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IMPORTANCE OF SANSARJAN KARMA PREGNANCY DIET

KEY WORDS: Garbhini Paricharya, Sansarjan Karma, Agnimandya, Rasakshaya

Dr Jayashree Patil

HOD Stree-Rog Prasuti Department, Dr.D.Y.Patil College of ayurved Pimpri, Pune, Maharashtra, India.

ABSTRACT

Introduction:-Pregnancy is a beautiful event in every woman’s life. If she is taken proper care the baby is developed as wonderful creation of God. Diet plays an important role in her life. Especially first trimester of pregnancy is precious time, as formation of placenta and development of important organs takes place in this period. The lady’s behavior plays important part in this period. The health of future generations is to a great extent Determined by the baby’s growth and development within the womb. The success of foetal life determines not only the health of the Newborn, but also has a major impact on adult health and disease risk.

Month wise dietary regimen in pregnancy

As there is a constant development of the embryo there would also be difference in its requirements of food and nutrition. Thus the requirements of the mother also change. Having understood this change in requirements, Ayurveda has given in detail the month wise dietary regime.

In the first trimester the lady is suffering from Nausea, vomiting, agnimandya, and Rasakshaya as a result of above three symptoms. so she must be advised proper and quality diet in this trimester.

Sansarjan karma

Post-Panchakarma dietary regime is called as sansarjan karma It is advised after Vaman and virechana to cover” Agnimandya”We can also include the recopies in sansarjana karma for the first trimester .And that’s the main aim to prove which has already implemented by me in our practice of Obstetrics.

MAND

Procedure:-One part of rice is taken in cooking pan;14 parts of water is added and boiled till rice is completely cooked.It is filtered and only liquid part is taken ;which is called MAND.Two pinches of dry ginger powder and rock salt each is added & served when hot.

PEYA

One part of rice is taken in cooking pan; 14 parts of water is added and boiled till rice is completely cooked. It is served as a whole without filtering with rice.

ADVANTAGES OF MAND AND PEYA IN FIRST TRIMESTER

MAND & PEYA have less of a rice content and more liquid part so it helps to cover the dehydration due to vomiting along with antiemetic drugs. less need to give iv fluids Prakshep dravya like ghee, salt, dry ginger act as Agnivardhak and agnidipak (Appetizer and Digestive).The most disturbing symptom like constipation in first trimester can also be relieved.

YUSH

Procedure: One tablespoon of clarified butter (ghee) is taken in fry pan 'Moong Dal'is added and roasted till the dal becomes pinkish brown .Then 18 parts of water is added to it & cooked till the dal is soft .We have to prepare a syrup like mixture by mixing dal in water which is more thicker than PEYA.Add powders of black pepper, dry ginger ,cumin seeds and rock salt two pinches each.

YUSH can be prepared with cereals like green gram,lentil.All the soups prepared now a day’s fall under this recipe .e.g. vegetable soup, tomato soup, carrot soup,non-veg soups.

YAVAGOO

Procedure:- One tablespoon of clarified butter (ghee) is taken in fry pan,one part of rice is added and roasted till it becomes dark brown .Then 6 parts of water is added to it & cooked till the rice is completely cooked and thick paste is formed. Add powders of black pepper, dry ginger, cumin seeds and rock salt two pinches each as per requirement.

ADVANTAGES OF YUSH AND YAVAGOO IN FIRST TRIMESTER

YUSH AND YAVAGOO can be used when no. of vomiting is reduced. These two recopies are easily digested and useful for nutrition also.

Solid forms like VILEPI and KRISHARA are also agnivardhak, agnidipak, completely nourishing and energetic.

The doses of above all recipes can be decided by the degree of the agnimandya, no. of vomiting and pattern of increase in potency of Agni.

DISCUSSION:

As the first trimester is important period for mother and baby; Agnimandya should be cured as early as possible .many of the drugs are contra-indicated because of teratogenicity .So with the help of ”sansarjan Kram” agnimandya is cured, agnivardhan and agnideepan is successfully achieved. after that regular month wise dietary regime advised by Acharya Charaka or Acharya Sushruta can implemented to give best results!

CONCLUSION:-

Foetal nutrition till Vyaktagarbha avastha (First Trimester) is totally dependent on quality of rasadhatu As it is nutrited by Upsnehan And Upswedan .It would be highly beneficial to pregnant lady if sansarjan karma is followed by monthly dietary regime .there are less chances of Anaemia,early abortions,IUGR,placental insufficiency .

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