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Swasthya palana in Garbhini

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Abstract

Introduction: Pregnancy is not a disease but a time when both pregnant and growing fetus need utmost attention. Due to the instability of Dosha and Dhatu in Garbhavastha, the lady will be in high risk for getting diseases. In Ayurveda, Swasthya palana of Garbhini (Maintenance of health in Pregnant women) comprises of Garbhini paricharya (Antenatal care), which is planned considering the paripurnatwa (proper intra uterine growth and developmental milestones of the fetus), nutritional requirements and wellbeing of mother, non complicated pregnancy and the normal delivery

Materials and method: Ayurveda classical literature, online search engines, National and international journals, Text book of Ayurveda and other medical sciences.

Result and discussion - Swasthya palana of garbhini possesses 2 fold benefits they are Health promotive and Disease preventive. Swasthya palana in Garbhini as Health promotive modality can be described in terms of Ahara and vihara which the lady has been followed throughout the pregnancy to promote her health. As a preventive modality Management of the disorders afflicting the women exclusively during pregnancy. There has to be a proper management in such disorders in pregnancy is helpful for protection and development of both Mother and fetus.

Conclusion: Implementing Ayurvedic measures throughout the pregnancy is very beneficial, as it plays significant role towards the health of mother and newborn which helps to build a society of healthy peoples. Ayurveda advocates number of preventive and promotive health measures for the Swasthya palana of Garbhini, which gives not only the physical health but also ensures the mental health of the Garbhini. Recognizing these values of Ayurveda, the number of pregnant women seeking care is increasing day by day, which gives a new hope for the future of Ayurveda in pregnancy care.

Keywords: Garbhini, Garbhini charya, prenatal care, Swasthya palana

Introduction

Pregnancy is a unique and exciting time in a woman's life, as it highlights the woman's creative and nurturing powers while providing a bridge to the future. Pregnancy is not a disease but a time when both pregnant and growing fetus need utmost attention. Due to the instability of dosha and dhatu in garbhavastha, the lady will be in high risk for getting diseases. Acharya Charaka stated that the conceived woman shall be treated with special care just like a pot filled with oil¹. As the slightest oscillation of such pot causes spilling of the oil, similarly the slightest exertions or excitement to the pregnant woman can initiate adverse pregnancy outcomes^[1]. Therefore, the "Swasthya Palana" (Maintaining the Health) of the pregnant woman is need of the hour.

In Ayurveda, Swasthya palana of garbhini comprises of Garbhini paricharya (Antenatal care), which is planned considering the paripurnatwa (proper intra uterine growth and developmental milestones of the fetus), nutritional requirements and wellbeing of mother, non-complicated pregnancy and the normal delivery. This can be achieved by the Garbhini with the help of congenial diet, proper lifestyle modification, adopting good conduct and avoiding factors likely to harm fetus, which are advised throughout her antenatal period and to be continued till delivery.

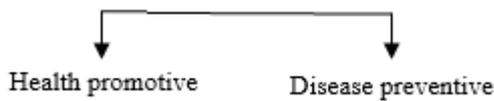
The current review aims to focus on all measures which are explained in Ayurveda classics to protect and ensure the Swasthya of pregnant women to achieve a healthy progeny.

Materials and Method

Ayurveda classical literature, online search engines, National and international journals, Text book of Ayurveda and other medical sciences.

Result and Discussion

Swasthaya palana of garbhini possesses 2 fold benefits:



Swasthya palana in Garbhini as Health promotive modality

It can be described in two ways:

1. Ahara (Diet)

- General pathya for Garbhini
- Masanumasika pathya

Masanumasika Pathya ^[4, 5, 6]

The Ahara (diet) consumed by the pregnant woman gets transformed into the nutrient fluid (Rasa) which is having a threefold action

- Nourishing the body elements of the mother
- Providing nourishment to the growing fetus
- Helping the formation of breast milk ²

General pathya for Garbhini: Yogaratnakara has enlisted number of recommended dietary items during pregnancy³

Table 1

SL. No	Ahara varga	Pathya
1.	Shuka dhanya varga	Shali varieties of rice } Shashtika } Godhuma (wheat) Lajasaktu (flour of pearched rice)
2.	Shimbi dhanya varga	Mudga (Green gram)
3.	Phala varga (Fruits)	Panasa (Jackfruit) Kadali (Banana) Dhatri (Gooseberry) Draksha (Grapes)
4.	Ksheeravarga (Milk products)	Navaneetham (Butter) Ghrutam (Ghee) Ksheeram (Milk)
5.	Others	Madhu (Honey) Sharkara (Sugar) Rasala (Curd mixed with sugar and condiments)

- Whatever the diet consumed by the pregnant woman becomes congenial to the fetus. So diet of a pregnant woman should be designed considering the place of living, time, season and digestive capacity.

Table 2: Dietetics advised by various authors in different months as follows

Month	Dietary regimen
1 st Month	Sweet, cold and liquid diets Milk frequently in desired quantity Sweetened milk
Second month	Sweet, cold and liquid diet Milk medicated with Madhura drugs Sweetened milk treated with Kakoli
Third month	Shashtikodana (Cooked rice of Shashtika variety) with Milk Milk with Honey and ghruta Krushara (olio prepared with rice and pulse)
Fourth month	Shashtikoudana with Curd Pleasant food mixed with milk and butter and meat of wild animals Medicated cooked rice
Fifth month	Shashtikodana with milk, Ghee and meat of wild animals Ksheerasarpi (Ghee prepared with butter extracted from milk) Payasa (Rice cooked with milk and sweetened)
Sixth month	Ghruta or Yavagu (rice gruel) medicated with gokshura (Tribulus terrestris) Ksheerasarpi medicated with madhura gana dravyas Madhuram dadhi (Sweetened curd)
Seventh month	Ghruta medicated with Pruthak parnyadi (vidarigandhadi) groups of drugs Ksheerasarpi medicated with Madhura gana dravyas Ghrutakhanda (A sweet dish)
Eighth month	Unctuous gruels and meat soup of wild animals Ksheera yavagu (rice gruel prepared with milk) mixed with ghee Ghruta pooraka (A kind of sweet preparation)
Ninth month	Unctuous gruels and jangala mamsarasa upto the period of delivery Different varieties of cereals

Table 3: Nutritional Analysis and health benefits of the major components of diet for the pregnant lady [7, 8]

Source	Properties explained in Ayurveda	Nutritional and Health benefits
Milk	Sweet taste(Madhura), unctuous(Snigdha), cold(Sheeta) in potency, vitality enhancer(Ojasyam),tissue growth promoting(dhatu vardhaka),alleviates vata and pitta, Galactogogue (Sthanyakaram)	<ul style="list-style-type: none"> ▪ Complete food source of sugar, protein, fat, calcium, sulphur, magnesium, manganese, iodine, zinc, riboflavin, and vitamin B12, A, and K. ▪ Lactose - helps in growth and development. Proteins - casein, lactoglobulin, lactalbumin, and lactoferrin-provide immunological benefits. Milk has all amino acids to promote growth. Thus maintains proper health of mother and growth of fetus
Ghee	Intellect promoting(Dhee,Smriti,Medha), Improves digestion (Agnivardhana), promotes strength(Balyam), cold(Sheeta) in potency,alleviates Vata and Pitta	<ul style="list-style-type: none"> ▪ Ghee is a complex lipid of glycerides (majorly triglycerides), free fatty acids, phospholipids, sterols, sterol esters, fat-soluble vitamins, carbonyls, hydrocarbons, and carotenoids. ▪ Vitamin D- for the development of skeleton of young ones. ▪ vitamin E-essential for normal pregnancy, birth, and breast milk production
Butter	alleviates Vata and Pitta, promote digestion, promote intellect (Medhya), not producing gastric irritation(Avidahi), improves taste sensation(Rochanam), promotes strength and nourishment (Balyam, Brihmana), improves vitality (Ojovivardhanam)	<p>High calorie food as 100 g of butter provides almost 700 kcal.</p> <ul style="list-style-type: none"> ▪ Rich in minerals such as calcium, phosphorus, and potassium. ▪ Good amount of sodium and small amounts of fluoride, selenium, zinc, and magnesium. ▪ Rich in vitamin A, vitamin E, riboflavin, niacin, and pantothenic acid. ▪ Vitamin K, folate, and vitamin B12 in small amounts.
Honey	Alleviates Kapha and Pitta	<ul style="list-style-type: none"> ▪ Primarily a high-energy carbohydrate food anti-inflammatory, immune boosting property, broad spectrum antibacterial activity. ▪ Honey sugars are easily digestible sugars
Meat	Promotes strength and nourishment (Balyam, Brihmana), meat soup is Sarvarogaprashamanam (Alleviates all diseases)	<ul style="list-style-type: none"> ▪ High in protein, contains all the essential amino acid, zinc Vitamin, vitamin B12, iron, Riboflavin ▪ Fourth month onwards muscular tissue of fetus grows sufficiently required more protein which is supplied by meat soup

Importance of Diet in Pregnancy

One who follows the described diet and dietetic regimen attains good growth, Vayu moves in right direction, becomes unctuous, strong and delivers the child easily without complication. Contemporary medical science gives importance to diet in terms of supplementation of essential macro and micro nutrients. In pregnant women's diet the-emphasize is given mainly in supplementation of iron, calcium, folic acid, DHA, iodine, and vitamin D. However, routine use of multiple micro nutrient powders during pregnancy is not recommended as an alternative to standard iron and folic supplementation during pregnancy for improving maternal and infant health outcomes.

High food quality, together with adequate macro- and micro nutrient intake in pregnancy, is crucial for the health status of the mother and child.

Vihara (Activities / Lifestyle)

The pregnant woman desirous of a healthy progeny should avoid all non-congenial diet and activities. She should protect and uplift herself through good conduct. These activities are indicated for Maternal and fetal health commonly.

▪ Specific water for pregnant woman's Bath⁹

Daily bath with cold decoction of pounded leaves of drugs capable of suppressing vata is advised for Garbhini.

Anointing with cool agents, musk, sandal and camphor, wearing garlands, moonlight bath, gentle massage are also recommended

▪ Amulet for pregnant woman [10]

The pregnant woman should wear the amulet made of trivrit in her waste

- The objective of all these activities is to preserve optimum health and positive mental attitude of mother.

▪ Yogasanas for Garbhini [11]

Yogasanas during pregnancy soothes the mind and body and prepare the woman psychologically for the labour: Beneficial yogasanas during pregnancy are:

First trimester

Practice basic poses avoid inversions and closed twists and back bends that might compress the uterus. Indicated Asanas are:

1. Veerabhadrasana
2. Vrikshasana

Second trimester

Avoid lying on back poses because it reduces blood circulations to uterus. Indicated Asanas are:

- Vajrasana
1. Marjarasana
 2. Bhadrasana
 3. Kati chakrasana

Third trimester

Practices only those asanas which do not exert pressure on abdominal wall. Supine poses also should be avoided examples are:

1. Ardha titalasanam
2. Uttanasanam

Importance of Yogasanas during pregnancy

- Strengthens the pelvic floor
- Tones up the lower body
- Improves Digestion
- Strengthen the bearing down muscles and helps in the expulsion of fetus
- Relieves physical and mental stress

What to avoid

Which do not exert pressure on abdominal wall, supine, twisting kind of Asanas should be avoided.

Pranayama

Pranayama works on both mind and the body which provides extra oxygen to every cell and rejuvenates them. It tones up the nervous system improves emotional stability and helps to eliminate anxiety, fears and phobia examples:

1. Anuloma viloma pranayama
2. Bhramari pranayama

Importance of Psychological status in Garbhini

Maintaining a pleasant status of mind is very essential throughout the period of pregnancy. Even while describing the treatment of Intra Uterine Growth Restriction, the importance of mental health of pregnant women is emphasized. It is advised to make the pregnant lady happy continuously through all possible means.

Swasthya palana in Garbhini as preventive modality

- There are few disorders afflicting the women exclusively during pregnancy. There has to be a proper management in such disorders in pregnancy is helpful for protection and development of both Mother and fetus.
- Charaka opines that the diseases of pregnant woman should be treated with the use of soft. Sweet, cold, pleasing and gentle drugs ^[14]

Common disorders in pregnancy and its management

1. Garbhini shotha (edema in pregnancy)

Shotha should be treated in very early stages, because it attains chronic stage quickly and leads to Dhamani pratichyaya (Hypertension) which is one of the important sign of Pre-eclampsia.

Table 4

Diet and Activities to be avoided	Management
<ul style="list-style-type: none"> ▪ Excessive Lavana (salty), Guru (heavy), Rooksha (Dry) ▪ Abhishyandi Ahara ▪ Viharas like irregular sleep, day sleep, late night sleep, Vegavarodha 	<ul style="list-style-type: none"> ▪ Nidana parivarjana ▪ Kwatha of punarnava moola, Devadaru, Murva along with Anupana of madhu ^[12]

2. Malavasthambha (Constipation in pregnancy)

As constipation is physiological in pregnancy, diet and lifestyle modification is the best way to overcome this problem. If it is not properly managed it can lead to various troublesome problems like Arsha, Udavarta, Parikartika, Rectal prolapse may occur decreasing quality of life.

Table 5

Diet and Activities to be avoided	Management
<ul style="list-style-type: none"> ▪ Vatakara Ahara, Rookshahara ▪ Adhyashana, Anashana and vishamashana 	<ul style="list-style-type: none"> ▪ Ksheera yavagu with sarpi ▪ Madhura aoushadha siddha ▪ Asthapana basti and anuvasana basti ▪ Triphala kwatha mixed with Harithaki and nagara ¹³ ▪ Use of fiber rich food

3. Garbhavastha janya prameha (Gestational Diabetes)

Gestational diabetes is most common during pregnancy. Direct references of Garbhini prameha is not described in Bruhat trayee and laghu trayee. Scattered references are found in classics. While explaining about Garbhopaghatakarabhava daily consumption of madhura rasa leads to prameha and atisthulata of garbha has been explained.

Table 6

Diet and Activities to be avoided	Management
<ul style="list-style-type: none"> ▪ Excessive consumption of ▪ Ati santarpana ahara ▪ Kapha pradhana ahara sevana ▪ Adhyasana ▪ Diwaswapna 	<ul style="list-style-type: none"> ▪ Asanadi Gana kashaya ▪ Nishamlaki churna ▪ Low carbohydrate and fatty foods to be taken

Above mentioned Garbha vyadhis should be treated as early as possible. Following the preventive measures from the very first day of conception and continued till delivery helps the pregnant lady to achieve the good health.

Conclusion

Implementing Ayurveda measures throughout the pregnancy is very beneficial, as it plays significant role towards the health of mother and newborn which helps to build a society of healthy peoples. Ayurveda advocates number of preventive and promotive health measures for the Swasthya palana of Garbhini, which gives not only the physical health but also ensures the mental health of the Garbhini. In Ayurveda Swasthya palana of Garbhini to be followed in each month of pregnancy is described in a simple way that can be followed by all persons without any difficulties. Recognizing these values of Ayurveda, the number of pregnant women seeking care is increasing day by day, which gives a new hope for the future of Ayurveda in pregnancy care.

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