

Title – The Application of Yukti Pramana in Antenatal care

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Abstract –

Ayurveda is branch of *Atharvaveda*, it is one among four *vedas*– basic pillars of Indian Education. Which is also called as Ancient Indian Medicine, its aim is to prevent upcoming diseases and cure the diseases. In *Bratrayee*, the embryological development of fetus explained in the *Sharirasthanana*, which is present before the *chikitsasthanana* of *Brahatrayeree*, Indicating that the physician should know about the formation, constituents of the human body, where the diseases will occur and physician will treats these diseases, to avoid diseases for both mother and fetus the *Garbhini paricharya* also elaborated as prenatal care in the *Brahatrayeree*, in this article A Review on prenatal care according to *Brahatrayeree* discussed with respecst to the stage of development of *Garbha* along with *Garbhni charya*. Embryo is the single cell formed by the union of gametes, its study includes till the fetus complete formation, developmental stages and nutrition. So the embryo different stages of growth requires different care and nutrition, which helps to provide the proper growth and development of fetus and avoid complications and diseases in pregnancy with help of *yukti pramana*. Pregnancy is a complex state involving with multiple adaptations which are necessary for the continuous supply of essential metabolites to support the growth and the development of the fetus.

Key words – *Garbhini paricharya*, fetal development, prenatal care, pregnancy, embryo, *garbha*

Introduction

The formation and developments of universe is similar like embryo, explained in *sushurth Samhita* as *yatha bramhande tatha pindande*¹. The whole universe is produced by *Avayktha*, which consists of components like *purusha* and *prakriti*, these are invisible till latent period as the ocean consists of living beings but only when we enter the ocean, can see all the living beings similarly, when transformation begins in *Avyaktha*, forms *mahantatva*, further *tanmatra*, *panchamahabuta*, *ekadashaindriyas* formed, which further forms the *shodashavikara*, these *ashta prakriti* and *shodashavikara* forms *panchavimshatikatatva* – according to the *Acharya Sushrut*, *Acharya Charaka* considered *purush* and *prakriti* as only one component hence explained as *chaturvimshatikatatva*, according to *Yoga Darsha* – 26 *tatva* including 25 *tatva* and *Eshwara*. This *purush* is called as *chikitsa purusha*².

According to Ayurveda, *garbha* is formed by the union of *shukra*, *shonita* and *aatma* along with components of *shodashavikara* in the *garbhashaya*³. According to modern science, every individual spends first nine months or 266 days or 38 weeks in the womb of mother. During this period it develops from a single to structure of organism with billions of different types of cells, these stages during nine months called as single cell- *zygote*, first two months as *embryo* and from third month to ninth month as *fetus*, hence the study of formation and development of embryo called as *Embryology*¹⁰.

Table-1- Month wise development of fetus with *Garbhini Paricharya*

Month	Ayurveda	Modern science	Diet according to Ayurveda
First	Kalala, khetibhuta	Gestation sac with zygote	Madura rasa, drava, shita
Second	Pindi, Peshi, Arbuda form	Germination process begins	Madura rasa, drava, shita
Third	Pancha Pindika	Germination process with cell differentiation	Madura rasa, drava, shita
Fourth	Garbh Sthiratva	Placenta complete formation	Milk with curd, butter
Fifth	mana	Neural Tubal blocks	Food with milk
Sixth	Buddhi	Brain and spinal cord, muscles develops	Food with ghee
Seventh	Anga pratyanga vibhaga	Fetus structure with CRH-crown-Rump-Heel	Ghee medicated drugs
Eighth	Oja asthira	Fetal movements, FHS, Feto-placental circulation	Asthapana Basti, Anuvasana Basti
Ninth	Prasava kala	EDD nears	Asthapana Basti, Anuvasana Basti

Diet in pregnancy

The diet and care plan in Ayurveda begins from pre conception period where Rasayana therapy advised for both male and female for healthy growth and development of gametes which results in the healthy zygote formation with help of yukti pramana by different approaches in terms of ahara, vihara, dos and don'ts in pregnancy with respect to each month. During first three months of Pregnancy, the pregnant women should take food which is sweet, cold and fluid. Shashastika shali should be given in the third month along with milk, with curd and butter as well as meat of desert animals and tasty food in the fourth month, fifth month with food with milk, sixth month with ghee along with gruel which must be cooked with gokshura should be given. During seventh month she should be given medicated ghee with drugs Vidarigandha group such as prishna parni – *Urarica picta*, vidari – *pueraria tuberosa*, satavari- *asparagus racemosus* and sariva- *Hemidesmus Indica*. During eight month of pregnancy should be given with asthapana basti prepared of decoction of badara mixed with bala – *sida cardifolia*, Atibala – *Abutilon indicum*, shatapushpa- *Peucedanum graveolens*, palala, milk, curd, oil, rock salt, madana phala- *Randia dumetorum*, honey, ghee. This should be followed by an Anuvasana Basti composed of oil medicated with drugs of madhuradi gana, basti helps in easy delivery and relieve aggravated vata dosha without complications. after basti and till delivery woman can eat food which is snigdha, liquid along with desert animals⁴.

According to Charak Samhita Sharira Sthana diet during pregnancy advised in order to ensure a healthy offspring. During first month of pregnancy cold milk advised in proper quantity along with wholesome and agreeable food. In second month milk should be medicated with sweet drugs like yashti madhu, gokshura. In the third month milk should be given along with honey and ghee. Milk with fresh butter should be given in fourth month of pregnancy. fifth month ghee is advised to eat. Milk boiled with sweet drugs along with ghee should be given in the sixth and seventh month of pregnancy. during eighth month periodically ghee and milk should be given. During ninth month anuvasana basti should be given along with madhura dravyas and yoni pichu should be kept by cotton dipped in the oil⁵.

These all procedures with specific diet during pregnancy helps in softening of pelvis, abdomen, waist, flanks and back will be soft. Aggrevated vata will be pacified. Elimination of stool and urine will be easier. The skin will come soft and tender with increase in the strength helps for normal delivery of healthy child⁶.

The pregnant women, right from beginning should be happy, contented, and clean. Always should wear clean dress and ornaments. She should always avoid physical and mental exertion. she should take food that is always liquid, tasty, sweet, unctuous and appetizing. she should be always fearless, stress less, active, avoid journey, do all good and harmless efforts. the good thoughts, pleasant atmosphere brings good health for mother and fetus as explained in Jatisutriya Adhyaya Of Charak Samhita Sharira Sthana⁷.

The things which should be avoided in pregnancy as follows- A pregnant woman should be always cared as if one walking with pot full of oil in hand, without spitting single drop should take care hence certain things should be avoided in pregnancy like

- 1- Apathy food,
- 2-Sitting and sleeping in uneven, hard or sharp area
- 3-Suppressing natural urges like urine, stool.
- 4-Vigorous and unsuitable exercises
- 5-Food, drink or medicine with hot potency
- 6-Insufficient food
- 7-Injury or pressure over abdominal area
- 8-Travelling on jerky vehicle
- 9-Lifting heavy things
- 10-Listening unpleasant sound
- 11-Sexual intercourse
- 12-Emotions as anger, grief
- 13-Thinking bad for others
- 14-Excessive intake of alcohol or sleep
- 15-Regular intake of mamsa
- 16- Regular intake of amla, kashaya and tikta rasa

A pregnant woman should not be unclean, see or hear unpleasant things⁸.

Table-2 Observations on Tridoshas with specific effect of Ahara dravyas during Pregnancy

Ahara dravya	Vata	pitta	kapha
Rice	Decreases	Decreases	Increases
Red Rice	Decreases	Decreases	Decreases
Masha	Decreases	-	Increases
Yava	-	Decreases	Decreases
Godhuma	Decreases	Decreases	Increases
Tila	Decreases	Increases	-
Mudga	-	Decreases	Decreases
Kushmanda	Decreases	Decreases	Decreases
Garjara	Decreases	-	Decreases
Kalinda	Decreases	Decreases	Decreases
Narikela	Decreases	Increases	Increases
Kharjura	Increases	Decreases	Decreases
Dadima	Decreases	Increases	Decreases
Panasa	Decreases	Decreases	Increases
Karavellaka	-	-	Decreases

Gingelly oil	Decreases	Increases	Decreases
Coconut oil	Decreases	Decreases	Increases
Cow's Milk	Decreases	Decreases	-
Buffalo's Milk	Decreases	Decreases	Increases

These are few aahara dravyas which helps to promote proper development of fetal and avoid complications of pregnancy. According acharyas in 8/9th month Basti are advised to relieve constipation, reduce the vridha vata dosha which helps to conduct normal labor. Hence prenatal care in Ayurveda begins from pre-conception period till lactation period. The sneha dravyas like butter and ghrith advised in garbhini paricharya which nourishes both garbhini and fetus. as ghrith acts tridosha shamaka , rasa dhatu ,shukra dhatu and oja vardhaka which is suitable of sneha dravya for Human beings. hence modes of nutritional therapies advised in prenatal care along with diet⁹.

According to modern science and WHO, the weight gain is the major parameter in Ante natal period as explained by dividing into 3 trimester of pregnancy.

First trimester	Second Trimester	Third Trimester
1-2kg	5-6kg	5-6kg

This indicates that the nourishment during pregnancy is very important to avoid intra uterine growth retardation, neural tubal defects and complications of pregnancy like pregnancy induced anemia and etc. Folic acid is a B vitamin that may help prevent birth defects Iron is important for your baby's growth and brain development. During pregnancy, the amount of blood in your body increases, so you need more iron for yourself and your growing baby. You should get 27 mg (milligrams) of iron a day.

Calcium during pregnancy can reduce your risk of preeclampsia a serious medical condition that causes a sudden increase in blood pressure. Calcium also builds up your baby's bones and teeth. Pregnant adults should get 1,000 mg (milligrams) of calcium a day Pregnant teenagers (ages 14-18) need 1,300 mg of calcium a day Vit-D helps the calcium to build up the baby's bones and teeth. All women, pregnant or not, should be getting 600 IU (international units) of vitamin D per day¹⁰.

The diseases like pregnancy induced as trimester wise Hyper emesis, Hypertension, Diabetes mellitus, anemia even in such conditions by analyzing can advise the Ahara dravya to avoid the further complications. Example- Madura rasa, drava, shita helps to overcome in first trimester related diseases or conditions, Ghee, butter and milk helps to avoid the diseases of second trimester, medicated ghee and basti helps to resolve the third trimester conditions.

Conclusion

The deictic regimen during pregnancy has important role for fetal nourishment, mother's health and proper lactation after delivery. Our acharyas explained very consciously about garbhini paricharya which should be followed according desha, kala, bala of the garbhini which helps during pregnancy, labor and lactation period. Pregnancy is the condition in which kapha dosha is increased normally because of Rasa vriddhi and kapha vardhak ahara-vihara like madhura rasa, shita dravya hence only a little change in ahara-vihara results in diseases by altering the doshas state. Vata vardhak ahara-vihara, Ratri jagran (less sleep common in pregnancy), seasonal changes, alpa ahara, vomiting etc. leads to change in the doshas. Vitiated dosha in the body main reason for many physical and psychological abnormalities in pregnant woman. Increased vata dosha leads to Preterm delivery, premature rupture of membrane, Low birth weight baby, IUGR etc. It also affects psychological condition of pregnant woman, in which Satva is decreased, Raja and Tama are increased. If Raja is increased, it leads anxiety, fear and intolerance of pain. If Tama is increased then it creates depression, negative thoughts, fear from delivery and intolerance of pain so that patient will not cooperate in labor and there are more chances of operative delivery. Hence the application of yukti pramana in prenatal care plan including from Rasayana therapy before conception, during pregnancy Ahaara dravya, vihara, listening good mythological stories, music and should do the things which suits her health, this helps in proper growth and development of fetus and avoid all complications of pregnancy, labor and post natal period.

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