Abstract
In today’s clinical practice it is found that several diseases are caused by combination of faulty selection of food, malnutrition, adulteration in food and wrong food processing methods. Nutrition being a prime life support, its importance sustained at every stage of life, including intrauterine life of human being. Number of disorders related to foetal growth and development called Garbhavyapada are explained in Ayurved texts which are having close concern with maternal diet, nutrition and lifestyle. Rather food and nutrition is prime responsible factor for growth and development. As per texts MithyaAaharSevana is basic cause of Garbhavyapada. In recent era various types of fast food recipes with delicious tests, flavour and colours are available but their nutritional values are suspicious. In spite of availability of better medical services and diagnostic technology, evidence of gestational foetal disease (Garbhavyapad) is persistent over a period of decades. Traditional homemade food properties as well as Ayurvedic concepts of diet and nutrition are very much essential to correct these conditions. Concepts of Laghu, Guru, Snigdha, Balya, Rasayana, Jivaniya, Santarpan, Poshana are having multidimensional action on body elements and resulting into better nourishment. It not only supports maternal health but also beneficial for proper nourishment and development of upcoming generations. Preconceptional as well as antenatal role of diet and nutrition will definitely help to reduce the evidence of Garbhavyapadawith improvement in quality of pregnancy outcome.

Keywords
Garbhavyapad, Aahara, Poshan
INTRODUCTION
Dietary and nutritional needs of women at her different life stages are much specific and very much essential for her health. In childhood, during puberty, reproductive years, antenatal period, lactating phase and also menopausal years are special zones which are concerned with diet and nutrition. Nutritional diet helps to achieve optimum growth during adolescent age and restores body nutrients before pregnancy. Nutritional deficiency is not so differ in urban and rural society. In rural society lack of food is present while in urban society food processing, adulteration and faulty food products are responsible for ill nutrition. Hence it is very much essential to concern this issue of nutrition and reproductive health to prevent Garbhavyapad, VikrutAhara or MithyaAharaSevana i.e., consumption of faulty food is one of the prime causative factor which results into defective pregnancy outcomes. Spontaneous abortions, intrauterine growth retardation, oligohydramnios, premature labour and small for gestational age newborns are some of the complications which can be entitled under Garbhvyapadas. In modern science, nutrition is defined in terms of basic elements like vitamins, minerals, micronutrients, antioxidants while diet is explained in terms of carbohydrates, proteins, fats, and calories. In Ayurveda texts it is explained in terms of PathyaAahar, Aahar Rasa, and DhatuPoshana. By understanding Ayurvedic dietary concepts with collaboration of modern technology will help to support maternal health and will prevent nutritional deficiencies of foetus during gestational period.

AIMS AND OBJECTIVES
1. To review complete Ayurved literature related to Ahar and Poshan.
2. To review complete literature related to Garbhavyapada.
3. To establish role of Ahar (diet) and Poshana (nutrition) in Garbhavyapada.

AYURVED LITERATURE REVIEW:
Importance of Aahara (Diet or food)\(^1\): Allliving animals pursuits for Aahara. Aahara is responsible for existence of colour and lustre of skin, voice, life activities and happiness. It is also important for satisfaction, nourishment, strength and intelligence hence food is having its special
importance in life of animal. One should not eat Aahara out of his greed. He must consume it willingly and by knowing it properly. Living body grows only on Aahara hence it is very important to examine it before its consumption.

AharaSevanAbhav (Effects of starvation): In the state of poor intake of Aahara the person will lose his voice, skin lustre, vision and becomes thin. In further state it leads to difficulty in speech, tiredness, pain in the heart, giddiness after extreme starvation.

Description of Ahara:
1. Food is best mean for healthy status of body.
2. Person who eats healthy food with all rules and regulation can live disease free and will survive upto 36000 nights i.e. hundred years with blessings of good peoples.
3. There is nothing other than food which supports life and there is no better medicine than food.

AharVidhiVishaytanani (Factors deciding special features and efficacy of food):
There are eight factors which are responsible for processing of food from its production metabolism. Not all dietary supplements are always useful for body or none of the food product is waste. The nutritional efficacy of food depends upon these factors as follows.

1. Prakrati (Nature of food): Basic constitutional properties of Ahara are very much important for its action on body. Ahara may be of Guru, Laghu, Ushna, Tikshna, Snigdha, Ruksha qualities which decides anabolism or catabolism in the body. Snigdhaguna causes weight gain while Rukshaguna causes weight loss.

2. Karan (Food processing): Preparation of food from raw material and the methods used for it has significant effect on nutritional quality of food. Homemade recipes will be always of better nutritional quality than outside prepared food from same material.

3. Sanyoga (combination): Mixing of certain food products will change food quality and property e.g. milk causes production of cough but if it is taken with turmeric it will help to reduce cough. Ghee and honey are useful for better nutrition but when they consumed in combination, will turn to poison.

4. Rashi (Quantity): Food quantity is very much important as concerned to nutrition. Quantity of food material and of its constitutional elements are most important for nutrition. Selection of food quantity for individuals depend upon their requirements and digestive capacity called Agni.
5. **Desh (Region):** Nutritional property of food strictly depends upon the geographical area where it is cultivated e.g. dates produced in gulf countries are always having better quality than of Indian origin.

6. **Kala (Time):** Season of production of food material is very important concerned to its nutritional property. Any non seasonal fruit will definitely have different contents than same fruit produced in its particular season.

7. **Upyogsanstha (System using food):** Surroundings around consumer and circumstances while consumption of food will definitely affect nutrition as well as efficacy of food. State of full relaxation with happy mind and soul with desperate affinity towards food will be definitely favourable for body. Controversially a good quality and well processed food if consumed at dirty place, with fear in mind, with hurry or interaction by other disturbances will not be useful for body at expected level.

8. **Upayokta (Consumer):** The process of nutrition by food is ultimately depends upon the person who eats the food. His prakruti, agni, bala, general health, habits of food consumption and suitability of food with him will affect metabolism.

**DhatuPoshana:** Human body constitutes its basic elements called dhatu which are nourished by process called *DhatuPoshana*. This concept states that in the process of digestion, food is converted into useful part called *Aaharrasa* and wastage called mala. *Ahar* rasa having potential to nourish all body dhatus. *Ahar* rasa and its metabolism is responsible for proper nutrition and development of dhatu.

**Role of Madhura rasa in DhatuPoshana:** It is forever suitable for body from childhood to old age. By satisfying body it enhances all seven dhatus and extends lifespan. *Madhur* rasa increases strength, colour of skin and destroys acidosis, toxicity, burning tendencies and thirst from body. It makes hair strong and gives stability to body and helpful for production of breast milk. *Madhurrasais* having healing property and it makes vision more clear.

**Ahara having Madhurarasa:** Ghee, wheat, rice, milk, butter, jaggery, sugar, *shatavari*, *bala*, meat of desert (*Jangal*) animals etc.

**Ahara indicated for Garbhini:** Almost all Ayurved texts have advised month wise additional diet plan, with routine dietto pregnant lady to have better nutrition and maternal well being. In brief it can be understood by following chart.

**Table 1.** Showing month wise additional diet plan for Garbhini.
Month of Pregnancy | Diet Plan                      | Month of Pregnancy | Diet Plan                      |
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<tbody>
<tr>
<td>1</td>
<td>Madhur, Satmya Ahara, milk</td>
<td>6</td>
<td>Madhur Aushadhi, Milk, Ghee, Gokshur</td>
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<tr>
<td>2</td>
<td>Madhur Aushadhi, Milk</td>
<td>7</td>
<td>Madhur Aushadhi, Milk, Ghee</td>
</tr>
<tr>
<td>3</td>
<td>Milk, honey, ghee, Madhurahar</td>
<td>8</td>
<td>Milk, Madhura Aushadhi</td>
</tr>
<tr>
<td>4</td>
<td>Milk, butter, meat of Jangal animals</td>
<td>9</td>
<td>Madhur Aushadhi, Mansrasa</td>
</tr>
<tr>
<td>5</td>
<td>Milk and ghee, Rice with Milk</td>
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**Garbhaposhan (Nourishment of foetus):**

Aahar rasā formed in the maternal body from the food eaten by her gets divided in three parts. One part for maternal nourishment, second for foetal development and third is for production of breast milk.

Foetal umbilicus receives nourishment from garbhṇādi (umbilical cord) which is attached to Apara (placenta) at the other end. Placenta is indirectly connected to maternal heart and receives Ahar rasā from it by anastomosis of vessels around placenta.

Matruj, Pitruj, Rasa, Satmyaj, Satvaj, Aatmaj are six factors responsible for growth and development of foetus. Rasaj factor itself denotes importance of nourishment for foetal growth. Sushruta explained existence of Rasavahanadi for transportation of Aahar rasā from mother to foetus.

**Role of Panch Mahabhutain Garbhaposhan:**

Vayu (Vat) causes division, Teja (Heat) causes pachan (conversion), Aap (Water) causes Kledan (liquefaction), Prutvi (Earth) causes Sanhanan (solidification) and Aakash (Space) causes Vivardhan (growth) of foetus.

**Effect of non adopting the indicated diet by pregnant women:**

Regular excess use of Ushna, Tikshna Ahara or consumption of inadequate food by pregnant women may leads to Garbhasrava (miscarriage), Garbhapat (abortion), Garbha Shosh (IUGR), Antarmrut Garbha (IUD) and Akalprasav (premature labour).

**Garbha Vyapad (diseases of foetus):**

Upavishtak, Nagodara, Makkal, Mudgarbha, Vishkambha, Gudhgarbha, Jarayudosha and Garbhapat are eight disease of foetus explained by Sharangdharsamhita. These conditions show signs of abnormal foetal development.

**Causes of Garbhavyapad:**

Number of causes responsible for Garbhavyapad are described in texts. Their causes related to diet and nutrition are as below.

1. Practicing prohibited factors for foetal growth leads to Garbhapat.
2. Habitat to excess thirst and starvation may leads to Garbhapat.
3. Upawas, atriraksha, katutiktabhojanacan cause Garbhapat.
4. If foetus does not get adequate food will leads to Garbhashosha\textsuperscript{18}.

5. Practicing starvation or keeping fast, hesitance towards SnigdhaAhara and use of VataprakopakAhara leads to Nagodara or Upshuska\textsuperscript{19}.

**Clinical presentation of Garbhavyapada:**

1. **Garbhasrava and Pata\textsuperscript{17}**: If products of conception, up to four month gestation, flows out of uterus then it is Garbhasrava and if it occurs in fifth or sixth month is called as Garbhpata. In modern science these conditions are described under hemorrhage in early pregnancy which includes miscarriage and abortion. Amongst many causes malnutrition is one of the causes of abortion.

2. **Upavishtak\textsuperscript{20}**: Faulty diet by pregnant women leads to abnormal secretion from genital tract and due to this further growth of the fetus is restricted. This condition is called as Upvishtak which resembles to intrauterine growth retardation in modern science. According to Ashtangasangrah due to consumption of non indicated diet by Garbhini after fourth months of pregnancy, compression of Rasavahanadi occurs due to vitiation of vata. This result into interruption of further growth of foetus called as Upasushak or Upavishtak.

3. **Nagodar\textsuperscript{19}**: Long and repeated starvation, hesitance to consume Snigdha (fat) food by Garbhini leads to dryness of fetus with no growth seen in it, called as Nagaodar. Such foetus may remain inside the uterus for longer time period and will not shows pulsation (or movements).

4. **Lingarbha\textsuperscript{21}**: Due to high influence of vatadosha on strotatoetus lies inside uterus without any growth and pulsation (or movements) which further results into death of foetus is called as Lingarbha. It can be compared with severe IUGR.

**Observations:** The literary review from various Ayurved texts regarding Aharposhan and Garbhvyapad shows following outcomes.

1. Food is basic life support and it is best medicine for prevention of diseases.

2. Nutritional potential of food depends upon Aharvidhivisheshaytanani.

3. Ayurveda texts have detailed description about nourishment of foetus from maternal Aharrasa with well organized transportation system made up of Apara, Garbhnadi and Nabhasilloetus.

4. Garbhvyapdas are derived from non disciplinary orders of food consumption.
5. **Madhur** rasa is best for nourishment, strength and it is desperately indicated in pregnancy diet.

6. **Ayurveda** has additionally indicated consumption of rich sources of proteins, fat, calcium and iron in the form of milk, ghee, butter and meat of desert animals.

**DISCUSSION**

Good quality food with enriched nutritional properties is essential for growth, development and existence of healthy life. From very beginning i.e. gestational time, nutritional demands are fulfilled by various mechanisms of digestive system with help of blood circulation. Growth is affected by genetic combination, surroundings, lifestyle habits, mental peace and available food sources. Lack of these factors may lead to intrauterine restriction of growth and development. Such conditions directly affect the life of growing foetus or newborn. It has to face lifelong complications and the life quality affected at extensive level. Such disorders have been described in **Ayurved** texts under concept of **Garbhvyapad**.

**Ayurveda** essentially deals with preventive aspects of human life by means of specific rules and regulations called **Swasthvritta**. Guidelines for food, sleep, exercise, bath, sexual act, seasonal adaptations are thoroughly described in different parts of **Ayurved Samhitas**. The concepts regarding diet and nutrition described in **Ayurveda** are highly considerable regarding intrauterine growth. Lack of food, faulty combinations of food or non transportation of food by body system will leads to **Garbhavyapaadas**. Planning for good food and nutritional diet is very essential aspect and it will result into better pregnancy outcomes. Additional diet advised for pregnant women in terms of meat of desert animals, milk and butter, ghee will provide enough quantity of iron, calcium, proteins, fats essential for foetal growth. People should get educated about diet and concept of balanced diet which has to be implemented. Importance of **Aharvidhivisheshayatanani** should be considered to improve availability of good food and its impact on body.

**CONCLUSION**

Above references and discussion can definitely conclude the role of **Ahar** and **Poshan** in prevention of **Garbhavyapaadas**. Implementation of the basic principles behind diet, nutrition growth and
development will surely reduce the intrauterine foetal complications and will improve pregnancy outcome.
REFERENCES