ABSTRACT - In Ayurveda essence of all dhatus is called ojas and it is responsible for the defence mechanism of human body against diseases. In modern medical science, vaccination is done to produce immunity, enhance growth, promoting health with intellect, speech, swarnaprashana, guduchi, ashwagandha ghruit, amalki, vacha, shankhupushpi, bramhi, sarwata ghruit, shyushushnashak ghruit, shatpal ghruit, samvardhan ghruit are used for lehan karmain child. Acharya Vagbhata has prescribed various nutritional supplements in the form of Modaka (sweet balls) to cope up with the nutritional deficiencies.

Wellness of pregnant women and foetus is maintain through proper garbhnini paricharya till delivery. Garbhini paricharya means pathya – apathy in ahar vihar (diet and lifestyle), aushadhi (medicine) and prepare for normal delivery through counselling. Kashyap says that whatever eatable and drinkables are consumed by pregnant woman same become congenital to the fetus. So pregnant woman should take care of her diet. During first trimester vata dosha is alleviated in pregnant women. In dietary regimen ghrita, milk, madhur dravyas, medicated ghruta, are suggested which are well known for vatashamak properties. Vata is responsible for cell division during embryogenesis. The imbalance in vata dosha may hamper its normal functions and process of cell division. In embryoic period no drug should be given because drug can disturb the organogenesis and may lead to teratogenicity. Embryogenesis takes place in first trimester hence an increasing amount of energy is required during this period. All these energy will be provided by kshira, ghruta, payas, and madhur aushadhi. Ghruta medicated with prithak paryadi group of drugs are diuretics, antiinflammatory, prajasthapak (procreant), bruhan (weight promoting), anabolic, relieves emaciation and suppress pitta and kapha. Maintain the health of mother and fetus.

KEYWORD: LEHANKARMA, AHAR KALPANA, NUTRITIONAL SUPPLIMENTS, PATHYAKALPANA, GARBHINI PARICHARYA, COUNSELLING.
INTRODUCTION- Nutrition is increasingly being recognized as an important indicator of development at national and international level. It is a vital component of the individual’s and community health as nutritional well-being of the population is considered as an economic asset and a pre-requisite for national development. Most health problems develop due to the incorrect eating practices and cookery procedures. Ayurveda lays stress on positive health, a blend of physical, mental, social, moral and spiritual welfare and this holistic medical science considers three important factors while dealing with the health and disease i.e. oushadha (drug & therapies), ahara (diet) and vihara (practices). Among these, diet (ahara)” plays key position as recounted by major Ayurvedic literatures.

Prevention of fetal malnutrition –
- Masanumasik garbhini paricharya
- Garbhasthapan aushadhasevan
- Bhrumhana ,balya santarpan aushadhchikista Avoiding gabhapghatkarbhavas Vathahar ahar,vihar ,aushadhasevan.

Nutrition forms the Basis for Etymology of Human body as indicated in Ayurveda

Kaya: Growth &Development -Nutrition
Deha: Nutrition Dynamics – Anabolism
Sareera: Nutrition Dynamics - Catabolism

SWARNAPRASHANA-kasyapa Samhita has nicely summarized the benefits of Swarnaprashana as an enhancer of Good nutrition and Immunity. Its principal ingredient is Suvarna (Gold). • Forms of Suvarna (Gold) has Patala (leaf) / Mandala (foil) Churna (Powder) and Bhasma (Ash).

LEHANKARMA-In Ayurveda essence of all dhatus is called ojas and it is responsible for the defence mechanism of human body against diseases.in modern medical science, vaccination is done to produce immunity , enhance growth, promoting health with intellect, speech,swarnaprashana, guduchi, ashwagandha . Leyas indicated to the infants during weaning as food of supplemental value whereas some other Ghritas or powders advocated during Balavikasas by augmenting anabolism.

ghruit,amalki,vacha,shankhapushpi,bramhi, sarswata ghruit shishushoshnasahak ghruit,shatpalghruit, samvardhan ghruit are used for lehan karma ,according to charaka panchagavya ghruit,Bramhi ghruit,kalyanaka ghruit .

Matra - Harunu or one Kalaya Matra Single dose at birth with Madhu (honey) and Ghrita (Ghee).

URAMARANNU-Traditional paediatric health care practice in southerninida for improving ganaral health,nourishment strength, intellect proper growth and development and immunity,.it can be given to the child after bath from birth to 2 yearsof age . Drugs which iscommonly used are yashti,vacha, hareetaki, hingu,rasna, jatiphala, pippali, kutaja, sunthi, marich, vidanga, chandana, m aphala, jyotishmati, rudraksha, bakuchi,proper and daily use of uramarunnu kindles digestive fire, increases appetite, helps in resolving diseases.

There are 68 Aharkalpa explained in whole charaksamhita, where as detailed procedure of preparation were mentioned in “Annapanvidhiadhyaya” In Ayurveda eating food is considerd as a ritual as food not only nourishes the body but also nurtures the soul and the mind .Food is called as ‘Poornabramha’

An important quote from Dr.Coop; “No disease can be cured unless supplemented by right diet. About 90% of the diseases can be prevented by right diet alone.

According to Acharya Charaka, Ahara constitutes 4 varieties, 1) Aashita – soft food e.g. rice 2) Peeta – fluids e.g. milk, water 3) Leeda – semisolid e.g. kichari 4) Khadita – coarse food e.g. salads, nuts etc.

2) The source of Nutrition from various food contents stated by Ayurveda are twelve in number.

3) ) Kritannavarga (Preprocessed) carbohydrates, appetizer e.g. pickles, sweets Aharayonivarga salt, pepper oil, cinnamon food adjuvants
<table>
<thead>
<tr>
<th>Shukadhanya (cereals)</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shamidhanya (pulses)</td>
<td>Proteins</td>
</tr>
<tr>
<td>Mamsa (meat in proteins, minerals, ) and fats</td>
<td></td>
</tr>
<tr>
<td>Haritavarga (Salads)</td>
<td>Carbohydrates, vitamins, minerals and roughage, electrolytes</td>
</tr>
<tr>
<td>Madhyavarga (Fermented dairy)</td>
<td>Carbohydrates, appetizer, and antioxidant drinks.</td>
</tr>
<tr>
<td>Shakavarga (Greens and leafy vegetables)</td>
<td>roughage, antioxidants, leafy vegetables, Vitamins</td>
</tr>
<tr>
<td>Haritavarga (Salads),</td>
<td>Vitamins, minerals and Electrolytes</td>
</tr>
<tr>
<td>Madhyavarga (Fermented dairy)</td>
<td></td>
</tr>
<tr>
<td>Shakavarga (Greens and leafy vegetables)</td>
<td></td>
</tr>
<tr>
<td>Ambuvarga (Water)</td>
<td>Vitamins, minerals</td>
</tr>
<tr>
<td>i) Dugdhavarga (Milk)</td>
<td>Vitamins</td>
</tr>
<tr>
<td>II) Dhikshuvarga (Sugar/sweet)</td>
<td>Carbohydrates</td>
</tr>
</tbody>
</table>

Phalprashana performed during 6 months and infants are supplemented with fruits which are Rich in vitamin, which is absent in mother’s breastmilk. Vitamin C is essential to build up immunity against colds and infectious diseases. • Annaprashana starts from 6 months. Preparation of Payasa with old, husk free and well-washed rice mixed with Ghrita (ghee) and Lavana (Salt) to baby. Acharya Vagbhata mentioned some nutritious food preparations called Modaka are, a) Priyala, Yashitimadhu, Madhu, Laja, and Sita b) Bilva, Ela, Sita and Laja, c) Dhataki Pushpa, Sharkara and Laja which are helpful in weak digestion and Atisara

- Eating habits in present era must be avoided to get adequate nutrition to body which are mentioned below- eating when not hungry.
- Eating soon after meal.
- Eating at the wrong time of the day.
- Overeating.
- Eating to much heavy too little light food. Eating hurriedly.
- Emotional eating
- Eating food one can not digest.eating when constipated
- Drinking cold or chilled water,preserved or stale food,frozen food. Too spicy ,sour,salty food.

Annada awastha of children starts from two years onwards. should be given bulky foods, Rich energy, and proteins such as legumes, pulses, nuts, ghee, sugar, milk, and eggs. They provide good quality of adequate calories and other protective nutrients. They increases Agni so helps to fight against infection. • Milk and Ghee fulfil the high calcium requirement, improves memory, relieves constipation, and builds up immunity. • Dried fruits like Almond, cashew nuts, they are Rich in dietary fibre, aids digestion, prevents help to overall growth and development. • Fresh fruits like apple, grapes are Rich source of micronutrient minerals like copper, iron, manganese, and Vitamin C that support immune system. Bananas are Rich source of carbohydrates, help power muscles.

Aharvidhi vidhan,Ashta ahara visheshyatane[eight aspects of dietics should follow to get 3. FORMS OF DIET 6-FORMS i. Cusya (chewables) as sugarcane, pomegranate and oranges ii. as Ladukam (sweet) vi. Carvya (masticables) as dried fram (Canaka) as other fruits.[bhavprakasha] Peya (drinkables) as mild and other beverages iii. Lehya (lickables) as Honey iv. Bhojya (partially masticables) as rice etc. v. Bhaksya

PATHYA -WHOLESOME NUTRITION
Congenial to the body tissues Relished by the person Keeps healthy Homoeostasis of Physiology
Conducive for mind and intellect Prevents diseases

**PATHYA KALPANA** Recipes Manda Peya Vilapi Yavagu Krisara Uses Health promotion Prophylaxis Therapeutic Post Bio-Cleansing Regimen

1] Manda - The filtered liquid portion obtained after boiling 1 part of Rice and 14 part of water
   Carminative Digestive
2] Peya - One part of rice and 14 parts of water boil into watery consistency Quickly digestible
   Stops loose motions, Nourishes the tissues
3] Vilapi - One part of rice and four parts of water cooked into thick paste Nourishing Conducive for Heart Delicious Diuretic
4] Yavagu - One part of grain – rice etc. and six part of water cooked into thick paste Strengthening Nourishing 5 Krishara (Solid)

Prepared by adding rice and green gram

Quickly digestible Supplements Carbohydrate Protein

**ADVOCACY ON CONDUICIVE FOOD FOR REGULAR CONSUMPTION**

Acharya Vagbhata has prescribed various nutritional supplements in the form of Modaka (sweet balls) to cope up with the nutritional deficiencies

**Priyala Majjadi Modaka** - This weaning food can be used for improving infant’s nutritional status and is prepared by using powders of priyala majja gabra (Buchanania lanzan), yasthimadhu(Glycyrrhiza, laja(rice pops), sitopala (sugarcandy) and madhu(honey). It is easily palatable and is rich in nutrients.Preenana Modaka, Like Dhatakyadi modak, Balabiliwadi modak, Deepan modak preparation also mention.

**Dietetic and certain other regimen advocated in different samhitas for pregnant women are of great significance.**

[3]

<table>
<thead>
<tr>
<th>Month</th>
<th>Charaka samhita</th>
<th>Sushruta samhita</th>
<th>Vagbhata samhita</th>
<th>Harita samhita</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pratham mas</td>
<td>Anupskrut ksheer (milk)</td>
<td>Madhur, sheet, dravya aahar</td>
<td>Medicated ksheer</td>
<td>Yashtimadh u siddha ksheer or madhu +ksheer</td>
</tr>
<tr>
<td>Dwitiya mas</td>
<td>Madhur aushadhi siddha ksheer</td>
<td>Madhur sheet dravya aahar</td>
<td>Madhur aushadhi siddha ksheer</td>
<td>Kakoli siddha ksheer</td>
</tr>
<tr>
<td>Trutiya mas</td>
<td>madhu+Ghruta+ksheer</td>
<td>Madhur sheet dravya aahar</td>
<td>Madhu+sarpi + ksheer</td>
<td>Krushara</td>
</tr>
<tr>
<td>Chaturtha mas</td>
<td>Ksheer+navneet</td>
<td>Shashtikodan,jang al mas yukta ahar +navneet</td>
<td>Ksheer with laksan navaneet</td>
<td>Medicated rice</td>
</tr>
</tbody>
</table>
Table: Types of Aahar Ksheer Sarpi

<table>
<thead>
<tr>
<th>Mas</th>
<th>Ksheer + sarpi</th>
<th>Shashtik Jangal mas yukta ahar + navneet</th>
<th>Ksheer + sarpi</th>
<th>Payasya (rice with milk)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shashtamas</td>
<td>Madhur aushadhi siddha ksheer+ sarpi</td>
<td>Gokshur siddha yavagu pan</td>
<td>Madhur aushadhi siddha ksheer+ sarpi</td>
<td>Sweetened dadhi</td>
</tr>
<tr>
<td>Saptammas</td>
<td>Madhur aushadhi siddha ksheer+ sarpi</td>
<td>Pruthakparnyadi Gruta</td>
<td>Madhur aushadhi siddha ksheer+ sarpi</td>
<td>Gruta khanda</td>
</tr>
<tr>
<td>Ashtammas</td>
<td>Ksheer yavagu sarpi</td>
<td>Asthapan basti and anuvaaan basti (oil+madhur aushadhi)</td>
<td>Ghruta mix yavagu</td>
<td>Aahar with Ghruta</td>
</tr>
<tr>
<td>Navammas</td>
<td>Ksheer yavagu sarpi</td>
<td>Snigdha yavagu with jangal mas rasa</td>
<td>Ghruta mix yavagu</td>
<td>Different varieties of aahar</td>
</tr>
</tbody>
</table>

Importance of diet in first trimester:

1) During first trimester vata dosha is alleviated in pregnant women. In dietary regimen ghrita, milk, madhur dravyas, medicated ghruta, are suggested which are well known for vatashamak properties.

2) Vata is responsible for cell division during embryogenesis. The imbalance in vata dosha may hamper its normal functions and process of cell division. In embryonic period no drug should be given because drug can disturb the organogenesis and may lead to teratogenicity. Embryogenesis takes place in first trimester hence an increasing amount of energy is required during this period. All these energy will be provided by kshira, ghruta, payas, and madhur aushadhi.

3) Most of women experience nausea and vomiting, thus cannot take proper diet which result in dehydration and loss of nutrients. Use of cold and sweet liquid diet and milk prevent dehydration and supply nutrients. Drugs of Madhur group being anabolic will help in maintenance of proper health of mother and foetus. Only folic acid supplementation is required because it is essential for production of methionine (for methylation reaction of DNA).

4) Acharya Kashyapa explained that foetus will not be stable before 4 month so no medicine is given. Milk is natural sources of folic acid and it is also a good source of carbohydrate, fat, protein, all vitamins, minerals, and enzymes which are essential for foetal and mother nourishment.

5) Progesterone hormone which is essential to continuation for pregnancy, milk is external sources of this. Nourishment for foetus till vyaktagarbha supplied from Rasa by upsnehan and Upswedan, for this milk is helpful. Breast milk is the updatu of ras dhatu. Increased sr.IGF-I in milk enhance the bone formation.

In second trimester –

1) Muscular tissue of foetus grows by hyperplasia and cellular hypertrophy, requiring more protein which supplied from animal sources such as meat, milk, butter etc. because they furnish amino acids in optimal combination.

2) Milk and dairy products ideal sources of protein and calcium, provides nourishment and stability to foetus. Cooked shashtik shali rice rich in carbohydrate and provides energy. Meat helps in maintenance of pregnancy, provides nourishment to foetus and supress alleviated vata.

3) By the end of second trimester most of women suffer from oedema of feet and other complication of water retention. So ghrita medicated with gokshura is used which is good
diuretic (mutravirechak), anti-inflammatory (shothahar), anti-bacterial (krimighna) will prevent retention of water and oedema. Gokshura may also prevent the pre-eclampsia in pregnancy. (16)

- In third trimester –

1) Ghrita medicated with prithakparnyadi group of drugs are diuretics, antiinflammatory, prajasthapak (procreative), bruhani (weight promoting), anabolic, relieves emaciation and suppress pitta and kapha. Maintain the health of mother and fetus.

2) At 7th month foetal lung maturity, steroids help in lung maturity of fetus. Brihati on of the plant in vidaragandhadi group, its chemical constituent are steroidal alkaloid and steroid hence this may be helpful in foetal lung maturity. (17)

3) Snigdha Yavagu and mansa ras is balya (give strength) and brihana specify vata dosha. Meat rich sources of protein mineral vitamin iron fat and calories. It helps in muscular tissue and blood formation.

CONCLUSION-

Considering all the above facts, it can be viewed as good nutrition; preventive measures may prevent infection to both. With good amount of healthy nutritious food and lifestyle infection can be prevented. Daily nutrition or diet requirement in lactating mothers can make better immunity. Breastmilk and complementary foods influence infant immune system development. Suvarnaprashana and Lehana Karma works as immunomodulatory, adaptogenic and nootropic thus improving overall health and vitality of children at all ages. However all necessary precautions and scientific protocols also need to be followed regularly. Nutrition in pregnancy requires a careful balance of both quality and quantity of intake in order to optimize foetal growth and development in addition to reducing maternal morbidity. Adequate diet and healthy lifestyle is paramount in creating the basis for healthy baby.

It can be concluded that lack of dietary supplement and improper maternal nutrition leading to birth defect. It is very essential to have a closure watch over nutrition of mother to have a healthy child.

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