

**Dietetics and mode of life for pregnant women: A Review Article**

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**Abstract**

Nutrition is a fundamental pillar of human life. According to ayurveda pregnancy and child birth is indeed a holistic condition. Mother needs extra care with regards to the health since there is another life depending on her. Improper diet and mal absorption can lead to growth retardation and congenital anomalies. To overcome such hazards and to keep her vital pure our stalwarts prescribes trimester wise diet regimen and behavior.

**Keywords:** Rice, Ghrita, Pregnant Women, Dietetics, BMR

**Introduction**

Ayurveda regards the woman, her ability to produce and care for children as the basis of family and life, which in turns is the foundation of society, but to the contrary we have the following data. In 2003 maternal mortality was 301/1000 that is due to hemorrhage is 38% and due to aortal is 8% of the maternal death. Infant mortality rate is 64 per 1000 live birth. Neonatal mortality rate is 44 per 1000, live birth 30%. Neonate is low birth weight baby. Behind these entire problems major thing is the diet during pregnancy and mode of life. Food itself is a drug by its right use.

तस्मादहितानाहारविहारानं प्रजासंपद मिच्छन्ती स्त्री विशेषेण वर्णयेत् ।

साध्वाचारा चात्मानमुपचरेद्धीताभ्यामाहारविहाराभ्यानीती ॥ च. सं. शा ८।२१

Charaka says that the pregnant women derisory of producing a healthy, good looking child should give up noncongenial diet and mode of life and produce herself by doing good conduct and using congenial diets and mode of life. To overcome the problems during pregnancy period, many ancient books of ayurveda suggest some special life style called Garbhini Paricharya. Now a day's incidence of pre-eclampsia and eclampsia is increasing because of abnormal life style. So ideal deities and mode of life for pregnant women is very essential for the prevention of present era related to the pregnant lady and fetus. Good lifestyle can release the physical stress and mental stress and facilitate the good conditional for child birth.

**Material and Methods**

All the data and literatures are collected from Ayurvedic texts, modern medical books and from available websites.

### **Mode of Life Which Are Acceptable**

Acharya Vagbhata has advised that the women from the first day of pregnancy use cold decoction of pounded leaves of drugs for bath which is capable of suppressing vat. The pregnant woman should wear the amulet made of Trivet in her waist. Acharya Susruta has advised that the woman from the first day of pregnancy should remain in high spirit, decorated with ornaments, wear clean white garments and perform religious rites, has to do auspicious deeds. Her seating and sleeping place should be covered with soft cushion or mattress.

### **First trimester**

In the first three month generally use of cold, sweet, liquid and more minerals containing diet frequently in small quantity like milk sweetened with honey, krisara(Khichari) etc. Should be consumed during this period woman mainly suffers with nausea and vomiting leads to dehydration of the body should contain easy digestible, liquid and sweet in small amount which fulfill the loss of water, nutrients and provide quick energy. Liquid and small amount don't aggravate the nausea and vomiting. Massage of oil and rubbing of unguent should be avoided.

### **Second Trimester**

During second trimester, its especially important to eat foods which are rich in calcium, magnesium and vitamin D, so give cooked Sali and sasti rice with Takra (Butter mild), pleasant food mixed with milk and butter. Meat or meat soup of wild animal, liver etc. give good bio available protein and iron for the growth of the fetus. In the fifth month Sali, sasti rice with milk or cooked with milk in the form of payasa, milk mixed with ghrita and wild animal meat for the growth should given. At the end of sixth month pedal edema or whole body edema occurs, for this ghrita medicated with gokshura is mentioned. Rice with ghrita is also given during the second trimester. Gradually from first to last trimester vata dosha Is aggravated, so for the pacification of vata dosha intake of snigdha ahara is very important.

### **Third Trimester**

Edema persists in the last trimester, in the seventh month the medicated ghrita (medicated with prithak parnyadi group) is advised mainly to remove the edema and it also helps in the growth and development of the fetus. In the last of third trimester due to pressure of the gravid uterus over the large intestine and effect of progesterone, the pregnant women will have constipation and supper the aggravate vata. Basti also stimulates the autonomous nervous system governing the myometrium and helps in the regulation there function during labour. Milk and drugs of Madhura group have been advised for entire pregnancy period. Milk is anabolic, thus use of theses will help in maintenance of proper health of mother and growth and development of fetus.

### **Discussion**

During pregnancy food requirement increase because so many changes occurs like weight increase. In case of normal healthy lady, gains nearly 9-11 kg (20-25 Ib) during her pregnancy period. Due to this basic metabolism rate increases. (BMR), blood water is increases by 25% but hemoglobin is decrease i. e <12 msld called physiological anemia extra requirement for fetal growth. So if we use light feud and more nutritious like old salt and sastika which is naturally light and intake of parboiled is more nutritious because it contain more water soluble vitamins and all essential amino acids, nearly 2.8mg fe per 100g serving and good amount of folic acid will have good results. Also avoid psychological and

physical strain such as grief, exercise more sexual intercourse etc. why because it may precipitate abortion especially in ladies prone for abortion or preterm labor.

### **Conclusion**

Child birth is a normal physiological process. It is associated with great pathological potential. Regular scheduled diet and life style of mother prevent the complication of pregnancy and give good quality progeny by proper growth and development of the fetus.

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