribution 4.0 International license.



Article Received on 20/10/2025

Article Revised on 10/11/2025

Article Published on 01/12/2025

**ABSTRACT**

**Introduction:** The nourishment of the mother is the foundation upon which the health, vitality, and intellect of the *Garbha* are built. *Ayurveda* recognizes *Garbhini Ahara* (maternal nutrition) as a crucial determinant of organogenesis, intrauterine growth, and postnatal vitality, emphasizing that the quality of maternal diet and digestion directly influences fetal outcomes and the constitutional strength of the new-born. The classical concept of *Masanumasika Garbhini Pathya Ahara* advocates a month-wise dietary regimen tailored to the progressive needs of the developing *Garbha*. This regimen emphasizes that appropriate and wholesome diet not only sustains the physiological and psychological well-being of the mother but also ensures the proper formation of fetal tissues and organs. **Methods:** A comprehensive review of the *Pathya Ahara* mentioned in key *Ayurveda* treatises was conducted, emphasizing monthly dietary habits as delineated in *Yogaratnakara*, *Bhavaprakasha*, *Sahasrayogam*, *Arogya Kalpadruma*, *Basavarajeeyam*, and *Chakradutta*. **Results:** Findings from these classical texts reveal a structured month-wise diet according to fetal development stages. In the initial months, easily digestible, nourishing, and *Madhura Rasa* foods such as *Ksheera* preparations, *Ghrita*, and selected herbs are advised to prevent miscarriage, ensuring the stability and maternal strength. Progressive months suggest tailored foods—like *Mamsa Rasa*, drugs like *Gokshura* etc. which helps to prevent complications later helps for supporting lactation too. **Discussion & Conclusion:** The month-wise diet detailed in *Yogaratnakara*, *Bhavaprakasha*, *Sahasrayogam*, *Arogya Kalpadruma*, *Basavarajeeyam*, and *Chakradutta* is not yet explored as it is not included in *Brihatrayees*. These guidelines align closely with contemporary principles of prenatal health, underlining the scientific validity of *Ayurveda* wisdom and its potential for integration into modern maternal care for optimal pregnancy outcomes.

**KEYWORDS:** *Masanumasika Pathya Ahara*, *Garbhini*, *Garbhasrava Hara Pathya Ahara*.**1. INTRODUCTION**

*Yad Annapaanam Prayena Garbhini Stri Nisevate  
Raso Nirvartate Tadrik Tridha Cha Asya Pravartate  
Matru Pushtyartham Ekamsho Dvitiya Garbha Pushtaye  
Tritiyah Sthana Pushtyartham Narya Garbhastu  
Pushyati*(Ka. Su. 18/6-7).<sup>[1]</sup>

*Garbha* is considered as a small form of *Purusha*, *Janma*, *Vridhi* of *Garbha* depends on *Ahara* (Nutrition) taken by mother. *Ahara* taken by *Garbhini* also nourishes her own body, helps in the formation of breast milk and helps in development of fetus.<sup>[1]</sup> Each month

have different *Ahara* which depends on the growth of fetus. These dietics are arranged in such a way to avoid miscarriage and other complications. *Ayurveda* texts like *Yogaratnakara*, *Bhavaprakasha*, *Sahasrayogam*, *Arogya Kalpadruma*, *Basavarajeeyam*, and *Chakradutta* have mentioned specific month-wise diet which are yet to be explored. The uniqueness of this diet is though medicinal plants are mentioned instead of using them an *Aushadha* it is given in the form of *Ahara* through *Ksheerapaka* as *Garbhini Pathya*.

## 2. MATERIALS AND METHODS

### 2.1 Aim & Objectives

- To study and highlight the *Garbhini Masanumasika Ahara/ Pathya* (month-wise dietary regimen for pregnant women) as explained in *Ayurveda* texts other than the *Brihatrayees* texts like *Yogararnakara*, *Bhavaprakasha*, *Sahasrayogam*, *Arogya Kalpadruma*, *Basavarajeeyam*, and *Chakradutta*.
- To analyse the scientific reasoning behind each month's dietary recommendation based on *Rasa*, *Guna*, *Veerya*, *Vipaka*, and *Prabhava*.
- To assess the preventive and supportive role of the *Ayurveda* month-wise diet in maintaining maternal health and promoting proper fetal growth.

### 2.2 Concept of Ahara as Aushadha

*Na Cha Aaharasamam Kinchit Bhaishajyaamupalabhyate Shakyate Apyannamaatre Na Narahe Kartum Niraamayaha (Ka.Khi.4/5)<sup>[2]</sup>*

No medicine is equivalent to food. It is possible to make person diseases free with just proper diet. Health is dependent on food. The food enhances *Preenana*, *Bala* and makes the body steady. *Ahara* increases *Ayu*, *Tejas*

(*Agni*), *Ojas*.<sup>[3]</sup> Most of the incurable diseases are produced due to *Vishamashana* (improper intake of food). So intelligence and self-controlled people man should consume conducive food in right quantity, at the right time to prevent diseases.<sup>[4]</sup>

### 2.3 Importance of Garbhini Ahara in Garbha Vriddhi & Poshana

*Acharya Charaka* mentions that *Garbha* is *Paratantravrutti* (completely dependent), as it does not feel hunger and thirst and is totally dependent upon the mother. The fetal *Nabhi* (Umbilicus) is connected to *Nabhi Nadi* (Umbilical cord) and then attached to *Apara* (Placenta), from there to *Matru Hridaya* to *Rasavahanadi* carrying the essence of mother's diet and the fetus grows through *Upasneha* & *Upasweda*. From the time of conception up to period until the body parts of fetus are not fully conspicuous it get its sustenance by *Upasneha* through the vessels running obliquely into all body parts. *Acharya Dalhana* have given the simile that as a tree situated on the bank of a full pond derives its nourishment similarly fetus also receives its nourishment.

### 2.4 Effects of taking Apathya Ahara (abnormal food) during Pregnancy<sup>[5]</sup>

<i>Varjya Ahara</i>	<i>Tasya Parinama</i>
<i>Teekshna</i> , <i>Ushna</i> , <i>Atimatra Sevana</i> <i>Pramitashana Sevana</i>	<i>Antha mriyate</i> (IUFD), <i>Akale</i> (Premature birth), <i>Sramsanam</i> (miscarriage), <i>Shosha</i> (missed miscarriage)
<i>Madya Nitya</i>	<i>Pipasalu</i> , (thirsty) <i>Alpasmrithi</i> , (short memory) <i>Anavasthitha Chitta</i> (fickle mind)
<i>Godhamamsa</i>	<i>Ashmari</i> , (bladder stone) <i>Shanairmeha</i> (slow stream of urine)
<i>Varahamamsa</i>	<i>Raktaksha</i> (red eyes), <i>Krathana</i> (sudden respiratory arrest), <i>Atiparushaloma</i> (rough body hair)
<i>Matsyamamsa</i>	<i>Chiranimesham</i> (delayed blinking), <i>Sthabdaksham</i> (fixed eyes)
<i>Madhuranitya</i> (excessive consumption)	<i>Prameha</i> , <i>Mooka</i> (dumb), <i>Atisthula</i> (obese)
<i>Amlanitya</i> (excessive consumption)	<i>Raktapitta</i> , <i>Twak</i> , <i>Akshiroga</i> (skin and eye disease)
<i>Lavana Nitya</i> (excessive consumption)	<i>Sheegraivalipalitha Khalitya</i> (premature wrinkling, greying, balding)
<i>Katu Nitya</i> (excessive consumption)	<i>Durbala</i> (weak), <i>AlpaShukra</i> (less Shukra), <i>Anapatya</i> (infertile)
<i>Tikta Nitya</i> (excessive consumption)	<i>Shosha</i> (emaciation), <i>Abala</i> (weakness), <i>Anupachitam</i> (weak digestive fire)
<i>Kashaya Nitya</i> (excessive consumption)	<i>Syavamanaha Udavarta</i> (swarthy(dark complexioned), flatulence)

When a *Vata*-aggravating diet is consumed during pregnancy, the fetus may develop deformities such as *Kubja* (dwarfism), *Kuni* (absence or malformation of hands or fingers), *Pangu* (immobile limbs), *Muka* (dumbness), or *Minmina* (nasal voice). If any part of the mother's body is affected by *Vatadi Dosha*, the same part of the fetus is likely to be influenced as well.

In cases where the diet predominantly increases *Kapha*, the fetus may suffer from disorders such as *Kushta* (skin

diseases), *Kilasa*, *Switra* (leukoderma), congenital teeth formation, or *Janmajata Pandu* (congenital anaemia). Hence, maintaining a balanced diet according to *Dosha* and *Rasa* principles is essential for ensuring a healthy pregnancy and preventing fetal abnormalities.

### 2.5 Benefits of following Pathya Ahara during Pregnancy

- Acharya Charaka* mentions that by following *Pathya Ahara*, the *Garbha* attains normal growth

and development without any abnormalities, *Garbhini* will also remain healthy delivering a child possessing with *Arogya*, *Bala*, *Varna*, *Svara*, *Samhanana*, *Sampadupetam* (good health, energy, strength, voice, compactness).<sup>[5]</sup>

- By following this, *Garbhini Kukshi*, *Kati*, *Parshwa*, *Prishta* becomes soft, does *Vatanulomana* there by restoring all the functions of *Prakruta Apana Vayu*. Skin, nails becomes soft, increase in strength, complexion etc. and delivers at term which is healthy, excellent, possessing all qualities and long life.

## 2.6 *Garbhini Paricharya* according to various authors apart from *Brihatrayees*

### 1. *Samanya Pathya Ahara* - Whole some diet during pregnancy

*Mudga Godhuma Shashtika Shali Jangalaja Rasah Bilva Kushmanda Pattura Patolam Bala Mulakam Karavellaka Vartaka Jivanti Tanduliyakam Draksha Dadima Kharjura Kshiram Takram Ghritanvitam Laghu Pathyam Cha Yad Dravyam Garbhinya Hitam Uchyate* (Ba.S.15/111).<sup>[6]</sup>

Category	Recommended Foods for <i>Garbhini</i>
<b>Cereals &amp; Pulses</b>	<i>Mudga</i> (Green gram), <i>Godhuma</i> (Wheat), <i>Shashtika Shali</i> (A type of rice harvested in 60 days)
<b>Soups / Meat preparations</b>	<i>Jangala Mamsa Rasa</i> (Soups prepared from the meat of animals living in dry lands)
<b>Vegetables</b>	<i>Kushmanda</i> (Ash gourd), <i>Pattura</i> , (dwarf copperleaf) <i>Patola</i> (Pointed gourd), <i>Bala Mulaka</i> (Tender radish), <i>Karavellaka</i> (Bitter gourd), <i>Vartaka</i> (Brinjal), <i>Jivanti</i> , <i>Tanduliyaka</i> ( <i>Amaranthus</i> )
<b>Fruits</b>	<i>Draksha</i> (Grapes), <i>Dadima</i> (Pomegranate), <i>Kharjura</i> (Dates) <i>Bilva</i> ,
<b>Dairy Products</b>	<i>Kshira</i> (Milk), <i>Takra</i> (Buttermilk), <i>Ghrita</i> (Ghee)
<b>General Nature of Food</b>	<i>Laghu</i> (Light), <i>Pathya</i> (Wholesome, suitable for digestion), <i>Snigdham</i> , <i>Dravam</i> , <i>Madhura Prayam</i>

### 2. *Vishesha Pathya Ahara* - Whole some diet during pregnancy disorders.

*Shaalyah Shashtika Mudga Godhuma Laaja Saktavah Navanitam Ghritam Kshiram Rasah Samadhu Sharkarah*

*Panasah Kadalam Dhatri Draksham Amlam Swadu Sheetalam* (Ba.S.16/207)

Category	Recommended Foods for Ailments in <i>Garbhini</i>
<b>Cereals &amp; Pulses</b>	<i>Shali</i> (Rice), <i>Shashtika</i> (A variety of rice maturing in 60 days), <i>Mudga</i> (Green gram), <i>Godhuma</i> (Wheat)
<b>Prepared Foods</b>	<i>Laaja</i> (Puffed rice), <i>Saktava</i> (Soft rice preparations)
<b>Dairy Products</b>	<i>Navaneeta</i> (Fresh butter), <i>Ghrita</i> (Ghee), <i>Kshira</i> (Milk)
<b>Soups &amp; Sweeteners</b>	<i>Rasas</i> with <i>Madhu</i> (Honey) and <i>Sharkara</i> (Sugar)
<b>Fruits</b>	<i>Panasa</i> (Jackfruit), <i>Kadali</i> (Banana), <i>Dhatri</i> (Indian gooseberry or Amla), <i>Draksha</i> (Grapes)
<b>General Nature of Food</b>	<i>Swadu</i> (Sweet), <i>Sheetala</i> (Cooling)

### 3. *Masanumasika Pathya Ahara* – Month-wise Regimen

Tab. 1: *Garbhini Pathyahara*.<sup>[7, 8]</sup>

<i>Garbhini Pathyahara</i>		
Month	<i>Sahasrayogam</i>	<i>Arogya Kalpadruma</i>
<i>Prathama Masa</i>	<i>Bala</i>	<i>Bala</i>
<i>Dvitiya Masa</i>	<i>Lakshmana</i>	<i>Lakshmana/ Pushkaramoola</i>
<i>Tritiya Masa</i>	<i>Brihati, Kantakari</i>	<i>Brihati/ Ksheerivruksha Twak</i>
<i>Chaturtha Masa</i>	<i>Amsumati</i>	<i>Amsumati</i>
<i>Panchama Masa</i>	<i>Amruta</i>	<i>Amruta</i>
<i>Shashtama Masa</i>	<i>Nidigdhika</i>	<i>Nidigdhika</i>
<i>Saptama Masa</i>	<i>Yava</i>	<i>Yava</i>
<i>Ashtama Masa</i>	<i>Morata</i>	<i>Morata</i>
<i>Navama Masa</i>	<i>Shatavari</i>	<i>Shatavari/Jeeraka/ Bala</i>

## 4. Masanumasika Pathya Ahara - During Ailments in Pregnancy

Tab.2: Garbhini Srava Hara Pathya / Chikitsa.<sup>[6, 9, 10, 11]</sup>

Garbha Srava Hara Pathya / Chikitsa		
Month	Basavarajeeyam	Chakradatta, Yogaratnakara, Bhava Prakasha
Pratama Masa	Madhukam, Shakabeeja, Payasya, Suradaru	Madhukam, Shakabeeja, Payasya, Suradaru
Dwitiya Masa	Ashmantaka, Krishna Tila, Tamravalli, Shatavari	Ashmantaka, Krishna Tila, Tamravalli, Shatavari
Tritiya Masa	Vrikshadani, Payasya, Lata, Utpala, Sariva	Vrikshadani, Payasya, Lata, Utpala, Sariva
Chaturtha Masa	Ananta, Sariva, Rasna, Padma, Madhuka	Ananta, Sariva, Rasna, Padma, Madhuka
Panchama Masa	Brihati, Kantakari, Kashmarya, Ksheeri, Shrungs, Twak, Gritha	Brihati, Kantakari, Kashmarya, Ksheeri, Shrungs, Twak, Gritha
Shashtama Masa	Prisniparni, Bala, Shigru, Swadamshttra, Madhuparnika	Prisniparni, Bala, Shigru, Swadamshttra, Madhuparnika
Sapthama Masa	Shringataka, Bisam, Draksha, Kaseru, Madhukam, Sita, Ksheera	Shringataka, Bisam, Draksha, Kaseru, Madhukam, Sita, Ksheera
Ashtama Masa	-	Kapitha, Brihati, Bilva, Patola, Ikshu, Kantakari With Ksheera
Navama Masa	-	Madhuka, Ananta, Payasya, Sariva With Ksheera
Dashama Masa	-	Shunti, Madhuka, Devadaru With Ksheera

## 5) Rasa Panchaka of Drugs Mentioned in Sahasrayogam

Month	Drug (Botanical name)	Rasa Panchaka	Chemical Constituents
1 <sup>st</sup>	Bala (Sida cordifolia Linn.)	<ul style="list-style-type: none"> <li><b>Rasa:</b> Madhura, Tikta,</li> <li><b>Guna:</b> Laghu, Snigdha</li> <li><b>Virya:</b> Sheeta</li> <li><b>Vipaka:</b> Madhura</li> <li><b>Prabhava:</b> Balya, Garbhasthapaka</li> </ul>	Alkaloids (ephedrine, vasicinone), phytosterols, sterculic acid, palmitic acid
2 <sup>nd</sup>	Lakshmana (Ipomoea sepiaria Roxb.); Pushkaramoola (Inula racemosa Hook.f.)	Lakshmana – <ul style="list-style-type: none"> <li><b>Rasa:</b> Madhura</li> <li><b>Guna:</b> Guru, Snigdha</li> <li><b>Virya:</b> Sheeta</li> <li><b>Vipaka:</b> Madhura</li> <li><b>Prabhava:</b> Garbhasthapaka.</li> </ul> Pushkaramoola – <ul style="list-style-type: none"> <li><b>Rasa:</b> Tikta, Katu</li> <li><b>Guna:</b> Laghu, Ruksha</li> <li><b>Virya:</b> Ushna</li> <li><b>Vipaka:</b> Katu</li> <li><b>Prabhava:</b> Hrudya, Shwasahara</li> </ul>	Lakshmana – glycosides, resin, starch. Pushkaramoola – alantolactone, isoalantolactone, inulin
3 <sup>rd</sup>	Brihati (Solanum indicum Linn.), Kantakari (Solanum xanthocarpum Schrad.); Ksheerivrksha twak (Ficus species)	<ul style="list-style-type: none"> <li><b>Rasa:</b> Katu, Tikta</li> <li><b>Guna:</b> Laghu, Ruksha</li> <li><b>Virya:</b> Ushna</li> <li><b>Vipaka:</b> Katu</li> <li><b>Prabhava:</b> Shwasahara, Kasahara</li> </ul>	Alkaloids (solasodine, solasonine, solamargine), steroidal saponins
4 <sup>th</sup>	Amshumati (Clerodendrum phlomidis Linn.)	<ul style="list-style-type: none"> <li><b>Rasa:</b> Tikta, Kashaya</li> <li><b>Guna:</b> Laghu, Ruksha</li> <li><b>Virya:</b> Ushna</li> <li><b>Vipaka:</b> Katu</li> <li><b>Prabhava:</b> Stanyajanana</li> </ul>	Flavonoids, saponins, beta-sitosterol, clerodendrin
5 <sup>th</sup>	Amruta / Guduchi (Tinospora cordifolia Miers.)	<ul style="list-style-type: none"> <li><b>Rasa:</b> Tikta, Kashaya, Madhura</li> <li><b>Guna:</b> Laghu, Snigdha</li> <li><b>Virya:</b> Ushna</li> <li><b>Vipaka:</b> Madhura</li> <li><b>Prabhava:</b> Rasayana, Tridosha-shamaka</li> </ul>	Alkaloids (berberine, tinosporine), diterpenoid lactones, glycosides, tinocordifolin
6 <sup>th</sup>	Nidigdhika (Solanum xanthocarpum Schrad.)	<ul style="list-style-type: none"> <li><b>Rasa:</b> Katu, Tikta</li> <li><b>Guna:</b> Laghu, Ruksha</li> <li><b>Virya:</b> Ushna</li> </ul>	Solasodine, diosgenin, steroidal alkaloids

		<ul style="list-style-type: none"> <li>• <b>Vipaka:</b> Katu</li> <li>• <b>Prabhava:</b> Kaphavatahara</li> </ul>	
7 <sup>th</sup>	Yava (Hordeum vulgare Linn.)	<ul style="list-style-type: none"> <li>• <b>Rasa:</b> Kashaya, Madhura</li> <li>• <b>Guna:</b> Laghu, Ruksha</li> <li>• <b>Virya:</b> Sheeta</li> <li>• <b>Vipaka:</b> Katu</li> <li>• <b>Prabhava:</b> Medohara, Lekhana</li> </ul>	Beta-glucans, hordenine, alkaloids, proteins, starch
8 <sup>th</sup>	Morata (Alangium salvifolium Linn.)	<ul style="list-style-type: none"> <li>• <b>Rasa:</b> Kashaya, Tikta;</li> <li>• <b>Guna:</b> Guru, Ruksha;</li> <li>• <b>Virya:</b> Ushna;</li> <li>• <b>Vipaka:</b> Katu</li> <li>• <b>Prabhava:</b> Vrana-Ropaka, Garbha-Vriddhikara</li> </ul>	Alkaloids (alangingine, alangicine), steroids, saponins
9 <sup>th</sup>	Shatavari (Asparagus racemosus Willd.); Jeeraka (Cuminum cyminum Linn.); Bala (Sida cordifolia Linn.)	<p>Shatavari –</p> <ul style="list-style-type: none"> <li>• <b>Rasa:</b> Madhura, Tikta</li> <li>• <b>Guna:</b> Guru, Snigdha</li> <li>• <b>Virya:</b> Sheeta</li> <li>• <b>Vipaka:</b> Madhura</li> <li>• <b>Prabhava:</b> Stanyajanana, Garbharakshaka.</li> </ul> <p>Jeeraka –</p> <ul style="list-style-type: none"> <li>• <b>Rasa:</b> Katu, Tikta</li> <li>• <b>Guna:</b> Laghu, Ruksha</li> <li>• <b>Virya:</b> Ushna</li> <li>• <b>Vipaka:</b> Katu</li> <li>• <b>Prabhava:</b> Dipana, Pachana.</li> </ul> <p>Bala –</p> <ul style="list-style-type: none"> <li>• <b>Rasa:</b> Madhura, Tikta;</li> <li>• <b>Guna:</b> Laghu, Snigdha;</li> <li>• <b>Virya:</b> Sheeta;</li> <li>• <b>Vipaka:</b> Madhura;</li> <li>• <b>Prabhava:</b> Balya</li> </ul>	Shatavari – steroidal saponins (shatavarins), isoflavones, mucilage. Jeeraka – volatile oils (cuminaldehyde, terpenes), flavonoids. Bala – ephedrine, vasicinone, phytosterols

Month	Drug	Rasa	Guna	Virya	Vipaka	Prabhava, Karma	Key Chemical Constituents
1 <sup>st</sup>	Madhuka (Glycyrrhiza glabra)	Madhura, Kashaya	Laghu, Snigdha	Sheeta	Madhura	Garbha-Sthapaka, Pittahara	Glycyrrhizin, Flavonoids, Saponins, Polysaccharides
	Sakabija Atasi (Linum usitatissimum)	Madhura, Tikta	Snigdha, Guru	Ushna	Madhura	Brimhana, Garbha-Poshaka	Alpha-Linolenic acid, Lignans, Mucilage, Proteins
	Payasya (Lilium polyphyllum, Roscoea purpurea)	Madhura	Guru, Snigdha	Sheeta	Madhura	Rasayana, Stanya-Janana	Starch, Glycosides, Alkaloids, Polysaccharides
	Suradaru (Cedrus deodara)	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Vata-Kapha Hara, Hridya	Essential oils, Lignans, Resin acids, Flavonoids
2 <sup>nd</sup>	Ashmantaka (Dalbergia sissoo)	Madhura	Guru, Snigdha	Sheeta	Madhura	Garbha-Sthapaka	Flavonoids, Tannins, Isoflavones
	Krishna Tila (Sesamum indicum)	Madhura, Tikta, Kashaya	Guru, Snigdha	Ushna	Madhura	Artava-Janana, Balya	Sesamin, Sesamolin, Linoleic and Oleic acids
	Tamravalli (Cissampelos pareira)	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Garbha-Sthapaka, Pittahara	Alkaloids (Pareirine, Cissamine), Flavonoids, Tannins
	Shatavari (Asparagus racemosus)	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	Stanya-Janana, Sukha-Prasava	Steroidal saponins (Shatavarin I-IV), Mucilage, Flavonoids
3 <sup>rd</sup>	Vriksadani	Madhura,	Guru,	Ushna	Madhura	Vatahara, Garbha-	Alkaloids,



	(Argyrea speciosa)	Tikta	Snigdha			Palana	Triterpenoids, Flavonoids, Glycosides
	Payasya (Lilium polyphyllum)	Madhura	Guru, Snigdha	Sheeta	Madhura	Rasayana, Garbha-Poshaka	Starch, Glycosides, Alkaloids, Polysaccharides
	Lata Karanja (Caesalpinia bonduc)	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Pittahara	Flavonoids, Saponins, Alkaloids
	Utpala (Nymphaea stellata)	Tikta, Kashaya	Sheeta, Laghu	Sheeta	Madhura	Pittahara, Hridya	Flavonoids, Alkaloids, Polyphenols, Glycosides
	Sariva (Hemidesmus indicus)	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	Rakta-Prasadana, Pittahara	Saponins, Flavonoids, Coumarins, Essential oils
4 <sup>th</sup>	Ananta (Hemidesmus indicus)	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	Rasayana, Hridya	Saponins, Flavonoids, Coumarins, Essential oils
	Sariva (Hemidesmus indicus)	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	Rakta-Prasadana	Saponins, Flavonoids, Coumarins
	Rasna (Pluchea lanceolata)	Tikta, Katu	Laghu, Snigdha	Ushna	Katu	Vata-Shamana	Flavonoids, Terpenoids, Essential oils
	Padma (Nelumbo nucifera)	Tikta, Kashaya	Sheeta, Laghu	Sheeta	Madhura	Pittahara, Hridya	Flavonoids, Alkaloids, Polyphenols, Glycosides
	Madhuka (Glycyrrhiza glabra)	Madhura, Kashaya	Laghu, Snigdha	Sheeta	Madhura	Pittahara, Balya	Glycyrrhizin, Flavonoids, Saponins, Polysaccharides
5 <sup>th</sup>	Brihati (Solanum indicum)	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	Swasa-Kasahara	Steroidal alkaloids (Solasonine), Saponins, Glycosides
	Kantakari (Solanum xanthocarpum)	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Kapha-Vata Hara	Solasodine, Solasonine, Steroidal saponins
	Kashmarya (Gmelina arborea)	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	Garbha-Sthapaka, Balya	Flavonoids, Lignans, Tannins
	Kshiri (Ficus spp.)	Madhura	Snigdha, Guru	Sheeta	Madhura	Poshana, Rasayana	Proteins, Calcium, Milk sugars, Fat
	Shringa (Cow horn calx)	Madhura	Guru	Sheeta	Madhura	Garbha-Sthapaka, Asthi-Poshaka	Calcium carbonate, Trace minerals
	Twak (Cinnamomum zeylanicum)	Katu, Tikta, Madhura	Laghu, Snigdha	Ushna	Katu	Deepana, Vatanulomana	Cinnamaldehyde, Eugenol, Polyphenols
	Ghrita (Cow ghee)	Madhura	Guru, Snigdha	Sheeta	Madhura	Rasayana, Vata-Pittahara	Saturated and unsaturated fatty acids, Vitamins A, D, E, K
6 <sup>th</sup>	Prishniparni (Uraria picta)	Madhura	Laghu, Snigdha	Sheeta	Madhura	Balya, Garbha-Poshaka	Flavonoids, Alkaloids, Glycosides
	Bala (Sida cordifolia)	Madhura	Guru, Snigdha	Sheeta	Madhura	Balya, Vatahara	Ephedrine, Vasicinone, Phytosterols
	Shigru (Moringa oleifera)	Katu, Tikta	Laghu, Tikshna	Ushna	Katu	Deepana, Balya	Glucosinolates, Isothiocyanates, Vitamins, Minerals
	Shvadanstra (Tribulus terrestris)	Madhura	Guru, Snigdha	Sheeta	Madhura	Mutrala, Balya	Saponins (Protodioscin), Flavonoids, Alkaloids
	Madhuparnika (Gymnema)	Tikta, Katu	Laghu, Snigdha	Sheeta	Madhura	Rasayana, Pittahara	Gymnemic acids, Flavonoids, Saponins

	sylvestre)						
7 <sup>th</sup>	<i>Shringataka</i> (Trapa bispinosa)	<i>Madhura, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Garbha-Sthapaka, Pittahara</i>	Starch, Carbohydrates, Polyphenols
	<i>Bisha</i> (Nelumbo nucifera)	<i>Madhura, Kashaya</i>	<i>Sheeta, Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Hridya, Pittahara</i>	Flavonoids, Alkaloids, Proteins, Carbohydrates
	<i>Draksha</i> (Vitis vinifera)	<i>Madhura, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Raktapittahara, Hridya</i>	Resveratrol, Flavonoids, Anthocyanins, Sugars
	<i>Kaseru</i> (Costus speciosus)	<i>Madhura, Tikta</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Hridya, Garbhaposhaka</i>	Costunolide, Saponins, Terpenoids
	<i>Madhuka</i> (Glycyrrhiza glabra)	<i>Madhura, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pittahara</i>	Glycyrrhizin, Flavonoids, Saponins
	<i>Sharkara</i> (Sugar)	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pittahara, Balya</i>	Sucrose, Trace minerals
	<i>Dugdha</i> (Milk)	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Rasayana, Garbhaposhaka</i>	Proteins, Calcium, Fat, Vitamins
8 <sup>th</sup>	<i>Kapittha</i> (Feronia limonia)	<i>Amla, Kashaya</i>	<i>Guru, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepana, Grahi</i>	Flavonoids, Alkaloids, Essential oils, Vitamin C
	<i>Brihati</i> (Solanum indicum)	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Swasa-Kasahara</i>	Steroidal alkaloids, Glycosides
	<i>Bilva</i> (Aegle marmelos)	<i>Kashaya, Tikta</i>	<i>Guru, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Grahi, Vata-Kapha Hara</i>	Marmelosin, Coumarins, Alkaloids, Flavonoids
	<i>Patola</i> (Trichosanthes dioica)	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pittahara</i>	Flavonoids, Triterpenoids, Glycosides
	<i>Ikshu</i> (Saccharum officinarum)	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Balya, Hridya</i>	Sucrose, Polyphenols, Vitamins, Minerals
	<i>Kantakari</i> (Solanum xanthocarpum)	<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatahara</i>	Steroidal alkaloids, Saponins
9 <sup>th</sup>	<i>Madhuka</i> (Glycyrrhiza glabra)	<i>Madhura, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Balya, Pittahara</i>	Glycyrrhizin, Flavonoids, Saponins
	<i>Ananta</i> (Hemidesmus indicus)	<i>Madhura, Tikta</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Rasayana, Hridya</i>	Saponins, Flavonoids, Coumarins
	<i>Payasya</i> (Lilium polyphyllum)	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Rasayana, Balya</i>	Starch, Glycosides, Alkaloids
	<i>Sariva</i> (Hemidesmus indicus)	<i>Madhura, Tikta</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Rakta-Pittahara</i>	Saponins, Flavonoids, Coumarins
10 <sup>th</sup>	<i>Shunthi</i> (Zingiber officinale)	<i>Katu</i>	<i>Laghu, Snigdha, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata-Kapha Hara, Deepana</i>	Gingerols, Shogaols, Essential oils
	<i>Madhuka</i> (Glycyrrhiza glabra)	<i>Madhura, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pittahara</i>	Glycyrrhizin, Flavonoids, Saponins
	<i>Devadaru</i> (Cedrus deodara)	<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kapha Hara, Shothahara</i>	Essential oils, Lignans, Resin acids
	<i>Dugdha</i> (Milk)	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Rasayana, Balya</i>	Proteins, Calcium, Vitamins, Fat

## 2.7 Diet Recommendation for an ANC Patient According To WHO, FCOG<sup>[12]</sup>

- WHO recommends a varied, balanced diet with adequate macronutrient and micronutrient intake including daily iron (30–60 mg) and folic acid (0.4 mg).
- Calcium supplementation (1.5–2g daily) is recommended for populations with low calcium intake to reduce pre-eclampsia risks.
- Vitamin A supplementation is advised only in areas of high risk for deficiency.
- Pregnant women should be supported in consuming a diverse diet rich in fruits, vegetables, grains, dairy, and lean proteins. In populations with food insecurity or poor dietary diversity, multiple micronutrient supplementation (UNIMMAP formula) may be considered.
- Regular exercise and adequate exposure to sunlight for vitamin D synthesis are encouraged.

## 1. DISCUSSION

### 3.1 Mode of Action of the Dravyas in Pregnancy

In the **first** month, *Bala* acts as a *Garbhashtapaka* by supporting implantation and preventing early pregnancy loss. Its *Snigdha*, *Guru*, and *Madhura* qualities nourish the endometrium and calm uterine irritability. Rich in alkaloids, flavonoids, and sterols, it strengthens uterine tone and acts as a mild nervine and anti-stress tonic.

During the **second** month, *Lakshmana* pacifies *Vata* and *Pitta*, protecting the embryo during rapid cellular growth. Its *Madhura Rasa*, *Sheeta Veerya*, and *Snigdha Guna* reduce uterine irritability. Containing flavonoids, glycosides, and alkaloids, it shows antioxidant, anti-inflammatory, and adaptogenic effects, supporting both maternal and fetal health.

In the **third** month, *Brhati* and *Kantakari* relieve *Kapha-Vata* disorders, improving respiration and digestion while reducing nausea and chest heaviness. Their alkaloids and saponins act as anti-inflammatory, bronchodilator, and digestive stimulants, aiding maternal comfort and fetal development.

By the **fourth** month, when the fetal heart and consciousness develop, *Hridya Dravyas* act as *Balya* and *Garbha-Poshaka*, strengthening both maternal and fetal hearts. Rich in flavonoids and saponins, they show cardioprotective, antioxidant, and immunomodulatory effects, while calming maternal emotions.

In the **fifth** month, *Amrita (Guduchi)* functions as a *Rasayana*, *Medhya*, and *Pittahara*, enhancing immunity, digestion, and mental development. Its alkaloids and diterpenoids act as neuroprotective, hepatoprotective, and anti-stress agents, preventing *Garbhopadravas* like fatigue and burning.

By the **sixth** month, *Nidigdika* helps manage *Vata-Kapha* imbalance caused by fetal growth. It reduces abdominal heaviness, and breathlessness through its *Vata-Anulomaka* and *Deepana* actions. Containing solasodine and flavonoids, it shows anti-inflammatory, carminative, and diuretic effects.

In the **seventh** month, *Yava* acts as *Shothahara*, *Mutrala*, and *Lekhana*, reducing edema and fluid retention while balancing *Kapha-Pitta*. Rich in  $\beta$ -glucans, phenolics, and vitamins, it supports metabolism, prevents constipation, and helps maintain healthy weight and blood sugar.

During the **eighth** month, *Balya* and *Rasayana Dravyas* preserve *Ojas* and strengthen both mother and fetus. Their alkaloids, saponins, and flavonoids offer cardioprotective, antioxidant, immunomodulatory, and anxiolytic benefits, promoting calmness and endurance.

Finally, in the **ninth** month, *Shatavari* acts as *Garbha-Palana* and *Sukha-Prasava Kara*, preparing the uterus for smooth delivery. It also promotes lactation and strengthens reproductive tissues. Rich in steroidal saponins and isoflavones, it acts as a uterine tonic, galactagogue, antioxidant, and adaptogen, ensuring safe parturition and postnatal recovery.

### 3.2 Discussion on Garbhasrava Chikitsa

Month	Drugs / Herbs	Ayurveda Role	Role in Miscarriage Prevention	Modern View / Correlation
1st – Prathama Masa	<i>Madhuka</i> , <i>Shakabeeja</i> , <i>Payasya</i> , <i>Suradaru</i>	Cooling, nourishing, stabilizing the zygote or embryo	Prevents <i>Pitta Dosha</i> induced early bleeding or implantation failure	Antioxidant, uterine cooling, improves endometrial receptivity
2nd – Dvitiya Masa	<i>Ashmantaka</i> , <i>Krishna Tila</i> , <i>Tamravalli</i> , <i>Shatavari</i>	<i>Garbha Palana</i> , <i>Dhatu Poshana</i> , strengthens uterine wall	Prevents spontaneous abortion during organogenesis	<i>Tila</i> rich in calcium and iron, <i>Shatavari</i> phytoestrogenic and uterine tonic
3rd – Tritiya Masa	<i>Vrikshadani</i> , <i>Payasya</i> , <i>Lata</i> , <i>Utpala</i> , <i>Sariva</i>	<i>Pitta</i> pacifying, <i>Hridya</i> , reduces nausea and restlessness	Reduces uterine irritation, burning, and hyperemesis related weakness	Cooling, antioxidant, protects embryo during the vulnerable phase
4th – Chaturthi	<i>Ananta</i> , <i>Sariva</i> , <i>Rasa</i> , <i>Padma</i> , <i>Madhuka</i>	<i>Balya</i> , <i>Rasayana</i> , <i>Vata Shamana</i>	Prevents <i>Vata</i> aggravation leading to	Anti-inflammatory, antioxidant, adaptogenic,



<b>Masa</b>			uterine contractions and fetal detachment	supports placenta
<b>5th – Panchama Masa</b>	<i>Brihati, Kantakari, Kashmarya, Ksheeri, Shruna, Tvak, Ghrita</i>	Respiratory support, nourishing, unctuous	Prevents cough or asthma strain leading to abortion	<i>Ghrita</i> balances <i>Vata</i> and <i>Pitta</i> , herbs support respiration and oxygenation
<b>6th – Shastha Masa</b>	<i>Prishniparni, Bala, Shigru, Shvadanshtra, Madhuparnika</i>	Strengthens muscles and bones, pacifies <i>Vata</i>	Prevents uterine muscle fatigue, supports placenta and fetal skeletal growth	<i>Bala</i> neuromuscular tonic, <i>Gokshura</i> diuretic, prevents hypertension and edema leading to preterm labour
<b>7th – Saptama Masa</b>	<i>Shringataka, Bisha, Draksha, Kaseru, Madhuka, Sita, Ksheera</i>	<i>Hridya, Pitta shamana</i> , cooling, nourishing	Prevents preterm contractions common in seventh month abortions	Cooling, nourishing, cardioprotective, prevents uterine irritability
<b>8th – Ashtama Masa</b>	<i>Kapitha, Brihati, Bilva, Patola, Ikshu, Kantakari with Ksheera</i>	Balances <i>Pitta</i> and <i>Vata</i> , mild detoxification, <i>Hridya</i>	Prevents premature expulsion due to aggravated <i>Vata</i> , <i>Bilva</i> avoids straining	Regulates bowel movement, prevents constipation and straining, supports uterine stability
<b>9th – Navama Masa</b>	<i>Madhuka, Ananta, Payasya, Sariva with Ksheera</i>	<i>Garbha Paripaka, Sukha Prasava, Stanya Janana</i>	Ensures fetal maturity and prevents pre delivery miscarriage	Enhances uterine readiness, improves lactation, strengthens fetus
<b>10th – Dashama Masa</b>	<i>Sunti, Madhuka, Devadaru with Ksheera</i>	Facilitates labour and smooth delivery	Ensures safe expulsion, prevents retained placenta	Improves uterine contractions, reduces risk of incomplete abortion

### 3.3 Role of Pathya Ahara on Maternal Outcome

- The diet supports both *Garbhini* and *Garbha*, ensuring balanced growth.
- *Madhura Rasa Pradhana Ahara*– promotes fetal stability and *Ojas*.
- *Snigdha* and *Sita Ahara* – pacify *Vata* and *Pitta*, preventing miscarriage and preterm labour.
- *Rasayana & Balya Dravyas* – enhance maternal strength, immunity, and lactation potential.
- *Dosha*-specific diet – adjusts to mother's *Prakriti* and complications (e.g., *Pittahara* in bleeding tendencies).
- Ensures *Dhatu-Pushti* (tissue nourishment).
- Promotes *Garbha Sthiti* (stability of fetus).
- *Supraja Janana* – Promotes ideal progeny with good health, strength, intelligence, complexion, and longevity
- Supports *Sukha Prasava* and *Stanya Janana & Pravrutti*.
- Prevents complications like miscarriage, intrauterine growth retardation, and preeclampsia by maintaining *Dosha* balance.

### 3.4 Role of Pathya Ahara on Fetal outcome

- *Garbha-Vridhhi* – Supports proper month-wise growth of the fetus and normal organogenesis.
- *Ojo-Vridhhi* – Enhances maternal and fetal immunity, vitality, and disease resistance.
- *Dhatu-Pushti* – Nourishes fetal tissues sequentially *Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra*.
- *Medha-Vridhhi* – Improves intelligence, memory, and mental stability in the child.
- *Varna-Prasadana* – Enhances complexion and overall external features.

- Prevention of *Vikara's* – Reduces the risk of congenital anomalies, deformities, and intrauterine disorders.

## 2. CONCLUSION

*Masanumasika Pathya Ahara* in *Ayurveda* is a carefully structured regimen aimed at nurturing fetal development and maintaining maternal health at every stage of pregnancy. Classical texts emphasize selecting specific herbs, foods, and preparations based on their *Rasa, Guna, Virya, and Vipaka & Prabhava* to maintain *Dosha* balance and support proper organogenesis. These diets act as *Garbha-Sthapaka*, preventing miscarriage by pacifying *Vata* and *Pitta*, nourishing *Dhatu's*, and strengthening the uterine environment. Thus, *Masanumasika Ahara* serves as both a nutritional guide and therapeutic protocol, ensuring a safe pregnancy, preventing habitual abortion, and promoting *Sukha-Prasava* in accordance with *Ayurveda* principles. Thus, the concept of maternal diet in *Ayurveda* transcends mere caloric nourishment, encompassing the holistic sustenance of *Sarira, Manas*, and *Ojas*, reflecting the timeless principle that a well-nourished mother begets a strong and virtuous generation. There is further scope of research on these regimens.

## 3. REFERENCES

1. Vridha Jivaka. Kashyapa Samhita. 2008th ed. Chaukamba Orientalia; Sootra stana cha 18.
2. Vridha Jivaka. Kashyapa Samhita. 2008th ed. Chaukamba Orientalia; Khila stana cha 4.
3. Acharya J T. Susrutha, Surutha Samhita of Acharya Susrutha, Chikitsa sthana.Cha.24 Varanasi: Chaukhambha Sanskrit Samsthan, 2019.

4. Acharya J T. Agnivesha, Charaka Samhita of Acharya Charaka, Dridhabalakrit, sootra stana. Cha.6 Varanasi: Chaukhambha Surbharrati Prakashan, 2009.
5. Acharya J T. Agnivesha, Charaka Samhita of Acharya Charaka, Dridhabalakrit, Shareera stana. Cha.8 Varanasi: Chaukhambha Surbharrati Prakashan, 2009.
6. M S K. Basavarajeeyam. 2019th ed. Varanasi: Chaukamba Orientalia; Cha 16.
7. Niteshwar. Sahasrayogam. Chowkhamba Sanskrit Series Office, 2007.
8. Krishnan L. Arogyakalpadrumam. 2019th ed. chaukamba publications.
9. Chakrapanidutta. Chakradutta. Chaukamba Surbharti; Cha 63, 2019.
10. Shetty M. Yogaratnakara. 2022nd ed. Chowkhamba Sanskrit Series Office; Cha 75.
11. Bhavaprakashanighantu [Internet]. niimh.nic.in. Available from: <https://niimh.nic.in/ebooks/e-Nighantu/bhavaprakashanighantu/?mod=read>
12. Proper maternal nutrition during pregnancy planning and pregnancy: a healthy start in life (2017) [Internet]. Who.int. 2017 [cited 2025 Oct 16]. Available from: [https://www.who.int/europe/publications/proper-maternal-nutrition-during-pregnancy-planning-and-pregnancy--a-healthy-start-in-life- \(2017\).](https://www.who.int/europe/publications/proper-maternal-nutrition-during-pregnancy-planning-and-pregnancy--a-healthy-start-in-life- (2017).)