

Monthly Regimen for Pregnant Woman Described in *Brihatrayee*: A Scientific Review

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Abstract

Worldwide, every year approximately eight million women suffer from pregnancy related complications and over half million of them die as a result. Pregnancy and childbirth are one of the most critical events in a woman's life cycle that needs special attention as fetal outcome depends upon maternal health. In Ayurveda special importance is given to pregnant lady and it is said that pregnant women is like with oil filled vessel, which can be split by minute displacement. Various *Acharya* have described care of pregnant lady through *Garbhini Paricharya*. It includes all aspects of care of pregnant lady like *Ahar* (diet), *Vihar* (exercise), *Pathya* (do's), *Apathya* (don'ts), *Yoga* and Meditation etc. During pregnancy there are progressive changes in all systems of body due to maternal adaptation to increasing demand of growing fetus. This additional demand has to be fulfilled by giving her proper diet. In Ayurveda Monthly Regimen and *Pathya* for pregnant woman is described in details in *Bruhatrayee*. Main purpose of this review is to describe these measures in scientific way.

Keywords

Bruhatrayee, *Garbhini Paricharya*, *Pathya*, Pregnancy



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INTRODUCTION

Important causes of maternal death are Anemia, hemorrhage, hypertension, obstructed labor, unsafe abortion and infection. These are also causes of intra uterine fetal death. According to WHO, UNICEF and UNFPA 80% of deaths can be prevented through actions that are effective and affordable in developing countries¹. So it's very important to take care of pregnant lady. As there is a continuous growth of the embryo or fetus there would also be variation in its requirements of food and nutrition. Thus the necessities of the mother also modify. Ayurveda is a science of life and basic principle of Ayurveda is "swasthasya swasthya rakshanam athurasya roga prasamanam"². To maintain Swasthya of pregnant lady *Garbhini Parichaya* is most important. Fetus is dependent on mothers'. The care of the pregnant lady reflects on the quality and health of the offspring. Health of the pregnant women is maintained through proper *Garbhini Paricharya* right from the conception till delivery. *Garbhini Paricharya* includes all aspects of care of pregnant lady like *Ahar* (diet), *Vihar* (exercise), *Pathya* (dos), *Apathaya* (don'ts), *Yoga and Meditation* etc. Food is called life of living being. Even if drugs are

introduced to a diseased person he cannot get cured without proper food. Hence food is called as great medicine. Food can be adjusted in such a fashion that it fulfills the need of body and brings about homeostatic condition³. Diseases of *Garbhini* are very difficult to treat⁴. The health of baby is completely depend on mother therefore it is better to take care that pregnant lady is getting adequate care and nutritious and proper food so that she delivers a healthy baby without complications. This can be achieved with the help of *Gabhini Parichaya*. In the present review prime focus is given on monthly Regimen for Pregnant woman described in *Brihatrayee* so as to achieve healthy baby to healthy mother.

SEARCH CRITERIA

Articles and research papers published in journals, PubMed central and Google scholar on *Garbhini Paricharya* and Ante natal care (ANC) were studied out and related articles and papers were taken in to consideration. Ayurveda literature including *Samhita* and *Nighantu* related to *Garbhini* was also studied out. Information regarding ANC was collected from Modern literature. All the literature was especially studied for Monthly Regimen and *Pathya* described in

Brihatrayee and taken in to consideration. More emphasis was done on clinical trials. Finally results were obtained from all the data and literatures studied.

Monthly Dietary Regimen and *Pathya* in *Brihatrayee*:

Details about Monthly Regimen for Pregnant woman are described in *Charaka Samhita, Sharira Sthana, chapter 8, Sushruta Samhita, Sharira Sthana, chapter 1* and *Astanga Sangraha, Sharira sthana, chapter 3*.

Table 1 Month wise Regimen for *Garbhini* in *Brihatrayee*

Month	<i>Charaka samhita</i> ⁵	<i>Sushruta samhita</i> ⁶	<i>Astang sangraha</i> ⁷
1	Non medicated milk in desired quantity	Sweet, cold and liquid diet	Medicated milk
2	Milk medicated with <i>Madhur Ras</i> drugs	Same as 1st month	Same as <i>Charak</i>
3	Milk with honey and <i>Ghrita</i>	Same as 1st month and <i>shashthi</i> rice cooked with milk.	Same as <i>Charak</i>
4	<i>Navneet</i> (Butter) extracted from milk or Milk with butter	<i>Shashti</i> rice with curd. Pleasant food mixed with milk and butter. <i>Mansa</i> (meat) of wild animals	Milk with one <i>tola</i> of butter(12 gms)
5	<i>Ghrita</i> prepared with butter extracted from milk	<i>Shashti</i> rice with milk. Pleasant food mixed with milk and <i>ghrita</i> . Meat of wild animals	Same as <i>charak</i>
6	<i>Ghrita</i> prepared from milk medicated with <i>Madhur</i> drugs	<i>Ghrita</i> or rice gruel medicated with <i>Gokshur</i>	Same as <i>Charaka</i>
7	<i>Ghrita</i> prepared from milk medicated with <i>Madhur</i> drugs(same as fifth month)	<i>Ghrita</i> medicated with <i>Prithakparnyadi</i> group of drugs	Same as <i>charak</i>
8	<i>Kshir Yavagu</i> mixed with ghee	<i>Asthapan basti</i> (<i>bala, atibala, shatpushpa, milk, curd etc</i>). <i>Anuvasan Basti</i> of medicated oils.	<i>Kshir yavagu</i> mixed with ghee. <i>Asthapan basti</i> (<i>milk, curd, sour butter, oil, madanphala</i>) etc. <i>Anuvasan Basti</i> of medicated oils.
9	<i>Anuvasan Basti</i> with oil prepared with <i>madhur</i> drugs, <i>Yonipichu</i> (vaginal tampon) of this oil	Unctuous gruels and meat soup of wild animals	<i>Anuvasan Basti</i> with oil prepared with <i>Madhur</i> drugs. Vaginal tampon of this oil

DISCUSSION AND RESULTS

During nine month of pregnancy sweet, cold liquid diet, milk, medicated milk, butter, ghee, honey, *Shashthi* rice, *Mansrasa*, *Gokshur* gruel, *Prithakparnyadi Ghrita*,

Asthapan Basti, *Anuvasan Basti*, *Yonipichu* are used in specific months. Their use is in accordance with the changes in mother and growing health.

Milk: Milk is an ideal source of calcium and vitamin D. It contains both lactose, butter fat

and moderate amount of protein and has got the anabolic property, so it gives strength to a woman⁸. No milk is contraindicated to mammals because of having racial suitability. Fatigue, thirst, loss of energy are the sign and symptoms of immediately conceive woman. Milk is *Rasayan* and said to be beneficial in disorders of pregnancy like *Panduroga* (Anemia), fatigue, colic etc. It is also useful in piles, exhaustion, giddiness, and thirst. It causes increase in body weight⁹. It is useful during first trimester of pregnancy, as pregnant women suffer from vomiting that can cause dehydration to mother and can affect growing embryo. Milk is also useful in preventing abortions. Milk is also considered *Garbha Vruddhikar* (growth of *Garbha*) by *Charaka*¹⁰. Every woman expect baby with fair complexion, according to *Vagbhata* if pregnant woman consumes sweet substances like milk etc then complexion in the baby would be fair¹¹. Pregnant women may get constipated in later months of pregnancy. Mild laxatives and enema is recommended, if there is a tendency to constipation. It is found that usually, milk alone is enough to manage with the constipation. Hence milk is

extremely useful during complete course of pregnancy.

Cold and liquid diet: Many Pregnant women may loss fluid through vomiting. This causes decrease in *Rasdhatu*. Fetus is dependent on mother for Nutrition. Substances having cold properties are having *Raktstambhan* (Prevent bleeding), *Mutrastambhan* (Prevent excessive fluid loss through urine), *Swedstambhan* (Prevent excessive perspiration) and *Santarpana* (Provide nourishment). It increases all *Dhatu*s (Body tissue), helpful in satisfying thirst, reduces burning sensation. *Stambhan* (astringent) function of cold property helps in preventing fluid loss. Liquids are useful for managing *Rasakshaya*. Thus intake of adequate cold and liquid diet during first trimester of pregnancy is beneficial for preventing the dehydration and compensating fluid loss and supply required nourishment¹²⁻¹³.

Madhur rasatmak diet: Pregnant lady may lose weight in first trimester of pregnancy due to loss of appetite and vomiting. Pregnant lady feels thirsty if there is decrease in *Rasdhatu*, Drugs of *Madhur Rasa*, having property like *Santarpan* are anabolic nature. Drugs of *Madhur Rasa* are useful for satisfying thirst. According to

Charaka, stability of *Garbha* occurs in forth month of pregnancy hence risk of abortion is more up to 3rd month of pregnancy. Drugs with *Madhur Rasa* are having *Garbhasthapak* (stabilise fetus) property, are useful to prevent abortions¹⁴. *Madhur Ras* increases all *Dhatus*, beneficial for eyes, hairs and complexion, promotes strength, and union. It is also useful in fainting and burning sensation. Development of hair, accumulation of energy, complexion in fetus occurs during 6th month hence use of *Ghrita* prepared from milk medicated with *madhur* drugs is extremely useful in 6th month¹⁵.

Butter: Fresh butter light, soft, sweet astringent and cold. It is useful as appetizer, cordial, non-burning, useful in piles. Butter extracted from milk has pronounced fat and sweetness. It is wholesome for eyes. It normalizes blood, *Pitta* and vision¹⁶. Manifestation of heart and consciousness associated with heart occurs in fourth month while accumulation of *Mansa Dhatu* and blood in fetus occurs in fifth month of pregnancy. As being cordial, appetizer and blood purifier *Navneet* (butter) is advised specially in these months.

Ghee: Ghee is sweet, soothing, stimulates digestive fire, give strength alleviates *Vata - Pitta* and colic, wholesome for eye. It

promotes memory, thinking, intellect, complexion, brilliance and voice. It also increases *Oja* (essence of all *dhatu*) hence it is advised since third month of pregnancy¹⁷. Two spoon of Cow ghee taken with warm milk before bedtime soothing to the nerves and lubricates the intestines and facilitates the bowel movement in the morning so useful in the complaint of constipation or hard stool¹⁸. *Ghrita* and *Madhur Dravya* are also useful as *Garbha prasupti nivaraka* (useful in decreased fetal movement)¹⁹.

Honey: Honey is sweet with astringent subsidiary taste. It promotes appetite, complexion and voice. It is also useful for union promoting, healing, wholesome for eyes, useful in thirst. It can be effectively used in pregnant lady suffering from *Prameha* (diabetes mellitus) and obesity. It pacifies also *Tridosha*²⁰. Honey is a natural mixture of fructose-glucose along with some oligosaccharides, proteins, vitamins and minerals. Some studies demonstrated that honey is an effective carbohydrate source and can provide energy²¹⁻²².

Shashthi rice: Rice is rich source of carbohydrates. *Shashthi* rice is having sweet taste with astringent as a subsidiary taste. It is light soft, sweet in *Vipaka* (post digestive effect) and pacifies *Tridosha*. It also

promotes strength²³. *Shashthi* rice is also said to be *Garbhasthapak*. It is wholesome throughout pregnancy²⁴.

Meat and Mansrasa (Meat soup): Meat by nature is strengthening and weight promoting. It is saturating, vitalizer, alleviates dyspnoea and cough. It is useful in fatigue, memory, voice and strength. It pacifies *Vata* and *Pitta*, wholesome for heart. Especially meat of wild animals is advised as it is comparatively easy to digest. Development of heart in fetus is in fourth month and being wholesome for heart, meat is indicated during this month. As “*mansam mansa vardhate*” meat and meat soup are indicated during fifth month of pregnancy as accumulation of *Mansa* in fetus occurs during this month²⁵.

Gokshur gruel: Most women suffer from oedema of feet and complications of water accumulation during pregnancy. *Gokshura* being a good diuretic helps in prevention of water retention as well as related complications and is *Rasayana*, improves the general condition of the pregnant women. Being diuretic, *Gokshura* is also helpful in pregnancy induced hypertension and related other complications. *Gokshur* is having *Garbhasthapak* property. It is also

Anulomak and useful in various *Vatavyadhi* and constipation and pain²⁶⁻²⁷.

Prithakparnyadi Ghrit: The drugs of *Prithakaparnyadi* group (*vidari gandhadi dravyas*) are pacifies *vata* and *pitta*. It is useful in body ache, cardiac dyspnoea and cough²⁸. These drugs are diuretic, anabolic. Their regular use in 7th month might help in maintaining health of mother and fetus, as fetus attain overall maturity in seventh month the woman feels exhausted²⁹⁻³⁰. *Prithakaparnyadi group- Shaliparni, Vidari, Nagbala, Atibala, Gokshur, Sariva, Shatavari, Punarnava* etc are useful as *bhruhan*, diuretic, and in *angamarda*³¹.

Asthapan basti: Most women experience constipation in late pregnancy due to pressure of engaged head in pelvis over the bowel and rectum. Use of *Basti* (enema) in eighth month will relieve this constipation; beside this may also affect autonomous nervous system governing myometrim and helps in regulating their function during labour³²⁻³³. According to *Sushruta* due to the movement of *Vayu* in right direction lady delivers without any difficulty and remains free from complications³⁴.

Anuvasan Basti: Research by Dr. Trupti Gawade and Dr. Manda Ghorpade have proved that *Bala Tail anuvasan basti* is

highly effective in normal labour and did not cause any complication which would be hazardous to maternal or fetal health. It gives relief from abdominal discomfort & backache during labour. It was also proved to produce effective uterine contractions and good bearing down effort³⁵. *Garbh nishkrman* (expulsion of fetus) is the function of *Vayu. Basti* is said to be best treatment for keeping vatadosha in normal condition. Basti is said to be best theory to treat all vata disorders. Any abnormality in *Vata Dosha* during labour can cause *Mudhagarbha* and *Garbhasanga* (Obstructed labour). *Aparasanga* (retention of placenta) is also complication of abnormal *Vatadosha* after labour. Hence use of *Anuvasan Basti* during last month is very much important for *Sukhaprasav* (labour without any complication)³⁶.

Yonipichu (Vaginal tampon): Tampon of oil may destroy pathogenic bacteria of vaginal canal and prevents puerperal sepsis. It Soften vaginal passage and perineum also helps in its relaxation during labour, so that delivery of baby becomes easy with minimum possibility of tear of birth canal. The regular use of tampon might influence autonomic fibres governing

myometrium and help in its relaxation during labour³⁷.

Yavagu: Various types of *Yavagu* (gruel) are having digestive, appetiser, diuretic, carminative properties. It allays hunger and thirst, fatigue, strength increasing, *Vatanulomak*, keep pregnant lady free from diseases and delivers the child possessing best health, energy, complexion, voice, compactness of body and much superior to other family members, hence useful during pregnancy³⁸.

CONCLUSION

Becoming mother of a healthy baby is the sweet dream of every female. According to Ayurveda efforts of having healthy baby commences with pre-conception care and management. But in India most of the females visit clinics after having pregnancy, so role of pre-conception care and management is very limited. Hence extensive care of pregnant women is mandatory during nine months of pregnancy. *Garbhini Parichrya* by Monthly Regimen described in various Ayurveda *Samhita* is highly effective for this purpose. If pregnant woman strictly follows *Gabhini Paricharya*, diseases of *Garbhini* and *Garbha* can be avoided, she is expected to have healthy, fair, energetic baby. Process of

labour will be without any complications and health of the mother will be maintained so as lactation.

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