

ROLE OF NUTRITIOUS DIET IN PREGNANCY IN AYURVEDIC PERSPECTIVE

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ABSTRACT

According to WHO survey announcement 99% of all maternal deaths occur in developing country like India. Maternal mortality rate in India=239/1 lakh live births (2015) whereas, 12 /1lakh live births in developed countries. Maternal morbidity rate in India is behind the target of 103 deaths/1 lakh live births to be achieved by 2016 .Thus prime importance should be given to maintain or improve the health status of the woman to optimum till delivery. Judicious advice regarding diet, drugs and hygiene is essential factor.

Ayurveda the life science in which there is description about diet and nutrition of mother and child care under the heading of “*Masanumasika garbhini paricharya* “ *garbhini swasthya rakshanartha,emphasizing garbhinaahara,vihara,manasikasthithi, aushadha and shuchitva* is the main aim and it is clearly mentioned in our all ancient text books of Ayurveda. In the present paper an attempt made to explain the dietary regimen and relevance of *garbhini paricharya* in present day.

Key words: Nutritious diet in according to Ayurveda

INTRODUCTION

Antenatal care is the care of woman during pregnancy. The primary aim of antenatal care is to achieve at the end of pregnancy a healthy mother and healthy baby. Ideally this care should be begin soon after the conception and continue throughout the pregnancy. In some countries, notification of pregnancy is required to bring the mother in prevention care cycle as early as possible. In Ayurveda our ancient acharyas like Charaka, Susruta, Vagbhata, and kashyapa they clearly emphasised about

diet and nutrition of mother and child care under the heading of “*masanumasika garbhini paricharya*”.Balanced and adequate diet is therefore of utmost importance during pregnancy and lactation to meet the increased needs of the mother, and to prevent “nutritional stress”. *Garbhini paricharya* is the unique and relevant regimen for pregnant ladies.

Antenatal care:

Main objectives of antenatal care are;

- To promote, protect and maintain the health of the mother during pregnancy.

- To detect high risk cases and give them special attention.
- To reduce maternal and infant mortality rate and morbidity.
- To teach the mother elements of child care, nutrition, personal hygiene and environmental sanitation.

DAILY DIETARY ALLOANCES FOR A PREGNANCY

Table no 1

	In pregnancy second half	Sources
Energy(k cal)	2600 k cal	Protein, fat, carbohydrate
Protein(gm)	60gm	Meat, fish, polutary, dairy product
Iron(mg)	40mg	Meat, egg, grain
Calcium(mg)	1000mg	Dairy products
Zinc(mg)	15mg	Meat, egg, sea food
Vitamin A(IU)	8000IU	Vegetables, liver, fruits
Vitamin D(IU)	400 IU	Dairy products
Iodine(ug)	175ug	Iodised salt, sea food
Thiamine(mg)	1.5mg	Grains ,cerals
Riboflavin	1.6mg	Meat liver ,grains
Nicotinic acid(mg)	17mg	Meat, nut, cerals
Ascorbic acid(mg)	70mg	Citrus fruits, tomato
Folic acid (ug)	400ug	Leafy vegetables, liver
Vitamin B12	2.2ug	Animal proteins ⁽⁵⁾

Antenatal care in Ayurveda

Garbha definition; Garbha is the union of shukra (sperm), shonitha(ovum) jeeva (life) atma (soul) in womb of mother. To protect garbha, adopting garbhini paricharya by pregnant women is much essential because a pregnancy in total duration consumes about 60000kcal⁽⁴⁾ over and above normal metabolic requirements. On an average, normal healthy woman gains 12kg of weight during pregnancy, several

studies have indicated that weight gain of poor Indian women averaged 6.5kg during pregnancy.

Role of masanumasika aahara krama labha(month wise dietary regimen for Pregnant women and its effect) with reference to garbhini chinha(signs and symptoms of pregnant women) which is explained in charaka sharira sthana and susruta sharira sthan 10th chapter respectively.

Dietary regimen:

During 1st Month^(1,2,10)

<i>Charaka samhita</i>	<i>Ksheera</i>
<i>Susruta samhita</i>	<i>Madhura sheeta drava ahara</i>
<i>Astanga sangraha</i>	<i>Aushadha sidda ksheera</i>
<i>Harita samhita</i>	<i>Madhuyasti, madhuka pushpa with Navaneeta, madhu, madhura ksheera</i>

Ksheera(milk)	Qualities=madhura rasa paka,oojoskara,jeevaniya,dhatuwardhaka	Indication-shrama bhrama,kshut,durbala
Madhu(honey)	<i>Kashaya madhura rasa,relieves trashna</i>	<i>Indication-trshna,chardi,kasa</i>
Sarpi(clarified butter extracted from milk)	<i>Madhura,balya.jeevan, rasayana</i>	<i>Indication-praja,vatapitta roga,vishapaha</i>
		(2)

TABLE NO2

During 2nd month (2,6,7, 10)

Cha. Samhita	Ksheera with madhura rasa
Susruta samhita	<i>Same as 1st month</i>
Astan. Samgraha	<i>Same as charaka</i>
Haritah	<i>Madhura sidda ksheera with kakoli</i>

During 3rd month (2,6,7, 9,10)

Char. Samhita	Ksheera with madhu ghrita
Su. Samhita	<i>Same as 1st month</i>
A.Sam	<i>Ksheera with madhu ghrita</i>
Harita	<i>Krushara</i>
Kashyapa	<i>Ksheera with madhura aushdha</i>
Bhoja	<i>Ksheera</i>

During 4th month (2,6,7,10)

Char. Samh.	Ksheera with navneeta
Su.sam	<i>Shastika shali anna with dadhi, navneeta, jangalamamsa rasa</i>
Ast. Sma	<i>Ksheera with 1 tola of navaneeta</i>
Harita	<i>Medicated odana</i>

During 5th month (2,6,7,10)

Charak. Sam.	Ghrita prepared with navaneeta extracted ksheera
Su. Sam	<i>Cooked shastika odana with ksheera, ghrita, jangala mamsa rasa, ghrita</i>
Ast. Sam	<i>Same as charaka</i>
Harita	<i>Payasa</i>

During 6th month (2,6,7,10)

Char. Samhita	Ghrita prepared from maddhura aushdha
Su.samhita	<i>Ghrita or yavagu gokshura</i>
Ast. Sam.	<i>Same as charaka</i>
Harita	<i>Madhura dadhi</i>

During 7th month (2,6,7,10)

Cha. Samhita	Same as 6th month
Su. Samhita	<i>Ghrita prepared with prathakparnyadi gana</i>
Ast. Samgraha	<i>Same as charaka</i>
Harita	<i>Ghritakhanda</i>

During 8th month (2,6,7,10)

Charaka. Samhita	Ksheera yavagu mixed with ghrita
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<i>Su. Samhita</i>	<i>Asthapana basti with badara kwatha mixed with bala, atibala, shatapushpa</i>
<i>Ast. Sam</i>	<i>Ksheera yavagu mixed with ghrita Asthapana basti with badari kwatha Anuvasana basti with taila with medicated madhura aushadha</i>
<i>Harita</i>	<i>Ksheera yavagu</i>

During 9th month^(2,6,7, 10)

<i>Char. Samhita</i>	<i>Anuvasana basti with taila prepared with madhura aushadha</i>
<i>Su.sam</i>	<i>Snehayukta yavagu, jangala mamsa rasa upto the period of delivery</i>
<i>A. Sam</i>	<i>Same as charaka</i>
<i>Harita</i>	<i>Different varieties of cereals</i>

DISCUSSION:

During 1st trimester of pregnancy most women experience nausea and vomiting, thus can not take proper diet. Use of cold and sweet liquid diet and milk will prevent dehydration and supply required nourishment, besides the drugs of Madura group being anabolic will help in maintenance of proper health of mother and foetus. Fourth month onwards muscular tissues of foetus grows sufficiently requiring more protein which is supplied by use of meat-soup. By the end of second trimester most women suffer from oedema of feet and other complications of water accumulation. Use of gokshura a good diuretic in 6th month will prevent retention of water as well as its complications. The drugs of vidarigandhadi group are diuretic, anabolic, relieves emaciation and suppress pitta, kapha, their regular use in 7th month might help in maintaining health of mother and foetus. Most women experience constipation in late pregnancy due to pressure of gravid uterus over the bowels and effect of progesterone. Use of enema in 8th month will relieve this constipation, besides this may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour. Milk and drugs of madhura group have been

advice for entire period. Milk is a whole diet. The drugs of madhura group are anabolic, thus use of this will help in maintenance of proper health of mother and growth and development of foetus.^(4,5)

CONCLUSION;

Generally the diet in pregnancy should be with woman's choice as regard the quantity and the type. Women with normal BMI should eat adequately so as to gain the optimum weight (11kg). Overweight women with BMI between 26-29 should limit weight gain to 7 kg and obese women (BMI>29) should gain less weight. Excessive weight gain increases antepartum and intrapartum complications including foetal macrosomia.

The pregnancy diet should be light, nutritious, easily digestible and rich proteins, minerals and Vitamins. In terms of figures, the daily requirement during pregnancy is given in table2.^(3,4,5) It is not an absolute recommendation but simply a guide. The diet should consist in addition to the, principal food at least half litre, 1 litre of milk (1litre milk contains 1 gm of calcium), plenty of green vegetables and fruits. The amount of salt should be of sufficient amount to make the food tasty. At least half of the total proteins should be first class

containing all amino acids and majority of the fatal should be animal type which contains vitamin A and D. Survey in different parts of India indicate that about 50 to 60% of women belonging to low socio-economic groups are anaemic so dietetic advice should be given with due consideration to the socioeconomic condition, food habits and taste of the individual. Woman with normal BMI should eat as to maintain the schedule weight gain in pregnancy. The instruction about diet should be reasonable and realistic to individual women .

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