



CONCEPT OF GARBHINI PARICHARYA FOR ACHIEVING THE BEST PROGENY

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ABSTRACT

Now a day's safe pregnancy and delivery is most desired factors by all couples as one child norm is making this natural event- the most precious one. In Ayurveda life begins at the very first moment of conception and *garbhasanskar* starts from before the very moment of conception. *Sanskaras* are the refinement of raw product into new version with multiple qualities. In other words, one can say it as imbibement of values to face the life challenges. In classics human body is considered to be medium of attaining ultimate truth i.e. *moksha*. Body on the physical level is the product of food we intake on day to day basis. *Garbhini paricharya* is the daily regimen one has to follow in the most important days of their life. Pregnancy period is once in a lifetime opportunity for the couple to invest their time and conscious choice to beget a new life. Present article consists of comprehensive references about dietary, medicinal and behavioral regimen for pregnant women in different Ayurvedic classics, its medicinal importance, discussion and conclusion. Contraindications and vigilant aspects of code of conduct and diet preparations also included.

Keywords: *garbhasanskar, Garbhini paricharya, moksha*

INTRODUCTION: *Garbhini paricharya*- dietary and behavioral regimen especially specified for pregnant women is an important aspect of antenatal care in *Prasooti tantra* (ayurvedic obstetrics) as it facilitates easy delivery and healthy postpartum period. The care of the pregnant woman reflects on the quality and health of the offspring. *Garbhini paricharya* explains in detail about the month wise dietary regimen and prescriptions (*maasaanumasik pathya*), substances that are beneficial to pregnancy(*garbasthapak dravyas*) and activities and substances that are harmful (*garbhopghaatkar bhavas*), various foods and activities that are prescribed and proscribed , according to their effects on the fetus are also explained.

During pregnancy, a woman's calcium needs go up, so at least 2-3 servings' calcium-rich foods like green leafy vegetables, raisins, dates, guava and oranges should be taken every day. Interestingly, the suggested Ayurvedic diet correlates to modern nutrition recommended for pregnant women such as high protein, vitamins and minerals. Following Ayurvedic regimen from conception till delivery will nourish the pregnant lady and help in proper growth and development of the fetus as well. It also helps facilitate normal delivery with ease and without much pain, tension, fatigue and complications as well as improve the physical and psychological condition of the pregnant lady helping her to sustain the exhaustion of labor.

Caraka says that the pregnant woman desirous of producing a thorough (healthy and good looking) child should give up non congenial diet and mode of life and protect herself by doing good conduct and using congenial diets and mode of life.ⁱ *Sushruta* had advised that the woman from the very first day of pregnancy, she should be remain in high spirit, pious, decorated with ornaments, wear clean white garments and perform religious rites, do auspicious deeds and worship diet, *brahmanas* and priest. Her sitting and sleeping places be covered with soft cushions, mattresses not be very high, possess elevated upper portion for head rest and should be perfect and very comfortable. She should use palatable, liquid, sweet and unctuous substances treated with appetizing things. This mode of life should be continued till delivery.ⁱⁱ *Vaghbata* had said that since welfare and contradictions of mother and foetus are identical , hence the pregnant woman should use desired congenial diet and proper mode of life, avoiding factors likely to harm the fetus. The pregnant woman is fit for the use of *brumhana* – anabolic therapy.

Vaghbata had advised external and internal use of *jivaniya gana* – group of drugs. Affectionate and good behavior of husband and servants helps in maintenance of pregnancy. She should always use butter, *ghrita* and milk etc.ⁱⁱⁱ

Kashyap says that whatever the eatables or drinkables are consumed by the pregnant woman, same become congenial to the fetus, thus diet should be taken considering place of living ,time or season and digestive capacity.^{iv}

It should never be neglected. He should use meritorious, auspicious, pious, new and intact or unbroken garments and ornaments possessing masculine names. No article bearing feminine or common gender name should ever be used. Her appropriate abode is that which is being fumigated (with fragrant drugs), where worships are being performed, is free from insects like mosquito etc., Vedic hymns are being recited by the *brahmanas* and songs and instruments are being played. The woman after leaving her bed in the morning and performing daily routine should get busy in adoring the priests and deity and worshipping the rising sun with perfumes, incense, libation and water.^v Rising sun gives vitamin D as well as it is the part of phototherapy and chromotherapy which enhances the liver functions. She should take bath daily and well behaved.^{vi,vii} She should use hot water, milk and meat. Milk provides nourishment and stability to the fetus.^{viii} Meat helps in achievement of pregnancy. , nourishment to the fetus, suppresses *vaata* of pregnant woman, meat soup is superb medicine for her. Meat treated with milk or mixed with sour articles or salt is also beneficial.^{ix} *Harita* had advised use of *surana* (an edible tuber) and constipating articles along with their juices and all other congenial and beneficial diets and behavior. In fifth and eighth months after performing auspicious rites, she should offer food to *brahmanas* and family member. It may be used to restrict *sar guna of vata* and *pitta* to avoid abortions and increases the holding capacity of pregnant lady. Also, *surana* is *brumhana dravya* leads to anabolic activities. ^x *Bhavaprakash* had

followed susruta. Yogaratnakar had enlisted following articles beneficial for pregnant woman that is *shali* and *shastika*, flour of parched rice, butter, *ghritam*, *mudga*- green gram, *rasala*-curd mixed with sugar and condiments), honey, sugar, jackfruit, banana, fruit of *amalaki*, *draksha*, sour and sweet substances, anointment with cooling agents, musk, sandal, and camphor, wearing of garlands, moonlight bath, massage, soft bed, cool air, anabolic or gratifying edibles, embracing beloved and other pleasing mode of life along with desired food.^{xi}

Application of *lakshaadi tailam* to pregnant lady externally (*abhyanga*) is beneficial for pregnant lady and nourishment of developing *garbha*.^{xii} The woman having bad obstetric history of recurrent abortions and dead born child should take *phalaghritam* daily. Helps to retain the fetus and its development.^{xiii,xiv,xv,xvi} The pregnant lady should wear the amulet made of *trivrutta* in her waist.^{xvii} Specific water for pregnant women's bath was advised use of cold decoction of pounded leaves of drugs capable of suppressing *vata*.^{xviii}

Table.1 Month wise diet regimen:

mon th	charaka ^{xix}	sushruta ^{xx}	Vagbhata 1 ^{xxi}	Harita ^{xxii} s.	bhel samhita ^{xxiii} sha.
1	she should take non-medicated milk repeatedly in desired quantity.	sweet, cold, and liquid diet be taken.	medicated milk, timely in specific quantity. for first twelve days she should take <i>ghruta</i> extracted from milk and medicated with <i>shaliparni</i> and <i>palash</i> .	<i>madhuyashti</i> , <i>parushak</i> , <i>madhukpushpa</i> , available drugs should be taken with butter and honey.	
2	milk medicated with <i>madhura</i> drugs	sweet, cold, and liquid diet be taken		sweet milk treated with <i>kakoli</i>	
3	milk with honey and <i>ghrutam</i> . <i>Dauhruda utpatti</i> should be fulfilled	sweet, cold, and liquid diet be taken, sweet milk treated with <i>kakoli</i>	<i>Dauhruda utpatti</i> should be fulfilled	<i>krishara</i> olio prepared with rice and pulse. <i>Dauhruda utpatti</i> should be fulfilled	
4	8/32 butter	10/4 cooked	3/6 milk with	49/2medicated	milk with

	extracted from milk in the quantity of one <i>aksha</i> or milk with butter.	<i>shashti</i> rice with curd, dainty and pleasant food mixed with milk and butter and meat of wild animals. <u>Dauhruda-</u> specific longings during this period have been elaborately described and should be completed.	one <i>aksha</i> of butter	cooked rice.	butter
5	<i>ghritam</i> prepared with butter extracted from milk	cooked <i>shashti</i> rice with milk, dainty and pleasant food mixed with milk and <i>ghrutam</i> and meat of wild animals	<i>ghritam</i> prepared with butter extracted from milk		<i>ksheeryava gu</i>
6	<i>ghritam</i> medicated with the drugs of <i>madhura</i> group	<i>ghrutam</i> or rice gruel medicated with <i>gokshura</i>	<i>madhur aushadh sidha ghritam</i>	sweetened curd	<i>Ksheersarp i</i>
7	<i>ghritam</i> medicated with the drugs of <i>madhura</i> group	<i>ghritam</i> medicated with <i>prithakparnyadi</i> group- <i>vidarigandhadi</i> grp of drugs.	<i>ghritam</i> medicated with the drugs of <i>madhura</i> group	<i>Ghrutkhanden</i>	
8	rice gruel prepared with milk and mixed with <i>ghruta</i> should be given.	for clearing the retained faeces and <i>anulomana</i> of <i>vayu</i> , the <i>asthapana</i> <i>basti</i> evacuative enema should be given	same <i>basti</i> prescribed by <i>susruta</i> with deletion of three drugs as <i>shatapushpa</i> , <i>bala</i> , <i>atibala</i>	<i>ghrutapurak/ ghevar-</i> a kind of sweet preparation.	

		with <i>bala</i> , <i>atibala</i> , <i>satapuspa</i> , <i>palala</i> - pestled sesamam seeds , milk, curd, <i>mastu</i> , oil, salt, <i>madanphala</i> , honey and <i>ghritam</i> . This should be followed by use of <i>anuvasana basti</i> - unctuous enema of oil medicated with milk and decoction of drugs of <i>madhura</i> group.			
9	rice gruel prepared with milk and mixed with <i>ghruta</i> should be given. Vaginal tampon of this very boil should be given for lubrication of <i>garbhasthana</i> (uterus but here vaginal cervix) and <i>garbhamarg</i> vaginal canal and perineum.		rice gruel prepared with milk and mixed with <i>ghruta</i> should be given.	different varieties of cereals should be used.	sha 8/7 pg.no.240 <i>anuvasanbasti</i> with <i>kadambam aasha</i> oil should be given .by the use of this the accumulated faeces goes in the lower passage, thus the delivery of a child becomes normal.

In eight month has advised use of liquid diet prepared with, *ghrutam* and milk and *anuvasana* enema prepared with *ghruta* and drugs of *madhura* group for cleaning the

collected *mala*. After this, the *niruha basti* should be given with the decoction of *shushkmuli*, *badari*, and sour substance

mixed with pestle *shatapushpa* , *ghruta*, oil, and rocksalt.^{xxiv}

vagbhata had prescribed meat soup with cooked rice and fat - preferably *ghritam* or rice gruel mixed with good quantity of fat. *Anuvasana basti* as advised in eighth month and vaginal tampon of the same oil should be given. Daily bath with cold decoction of pounded leaves of drug capable of suppressing of *vaata* should be given only after use of fat.^{xxv}

Though sushruta had not prescribed any specific dietetic regimen specifically for ninth month, however in the regimen of eight month after use of enema continuous use of unctuous gruels and meat soup of wild animals up to the period of delivery is advised. This indicates that sushruta had advised use of unctuous gruel and meat soup of wild animals in nine months also.

Benefits of monthly regimen: Describing the benefits of this dietetic regimen prescribed for the woman having normal development of 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.^{xxvi}

sushruta had not described benefits separately, however, some of them mentioned here and there in between the month wise regimen are- that the fetus attains good growth, *vayu* moves in its right direction, woman becomes unctuous, strong and delivers child easily without complications.^{xxvii}

charaka and vagbhata 1^{xxviii} mention that by the use of this regimen from first to ninth month her *garbhdharini*, *kukshi*, sacral region, flanks, and back become soft.

Women gain strength and complexion and she delivers easily at proper time a desired, excellent, healthy child possessing all the qualities and long life.

From all above descriptions one should be able to conclude that rasa derived from the diet taken by the pregnant lady serves three purposes 1. nourishment of her own body. 2. nourishment of the fetus 3. nourishment of breast or formation of milk which has already been discussed under fetal nourishment. This regimen is so scientific and applied as during the first trimester most woman experience nausea and vomiting, thus can't take proper diet. Use of cold and sweet liquid diet and milk prevent dehydration and supply required nourishment, besides the drugs of *madhur* group being anabolic will help in maintenance of proper health of mother and fetus. Fourth month onwards muscular tissues of fetus grow sufficiently requiring more protein which is supplied by use of meat soup. By the end of second trimester majority of woman suffers from edema of feet and other complications of accumulation of water. *Gokshur* a known diuretic is used in sixth month helps to release water retention. *Vidarigandhadi* group of drugs are diuretic, anabolic, relieves emaciation and suppresses *pitta* and *kapha*, their use in seven months might help in maintenance of health in mother and fetus. Most woman suffered from constipation in pregnancy in late pregnancy due to pressure of gravid uterus over the bowels and due effect of progesterone. By the use of enema in eight months will relieve constipated mother, besides it also affect the autonomous nervous system governing

myometrium and help in regulating their functions during labor. Tampon of oil may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis, besides this tampon also softens the vaginal passage for normal delivery. It is just possible that the regular use of tampon might influence autonomic fibers governing myometrium and help in regulating their functions. Besides this also helps in its relaxation during labor.

Milk and drugs of *madhur* group have been advised for entire pregnancy period milk is a whole and wholesome diet throughout the life of human and anabolic too. Thus, use of these will help in maintenance of proper health of mother and growth of fetus.

Dietetics and mode of life contraindicated for pregnant women or *garbhopghatakar bhavas* i.e. factors likely to harm the fetus:

charaka says pregnant lady should avoid the pungent things , excessive exercise and coitus^{xxix}, following factors are harmful for the fetus such as –use of excessive hot , heavy 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 colored garments for protection from God, demons, and their followers as evil spirit.; should not use intoxicating substances and wine , ride over vehicle(running on uneven paths) , use of meat (excessive)and give up the things contrarily to *indriyas* and other harmful articles, the things should also be given up as instructed by old ladies.^{xxx} sushruta had said that from the day of the conception the woman should totally give up the coitus, exercise, excessive

satiation(santarpan or anabolic) , emaciation(apatarpana or catabolic), sleeping in day and awakening in night, grief, riding on vehicle, fear, squatting or the posture of sitting on the hams with the soles of feet touching the ground(*utkattaasana*) , and avoid untimely use of *snehana*(oleation) , bloodletting and suppression of natural urges.^{xxxi} The coitus troubles the fetus .she should not touch the dirty or disfigured persons possessing less body parts, should give up foul smelling, awful looking substances and exciting stories, should not eat dried up, stale, putrified or wet(moistened) food. She should avoid outing, visit of lonely places, chaitya haunted tree, cremation ground or shade of a tree, acts likely to promote anger and disgrace, talking in high pitch, etc. all the things likely to harm the fetus. Repeated excessive massage of oil and unguents should not fatigue herself.^{xxxii}

vagbhata had corroborated the views of charaka , however alike sushruta he had also given the list of contraindications^{xxxiii} as- coitus,exercise, emaciation, trauma, conveyances. Carriage or animals causing excessive jerks, night awakening, day sleeping, suppression of natural urges, indigestion, prolonged stay in hot sun and near fire, anger, grief, fear, terror, fasting, squatting, or other abnormal hard postures, falling in pits and wells, looking or hearing disliked things etc. The parents especially woman desirous of having offspring of high quality and virtues should make themselves superior. In first month, massage of oil and unguents and up to fifth month use of articles likely to aggravate *doshas* should be avoided.^{xxxiv}

vaghbata had also contraindicated besides excessive coitus and exercise others as carrying a heavy weight, covering herself with heavy sheet etc., untimely sleep, squatting or abnormal sitting, grief, anger, fear, excitement, suppression of natural urges and desires, fasting, excessive walking, use of pungent, hot , heavy, and *vishtambhi*, food, use of red garment, peeping in pit or well, use of wine, meat, sleeping in supine position, etc. bloodletting, purifying measures- *shodhan panchkarma*, and enemas upto eighth month should not be used.^{xxxv} ^{xxxvi}

In *jatisutriyshariradhyay*- kashyap had given entirely different type of contradictions i.e. she should not look at declining moon, setting sun, and both the *rahus*(*rahu* and *ketu*) . knowing solar or lunar eclipse, she should go in the middle of the house and perform religious rites and offer oblation to free the planets from the clutches of *grahas*. she should not have spite with guests, offer alms to beggars instead of turning them out, perform oblation of *ghrita* in burning fire for pacification^{xxxvii}. She should not remain for long in acutely erect or flexed posture and carry heavy weight for long, avoid tremoring, excessive laughing and trauma etc.^{xxxviii} Use of cold water^{xxxix} and garlic^{xli} is also contraindicated.

harita had contraindicated use of pulses, edibles producing burning sensation (in abdomen), heavy or sour substances, hot milk, clay, *surana*, garlic, and onion. *Surana* and other constipating edibles should be taken with their juices. She should avoid coitus, exercise, anger, grief, and walking etc. Avoidance of all these measures gives happiness to the woman.^{xli} Bhavamishra had

followed sushruta with addition of sitting or sleeping in very soft and high place, going to river bank, temple or garden , drinking of rain water, use of meat, association of woman whose child has died etc. in the list of contradictions.^{xlii}

Yogaratnakar, in *kshirdosha chikitsa* had contraindicated use of sudation, emesis, *kshara*, along with polluted and incompatible food. Cleansing measures are contraindicated in pregnant woman.^{xliii}

All these contraindications can be grouped under following headings-

- 1.those which produce psychological or physical strain such as grief, exercise, etc.though normal coitus and exercise are beneficial, however, their excessive use or psychological trauma may precipitate abortion specially in ladies prone for the same.
2. avoidance of visit to cremation ground etc. sudden shock may produce abnormality specially abortion.
3. over weight carrying or vehicle riding may precipitate abortion due to sudden increase in intra-abdominal pressure; prolonged squatting in abnormal postures and supine position may influence placental and uterine blood flow (due to pressure of gravid uterus on iliac vessels) thus cause abortion , intrauterine death of the other abnormalities.
4. Deitetic regulations- *rasaj bhaava* –diet of pregnant mother is very important for maintenance of her own health, proper nourishment and growth of the fetus. Texts have contraindicated use of meat, while it is already advised by sushruta in fourth and fifth month, thus here excessive use of meat of aquatic animals should be taken. Wine in little quantity is not harmful, its excessive

use harms the fetus. It is difficult to explain contraindication for use may produce digestive abnormalities.

5. use of over satiation may excessively increase the body weight of mother and

fetus, overeating is one of the causes of pregnancy toxemia. Over weight of fetus may cause difficulty in labour.

Table.2 Effect of use of contraindicated things by pregnant woman^{xliv,xlv}

No	dietetics or mode of life	effect on the fetus or child
1	Squatting or sitting in abnormal position; suppression of urge of defecation, urination or flatus; improper and excessive exercise, use of pungent, hot edible or less quantity of food.	intrauterine death or premature delivery or abortion or fetus becomes dry(<i>upshushkak</i>)-missed abortion
2	Trauma and compression (in lower abdomen), peeping or falling in deep pit or well, riding in jerking vehicle, listening to unpleasant words.	premature delivery or abortion or fetus becomes missed abortion
	sleeping in supine position with stretched extremities.	umbilical cord encircles the neck of the fetus and troubles it.
4	sleeping uncovered in open place or night walking	insane / extravagant(<i>unmatta</i>)
5	oral and physical strife or pugnacious	epileptic (<i>apasmara</i>)
6	over indulgence in sex	deformed impudent or lazy and henpecked
7	always distressed or grieved	poltroon sender,slender, short lived or less digestive etc.power
8	psychologically malevolent or constant worried	nature of troubling others, jealous and henpecked.
9	thief or robber	industrious, spiteful, idle
10	Intolerant	furious, deceitful, insidious, calumnious
11	Oversleepy	sleepy, ignorant and possess less digestive power
12	using wine daily	over thirsty, short memory, and flicking mind
13	often use of meat of iguana	suffers from bladder stone, gravel, or slow stream of urine(<i>shanairmeh</i>)
14	often using hog's meat	red eyes, rough body hair and obstructed breathing and snoring.
15	using daily fish	fixed eyes or delayed blinking of eye lids
16	daily excessive use of sweet articles	suffers from <i>prameha</i> , (urinary disorders, including

	except milk	diabetes mellitus) , obese and dumb
17	using daily excessive sour articles	suffers from <i>rakta pitta</i> (bleeding diathesis), skin and eye disorders
18	using daily excessive salty articles	early wrinkling, graying of hair and baldness
19	using daily excessive bitter articles	weak, possess less quantity of <i>shukra</i> and infertile
20	using daily excessive pungent articles	suffers from emaciation(<i>sosa</i>) or edema
21	using daily excessive astringent articles	swarthy, suffers from <i>aanaha</i> (flatulence),and <i>udavarta</i> (eructation)
22	use of articles likely to produce diseases.	diseases according to cause

Not mentioned by vagbhata

vagbhata had mentioned that use of articles likely to harm the fetus results either in abortion or intrauterine dryness or death of fetus.^{xlvi} Sushruta had described almost similar things under the headings of *dauhruda* mentioned earlier. Actually there is no difference between these descriptions, because the pregnant woman will eat only

when she has longings for these things, or *dauhruda* since these are likely to produce certain abnormalities in fetus , hence can be grouped under harmful category. Both these authors differ about the effect of meat of iguana and Hog as given here under-

Table.3

Edible	sushruta	Charaka
meat of iguana	sleepy and the nature of bearing itself	suffers from gravel,bladder
meat of Hog	drowsy, valiant	red eyed , rough haired and obstructed breathing.

Table.4Garbhasthaapak drugs- the drugs beneficial for maintenance of pregnancy

cha.suttrasthana prajasthapana gana ^{xlvii}	cha. Sharir sthana Garbhasthaapak drugs ^{xlviii}	A.S.Suttrasthana Garbhasthaapak drugs ^{xlix}	A.S.sharir. ^l	kashyap ^l kash.khilsthana
<i>Aeindri</i>	✓	✓	✓	<i>Bahaputra</i>
<i>Brahmi</i>	✓	✓	✓	<i>Ishwari</i>
<i>Shatvirya</i>	✓	✓	✓	<i>Mudita</i>
<i>Sahastravirya</i>	✓	✓	✓	<i>Brahmi</i>
<i>Amogha</i>	✓	✓	✓	<i>Sahdeva</i>
<i>Avyatha</i>	✓	✓	✓	<i>Indravaruni</i>
<i>Shiva</i>	✓	✓	✓	<i>Jivaka</i>
<i>Arishta</i>	✓	✓	✓	<i>Rushabhaka</i>
<i>Vatyapushpi</i>	✓	✓	✓	<i>Bharangi</i>
<i>vishvaksenkanta(priyangu)</i>	✓	✓	✓	<i>Samanga</i>
				<i>Rohapada</i>

				<i>Vatashrunga</i>
				<i>Atmagupta</i>
				<i>Arishta</i>
				<i>Putana</i>
				<i>Keshi</i>
				<i>Shatavirya</i>
				<i>Sahastravirya</i>

DISCUSSION: Vaghbata use of *prajasthapan* drugs described in sutrasthana after *pumsavahan karma*, indu says that these drugs prevent abortion^{lii} charaka and kashyap have prescribed certain drugs during pregnancy without specifying their indications, period or method of use. Chakrapani^{liii} had clarified that *Garbhasthaapak* drugs- are those which after counteracting the effects of harmful factors (*garbhopghaatkar bhaavas*) for fetus helps in its proper maintenances , thus these can be considered as a treatment for abortion.

Kashyap had said these to be used in routine by pregnant woman, routine use of these drugs might be beneficial for maintenance of proper health, growth and development of mother and fetus respectively, with this idea the drugs are being enumerated here.

Charaka and vagbhata have given the specific use of this enlisted drug as oral use of milk and ghrutam prepared with these drugs. The bath with the cold decoction of these drugs during pushya nakshatra should also be taken, these drugs should also be kept in close contact of mother and amulets of this be tied in head or right arm (only charaka). Similarly the drugs of *Jivaniya* group should also be used.

Kashyapa had advocated listed drugs should be uprooted with enchantation of mantras and tied as amulet during *pushya nakshatra*,

Amulet of trivritta should also be tied in the waist of pregnant woman.

sushruta had described almost similar things under the heading of *dauhruda*.^{liv} Actually there is no difference between these descriptions, because the pregnant woman will eat only when she has longings for these things, or has *dauhruda* since these are likely to produce certain abnormalities in fetus, hence can be grouped under harmful category. The woman possessing two hearts (one of her own and other of the fetus) is called *dauhrudini*.the period of *dauhruda* and specific longings during this period is elaborately described in ayurved classics. Bhel had advised to examine *dauhruda* of fetus by congenial diet.

Life begins with conception even nine months prior to the delivery. Entire gestational period is important for achievement of healthy baby along with prevention of complications during pregnancy. Dauhrudavastha is the special concept of Ayurveda affecting fetal growth. It is the period during which pregnant woman (*Dauhrudini*) expresses dietary and behavioural desires. These longings are desires of fetus, fulfillment of which is beneficial for proper gestation, whereas non-fulfillment or ignorance causes various developmental anomalies.

CONCLUSION: All the discussions about the dietary and behavioral and medicinal

regimen prescribed by all ayurved classics aims at the healthy progeny and avoiding pregnancy induced complications. These regimens help in the known cases of secondary infertility and cases of recurrent abortions. Do's and don'ts for pregnant lady shows the vigilant aspect of scholars and carefulness about the prevention of any adverse effect of food, drug, its interactions and incompatibility. Dauhruda should be completed and prescribed regimen if followed will results in the yield of desirous and happy entity.

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