

FIRST TRIMESTER AAHAR VIHAR FOR PREGNANCY: AN AYURVEDIC PERSPECTIVE**K.Priyanka¹, Dr Renu Tripathi²,M.K.Srivastava³**¹PG Scholar Department of Rachna Sharir, VYDS Ayurveda Mahavidyalya , Khurja, U.P, India²Professor and HOD Department of Rachna Sharir, VYDS Ayurveda Mahavidyalya , Khurja, U.P, India³Asst. Professor Department of Information Technology, SRM University,Modinagar U.P.,India.**ABSTRACT**

The process of birth is an inception along with growth and insight of atma (soul).Female are blessed with most precious gift of motherhood in this world by God. Ayurveda, the system of Indian medicine and science of life deals with the welfare of mankind. The event of pregnancy divided into 3 phase (1,2,3 Trimester) desires patience and determination for almost a year. Hence nature as well as human crafted methods arrange efforts to make the motherhood process safe, having a lesser amount of trouble and successful with medicinal and non-medicinal ways to attain healthy mother and healthy baby and that is called as Antenatal or prenatal care. Nutrition the science of food and its relationship to health, influence of aahar vihar of a pregnant woman on fetal development is well known today. The aahar vihar that affects the mother has impact on the baby. Garbhini Paricharya (Antenatal Care) a way to minimize the risk of disturbances for the duration of pregnancy, a regime for the pregnant woman to follow is advised in Ayurveda and to understand the effect of said antenatal care scientifically, this study is undertaken with the aim to discuss the role of aahar vihar specifically for first trimester. Ayurvedic classics with reference to Modern available literature have been consulted in regard to present paper. Garbhini paricharya (antenatal care) advocated by Ayurveda is to avoid hazardous effects on fetus, to promote normal growth and development of fetus and to conduct normal delivery without any fetal and maternal complications. Aahar vihar regimen described in Ayurveda is beneficial if followed properly and can be modified as per the life style of an individual accordingly.

KEYWORDS: First trimester,Aahar vihar, foetal development, healthy mother, healthy baby.**INTRODUCTION**

यदन्नपानं प्रायेण गर्भिणी स्त्री निवेवते ।

रसो निर्वर्तते ताहक त्रिधा चास्याः प्रवर्तते ॥ का.सं. लेहाध्याय

मातृपुष्टयर्थं मेकांशो द्वितीयो गर्भपुष्टये ।

तृतीय स्तनपुष्टयर्थं, नार्या गर्भस्तु पुण्यति ॥ का.स. लेहाध्याय

During pregnancy 1st part of Ahar-rasa gives nourishment to mother, 2nd part gives nourishment to fetus & 3rd part is used for stanyapushti.

Ayurveda, the Indian system of medicine and science of life deals with the interests of mankind. Health and well-being of a baby in the womb depends up on the health and aahar vihar of the mother. God has blessed the female with most precious gift of motherhood. As mother is both the seed as well as the soil where in the baby is nurtured for entire period of pregnancy. In today's hectic and stressfull life of working mother it is very important to minimize the risk of disturbance for first trimester. Aahar vihar only helps to ensure the minimization of risk. The nutrient rich soil of the mother's body ensures the germinating seed will obtain optimal nourishment to develop into a strong and stable sapling. A holistic approach of aahar vihar of mother make her competent to provide her fetus all its requirements while accumulating reserves for abundant breast milk. Even thousand years ago, our forefather and Ayurveda had given importance to safe motherhood which aims at excellence in the creation of the fetus, its development devoid of anomalies, an

easy full term delivery and safe guarding of the health of the mother. Today's, working mother and with nuclear family system, there is hardly any person to provide a pregnant woman suitable direction and proper help during early motherhood. Whatever that affects the mother has impact directly to the fetus. A regime for the pregnant woman to follow called Garbhini Paricharya (Antenatal Care) is advised in Ayurveda which reduce the risk of miscarriage, damage to the fetus, toxemia and other complications during pregnancy.

MATERIALS AND METHODS

This paper is mainly focused for first trimester. The three great authors Charaka, Sushruta and Vagbhatta followed the scientific methods of study to enhance the perception of Ayurveda towards humanity hence Ayurvedic classics as well as modern available literature has been referred in regard to this paper. Garbhopaghathakara bhavas are the aahar and vihara which are harmful to the garbha (fetus). These may cause some congenital defects in the child and are not conducive to the birth of a healthy child, with all the good qualities. Nutrition refers to nourishment that sustains life. Pike and Brown, 1984 defined balanced diet as "diet providing adequate nutritional needs as well as extra allowance for stress from different foods belonging to different food groups in specific quantities and proportions".¹ Since all foods don't have similar nutritional quality, the nutrients provided and thus the health depends on the choice & quantity of foods selected. For a healthy & active life, diets should be planned on sound nutritional principals.

गर्भस्तु खल्वन्तरिक्षवारूवग्नितोयभूमिविकारश्चेत्तनाधिष्ठानभूतः ।

एवमनया युक्तया पञ्चमहाभूतविकारसमुदायात्मको

गर्भश्चेतनाधिष्ठानभूतः, स ह्यास्य षष्ठो धातुरूक्तः ।

च. शा. ४/६

Ayurvedic classics explains that the human body is composed of five mahabhutas. Source of These mahabhutas are said to be mother, father, manasa and atma which is always associated with satwa. Shonita and shurkra of mother and father respectively greatly depend on the satmya ahara.

As per Ayurvedic fundamentals, food composed of Panchabhootas (Five primary elements-prithvi (earth), ap (water), tejas (fire), vayu (air) and akasha (space).

in four kinds of presentable forms (Peya-drinkable, Lehya- likable, Bhojya- chewable and bhakshya-eatable), and possessing many properties, when ingested, undergoes digestion (in the alimentary tract). After it is digested properly by the Koshthagni (fire like agency present in the stomach and intestines), there arises its vital essence known as "Rasa" which is very subtle (thin and suitable to move through minute channels).^{2,3} Thus produced rasa constantly going on like the process of time and where in the circulation of the body elements and the body channels is unimpeded- with growth, strength, complexion, happiness and life, as well as replenish the body elements. This rasa dhatu circulates throughout the body in subtle ways like the continuity of sound, flame and water i.e. in all directions/parts of body.⁵

Hridaya (Heart) is its seat (chief place of stay), from the heart it travels through the dhamanis (arteries), nourishes the entire body constantly make it grow, supports and maintains it by activities, due to invisible causes.⁶ It is mentioned in Ayurveda that the balanced Aahara Rasa (essence of food) which is taken by the pregnant woman helps in formation of Sapta Dhatus (seven tissues) in required amount in the fetus. Rasa Dhatu (Chyme) of the mother performs three functions. (1) Matru Pushti (nutrition to mother) (2) Garbha Pushti (nutrition to foetus) (3) Stana / Stanya Pushti (nutrition for the development of the breast and formation of milk).⁸

Influence of the diet of a pregnant woman on fetal development is well known today. Different phases of fetal development are documented in Ayurvedic obstetrics (Prasuti Tantra) thousands of years prior to modern imaging techniques existed. Ancient Ayurveda scholar Acharya Charaka has quoted that a pregnant woman should start to take congenial diets from the very first day as she come to know that she has conceived.⁹

Acharya Sushruta has mentioned that She should consume Hridya (palatable), Drava (liquid), Madhura (sweet) and Snigdha (unctuous) Dravyas (substances) medicated with appetizing medicinal herbs and such type of

diet should be followed till delivery.¹⁰ It is also mentioned that what so-ever eatables or drinkables are consumed by pregnant women, same will become congenial to the fetus, hence diet should be consumed by taking into consideration the place of living, season and digestive capacity of an individual and these should not be neglected ever.¹¹ It is mentioned that the pregnant woman is fit for the use of brihana (anabolic) therapy.¹² Welfare and contraindications of mother and the fetus are identical, hence the pregnant woman should use desired congenial diet.¹³ She should consume hot water, milk and meat.¹⁴ Some common articles are beneficial to a pregnant woman - Shali and Shastika rice (a variety of rice), mudga (green gram), wheat, flour of parched rice, butter, cow's ghee, milk, rasala (curd mixed with sugar and condiments-shree khand), honey, sugar, jackfruit, banana, fruit of amalaki (*Emblica officinalis*), Draksha (*Vitis vinifera*), sweet and sour substances like Madhu (honey), other along with desired food.¹⁵ Along with these, surana (an edible tuber) and constipating articles along with their juice and all other congenial and beneficial diets.¹⁶ Along with these generalized dictums, Acharyas have described the specific month wise management (Masanumasika garbhini paricharya) of a pregnant woman to compensate the requirements of mother as well as growing fetus and it is quoted that pregnant woman should at least follow the monthly diet plan.¹⁷⁻²² The first trimester monthly aahar vihar along with doasha and its prevention is given below.

I Month

Once having doubt of conception in first month, a female should take pleasant diet preferably Madhura (sweet), Sheeta (cold) and Drava (liquid) Aahara (diet) twice in a day in the morning and evening. In between these two diets, non- medicated milk should be taken repeatedly in desired quantity considering digestive power and strength (the quantity which does not produce indigestion). For first twelve days she should take ghrita which is extracted out from milk (Ksheerodhrita Ghrita) and medicated with Shalaparni and Palasa (*Butea monosperma*), water already boiled with gold or silver and cooled be taken as after drink. Yashti, Parushaka, Madhuka alone or combined with butter and honey followed by Madhura Ksheera (sweetened milk). Milk medicated with Garbha Sthapana Dravyas for twice a day.

Authors	Diet	Garbhopaghathakara bhavas
Charaka Samhit	Non medicated milk	Pungent drugs, Exercise, Coitus
Sushruta Samhita	Sweet, cold and liquid diet	Excessive satiation, Excessive emaciation, Sleeping in day and awakening in night, Grief, Riding on vehicle, fear,
Vagbhatta Astanga Sangraha	medicated milk	causing excessive jerks, night awakening, day sleeping, Suppression of natural urges, Anger, grief, looking or hearing disliked things etc

II Month

Sweet, cold, liquid diet, sweetened milk or milk medicated with Madhura group or kakoli.

Authors	Diet	Garbhopaghathakara bhavas
Charaka Samhit	Milk medicated with madhura rasa (sweet taste) drugs	Pungent drugs, Exercise, Coitus
Sushruta Samhita	Same as first month	Excessive satiation, Excessive emaciation, Sleeping in day and awakening in night, Grief, Riding on vehicle, fear,
Vagbhatta Astanga Sangraha	Same as Charaka	causing excessive jerks, night awakening, day sleeping, Suppression of natural urges, Anger, grief, looking or hearing disliked things etc

III Month

तृतीये मासि सर्वेन्द्रियाणि सवडिगावयवाश्च यौगपधैनाभिनिर्वतीनो ।

च. सं.शा. ४-११

तृतीये हस्तपादशिरसां पत्र पिडका निवर्तन्तेऽऽगविभागश्च सुक्ष्मो भवति ॥

सु. सं. शा ३-१८

In third month all the indriyas and minor body parts becomes apparent, five buds one for head & four for upper & lower extremities develop.

A pregnant woman should ingest more milk with honey, ghee and Shashtika shaali (a variety of rice) cooked in milk, according to Harita samhita Krishara –olio prepared with rice and pulse.

Authors	Diet	Garbhopaghathakara bhavas
Charaka Samhit	Milk with honey and ghrita	Pungent drugs, Exercise, Coitus
Sushruta Samhita	Same as first month	Excessive satiation, Excessive emaciation, Sleeping in day and awakening in night, Grief, Riding on vehicle, fear,
Vagbhatta Astanga Sangraha	Milk with honey and ghrita	causing excessive jerks, night awakening, day sleeping, Suppression of natural urges, Anger, grief, looking or hearing disliked things etc

Garbhasthapaka dravyas counter act the effect of the garbhopaghatakara bhavas and help in the proper maintenance of the garbha. They can also be used in the treatment and prevention of abortion. These are to be used as a routine as they are beneficial for the maintenance of proper health, growth and development of the mother and fetus. garbhasthapaka aushadhis are Aindri (*Bacopa monnieri*), braahmi (*Centella asiatica*), Satavirya (*Asparagus racemosus*), Sahashravirya (*Cynodon dactylon*),

Amogha (*Stereospermum suaveolens*), Avyatha (*Tinospora cardifolia*), Shiva (*Terminalia chebula*), Arista (*Picrorhiza kurroa*), Vatyapushpi (*Sida cardifolia*), Vishwasenkanta (*Callicarpa macrophylla*) etc.

These should be taken orally as preparations in milk and ghee.

DISCUSSION

Ancient Ayurvedic scholars knew the importance of women health for a jovial progeny. In this regard scholars have prescribed monthly aahar vihar practices for whole pregnancy according to the need of mother's health and fetal development and well being. Nausea and vomiting are the main complications experienced by majority of women during pregnancy. Due to this, there is a possibility in pregnant women to get dehydrated and malnourished. Scholars have advised liquid diet instead of heavy and solid food in first trimester to avoid such type of complications.

Aahar vihar for pregnant women are mentioned in Garbhini Paricharya, General as well as month wise, emphasizing on requirement for proper growth and development of fetus, for keeping good health of the mother, for normal labor, and making mother and baby free from postnatal complications too. Furthermore it is also mentioned that the aahar vihar described in this section, if adopted promotes the growth of fetus without causing any abnormality.²⁴ Food is vital breath of living beings. Complexion, Cheerfulness, good voice, life, happiness, strength, intellect all are dependent on food.²⁵ While describing general dietary regimen the stress is given upon satvika type of food- in qualities as well as specific. Milk and drugs of Madhuragroup (Anabolics) have been advised for entire pregnancy period. Milk is a wholesome diet. It provides nutrition and stability to the fetus. wholesome for all living beings, pacifier (of doshas), eliminator (of malas), reliever of thirst and appetizer. This is most useful in kshina (weakness), anemia, gastritis, emaciation, burning sensation and oedema.²⁶ Flour of roasted grains if taken in liquid form, saturates the person immediately and provides strength quickly.³⁵ Rasala is bulk promoting, aphrodisiac, unctuous, strength promoting and relishing.³⁶ The fruits of amalaki are astringent, cooling, digestive, stomachic, laxative, diuretic, antipyretic and tonic. They are useful in headache, dyspepsia, colic, flatulence, hyperacidity, anemia, emaciation, hepatic disorders, jaundice, diarrhea, dysentery, intrinsic hemorrhages. They are having effect (Karma) of Dahaprashamana (reduces burning sensation), Chakshushya (healthy for eyes), Medhya (Memory booster), Nadibalya (Nervine Tonic), Balya (Strength promoter), Rochana, Deepana (Stomachic), Anulomana (agents removing dosha from anus), Amlatanashaka (reducing acidity), Yakriduttejaka (liver stimulant), Hridya (beneficial for heart), Shonitasthapana (Hemostatic), Kaphaghna (reducing cough), Garbhasthapana (healthy implantation of embryo), Mootrala (diuretic), Pramehaghna (anti diabetic), Kushthaghna, (alleviate skin disease). Jwaraghna, Rasayana (rejuvenating).

Milk medicated with Madhura group of drugs or milk with honey and Ghritta as advised in second and third month of gestation by Charaka also supply adequate quantity of glucose to the pregnant lady. Honey is a rich source of Dextrose, Sucrose, Dextrin's, Vitamin B and C, which maintains adequate blood glucose level of mother required by the fetus through placenta for metabolism. Ghritta by supplying fats provides energy for pregnant woman's metabolic needs and for fetal growth, as during pregnancy maternal system mostly utilizes fat for her metabolic needs and saves glucose for fetal metabolism. Honey provides extra calories and glucose for maternal and fetal metabolic needs and for growth and development of fetus. Meat is a rich source of vitamins and having ten essential amino acids. Drugs of vidarigandhadi gana, like Shaliparni, Vidari (*Ipomoea paniculata*), Mahabala (*Sida rhombifolia*), Nagbala (*Grewia hirsute*), Gokshura (*Tribulus terrestris*),

Prishniparni (*Uraria picta*), Satavari (*Asparagus racemosus*), Sariva (*Hemidismus indica*), Krishna Sariva, Punarnava (*Boerhaavia diffusa*), Kapikachchhu (*Mucuna pruriens*), etc. are Bacteriostatic, Antifungal, antibacterial, diuretic, anti-inflammatory, carminative, appetizer, anti hypertensive, rejuvenating and tonic.³⁹ So these drugs help to combat the oedema, hypertension, urinary tract and genital tract infections and also improve appetite and are hepatoprotective. During 1st trimester of pregnancy, nausea and vomiting are the common and troublesome problems for majority of the females.⁴⁰ hence, they are unable to take proper diet and get nourishment. Use of cold, sweet, liquid diet and milk can check dehydration and provide essential nourishment. In first month of gestation Acharya Vagbhatta specifically advised Ghritta extracted from milk medicated with Saliparni (*Shorea robusta* Gaertn.) and Palasha (*Butea monosperma*) along with sweet cold and congenial diet. As Palash bark (*Butea monosperma*) and Saliparni roots are digestive, astringent, appetizer, anathematic, nervine tonic useful in anorexia and dyspepsia, so Ghritta extracted from medicated milk of these drugs acts as a good medicine for excessive nausea and vomiting during first trimester.⁴¹ Acharya Harita has mentioned that Madhuyasti (*Glycyrrhiza glabra*) and Madhukapushpa (*Madhuca indica*) etc. should be given with butter and honey. These all drugs are digestive, stomachic, appetizer, used in vomiting and indigestion. So these drugs improve digestion and appetite in first trimester when taken along with Ghritta.⁴² If we throw light on dietary regimen in respect to foetal aspect, Anti mutagenic activity of amalaki can put a stop to congenital and genetic defects in foetus if consumed during pregnancy. By improving digestion it helps in the absorption of the food consumed during pregnancy so as to improve nutrition. Shonitasthapana and Garbhasthapana qualities may lessen chances of Abortion and give stability to the foetus. As per the development of the embryo/foetus, the requirements of food and nutrition will be different hence the needs and desires of the mother will also be changed. By keeping this fact in mind, Ancient Ayurvedic Scholars have given the month wise dietetic regimen in detail. In the first trimester, an initial phase of pregnancy, especially in the first month it is said that the embryo takes the form of jelly because of intimate mixture of the five mahabhutas and get nourishment directly by transudation (upasnehan), therefore

the aim should be to care for the balance of rasa and rakta as well as to stabilize the pregnancy.⁴⁸ That's why more jaleeya (liquid) substances like juicy fruits, milk, liquid diet and so are advocated. Madhura and sheeta veerya substances help in the formation of cellular mass and support growth. During second month the embryo takes a compact form and starts to assume a shape with its limbs and head.⁴⁹ Milk medicated with Madhura group of drugs as advised by Harita in second month of gestation, milk medicated with Kakoli and Rasayana, Madhura (having sweet taste) drugs like Shatavari (*Asparagus racemosus*), Madhuyasti (*Glycyrrhiza glabra*), Vidari (*Pueraria tuberosa*), Bala (*Sida cordifolia*), Ashwagandha (*Withania somnifera*), Punarnava (*Boerhaavia diffusa*) by their four mode of actions (Neutraceutical,

Immunomodulatory, Antioxidant and Adaptogenic) are helpful in healthy growth of foetus in womb and save it from noxious agents in the period of organogenesis. In third month, placenta is established by now and baby's motor and sensory faculties start to develop. By the end of the third month, the body parts of the foetus become differentiated, sensory perceptions and motor reactions start developing, the heart starts beating, and is said to express its desires through the mother's blood.⁵⁰ This is the period when woman craves for certain foods/flavours. The needs of both the foetus and the mother are identical. Hence, Ayurveda recommends that her cravings be fulfilled as far as possible, if not contraindicated.⁵¹ Dauhrida (bi cardiac) is a

unique concept of Ayurveda.⁵² Dau means two and hrida means the heart. Hence sometimes woman expresses desires which are not indicated to be consumed in the pregnant stage. But Ayurveda advocates that such desires if expressed by the woman are to be fulfilled by the attending relatives with some modifications by neutralizing their injurious effects through processing or adding wholesome things.⁵³ As this desire is indicative of deficiency of that property of the material inside the body of the foetus, hence fulfilment of the daurida (bi cardiac) is helpful for the proper growth of the foetus in utero. By suppression of longings, vata gets vitiated, moves inside the body and destroys or deforms the foetus in the formative stage.

CONCLUSION

For the First trimester by comparing modern diet regime with the Ayurvedic one we see that both diets incorporate Use of milk and other liquid diet in first trimester of pregnancy is essential to avoid dehydration and malnutrition and other complications of pregnancy. Garbhsthapaka drugs are used during pregnancy to counteract any etiology of abortion or intrauterine death if present and results in healthy baby⁶⁰. The use of fats and sweets sparingly is required to meet the essential metabolic needs of mother and for the growth and development of foetus. But for cellular growth protein is required most, so use of protein in sufficient quantity is advisable by both diet systems. The aims of Grbhini paricharya (antenatal care) advocated by Ayurveda are to avoid hazardous effects on foetus, to promote normal growth and development of foetus and to conduct normal delivery without any foetal and maternal complications.

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