AHARA VIHAR W.S.R TO GARBHINI AND SOTIKA: AN AYURVEDA PERSPECTIVE

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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 Vihar 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 aushadhi; Vata shamaka drugs pacify vitiated vata in su tikakala, 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 Trimester

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

Garbhini 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 apetite.
- 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.[1,7]

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 Samskrititam. This type of balance diet during pregnancy boosts maternal health, fulfill needs of the growing fetus, improve lactation and offer normal delivery.[8,9]

Lactating mother’s diet must include

- Bdi elaichi
- Shatavari
Ayuurveda 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:
- Puripurnatva (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 1st month**
Milk processed in Shaliparana and Palasha twice a day. Ghee, sweet, cool liquid and light food stuffs.

**For 2nd month**
Medicated sweetened milk and cold liquid diet.

**For 3rd month**
Milk processed with Madhu and Ghee, Shasthishali, sweet, cold and liquid diet.

**For 4th month**
Milk and butter (approx. two Tola), curd rice specially Shasthishali rice and meat.

**For 5th month**
Ghee, rice with milk, khichadi and payasa.

**For 6th month**
Medicated ghee, khichadi and sweetened curd.

**For 7th month**
Ghrita medicated with vidarikandadi drugs for proper development of fetus and ghritha khanda.

**For 8th month**
Yavagu prepared in milk with ghee, Asthapana basti (bala, atibala) and Anuvasana basti (use of madhura dravas).

**For 9th 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 masanumasika 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.
- Vataanulomana 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.
- 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 contra indication.
REFERENCES


