

## ANTENATAL CARE BY AYURVEDIC AND MODERN ASPECT

\*<sup>1</sup>Vd. Laxman N. Chavan and <sup>2</sup>Vd. Deokumar W. Raut<sup>1</sup>PG Scholar, Dept. Of Kaumarbhritya Govt. Ayurveda College, Vazirabad, Nanded, (Maharashtra) India.<sup>2</sup>Guide And Assistant Professor, Dept. of Kaumarbhritya Govt. Ayurveda College, Vazirabad, Nanded, (Maharashtra) India.

\*Corresponding Author: Vd. Laxman N. Chavan

PG Scholar, Dept. Of Kaumarbhritya Govt. Ayurveda College, Vazirabad, Nanded, (Maharashtra) India.

Article Received on 30/01/2019

Article Revised on 20/02/2019

Article Accepted on 13/03/2019

**ABSTRACT**

Maternal and child health services are the foremost priorities of community health programme. According to Indian culture mother is the foundation of family and children are the future of the country. The maternal and child health unit (MCH) has its root in the early community health services that provided health care to pregnant women and their children. Ayurvedic literature has described *GARBHINI PARICHARYA* (Antenatal care) including Monthwise dietary regimen for pregnant woman and its effect, Dietetics and mode of life to be avoided by pregnant woman, Effect of the use of contraindicated things by pregnant woman and *Garbhashthapaka* drugs or the drugs beneficial for maintenance of pregnancy. Antenatal care helps to decrease risks during pregnancy and increases the chance of a safe and healthy delivery. Regular prenatal visits can help your doctor to monitor your pregnancy and identify any problems or complications before they become serious will be discussed in detail.

**KEYWORDS-** MCH Unit, *Garbhini*, *Paricharya*, Diet, *Garbhashthapaka drug*,**INTRODUCTION**

Systemic supervision (examination and advice) of a woman during pregnancy is called as antenatal care<sup>[1]</sup>

Antenatal care refers to the care that is given to a pregnant woman from the time that conception is confirmed until the beginning of the labour, in addition to monitoring the progress of the pregnancy. To provide appropriate support for the woman and her family.

In Ayurvedic literature also described *GARBHINI PARICHARYA* (Antenatal care) including Monthwise dietary regimen for pregnant women, Effect of the use of contraindicated things by pregnant woman and *GARBHASTHAPAKA* drugs or the drugs beneficial for maintenance of pregnancy.

In this paper we discuss Antenatal care by Ayurvedic and modern aspect.

**Pumsawankarma<sup>[2]</sup>**

The procedure to be adopted for achieving healthy progeny is known as *pumsawankarma*. The classics have described the appropriate period alongwith the methods.

*Pumsawankarma* should be done after conception but before conspicuousness of organ or up to two months.

**Methods of pumsawankarma**

- 1) Two intact, healthy leaf buds plucked from two eastern or northern branches of a banyan tree grown in a cowshed, alongwith two perfect seeds of dhanya masa and gaura sarsapa should be taken with curd during *pusya naksatra*.
- 2) Similarly the paste of *jivaka*, *rusabhaka*, *apamarga* and *sahachar* etc. Collectively, individually or few of them should be taken (*pusya naksatra*) after treating these with milk.
- 3) *Kudyakita* (an insect) and fish mixed with one *anjali* of water should be taken during *pusya naksatra*
- 4) An *anupramana* red hot man shaped structure made with gold, silver or iron should be dipped in handful of curd of milk or water and total quantity should be taken during *pusya naksatra*.
- 5) The woman should inhale the steam of *Sali pisti* being cooked during *pusya naksatra*. The same dough should be squeezed and the juice collected in swab. The pregnant woman keeping the head on a doorsill should instill herself few drops from this swab in her right nostril.
- 6) Other measure suggested by *brahmanas*, senior person and ladies should be followed.

***GARBHINI PARICHARYA* (Antenatal Care) by Ayurvedic Aspect**

*Acharya Charaka* says that the pregnant woman desirous of producing a through (healthy and good looking) child should give up non-congenital diet and mode of life and

protect herself by doing good conduct and using congenial diet and mode of life<sup>[3]</sup>  
*Acharya Susruta* has advised that woman from the very first day of pregnancy should remain in high spirit, pious, decorated with ornaments, wear clean white garments and perform religious rites, do auspicious deeds and worship deity, brahmanas and priest. Her sleeping and sitting place should be covered with soft cushion or mattress, not be very high possess elevated upper portion for head-rest and should be perfect and very comfortable. She should use palatable, liquid and sweet. This mode of life should be continued till delivery<sup>[4]</sup>

*Acharya Vagbhata* has advised external (for preparing water for bathing), and internal (powder, cold decoction etc.) use of *Jivaniya* group of drugs. Affectionate and

good behaviour of husband and servants helps in maintenance of pregnancy. She should always use butter, *ghrita* and milk etc<sup>[5]</sup>

#### A) Specific water for pregnant woman's bath<sup>[6]</sup>

*Acharya Vagbhata* has advised use of cold decoction of pulp of *bilva*, *karpasa*, *phamohana*, (petals of rose), *pichumanda*, *agnimantha*, *jatamansi* and pounded leaves of *eranda* or the water prepared with *sarvagandha* (all fragrant) drugs should be used for bathing by the pregnant woman.

#### A) Garbhini dwara mani-dharan (Amulet for pregnant woman)<sup>[7]</sup>

The pregnant woman should wear the amulet made of 'Trivrata' in her waist.

### B) Monthwise dietary regimen for pregnant woman

Month	Dietary Regimen ( <i>Acharya Charaka</i> ) <sup>[8]</sup>
First Month	Take non-medicated milk repeatedly in desired quantity.
Second Month	Milk medicated with <i>madhura</i> drugs.
Third Month	Milk with honey and <i>ghrita</i>
Fourth Month	Butter extracted from milk in the quantity of One aksha (2 tole= 20 gm) or milk with butter.
Fifth Month	<i>Ghrita</i> prepared with butter extracted from milk.
Sixth Month	<i>Ghrita</i> (prepared from milk) medicated with the drug of <i>madhura</i> group.
Seventh Month	Same as in sixth month.
Eighth Month	Rice gruel prepared with milk and mixed with <i>ghrita</i>
Ninth Month	<i>Anuvasan basti</i> with oil prepared with the drugs of <i>madhura</i> group. Vaginal tampon of this prepared oil should be given for the lubrication of the <i>garbhasthana</i> (uterus but here cervix) and <i>garbhamarga</i> (Vaginal canal and perineum)

Month	Dietary Regimen ( <i>Acharya Susruta</i> ) <sup>[9]</sup>
First Month	Sweet, cold and liquid diet
Second Month	Same as in first month
Fourth Month	Cooked <i>shashti</i> rice with curd, dainty and pleasant food mixed with milk and butter and meat of wild animals.
Fifth Month	Cooked <i>shashti</i> rice with milk, meat of wild animals along with dainty food mixed with milk and <i>ghrita</i>
Sixth Month	<i>Ghrita</i> or rice gruel medicated with <i>gokshur</i> .
Seventh Month	<i>Ghrita</i> medicated with <i>prathakparnyadi</i> ( <i>vidarigandhadi</i> ) group of drugs. This helps in proper growth and development of fetus.
Eighth Month	Clearing the retained feces and <i>anuloman</i> of <i>vayu</i> , <i>asthapan basti</i> , <i>anuvasan basti</i>
Ninth Month	Unctuous gruel and meat-soup of wild animal upto period of the delivery

Month	Dietary Regimen ( <i>Acharya Vagbhata</i> ) <sup>[10]</sup>
First Month	- Medicated milk in specific quantity - Take <i>ghrita</i> extracted from milk and medicated with <i>saliparni</i> and <i>palasa</i> for first 12 days - Water already boiled with gold or silver and cooled be taken as after drink. - Sweet, cold, liquid and congenial diet should be taken twice i.e. morning and evening
Second Month	Milk medicated with <i>madhura</i> drugs.
Third Month	Milk with honey and <i>ghrita</i>
Fourth Month	Milk with one <i>aksha</i> of butter
Fifth Month	<i>Ghrita</i> prepared with butter extracted from milk.
Sixth Month	<i>Ghrita</i> (prepared from milk) medicated with the drug of <i>madhura</i> group.

Seventh Month	Same as in sixth month.
Eighth Month	-Use of liquid diet prepared with <i>ghrita</i> and Milk - <i>Anuvasana</i> enema prepared with <i>ghrita</i> and drug of <i>madhura</i> group. After this, the <i>niruha basti</i> should be given with the decoction of <i>sushkamuli</i> , <i>badari</i> , and sour substance mixed with pestled <i>satapuspa</i> , <i>ghrita</i> , oil and rock salt.
Ninth Month	Meat-soup with cooked rice and fat ( <i>ghrita</i> ) Or rice gruel mixed with good quantity of fat.

### C) Benefits of monthly regimen<sup>[11]</sup>

Describing the benefits of this dietetic regimen prescribed for the woman having normal development of the fetus, *Charaka* says that by this the woman remains healthy and delivers the child possessing good health, energy or strength, voice, compactness and much superior to other family members.

### D) Dietetics and mode of life contraindicated for the pregnant woman or *garbhopaghatakara bhavas* i.e. factors likely to harm the fetus<sup>[12]</sup>

*Acharya charak* says that the pregnant woman should avoid use of pungent things.(excessive) exercise and

coitus. Following factors are harmful for the fetus such as use of excessive heavy, hot and pungent substances; harsh or violent activities (activities much beyond one's own capacity) and others as instructed by elder persons, she should not wear red garments for protection from the effect of gods, demons and their followers; should not use intoxicating substances and wine, ride over vehicle, *Acharya susruta* has mentioned that from the day of conception the woman should totally give up coitus, exercise, sleeping in the day and awakening in night, riding on vehicle, fear, avoid untimely use of *snehana*, blood letting and suppression of natural urges.etc.

### E) Effect of use of contraindicated things by pregnant woman<sup>[13]</sup>

The effect of various dietetics has been elaborately described by *Charaka* and *Vagabhata* which is given under:

Dietetics or mode of life	Effect on the foetus or child
1) Squatting or sitting in abnormal position; suppression of urge of defecation, urination or flatus, excessive exercise.	Intrauterine death of fetus or premature delivery or abortion or fetus becomes dry.
2) Trauma and compression, riding in jerking vehicle, listening to unpleasant words.	Premature delivery or abortion
3) Sleeping in supine position with stretched extremities.	Umbilical cord encircles the neck of the foetus and trouble it.
4) Over indulgence in sex	Deformed, impudent or lazy and henpecked.
5) Always distressed or grieved	Poltroon, slender, short lived or less digestive power etc.
6) Thief or robber	Industrious, spiteful, idle.
7) Over sleepy	Sleepy, ignorant and possess less digestive power
8) Using wine daily	Over thirsty, short memory and flicking mind
9) Often use of meat of iguana	Suffers from bladder stone, slow stream of urine
10) Using daily fish	Fixed eyes or delayed blinking of eyelids.
11) Daily (excessive) use of sweet articles except milk.	Suffers from <i>prameha</i> , obese and dumb.
12) Daily (excessive) use of sour articles.	Suffers from <i>raktapitta</i> , skin and eye disorders.
13) Daily (excessive) use of salty articles	Early wrinkling, greying of hair and baldness.
14) Daily (excessive) use of bitter articles	Weak, posses less quantity of <i>sukra</i> and infertile.
15) Daily (excessive) use of pungent ( <i>tikta</i> ) articles	Suffers from emaciation, or edema, weak
16) Daily (excessive) use of astringent articles	Swarthy, suffers from <i>anaha</i> and <i>udavarta</i>

### F) Garbhasthapaka drugs i.e. the drug beneficial for maintenance of pregnancy<sup>[14]</sup>

*Charak* and *Vagabhata* have enumerated *aindri*, *brahmi*, *satavirya*, *sahasravirya* or *durva*, *amogha*, *avyatha*, *siva*, *arista*, *vatyapuspi*, *viswaksenakata* or *viswaksena* in the list and have advised the oral use of milk or *ghrita* prepared with these drugs. The bath with these drug (cold decoction of these drugs) during *pusya naksatra* should also be taken. These drug should also be kept in close contact of mother and amulets of these be tied in head or right arm. Similarly the drugs of *jivaniya* group should also be used.

### Antenatal care by modern aspect

#### A) Aims of Antenatal care<sup>[15]</sup>

- 1) To screen the high risk cases.
- 2) To prevent or to detect and treat at the earliest any complications.
- 3) To educate the mother about the physiology of pregnancy and labour by demonstration charts and diagrams so that fear is removed and psychology is improved.

#### B) Frequency of the Antenatal visits

- 1) Every month during the first 6 months.

- 2) Every 2 weeks during the 7th and 8th months.
- 3) Every week during the last month.
- 4) More frequent visits are indicated in high risk pregnancy.

### C) The first visit

- 1) History
- 2) Examination- General, abdominal and local
- 3) Laboratory investigations- Blood grouping
  - Rh typing
  - Haemoglobin
  - Toxoplasma and/ or VDRL if needed
  - Urine analysis particularly for albumin and sugar

### D) Return visits

- 1) **History-** Ask the Patient about any complaint
- 2) **Examination-** Blood sugar
  - Weight
  - Oedema
  - Abdominal examination

- 3) **Investigations-** Urine for albumin and sugar

### E) Instruction to the pregnant woman:-

- 1) **Diet:-** The daily requirement are

**Calories-** 2500 kcal.

**Proteins-** 60 gms.

**Carbohydrate-** 200-400 gm

**Lipids-** should be restricted

### 2) Vitamins

**Vitamin A-** 6000 IU

**Vitamin B1 (Thiamine)-** 1.5 Mg

**Vitamin B2 (Riboflavin)-** 1.6 Mg

**Vitamin B12-** 2.2  $\mu$ g

**Nicotinic acid** – 17 Mg

**Vitamin C (Ascorbic acid)-** 70 Mg

**Vitamin D** – 400 IU

**Folic acid-** 400  $\mu$ g

### 3) Minerals

**Iron-** 40 mg

**Calcium-** 1000 mg

### So the suggested daily diet should include

- One litre of milk or its derivatives
- 1-2 Eggs
- Fresh vegetables and fruits
- 2 Pieces of red meat replaced once weekly by sea fish and once by calf's liver
- Cereals and bread are recommended
- Coffee and tea should be restricted

- 4) **Smoking-** Should be avoided as it may cause IUGR or premature labour.

- 5) **Rest and sleep-** 2hrs in the midday and 8hrs at night

- 6) **Exercises-** Violent exercises as diving and water sports should be avoided. House work short of fatigue and walking are encouraged.

- 7) **Clothing-** Lighter and looser clothes of non-synthetic materials are more comfortable due to increased BMR and sweating.

- Clothes which hang from the shoulders are more comfortable than that requiring waste bands
- Breast support is required
- Avoid tight elastic hosiery or its bands.

- 8) **Bathing-** Shower bathing is preferable than tube or sea bathing for fear of ascending infection. Vaginal douching should be avoided.

- 9) **Shoes-** High heeled shoes should be discouraged.

- 10) **Breasts-** The patient is instructed to massage them with a mixture of glycerine and alcohol during the last 6 weeks of pregnancy.

- 11) **Bowels-** Constipation is avoided by increasing vegetables, fluids and milk intake and mild exercise.

- 12) **Coitus-** Whenever abortion or preterm labour is a threat, coitus should be avoided.

- 13) **Travelling-** Long and tiring journeys should be avoided.

- 14) **Medications-** Not to be taken without obstetrician advice due to risk of teratogenicity.

- 15) **Exposure to infection-** Is to be avoided particularly those of documented teratogenicity e.g. Rubella, Cytomegalovirus, Herpes hominis and Varicella zoster virus.

### CONCLUSION

As per Ayurveda and modern science the pregnant woman strictly follows the *GARBHINI PARICHARYA* or Antenatal care. It will be reduces the risk during pregnancy and increases the chance of a safe and healthy delivery. Regular prenatal visits can help your doctor to monitor pregnancy and identify any problems or complications before they become serious. Ultimately the rate of mortality and morbidity of mother and child will be reduced.

### REFERENCES

1. DC. Duttas textbook of obstetrics, Hiralal Konar, 8th edition chapter no. 10 Antenatal care, preconceptional counselling and care, 2015; 106.
2. Charaksamhita hindi commentary Dr. Brahamanand Tripathi surbharati publication Varanasi Jatisutriya shariradhya, 2011; 8 8/21: 942.
3. Charaksamhita hindi commentary Dr. Brahamanand Tripathi surbharati publication Varanasi Jatisutriya shariradhya, 2011; 8 8/21: 943.
4. Kaviraj Dr. Ambikadatta shashtri susurata samhita chaukhamba sanskruta sansthan Varanasi part I edition reprint sharirasthanam garbhiniyakaran adhaya, 2018; 10th 10/3: 98.

5. Dr. Ganesh krushana garde sarth vagabhata chaukhamba surbharati publication Varanasi edition sharirsthana first adhaya athato garbhavkrantishariram, 2009; 1/42: 124.
6. Dr. Ganesh krushana garde sarth vagabhata chaukhamba surbharati publication Varanasi edition 2009 sharirsthana first adhaya athato garbhavkrantishariram, 1/68: 126.
7. Shree Satyapal bhishgacharya Kashyap samhita chaukhamba sanskruta sansthan Varanasi edition 2006 Antarvatnichikitasitadhyaya, 10<sup>th</sup>: 304.
8. Charaksamhita hindi commentary Dr. Brahamanand Tripathi surbharati publication Varanasi 2011 Jatisutriya shariradhya, 8 8/32: 954.
9. Kaviraj Dr. Ambikadatta shashtri susurata samhita chaukhamba sanskruta sansthan Varanasi part I edition reprint 2018 sharirsthana garbhiniyakaran adhaya, 10<sup>th</sup>: 10/4 99.
10. Dr. Shivprasad Sharma ashtang sangrah chaukhamba sanskrit Varanasi edition 2006 garbhopacharniyo adhyaya, 3<sup>rd</sup>: 285
11. Charaksamhita hindi commentary Dr. Brahamanand Tripathi surbharati publication Varanasi 2011 Jatisutriya shariradhya, 8 8/32: 953.
12. Charaksamhita hindi commentary Dr. Brahamanand Tripathi surbharati publication Varanasi 2011 Mahatigarbhavkranti shariradhya, 4 4/18: 884.
13. Kaviraj Dr. Ambikadatta shashtri susurata samhita chaukhamba sanskruta sansthan Varanasi part I edition reprint 2018 sharirsthana garbhavkranti shariradhya, 3rd 3/13: 30.
14. Charaksamhita hindi commentary Dr. Brahamanand Tripathi surbharati publication Varanasi 2011 Jatisutriya shariradhya, 8 8/21: 942
15. Charaksamhita hindi commentary Dr. Brahamanand Tripathi surbharati publication Varanasi 2011 Jatisutriya shariradhya, 8 8/20: 941.