

**AHARA VIHARA W.S.R TO GARBHINI AND SOTIKA: AN AYURVEDA PERSPECTIVE**Dr. Asha K.\*<sup>1</sup> and Dr. Mandeep Kaur Kang<sup>2</sup><sup>1</sup>Assistant Professor, Prasooti Tantra Evum Stree Roga, Shri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Udupi, India.<sup>2</sup>Assistant Professor, Government Ayurvedic College, Patiala, Punjab, India.**\*Corresponding Author: Dr. Asha K.**

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**ABSTRACT**

*Garbhini* and *Sutika paricharya* are described by ancient science of *Ayurveda*. *Garbhini* and *Sutika* are associated with period of pregnancy and its care. Ayurveda classic describe dietary regimen and life style for the well being of whole pregnancy period. *Garbhini* is very susceptible to disease due to aggravation of *doshas* and disturbed physiological functioning. Therefore it is very essential to take utmost care during pregnancy and puerperium period. The postnatal care aimed to deliver healthy baby along with restoration of health of mother. A woman needs great care for proper and healthy growth of new born baby and for maintenance of her own health in *Sutika kala*. This article described an ayurveda perspective of *Ahara Vihara W.S.R* to *Garbhini* and *Sotika*.

**KEYWORDS:** Garbhini, Sutika, paricharya and Ayurveda.**INTRODUCTION**

*Ayurveda* give great importance to health of pregnant women during and after (till 6 months) pregnancy period; postnatal care described as *Sutika Paricharya*, *sutika kala* is important period and needs proper care in terms of advised diet, daily routine and use of *aushadh*; *Vata shamaka* drugs pacify vitiated *vata* in *sutikakala*, therefore *Vata shamaka* should be used for this period along with *Abhyanga*. Protein demands also increases from 46 g/day to 71 g/day during pregnancy period.

**Energy during pregnancy period**

- No change in first trimester
- Increases 340 kcal/day in second trimester
- Increases up to 452 kcal/day in third Trimes

**Vitamin and Mineral Requirements in Pregnancy**

During pregnancy period there may be chances of folic acid, iron and calcium deficiency, therefore following nutritional supply need to be increases as follows:

- Iron : Increases to 27 g/day
- Folate : Increases to 0.6 mg/day
- Calcium : 1000 mg/day
- Magnesium : Increases to 360 mg/day
- Vitamin C : Increases to 85 mg/day

**Grabhini needs care because of following metabolic changes**

- The changes of kidney functions.
- The changes in absorption of nutrients.

- The vomiting in pregnancy
- The changes of appetite.
- The changes of plasma levels of proteins, minerals, aminoacids, hormones.

The classic *Ayurveda* mentioned *Ahara* and *Vihara* as tool for the management of pregnancy and for achieve above mentioned goal. *Ahara* and *Vihara* play significant role towards the health of pregnant women and development fetus. The *Ayurveda* described special dietary counseling for pregnant women having other clinical symptoms such as; obesity, diabetes, liver disease, hypertension, metabolic disease, intestinal disease and anorexia. *Ayurveda* mentioned specific *Ahara* and *Vihara* for pregnant women having above mentioned symptoms.<sup>[1-7]</sup>

**Ahara**

*Ayurveda* suggests use of nutrients and herbal medicines for nourishment and wellbeing of mother and fetus. *Ayurveda* prescribed balance and nutritional diet during pregnancy period. The *Ahara* for pregnant women must be *Hridya*, *Dravam*, *Madhuraprayam*, *Snigdham*, *Deepaniyam*, and *Samskritam*. This type of balance diet during pregnancy boosts maternal health, fulfill needs of the growing fetus, improve lactation and offer normal delivery.<sup>[8,9]</sup>

**Lactating mother's diet must include**

- *Bdi elaichi*
- *Shatavari*

- *Ajwain*
- *Lashuna*
- *Haridra*
- *Ardraka*
- *Jeera*

Ayurveda also mentioned these will help to maintain the status of healthy mother's milk. Lactating mother should avoid:

- Spicy food
- Gas inducing food
- Caffeine
- Alcohol
- Junk food etc,

The main aim of *Ayurveda* towards the care of pregnant women resides around three main objectives:

- *Paripurnatva* (proper growth of the fetus and mother)
- *Anupaghata* (non-complicated pregnancy)
- *Sukhaprasava* (normal delivery)

The care of pregnancy mainly involves:

- Month wise dietary regimen (*Masanumasika pathya*)
- Consideration of activities and substances which may cause harm (*Garbhopaghathakara bhavas*)
- Consideration of substances which are beneficial during pregnancy (*Garbhasthapaka dravyas*)

#### Month wise *Ahara Vihara* as per *Ayurveda* during pregnancy

##### For 1<sup>st</sup> month

Milk processed in *Shaliparana* and *Palasha* twice a day. *Ghee*, sweet, cool liquid and light food stuffs.

##### For 2<sup>nd</sup> month

Medicated sweetened milk and cold liquid diet.

##### For 3<sup>rd</sup> month

Milk processed with *Madhu* and *Ghee*, *Shasthishali*, sweet, cold and liquid diet.

##### For 4<sup>th</sup> month

Milk and butter (approx. two *Tola*), curd rice specially *Shasthishali* rice and meat.

##### For 5<sup>th</sup> month

*Ghee*, rice with milk, *khichadi* and *payasa*.

##### For 6<sup>th</sup> month

Medicated *ghee*, *khichadi* and sweetened curd.

##### For 7<sup>th</sup> month

*Ghritha* medicated with *vidarikandadi* drugs for proper development of fetus and *ghritha khanda*.

##### For 8<sup>th</sup> month

*Yavagu* prepared in milk with *ghee*, *Asthapana basti* (*bala*, *atibala*) and *Anuvasana basti* (use of *madhura dravas*).

##### For 9<sup>th</sup> month

*Yoni pichu*, *Anuvasana basti* and *Vataghana drava yukta snana*; these all help for normal delivery.

#### Exercise

Exercise such as; walking and *Yoga* may be recommended with care during pregnancy, exercise offer following benefits:

- Reduce pain, backaches and constipation.
- Prevent gestational diabetes.
- Boost energy, improves mood and sleep.
- Improves posture, promotes muscle tone, strength and endurance.

However exercise need to be stopped if following warning signs appears:

- Uterine contractions
- Vaginal bleeding
- Disturbed fetal movement
- Muscle weakness
- Breathing problem

#### Summary

During pregnancy period fetus get nourishment from mother therefore sufficient nutritional supply is required for proper development of fetus, these nutritional requirements varies along with the development of fetus (dietetic requirements of the mother changes month wise). The dietetic regimens prescribed by ancient ayurveda science for pregnant woman help towards delivering a child having good health. The consideration of *masanumashika paricharya* for woman from first month to the ninth month of pregnancy play significant role towards the health of mother and new born. The consideration of concept of *Ahara* and *Vihara* helps as follow:

- Softening of *apara*, pelvis and waist.
- *Vata anulomana* for the normal delivery.
- Detoxification.
- Promotion of strength.

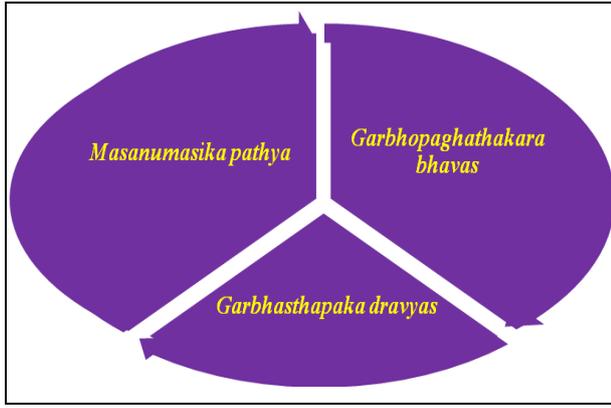
*Ayurveda* prescribed specific *Ahara* and *Vihara* for pregnancy period, milk along with liquid diet for first trimester of pregnancy to avoid malnutrition. *Basti* is also helpful in last period of pregnancy to strengthen myometrium and also boost labour functioning.

#### Pathya

- Bath always with warm water.
- Luke warm water for drinking.
- Should use *Udarveshtana*.
- *Snehana* and *Swedana* may be used.
- Walking
- *Yoga* with balanced posture

#### Apathya

- Excess of sexual intercourse.
- Any type of stress should be avoided.
- Exposure to cold environmental condition.
- *Panchkarma* is contraindication.



**Figure 1: Ayurveda description for pregnancy care.**

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