

**PRENATAL TO POSTNATAL CARE OF PREGNANCY IN AYURVEDA****Jitendrakumar Vinaykumar Mishra**

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**ABSTRACT**

Pregnancy is a physiological event. For both mother and child, they need special care and attention in the childbearing period. It is the time when the organs and systems develop within. Extra food is required to satisfy the needs of the fetus. The energy used to create this system comes from the energy and nutrients in the mother's circulation. In pregnancy the diet should be adequate to provide for the maintenance of maternal health, the needs of the growing foetus, and strength and vitality, also required during labour and for successful lactation. The systemic examination and advice of a woman during pregnancy is known as antenatal care. In pregnancy, increase calorie requirements to the extent of 300 over the non-pregnant woman. She should eat adequate to gain the optimum weight 11kgs.in pregnancy, the ideal diet should be nutritious, easily digestible, and rich in protein, minerals, and vitamins. Ayurveda emphasizes the importance of proper attention during pregnancy in *garbhini paricharya* for 9 months. But due to lack of post-natal care, sometimes we put the life of the mother in danger. the world figure of the maternal mortality ratio (MMR) is estimated to be 400 per 100,000 live births. There is a need to find a solution to incorporate knowledge of all health systems to overcome this problem. Proper adherence to the post-natal regimen prescribed by Ayurveda results in faster recuperation and restoration of the health of the mother. The prescribed regimen ensures the mother's physical charm, maintains a beautiful figure, and retains health similar to her pregnancy days. The woman becomes weak or emaciated due to the development of the foetus and also empty-bodied due to unsteadiness or languor of all tissues, labour pains, and excretion of *kleda* (moisture) and blood. With this regimen, she attains all the lost tissues and reaches her approximate pre-pregnancy state. This

study is a footstep in the efforts to improve pre-natal as well as post-natal health for women through the wisdom of Ayurveda. Dietetic advice should be reasonable and realistic with due consideration of the socio-economic condition, food habits, and taste of the individual.

**Keywords:** prenatal care, garbhini paricharya.

## INTRODUCTION

### Garbha:

The union of *sukra* (sperm), *artava*(ovum), and *atma* or *jiva* inside the *kukshi*(uterus)is known as *garbha*(zygote, embryo or foetus). Besides *atma*, the association of *prakriti* and *vikaras* are also essential.<sup>1</sup> Further the *garbha* is defined as the presence of *matrijadi* Garbhakara bhāvās, *sukra*,*artava*, *prakriti*, and its *vikaras* in *garbhashaya* and associated with *jeeva*. The embryo is the seat of the soul (*jeeva*). Even though a combination of semen and ovum is present in the uterus, it cannot be developed into a *garbha* unless the *ativahika* *sukshmabhutasharira* enters itself into this combination.<sup>2</sup> The *vayu* along with *kala*(time factor) differentiates and associates the various structural unites, and these changes consequently leads to the formation of different organs and system.

The parts of the body are innumerable; their conjunctions and disjunctions depend on the *vata* and the natural phenomenon.<sup>3</sup>

**Garbhini Paricharya-** Care of pregnant women in the form of *ahara*, *vihara*, *oushada* & *paramarsha* with preparing pregnant women for *sukhaprasava*, both mentally and physically and care should start, right from conception till delivery.

### Importance of garbhini paricharya:

- To avoid hazardous effects on the fetus.
- To promote normal growth and development of the fetus.
- To conduct normal delivery without any fetal and maternal complications.

## MONTH WISE DEVELOPMENT:

| MONTH                 | REGIMEN   |
|-----------------------|---|
| 1 <sup>st</sup> month | Plain milk, Sweet, Cold Liquid diet & Congenial diet.   |
| 2 <sup>nd</sup> month | Milk is medicated with <i>Madhuradravyas</i> .  |
| 3 <sup>rd</sup> month | Milk with Honey & <i>Ghrta</i> , Especially <i>Shasti rice</i> with milk.                     |
| 4 <sup>th</sup> month | Milk with Butter & <i>Jangalamamsa rasa</i>   |
| 5 <sup>th</sup> month | Food with Milk and <i>Ghrta</i> , <i>Yavagu</i> , <i>Paayasa</i> , <i>Jangalamamsa rasa</i>   |
| 6 <sup>th</sup> month | <i>Ghrta</i> or <i>Yavagu</i> medicated with <i>Goksura</i> .                                 |
| 7 <sup>th</sup> month | <i>Ghrta</i> was medicated with the <i>Prithakparnyadi</i> group of drugs.                    |
| 8 <sup>th</sup> month | <i>Kshir yavagu mixed with ghrta</i> , <i>Aasthanabasti</i> than use of <i>Anuvasanabasti</i> |
| 9 <sup>th</sup> month | <i>Anuvasanabasti</i> , <i>Yoni pichu</i> .   |

## INTERPRETATION:

**1<sup>st</sup> month:** In our classics say that in the first month, the shape resembles the *shlesma* (mucoïd character) in which all the body parts though present are not conspicuous. It has also referred to this morula as a solid mass before one week and it has identified morula with *kalala* and blastocyst with *budbuda*.<sup>4</sup> So for the development of foetus acharyas recommended sweet, cold, liquid diet & milk which helps to prevent

dehydration and to supply required optimum nourishment and also *Madhura* group of drugs help in the maintenance of proper health of mother and fetus and also it has anabolic properties.<sup>5</sup>

**2<sup>nd</sup> month:** In this month embryo becomes a solid mass. If the solid mass is oval(*pinda*) shape the born child would be a male, if elongated(*pesi*) shape then female, and with rounded (*arbuda*)mass then hermaphrodite.<sup>6</sup> In these, accumulated mahabhutas get processed by the combined action of *shlesma*, *pitta*,

and vayu and become solid. So recommended diet is milk which act as a *vrisya, balya, brihana, rasayana*. It is the source of all vitamins except vit. C and rich in lactose and vitamin D.<sup>7</sup>

**3<sup>rd</sup> month:** All the extrimities are already well evident just at the 6<sup>th</sup> week, Hence it is difficult to explain the shape of the embryo of the 2<sup>nd</sup> month as described in ayurved classics. At the third month onwards due to the formation of the bag of membranes and complete placenta with all its intact extrimities that might have developed in this month so prescribed diet ghee builds up the strength and stamina of the mother & develops mental abilities of both mother and the baby, it crosses the placental barrier and is a rich source of fat-soluble vitamin A, D, E.& also good source of sodium, potassium, calcium.<sup>8</sup>Honey it acts as a *Tridosh nasak, yogavahi*. *Shasti rice* ensures longevity & ideal for an anaemic mother to increase blood generation. It considered as health tonic and effective for removing general fatigue.<sup>9</sup>

During the first trimester of pregnancy most women experience nausea and vomiting, so can not take a proper diet. The use of sheeta madhura liquid diet and milk will prevent dehydration and supply the required nourishment. Madhura group of drugs are anabolic and help in the maintenance of pregnancy.

**4<sup>th</sup> month:** Various body parts become more conspicuous and stability in the fetus comes in this month. Manifestation of heart and consciousness are observed in this month so recommended diet is butter which provides strength, increases appetite, and adds glow to the mother & baby's skin texture.<sup>10</sup>Along with preventing constipation & keeps away from the complications like piles & fissures, etc. Paayasam which increases mother's milk, is highly nutritious & through mamsa rasa sufficient amount of protein is supplied by the use of meat soup.<sup>11</sup>

**5<sup>th</sup> month:** According to ayurvedic philosophy knowledge or perception is the result of interaction between mana and indriyas. Since by 5<sup>th</sup> month, auditory reflexes & peripheral sensory reflexes develop to a certain extent.<sup>12</sup>By our ancient acharyas, during this month accumulation of flesh and blood is

relatively more & the mana becomes more enlightened & also consciousness develops in this month and the fetus becomes more sajiva (capable to live independently); so *balya, dipaniya, medhya, hridaya, rasayana* diet is recommended.<sup>13</sup>

**6<sup>th</sup> month:** By the 24 to 25 th week sensory and motor organs attain some maturity and skin becomes pink, so the description of buddhi and complexion is given though lanuga appear in fifth month, these are more conspicuous in the sixth month. deposition of calcium also starts in this month, so the classics have described formation of hair and bone.<sup>14</sup>During the development of the fetus it compresses the urinary bladder & retention of urine occurs which is so unhealthy for the mother thus acharyas says that the use of *gokshura* as a good diuretic will prevent retention of water as well as its complications.<sup>15</sup>

**7<sup>th</sup> month:** All the features (muscle, blood, bone) etc, get proper nourishment.<sup>16</sup>All the major & minor body parts are more conspicuous or are fully developed and the whole body gets complete associated with vata, pitta, kapha. So Prithakparnyadi helps in proper growth and development of fetus along with *vata-anulomoka*, which is regularise the defecation in advance pregnancy.<sup>17</sup>

**8<sup>th</sup> month:** Due to the immaturity of foetus the ojus becomes unstable. it moves from mother to foetus & from foetus to mother through rasa carrying channels. *Asthapana basti*<sup>18</sup> will relieve constipation, and may also affect the autonomous nervous system which may be correlated with ojus; governing myometrium helps in regulating their function during labour. Acharyas says that the instability of ojus has mentioned that a child born in this month dies due to the absence of ojus, in other words, says that underdevelopment of a nervous system or respiratory system may lead to congenital anomalies.<sup>19</sup>

**9<sup>th</sup> month:** In advance of pregnancy retention of urine & faeces is a common complication, so *Anuvasana basti* helps *Anuloman of apana vayu*<sup>20</sup> & for clearing the retained feces & with these; relief from a vaginal infection, irritation itching *yoni pichu* is recommended which destroys pathogenic bacteria of vaginal canal. It may also soften vaginal passage thus

helping in normal labour it may influence autonomic fibers governing myometrium & help in its relaxation during labour, preventing puerperal sepsis.<sup>21</sup>

#### **SUTIKA PARICHARYA:**

Sutika: A woman who has just given birth to a child followed by expulsion of the placenta is called as *sutika*. The acharyas have mentioned the specific management of *sutika* only after the expulsion of the placenta. It means a woman who recently delivered .she is also called *navaprasuta, prasutika, prasuta, sadyaprasuta, or janayitri*.<sup>22</sup> Anatomic changes occurring in reproductive organs during pregnancy reach their almost pre-pregnancy stage after about six weeks, however, in the resumption of pre-pregnancy physiology, i.e, ovarian and menstrual cycle great individual variation occurs; as some women restart their menstruation from the second month of delivery, while others may not women get it even for one or two years. The limit of six months probably reflects the idea about the reappearance of the menstrual cycle, while a four-month period is probably given keeping in view the *mudhagarbha*(still birth) or other abnormal labour.

Duration: Acharya Charak has not given any definite duration. *Sushruta*<sup>23</sup> & *Vagbhata*<sup>24</sup>, the time period for sutika is said to be 1.5 months or until she gets her first menstrual cycle after labour. *Kasyapa, Bhavaprakasha, and Yogaratnakar* describe either after 1.5 month or after restoration of menstrual cycle. According to *Kashyapa*, the sutika kala is said to be 6 months as the dhatus like rakta will resume their original state.<sup>25</sup>

#### **SUTIKA PARICHARYA:**

**NYUBJA STHITI:** Women should be encouraged to lie down in (*nyubja*)hunch back position.

**PATTA-BANDHANA:** The abdomen all around should be wrapped with a big clean cloth.

**BALA TAILA ABHYANG:** It is used in *kshina vāta*, specially in *aakshepa* type *vataroga* and also It gives aphrodisiac power.

**PIPPALI, CHITRAK, PIPPALIMULA, HASTIPIPPALI, SRINGABER CHURNA; UNTIL**

**CLOTTED BLOOD ARE ELIMINATED:** It pacify vata doshas by using *usna & tikhna* ousadhi, it is used as *agni vardhak*, excretion of vitiated blood, as well as it helps in contraction of uterus-leads to minimum loss of blood.

**VIDARIGANDHADI TAKEN AS YAVAGU:** *Stan-yajanana, Shonitasthapana, balya ,brimhana, and Yavagu* act as *Vastisodhana, raktavardhak, balya, Srotasodhana, Sula harana vata anulomoka*<sup>26</sup>.

**AFTER ASSES OF AGNIBALA : YAVA ,KULA, KULATHA WITH JANGALA MAMSA RASA OR SALI ANNA INTAKE:** *Shashthik Sali anna* is *tridoshghna, vrinhana, sthirakara*. After delivery, the women should follow *snehana, swedana*, and use hot water with full cognizant for about one month. This regimen varies as per tradition and place as well as family background.

**AVOID AHARA:** *Teeksna, rooksa, usna* dravyas with Dried, stale, putrified, *vistambhi, vidahi* food & also fasting & alcohol.

**AVOID VIHARA:** Heavy exercise, coitus, harsh or violent activities, sleeping in day & awaking in night, wearing tight clothes and belts ,visiting lonely places, cremation ground, prolonged stay near fire etc. With this avoid grief, anger, sitting on a hard surface for a long time & carrying heavy weight.

## DISCUSSION

Describing the benefits of this dietic regimen prescribed for the women having normal development of foetus. charak says that by this the women remains healthy and delivers the child processing good health, energy or strength, voice, compactness, and much superior to other family members. Vagbhat's use of this regimen from first to ninth month her *garbhadharini*(foetal membranes or vaginal canal), *kukshi*(abdomen), sacral region, flanks & back become soft. *Vayu* moves into its right path or direction. feces, urine, and placenta are excreted or expelled easily by their respective passage, skin, and nail become soft, the woman gains strength and complexion and she delivers easily at the proper time a desired, excellent, healthy child processing all the qualities and long life.

*Susruta* has not described benefits separately, however, some of them mentioned here and there in between the month-wise regimen are that by this the fetus attains good growth, *vayu* moves in its right direction, the woman becomes unctuous, strong, and delivers the child easily without complication. Proper follow-up of this *Garbhini Paricharya* will avoid hazardous effects on the fetus; promote normal growth and development of the fetus. It may help to conduct normal delivery without any fetal and maternal complications. Hence proper *Garbhini paricharya* should be followed throughout pregnancy.

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