



SCIENTIFIC REVIEW OF MONTHLY DIETIC REGIMEN IN GARBHINI (PREGNANCY) ACCORDING TO AYURVEDA

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ABSTRACT

Pregnancy is a physiological condition in a woman's life. It is a natural phenomenon hence does not require any treatment. Treatment is done only if there is any pathological condition or disease. Paricharya means the Ahara – Vihara which are followed by pregnant woman in order to keep all the body functions normal and healthy. Garbha (fetus) is completely dependent on mother for nutrition and growth. So whatever diet the pregnant woman consumes performs three functions – Nourishment of the woman's body itself, Formation of milk, and Nourishment to the fetus. After following the dietetic regimen from 1st to 9th month, the woman remains healthy and delivers the child possessing good health, energy, strength, voice, compactness, much superior to other progeny. If garbhini paricharya is not followed by garbhini then the chances of Garbhavyapadas and Garbhopadravas are increased. So to reduce the above complications, dietetic regimen plays an important role which was explained by different Acharyas in Ayurveda.

KEYWORDS : Garbhini, Paricharya, Pregnancy, Dietic regimen, Ayurveda.

INTRODUCTION

Pregnancy is a physiological condition in a woman's life. It is a natural phenomenon hence does not require any treatment. Treatment is done only if there is any pathological condition or disease.

Paricharya means the Ahara – Vihara which are followed by pregnant woman in order to keep all the body functions normal and healthy.

The main aim of Paricharya is

- Anupaghata – to avoid abortion
- Paripurntwaya – for appropriate growth and nourishment of fetus and up to full term pregnancy.
- Sukhaprasavaya – for normal labour without any complication from the point of view of both mother and baby.

In an initial stage when its specific body parts though present are not explicit, it obtains its substances by attracting moisture and osmosis. After wards when the body parts are conspicuous, a part of nourishment is obtained by upasneha (moisture) permeating through pores of skin situated in hair roots of the body and a part through the passage of umbilical cord – placenta – to the mother's heart. The mother's heart immerses the placenta with blood through running and oozing vessels. Mother's diet contains all the shadarasa, thus the rasa derived from this diet gives strength and complexion to the fetus and the fetus deriving its substances from this rasa remains alive and develops in the uterus.

According to Acharya Sushruta,
रसजं पुरुषं विद्यात् रसं रक्षेत् प्रयत्नतः ।
अन्नपानाच्च मतिमान् आचाराच्चाप्यतर्द्रितः ॥

सु. सू. १४ / १२

Ahara rasa is mainly responsible for the creation of purusha. The diet plan and daily habits of the pregnant woman should not disturb the normal ahara rasa and it must be the main concern during pregnancy.

For the production of Nirama ahara rasa, the most important thing is normal 'Jatharagni' and 'Dhatvagni', leading to stronger dhatu consequently.

Garbha (fetus) is completely dependent on mother for nutrition and growth. So whatever diet the pregnant woman consumes performs three functions

- Nourishment of the woman's body itself
- Formation of milk
- Nourishment to the fetus

स्त्रिया ह्यापन्नगर्भयास्त्रिधा रसः प्रतिपद्यते ।
स्वशरीरपुष्टये, स्तनाय, गर्भवृद्धये च ॥
स तेनाहारेणोपष्टब्धः परतन्त्रवृत्तिर्मातरमाश्रित्य वर्तयत्यन्तर्गतः ॥

च. शा. ६ / २३

यदन्नपानं प्रायेण गर्भिणी स्त्री निषेवते ।
रसो निवर्तते तादृकं त्रिधा चास्याः प्रवर्तते ॥
मातृपुष्ट्यर्थमेकांशो द्वितीयो गर्भवृद्धये ।
तृतीयः स्तनपुष्ट्यर्थ, नार्या गर्भवृद्धये ।
का. सं. सू. लेपाध्याय

गर्भिन्यास्तु त्रिधा कार्ये रसोऽभिनिवर्तते ।
गर्भात्या (भ्रत्वा) य स्तन्यत्वाय रसत्वाय चेति ॥

भे. शा. ४ / ३३

We cannot change the Atmaja, Matruja, and Pitruja bhava of Garbha by diet but the Rasaja and Satvaja bhava can be improved by Garbhini Paricharya explained in Ayurveda.

According to modern view, during pregnancy increase the calorie requirement due to increased growth of maternal tissues, fetus, and placenta and increased basal metabolic rate. The requirement extent of 300 over the non-pregnancy state.

So here Ayurveda plays an important role by dietetic regimen for healthy child and mother.

MATERIALS AND METHOD

TABLE NO. 1 – Month wise drug regimen during pregnancy

Month	Charaka	Sushruta	Ashtanga Sangraha	Harita	Bhela
1	<ul style="list-style-type: none"> Non medicated Milk according to Agni and Shareer Bala. Congenial Diet in Morning and Evening 	<ul style="list-style-type: none"> Sweet Cold Liquid Diet 	<ul style="list-style-type: none"> Medicated milk. Ghruta medicated with Shalparni. Ghruta medicated with Palash – for first 12 days. Anupan – Gold and Silver boiled water. 	<ul style="list-style-type: none"> Yashtimadhu, Parushak, Madhuk Pushpa, all along with Navneet (Butter) and Honey. Milk medicated with Madhura Dravya (Sweetened milk) 	

			<ul style="list-style-type: none"> Sweet, cold, liquid diet. Massage and Rubbing should be avoided. 		
2	Milk medicated with Madhura dravya	Milk medicated with Madhura dravya	Milk medicated with Madhura Dravya	Sweetened milk treated with Kakoli	
3	Milk medicated with Honey and Ghruta	Shashti rice with milk	Milk medicated with Honey and Ghruta	Krushara	
4	Milk with Butter (Quantity – 1 Aksha)	<ul style="list-style-type: none"> Shashti rice cooked with curd. Milk with Butter. Meat of wild animals. 	Milk with 1 Aksha Butter	Medicated cooked rice	Milk with Butter
5	Ghruta prepared with butter extracted from milk	<ul style="list-style-type: none"> Medicated cooked rice. Meat of wild animals. Hrudya food with milk or ghruta. 	Ghruta	Rice cooked with milk and Sweetened	Milk Yavagu
6	Milk or Ghruta medicated ith Madhura dravya	Ghruta medicated with Shwadanshra and Yavagu	Milk and Ghruta medicated with Madhura Dravya	Sweet curd	Milk, Ghruta
7	As above	Ghruta medicated with Pruthakparni. Dalhan – Vidarigandhadi	Milk and Ghruta medicated with Madhura Dravya	Ghruta khanda (A sweet dish)	
8	Rice Gruel prepared with milk mixed with ghruta	<ul style="list-style-type: none"> Asthapan Basti with Badaradi Kwatha. Milk medicated with Madhura Dravya siddha tail – Anuvasan Basti. Yavagu, Meat of wild animals till delivery 	<ul style="list-style-type: none"> Yavagu mixed with milk. Asthapan Basti of Badaradi Decoction. Anuvasan basti with oil medicated with milk and Madhura Dravya. Snigdha Yavagu and meat of wild animals till delivery. 	Ghevar Ghrutapurak (A kind of sweet preparation)	
9	<ul style="list-style-type: none"> Anuvasan Basti with oil medicated by Madhura Dravya Yonipichu of medicated oil (Vaginal tampon) 	<ul style="list-style-type: none"> Asthapan Basti with Badaradi Kwatha. Milk medicated with Madhura Dravya siddha tail – Anuvasan Basti. Yavagu, Meat of wild animals till delivery 	Vaginal Tampon of oil medicated with Madhura dravya.	Varieties of Cereals	Anuvasan Basti of oil medicate with Kadamba and Mash. Followed by Yavagu.

TABLE NO. 2 – Scientific view of drugs

Dravya	Latin Name	Rasa	Virya	Vipaka	Guna	Karma
Palash	Butea monosperma	Katu, Tikta, Kashaya	Ushna	Katu	Laghu, Snigdha	<ol style="list-style-type: none"> Palash Seed + Takra – Acts mainly on threadworm, Round worm, killing them. Hence Iron and food is digested properly. Takra being Amla – Rasaprinan and Raktavadhaka hence increases Lactobacillus and increases absorption of Iron and nutrients. It is Krimighna and Grahi, hence reduces the risk of abortion. Palash – Helps for good digestion hence to produce Nirama Ahara Rasa and Nirama and healthy garbha. Kinhuk (Palash Flower) – Kapha pittaghna, hence reduces risk of abortion. Palash patra paste – Kapha pittaghna, pramehanashaka, helpful in gestational diabetes (DM in pregnancy), due to Grahi quality useful in Polyhydrominos. Palash patra + Milk – Punsavanartha.
Shaliparni	Desmodium gangeticum	Madhura, Tikta	Sheeta	Madhura	Guru, Snigdha	Acts on all tridoshas, regulates them, Vishghna, Rasayana, Balya, Brumhana, Dhatupushtikarak.
Yashtimadhu	Glycyrrhiza glabra Linn	Madhura	Sheeta	Madhura	Guru, Snigdha	It contains glyceretic acid which has Anti-inflammatory activity. Diacetate – this has action similar to that of hydrocortisone.
Gokshur	Tribulus terrestris	Madhura	Sheeta	Madhura	Guru, Snigdha	Decreases albuminurea, useful in oedema, prevents pre eclamptic condition. Medhya, Balya, Rasayana, Hrudya, Garbhasthapaka, reduces burning micturition, UTI in pregnancy.
Aparajita	Citoria ternate	Katu, Tikta, Kashaya	Sheeta	Katu	Laghu, Ruksha	Medhya, Anti-inflammatory, good for eyes, regulates all three doshas. It is a well-known nervine tonic.
Brihi Shali Shashti			Sheeta	Madhura	Snigdha, Laghu	Sheeta, Sthira, easy to digest, Grahi.
Gold	Aurum	Madhura, Kashaya, Tikta	Sheeta	Madhura		Vatapittaghna, slightly Kaphakara, kills infection, Rasayana, Medhya, Balya, Vishahara, Hrudya, Netrya, Kshayanashaka, Ojovardhaka.

Silver	Argentum	Amla, Madhura, Kashaya	Sheeta	Madhura		Regulates Vata-Pitta, Medhya, Balya, due to its Amla Rasa it acts as a Raktavardhaka, healthy for majja dhatu, helpful in anemia.
Tin	Stannum	Tikta Sushruta – Lavana	Ushna Ruksha	Katu		It is Kapha-Vata shamaka as of its Tikta Rasa, Ojovardhaka, decreases oedema, has action on urinary system.
Lead	Plumbum	Tikta, anurasa - Madhura	Ushna Snigdha	Madhura		Reduces Vata-Kapha, useful in Dhatukshayajanya Vataprakopa, works on Urinary system, Reproductive system and muscles, useful in constipation.
Zinc	Zincum	Kashaya, Tikta	Sheeta	Katu		Ork mainly on Rasa Dhatu, reduces Kapha-Pitta.
Hingul	Cinnebar	Tikta	Ushna	Madhura		Works on Tri-doshas, Rasayana action, Agnideepaka. Medicines – uvarnamalini Vasant, Madhumalini Vasant – Balya and Garbhaposha.
Iron	Ferrum	Tikta, Madhura, Kashaya	Sheeta	Katu		Raktavardhaka, Kapha-pitta shamaka, Trushnashamaka. Due to its Tikta, Kashaya rasa and Ruksha guna, it decrease Kapha. Due to its Tikta, Madhura, Kashaya rasa and Sheeta virya it decreases Pitta dosha. Because of Katu vipaka, it creates mild constipation.
Milk (Cow)		Madhura	Sheeta	Madhura		Jeevaneeya, Rasayana, Medhya, Balya, Stanyakara, Cures Jeerna Jwara, Mutrakrucchra, Raktapittaghna, reduces thrust and hunger, also Daridryanashaka.
Curd		Amla		Amla	Guru, Ushna	Vataghna, Ruchivardhaka, Agnivardhaka, Raktavardhaka, Abhihyandi quality i.e. reaches sukshma strotasa.
Navneet (Butter)		Madhura, alpa Kashya, Amla	Sheeta		Sheeta	Grahi, Deepaka, Raktapittanashaka.
Ghruta (Cow)		Madhura	Sheeta	Madhura	Sheeta	Smruti, Grahanshakti, Dnyanshakti, Agnibala, Ayushya, Shukra vardhaka. Healthy for eyes, Swara Madhuryadayaka, helpful in Vihinmada, Viryavardhaka, Vayathapana.
Honey		Kashya Madhura			Guru, Ruksha, Sheet	Yogavahi, Vatakara, Vranahodhana, Ropana, Sandhana.

DISCUSSION

1st to 3rd Month

During 1st three months (1st trimester) of pregnancy, pregnant woman prominently experiences Nausea, and Vomiting. In this condition she cannot take her normal diet. Due to vomiting, Rasa kshaya is seen. Hence drava ahara (liquid diet) helps to increase the rasa dhatu, results in prevention of dehydration and further produces Nirama ahara rasa.

प्रथमे मासि कललं जायते ।

सु. शा. ३ / १४

अव्यक्तः प्रथमे मासि सप्ताहात्कलली भवेत् ।

अ. ह. शा. १ / ३६

According to Acharya Sushruta and Vagbhata, in the first month embryo is in the shape of kalala (liquid state) so according to Acharya Charaka,

सर्वदा सर्वभावानां सामान्यं वृद्धिकारणम् ।

च. सू. १

The similar properties enhance the respective qualities inside the body.

समान गुणाभ्यासो हि धातूनां वृद्धिकारणम् इति ।

च. सू. १२

Hence prescribes the liquid diet.

MADHURASA

तत्र मधुरोऽसः शरीरसान्त्व्याद्दसुरुधिर मांसमेदोस्थ मज्जोजः शुक्रभिवर्धन आयुष्यः षडिन्द्रियप्रसादनो बलवर्णकरः पित्तविषमारुतघ्न तृष्णादाहप्रशमनस्त्वच्यः केश्यः कण्ठो बल्यः प्रीणनो जीवनस्तपर्णो बृंहणः स्थैर्यकरः क्षीणक्षतसन्धानकरो घ्राणमुखकण्ठौष्ठ जिह्वाप्रल्हादनो दाहमूर्च्छाप्रशमनः षट्पदपिपीलि-कनिमिष्टतमः स्निग्धः शीतो गुरुश्च ॥

च. सू. २६/४३-१

Madhur rasa has snigdha, sheeta, guru, kaphavardhaka, vata-pitta shamaka properties. Madhur rasa will be entire oral cavity with its sweet taste, a feeling of generalized well beingness, pleasure and strength to body organs. These properties help to maintain the proper condition of Garbhini and Garbha. As fetus is dominated by kapha, naturally it would need more unctuous substances to replenish the kapha. Madhura rasa did this.

According to modern science it is claimed that Madhur rasa (sweet) will nourish all the tissues because glucose is stored in the muscles as glycogen and circulating all over the body as glucose in the blood. The cerebral cortex contains maximum quantity of glucose and its depletion results in death during hypoglycemic attack. As well as it has anabolic property help to keep the mother and baby healthy.

Amla rasa

अम्लो रसो भक्तं रोचयति, अग्निं दीपयति, देहं बृंहयति, ऊर्जयति, मनो बोधयति, वातमनुलोमयति, हृदयं तर्पयति, आस्यमास्त्रावयति, भुक्तमपकर्षयति, क्लेदेयति जरयति, प्रीणयति, लघुरुष्णः स्निग्धश्च ।

च. सू. २६/४३-२

Amla rasa (sourness) is claimed to be hridya (good for heart and mana) (हृदयाय मनसो हितम् हृद्यम् ।). It is rich in vitamin C.

तत्रं लघु कषायाम्लं दीपनं कफवाताचित् ।

The deepan property strengthens Jatharagni and help to maintain nirama ahara rasa that is why Acharya Harita prescribes Takra pan in 1st month of pregnancy.

Sheeta ahara reduces the pitta prakopa hence it reduces the risk of Garbhavyapada i.e. Garbhastra (abortion or miscarriage).

According to Ashtang Sangraha, Palash siddha ghruta is to be prescribed in 1st month.

Actually various parts of palash are useful in pregnancy a follows:

1. Palash Seed + Takra –Palash seed has krimighna and grahi property. It mainly act on the threadworm and round worm by killing them. Takra being alpa rasatmak help in rasapreenana and raktavardhaka and hrudya. It is having Lactobacillus. So combinely both the drugs will increase the absorption of iron and nutrients which help to prevent the garbhavyapada and garbhopadravas like garbhini pandu (anemia in pregnancy).
2. Kanhuk (Palash Flower) – having Kapha pittaghna property it reduces risk of abortion.
3. Palash patra pask – according to Acharya Sushruta it is kapha pitta prashamana, pramehanashaka, so useful to prevent the gestational diabetes as well as due to its grahi guna it works in plihodara so it also prevents the polyhydromnios condition in pregnancy.
4. Palash ghruta for 1st 12 days along with gold and silver boiled in

water – Gold and silver having properties of reducing vata-pitta, krimighna, rasayana, medhya, smrutiprada, balya, viharaha, ojovardhaka property.

According to Acharya Kaphyapa, in 1st 3 months the means (indriyas) have subtle manifestation and the mind has more manifestation. The fetus quivers, achieves consciousness and feels pain. So the above dietic regimen is very useful to mother and fetus become healthy.

Yashtimadhu

Due to its madhura rasa and vipaka, sheeta virya, brumhana, pittashamaka property it helps to prevent nausea and vomiting and nourishes the fetus. It contains gluceretic acid which is having anti-inflammatory activity and diacetrate having action to that of hydrocortisone.

Honey

It is madhur and kashya in rasa, kaphahara, yogavahi (catalyst in action – a drug which accelerates the action of other drug with which it recites without giving out its originality).

Sukshma marga anusaritan (A.S. Su. 6/92) Sukshma enables to penetrate into minute capillaries of the body, strotasas by increasing osmotic permeability. As it contains sugar which are rapidly absorbed by the digestive system and converted into energy, so it is an instant energizer.

It speeds up healing, growth of healing tissues, so useful in implanted bleeding and APH cases. It has anti-bacterial properties so prevent various infections like TORCH during 1st trimester which are responsible for abortion (constant use of honey strengthen WBC to fight bacteria, virus, etc.) Honey is a good antioxidant which restores the damaged skin and gives soft and young look. Antioxidants have the ability to inhibit oxidative damage which prevent inflammatory condition and also prevents neurodegenerative conditions.

ब्रणशोधनं संधानरोपणं वातलं मधु ।
रुक्षं कषायमधुरं तत्तुल्या मधुशर्करा ॥
नाद्रव्यात्मकत्वाच्च योगवाहि परं मधु ।
वृष्ययौगैरतो युक्तं वृषतामनुवर्तते ॥

Sarpi (Ghruta)

गव्ये क्षीर घृते श्रेष्ठे ॥

शस्तं धीस्मृतिमेधाग्नि बलायुः शुक्रचक्षुषाम् ॥
बालवृद्धप्रजाकान्ति सौकुमार्यस्वार्थिनाम् ।
क्षतक्षीण परीसर्पशस्त्रान्नि पितात्मनाम् ॥
वातपित्त विषोन्माद शोषालक्ष्मी जरा पहम् ॥

अ.सं. सू. ६

Sarpi has unique quality to transform itself so as to imbibe the qualities of the substances to which it is added without losing its own qualities. This is known as samskara anuvartana. This property is not so prominent in other sneha dravya like – Taila, vasa, majja.

Madhuryat – sweet in taste.

Avidahitvat – does not cause burning sensation.

Janama dyeva cha shilanat – it is used since birth.

Pharmacodynamics:

Rasa	-	Madhur
Guna	-	Snigdha, Mrudu, Guru, Manda
Virya	-	Shita
Vipaka	-	Madhur
Prabhav	-	Agnideepana
Karma	-	Pitta vatahara, Svara,- lavanya, teja-balakara, chakshushya, medhya, increases rasa, oja, dahashamaka, vrushya, vayasthapana.

Among the ghee form different sources, cow's ghee is found to be the best according to Ayurveda. Sarpi is effective in all three doshas. It alleviate vata dosha by virtue of its snigdha (unctuous) quality. It pacifies pitta dosha due to its madhur and shita quality attributes. It also treats kapha dosha by virtue of samskara anuvartana, when it is combined with kaphahara drugs. Moreover, sarpi has been proved as a good bio-enhancer of accompanying drug, as well as a good ojokara

(immunity enhance). That's why each and every Acharya prescribe the use ghruta throughout pregnancy period.

Ghee is a rich source of vitamin A, Vitamin E and carotenoids. It acts as a catalyst for absorption of various macro and micronutrients from placenta. Is also lowers the prostaglandin level in serum. It has hypocholesterolemic effect.

Prostaglandins decrease uterine blood flow and increase the level of oxytocin which results in abortion, premature labour as well as pre eclamptic condition and PIH.

अत्रं गव्यं तु जीवनीयं रसायनम् ।
क्षतक्षीणहितं मेध्यं बल्यं स्तन्यकरं सरम् ॥

A. र. सू. ५/२१

4th Month

चतुर्थे मासि स्थिरत्वमापद्यते गर्भः ।

च. शा. ४ / २०

चतुर्थे सर्वाङ्ग प्रत्यङ्ग विभागः प्रव्यक्तो भवति ।

गर्भ प्रत्यक्त्तिभावाच्चेतना धातुशाभिव्यक्तो भवति कस्मात् ॥

सु. शा. ३ / १४

Various body parts become more conspicuous and stability to the fetus comes in the 4th month. Manifestation of heart and consciousness associated with heart takes place. Due to stability in fetus the woman feels more heaviness in the body. So shalishashti, curd and navnet plays an important role as follows:

स्निग्धो ग्राही लघु स्वादुस्त्रिदोषघ्नः स्थिरो हिमः ।

षष्टिको व्रीहिषु श्रेष्ठो गौरश्चासितगौरतः ॥

अ. ह. सू. ७ / ७

Snigdha, grahi, laghu, sthira guna helps in stabilization of fetus and create laghuta in pregnant woman.

लाजास्तुट् छर्चतीसारमेहमेदः कफाच्छेदः ।

कासपित्तोपशमनां दीपना लघवो हिताः ॥

Due to the above property plays an important role in garbhini aruchi and chhardi.

नवनीत

शीतं स्वादु कषायाम्लं नवनीतं नवोद् घृतम्

कषायो रसः संशमनः, संग्राही, सन्धानकर, पीडनो, रोपणः, शोषणः, स्तम्भनः, श्लेष्मरक्तपित्तप्रशमनः, शरीरकलेदस्योपयोक्ता रूक्षः शीतोत्लघुश्च ।

Due to above properties it helps to stabilize the foetus in uterus.

Curd

Curd contains lactic acid. Lactate is essential for brain development and it also prevents fetal acidosis.

Mamsarasa

It is a good nutritive, vatapittahara, Ruchikara, help in relieving tiredness and dhatukshaya. It is rich source of vitamins, organic iron, calcium and other minerals.

Due to manifestation of fetus heart in 4th month it possesses two hearts so the mother is called “dauhridini”. Hence the fetus indicates its desire in sense of objects. If these desires are ignored, the lady would delivers the fetus with various garbhavikruti (congenital anomalies) i.e. Kubja, Kuni (deformed hands), Khanja (deformed legs) Jada, (mentally retarded), Vamana, abnormality in eyes. So one can take the douhruda as an indicator of nutritional deficiency or psychological need of mother.

तस्मादिति सुख दुःख संबन्धात् सुखोत्पादनार्थं दुःखपरिहारार्थं च स्पन्दते चलति ॥

च. शा. ४ / १५ चक्रपाणी टीका

According to Acharya Kashyapa, after 4th month chances of abortion declines and basic organogenesis is also advanced to certain extent, minimizes the chances of congenital anomalies. Hence, whatever she desires should be provided to her afterward she delivers powerful and

long lived progeny.

5th Month

पञ्चमे मासि गर्भस्य मांसशोणितोपचयो भवत्यधिकमन्येभ्यो मासभ्यः ।
तस्माद् गर्भिणी काश्यमापद्यते विशेषेण ॥

च. शा. ४ / २१

पञ्चमे मनः प्रतिबुद्धतरं भवति ॥

सु. शा. ३ / १६

According to Ayurvedic philosophy the knowledge of perception is the result of interaction between mana and indriya. Since by 5th month auditory reflexes and peripheral sensory reflexes develops to certain extent.

The woman becomes emaciated due to lack of nourishment of maternal dhatus as the rasa is driven to nourish more and more the flesh and blood of the fetus.

That's why Acharya has prescribed ghruta, milk and meat of wild animals in this month. From 4th month onwards muscular tissues of fetus grow sufficiently required more proteins which are supplied by use of meat soup.

6th month

षष्ठे मासि गर्भस्य बलवर्णोपचयो भवत्याधिकमन्येभ्यो मासेभ्यः ॥
तस्माद् गर्भिणी बलवर्णं हानिमापद्यते विशेषेण ॥

च. शा. ४ / २२

षष्ठे बुद्धि ॥

सु. शा. ३ / १६

षष्ठे केशरोमनखास्थिस्नाखादीन्याभिव्यक्तानी बलवर्णोपचयश्च ॥

अ. सं. शा. २ / २८

बलवर्णो जसां वृद्धि षष्ठे ॥

का. सं. शा. असमानगोत्रीय

षष्ठे मातु श्रमोऽधिकम् ॥

का. सं. शा. असमानगोत्रीय

As by 24th to 25th weeks, sensory and motor organs attain some maturity and skin becomes pink so the description of buddhi and complexion is given. Deposition of calcium also starts in this month, so the classics have described formation of hairs and bone. As during this month the fetus derives relatively more strength and complexion hence the pregnant woman suffers loss of strength and complexion, she feels more tiredness. That's why use of godugdha and godhruta is indicated.

In this month kleda nirmiti takes place, so pedal edema is seen prominently in pregnant woman that is why ghruta medicated with gokshura is given to pregnant woman, as it has kledaghna, mutral, shothaghna property. According to modern science steroidal Saponin has good diuretic property and is proved to have the best nephroprotective activity as that of gentamycin. It also prevents the retention of water, reduces albuminuria. As it is having vasodilator property it preventing PIH, IUGR, pre mature labour, DM and infection. Gokshura is also having buddhi vardhaka, nrumbhana, pitta-kapha nashaka property. So it helps to increase the intellect.

7th month

सप्तमे मासि गर्भः सर्वे भवैश्याप्यते ॥

च. शा. ४ / २३

सप्तमे सर्वाङ्ग प्रत्यङ्ग विभागः प्रव्यक्ततरः ॥

सु. शा. ३ / १६

तस्मात्तदा गर्भिणी सर्वाकारैः क्लान्ततमा भवति ॥

च. शा. ४ / २३

All the features (muscle, blood, bone, etc.) get proper nourishment. All the major and minor body parts are more conspicuous (are fully developed). Whole body gets completely associated with vata, pitta,

and kapha. As the fetus attains overall maturity in this month, the pregnant woman feels excessively exhausted. That's why Acharya prescribes milk and ghruta with medicated with madhura aushadhi.

Navneet medicated with madhur aushadhi, Ghruta khanda (a sweet dish) is a specially prescribed by Acharya Harita. Madhura and amla rasa play an important role a prescribed earlier.

Ghruta medicated with pruthakpami and vidarigandhadi gana are prescribed by Acharya Sushruta. The drugs of vidarigandhadi gana are diuretic, anabolic, relative emaciation and suppress pitta-kapha and maintain the health of mother and fetus.

8th month

In this month, according to Acharya Charaka, rice gruel (yavagu) prepared with milk should be given to garbhini.

यवागू

यवागू त्रिविधा प्रोक्ता मण्डः पेया विलेपी ।

सिक्थकौ रहितो मण्डः पेया सिक्थ समाप्तिता ।

विलेपी बहु सिक्था स्याद् यवागू विरलद्रवा ॥

सु. सू. ४६ / ३४४

Yavagu – preparation of cereals like rice, wheat, barley. It is easily and completely absorbed by human body. It is easily and completely absorbed by the human body.

कृशरा

कृशरा शुकला बल्या गुरुः पित्तकफप्रदा ।

दुर्जरा बुद्धि विष्टम्भि मलमूत्रकरी स्मृता ॥

भा. प्र. कृतात्रे

Kaphapittakara, vatahara, balya, buddhiprada, malamutravardhaka.

In 8th month most of the time constipation takes place due to pressure of gravid uterus over the bowels and effect of progesterone. Use of Asthapana basti of badaradi dravyas and anuvasana basti of milk and madhur dravya siddha tail relieves the constipation and helps in anulomana of vata (apana) and vishodhana of puran mala. This may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour. So it prevents the malpresentation and increases the chances of normal labour.

9th month

Anuvasana basti of Madhura aushadhi siddha tail should be given. Yonipichu of Til Tail medicated with madhur dravya should be kept in vagina for softening of the birth canal.

Qualities of Til Tail – Rassa – madhur, Anurasa – Tikta, Kashaya. Virya – Ushna.

Guna – Tikshna, Gurur, Snigdha, Vikasi, Sara Karma

मारुतघ्नं न च श्लेष्मवर्धनं बलवर्धनम् ।

त्वच्यमुष्णं स्थिरकरं तैलं योनि विशेषणम् ॥

च. सू. १३ / १५

- Til tail is good source of zinc and has powerful antioxidant property.
- Taila alleviates Vata dosha but does not aggravate kapha.
- Promotes Bala (strength) to apatyapatha (vagina).
- Controls the morbidity of female genital tract.
- Antibacterial and anti-fungal activity.

Oil tampon soften the birth canal, influence autonomic fibers governing myometrium and help in regulating their functions. As having anti-microbial (krimighna) property, it kills the microbes in birth canal and help to prevent sutika roga (puerperal sepsis).

CONCLUSION

Benefits of monthly regimen

परम इति निर्विकार माष्यस्यमानस्य गर्भस्य मासे मासे कर्मोपदेश्यामः ।

एवं कुर्वती हृद्गोणाऽऽग्य बल वर्ण स्वर संहनन संपदुपेतं ज्ञातीनाम् श्रेष्ठमपत्यं

जनयति ॥

यदिदं कर्म प्रथमं मासं समुपादायोपदिष्टमानवमान्मासात्तेन गर्भिण्या गर्भसमये गर्भधारिणीकुक्षिकटीपाश्र्वपृष्ठं मृदुभवति वातश्चागुलोमः संपद्यते मूत्रपुरीषे च प्रकृतिभूते सुखेन मार्गमनुपद्येते चर्मनखानि च मार्दवमुपयान्ति बलवर्णो चोपचीयेते पुत्रं चेष्टं संपदुयेतं सखिनं सुखेनैषा काले प्रजायत इति ॥

च. शा. ८ / ३२

After following the dietetic regimen from 1st to 9th month, the woman remains healthy and delivers the child possessing good health, energy or strength, voice, compactness, much superior to other progeny.

Women's kukshi (abdomen), sacral region, flanks and back become soft, apana vayu moves into its right path, feces, urine and placenta are excreted easily by their respective passage. Skin and nail become soft. Woman gains strength and complexion. She delivers easily at proper time. A desired, excellent, healthy child possessing all the qualities of long life.

Abbreviations

च. – Charaka Samhita

सु. – Sushrut Samhita

अ. ह. – Ashtang Hridaya

अ. सं. – Ashtang Sangraha

का. सं. – Kashyapa Samhita

भे. – Bhela Samhita

भा. प्र. – Bhavapraksha Samhita

सू. – Sutrasthana

शा. – Sharirsthana