

# Ahara Enlisted in Samhita Applied for Garbha Samskara

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## ABSTRACT

This paper explores the concept of shaping a baby's development in the womb through a Garbhini's balanced diet and lifestyle. It delves into the Ahara recommended for pregnant women as outlined by Ayurvedic scholars such as Charaka, Sushruta, and Vagbhata. Additionally, it examines the potential impact of consuming Viruddha Ahara on fetal development. The study highlights how a well-balanced Ayurvedic diet positively influences fetal growth, while incompatible food combinations may contribute to developmental anomalies. These findings emphasize the need for increased awareness and integration of Ayurvedic dietary principles in maternal healthcare to promote optimal fetal outcomes.

**Keywords:** Garbini Paricharya, Garbha Sanskara, prenatal care.

## INTRODUCTION

The term *Garbhasanskara* is derived from two Sanskrit words: *Garba*, meaning the union of sperm and egg with the soul, and *Sanskara*, referring to the imparting of qualities. According to Acharya Charaka, this practice enables the birth of a *Shreyasi Praja*, or an ideal child. *Garbhasanskara* involves cultivating desirable traits, intelligence, and intellect in the fetus during gestation through conscious practices like mantras, music, and meditation. However, the primary factor influencing fetal development is the mother's diet, or *Ahara*, during pregnancy.

Despite advancements in modern obstetrics, issues like low birth weight, congenital anomalies, and developmental disorders remain prevalent. Many of these conditions are linked to inadequate maternal nutrition and improper dietary habits, including the consumption of *Viruddha Ahara* (incompatible food combinations). The nutrients from *Ahara* are converted into *Ahara Rasa*, which nourishes the fetus. As *Ahara* is considered the foundation of health, it is essential to focus on the quality, quantity, and timing of food consumption.

This research emphasizes the importance of optimal *Ahara* for expectant mothers, exploring ideal dietary recommendations for promoting healthy fetal development. By integrating Ayurvedic principles into maternal nutrition, this study aims to address nutritional deficiencies and prevent complications that arise due to improper dietary practices.

## Aims and Objectives:

This study investigates the role of Ahara in Garbhasanskara, exploring how optimal nutrition supports the development of a healthy foetus. A comprehensive review of existing literature is conducted to gather insights on the ideal dietary regimen for Garbini, with a focus on preventing diseases in newborns and promoting the birth of healthy offspring. Additionally, the study examines the adverse effects of consuming incompatible or Viruddha Ahara on the health and well-being of the child.

## LITERARY REVIEW

Need For Garbhasankara:

1. Enhance health outcomes for future generations: Improve the overall health quality of the new generation by promoting optimal prenatal care.
2. Address rising childhood diseases: Combat the increasing prevalence of diseases among children in the current generation through preventive measures.
3. Empower expectant mothers with nutritional knowledge: Educate Garbhini on proper Ahara (diet) due to the growing trend of nuclear families, where access to traditional knowledge may be limited. Following table is prepared by collecting references from various Samhitas about Masanumasika Ahara of Garbhini.

Month	Charaka Samhita	Shushruta Samhita	Vagbhatta
First month	Non medicated milk	Madhura, Sheeta Drava Yukta Ahara	Medicated Kshir
Second month	Milk medicated with Madhura Rasa Dravya  Eg. Shatavari, Gokshura etc.	Madhur, Sheeta, Drava Yukta Ahara.	Milk medicated with Madhura Rasa Dravya.
Third month	Milk with Ghrita and Madhu.	Madhur, Sheeta, Drava Yukta Ahara.	Milk with honey and Ghrita
Fourth month	Milk with Navaneet in Akasha Matra.	Cooked Shashti rice with curd, pleasant food mixed with milk.	
Fifth month	Ghrita Prepared with butter extracted from milk.	Cooked Shashti Shali rice with milk, Jangala Mamsa along with pleasant food mixed with milk and Ghrita.	Ghrita Prepared with butter extracted from milk.
Sixth month	Ghrita prepare from milk medicated with Madhura Drugs.	Ghrita prepare rice gruel medicated with gokshura.	Ghrita prepare from milk medicated with Madhur Drugs Kwatha.
Seventh month	Ghrita prepared from milk medicated with Madhura Dravya.	Ghrita medicated with Prithakparnyadi group of drugs.	Ghrita prepared from milk medicated with Madhura Dravya.
Eighth month	Kshira, Yavagu, mixed with Ghrita.	Asthapana Basti with deviation of Badri mixed with Bala, Atibala, Shatapushpa, Patala etchoney and Ghrita.  Asthapana followed by Anuvasana of oil medicated with milk, Madhura Dravya.	Kshir, Yavagu mixed with Ghrita, Asthapana Basti with of Bdari.  Anuvasana Basti with oil medicated with Madhura drugs.
Ninth month	Anuvasana Basti with oil prepared with drugs of Madhura group and Yoni Pichu.	Unctuous gruels and JangalaMamsa rasa up-to the period of delivery.	Anuvasana Basti with oil prepared with drugs of Madhura group and yoni Pichu.

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### Importance of Ahara During Garbhasankar:

In Ayurveda, we give at most importance to Ahara in Garbini because from Ahara only Ahara Rasa is formed and this further nourishes the Rasa Dhatu and also it's Upadhatui.e Stanya.

स्त्रियाह्यापन्नगर्भायास्त्रिधारसःप्रतिपद्यतेस्वशरीरपुष्टये, स्तन्याय,गर्भवृद्धयेच |चरकशारीरस्थान

In the above Shloka, it is said by Acharya Charaka that the Ahara which Garbini consumes from this ahara rasa is formed and this is utilized in 3 parts i.e 1 part for Garbhini Swashari, 1 part in Garbha Vriddhi or Poshana and 1 part in Sthanya Nirmiti. Hence the Ahara is important.

If there is insufficiency in Ahara of Garbhini then it can have bad impact on Garbha development leading to Garbha path, premature delivery, low birth weight etc complications.

### Impacts of Athiyoga of Particular Rasa On Child:

Consuming Ahara consisting of Shad-Rasa is beneficial to health but if Ahara consists of Atipraman of Rasas then it causes following conditions:

#### Madhura Rasa:

मधुरनित्याप्रमेहिणंमूकमतिस्थूलंवा।

Consuming just Madhura Rasa may cause Prameha, and even Sthaulya.

#### Amla Rasa:

अम्लनित्यारक्तपित्तिनृत्वगक्षिरोगिणंवा।

Consuming Ahara like Amla Dadhi, Pishtannaetc in Atipramana and daily then child may likely to develop Twak Vikara, Netra Vikara, and Raktapitta.

#### Lavana Rasa:

लवणनित्याशीघ्रवलीपलितंखलित्यरोगिणंवा।

Consuming Lavana in Atipramana daily in diet may cause Khalitya and Palitya, Kesha Patana in child.

#### Katu Rasa:

कटुकनित्यादुर्बलमल्पशुक्रमनपत्यंवा।

Consuming Katu Rasa in Atipramana may lead to Durbala, Decrease Shukra which results in infertility later.

#### Tikta Rasa:

तिक्तनित्याशोषिणमबलमनुपचितंवा।

Due to excessive intake of Tikta rasa may cause Shoshana, deceased Bala and Anupachita.

#### Kashaya Rasa:

कषायनित्याश्यावम्आनाहिनमुदावर्तिनंवा।

Consuming excessive Kashaya Rasa may cause shyava, Anaha and Udavarta in Child.

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## Ahara And It's Application:

### Dugdha:

- It has protein and calcium, vit B complex, vit A.
- Helps in Dhatu Paripurnatha, increases strength of bones.
- Morning and evening Dugdha is advised to patient to prevent post delivery joints pain.
- Jeevanshakti, Ojhashakthi increases, it's also mentioned in Nitya Sevaniya Ahara.
- Dugdha + Shatavari Kalpa (1/2 - 1tsp) advised as it helps in nourishment of Garbhini Sharira, Garba Vyadhi and Stanya Nirmithi.
- This is to be continued for 9 months and also throughout breastfeeding periods.

### Navaneet:

नवनीतनववृष्यंशीतवर्णबलाग्निकृत्।

- The freshly prepared Navaneet is Vrushya and Sheeta Guna and it provides Varna, increases strength and helps in Agni Dipti.

### Takra:

- Having Takra daily after food helps in improving Pachana Shakti and overall health of Garbhini.
- It is Vata- Kapha Shamaka, Laghu.
- It's helps in Aruchi, Anemia, Adhmana.
- It also prevents Pada Shopha which Garbhini suffers during last 3-4 months of gestation.
- Takra can be taken with Jeeraka powder or Saindhava Lavana for better effects.

### Ghrita:

शस्तंधीस्मृतिमेधाग्निबलायुःशुक्रचक्षुषाम्।स्नेहानांउत्तमंशीतवयसःस्थापनं परम्।सहस्रवीर्यविधिभिर्वृतं कर्मसहस्रकृत्।

- It is a Shreshtha Sneha among all the Sneha. It does Tridosha Shaman, it is Vrishya, Bala increases, Dhi Smruti and Medha Vardaka.
- Consuming Ghrita daily benefits both Garbhini and baby in increasing Buddhi.

### Iron:

In pregnancy iron is required in more quantity, so in order to maintain iron the Garbhini is advised Ahara such as spinach, Methi, Amaranthus palmeri, cowpea, Manuka, Karjura, beetroot, Dadima, apple, Amla, Keshara etc.

While cooking rice, Guda can also be used to get the iron for body. Godhuma, Ragi, coconut, dry dates and Kada Dhanya which are Laghu to digest are advised to consume.

Use of iron instead of Teflon coated non stick cookware which help in increasing iron content in body to some extent.

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## Cereals and Pulses:

Moong and Turdal can be used daily in diet as it is Laghu to digest and also rich in proteins.

Sprouted Kada Dhanya to be used after cooking as the raw sprouts are heavy to digest and in turn disturbs the Agni.

Godhumais Pitta Shamaka and especially provides strength to bones, so we can add milk to knead the dough for Chapati as it makes more healthy.

Jowar is Sheeta Virya, helps in Pachana and Pitta-Kapha Shamaka whereas Bajra is Ushna Virya so instead of using single flour in Bakri we can use Jowar and Bajra combined together.

It is more preferable to use at least one Varsha Purana cereals and pulses as it is Laghu to digest.

## Benefits of Ahara:

- Does Mardavata and Snigdhatva of Kukshi, Kati, Parshwa and Prushtha etc.
- Does Vata Anulomana especially of Apana Vayu.
- Helps in normal, timely delivery and gives birth to Niroga child.
- Provides Bala, Varna, Swara and good body build up of the child.

## DISCUSSION

Just as a seed's growth into a healthy plant depends on nurturing and proper care, the development of a fetus during the nine-month gestation period is significantly influenced by the mother's nutrition and lifestyle. The *Ahara* consumed by the *Garbhini* directly affects the child's mental and physical health. Adhering to an optimal diet not only enhances fetal growth but also ensures long-term well-being, while the consumption of *Viruddha Ahara* (incompatible food combinations) can lead to various developmental complications.

## RESULTS AND ANALYSIS

Our study highlights that following a balanced Ayurvedic diet during pregnancy positively impacts fetal growth, neurodevelopment, and overall health. Nutrient-rich foods prescribed in Ayurveda, such as *Shali* (rice), *Mudga* (green gram), milk, ghee, and seasonal fruits, provide essential nourishment to the developing fetus. Conversely, the consumption of *Viruddha Ahara*, such as dairy with fish or sour fruits with milk, has been linked to metabolic disturbances and developmental abnormalities. This aligns with modern nutritional science, where improper food combinations have been associated with gastrointestinal distress, allergic reactions, and impaired nutrient absorption.

## Comparison with Other Research

Several modern studies support the role of maternal nutrition in fetal development. Research in contemporary obstetrics emphasizes that deficiencies in key nutrients such as folic acid, iron, and omega-3 fatty acids can lead to neural tube defects, low birth weight, and cognitive impairments. A study by Barker et al. on the fetal origins of adult diseases suggests that inadequate maternal nutrition can predispose the child to chronic conditions like diabetes, hypertension, and cardiovascular diseases later in life.

Similarly, Ayurvedic literature extensively discusses the influence of *Ahara Rasa* (nutrient essence) in shaping fetal growth. Studies comparing Ayurvedic and modern nutritional approaches suggest that integrating traditional dietary principles with contemporary guidelines could offer a holistic framework for maternal and child health. A 2019 study on the impact of Ayurvedic dietary regimens during pregnancy found that women who followed a *Satmya Ahara* (wholesome diet) had lower incidences of pregnancy-related complications compared to those who adhered to conventional dietary patterns alone.

## Implications

The findings emphasize the need for increased awareness and implementation of Ayurvedic dietary principles in prenatal care. Healthcare providers should incorporate Ayurvedic guidelines alongside modern nutritional recommendations to create comprehensive dietary plans for expectant mothers. By bridging traditional knowledge with scientific advancements, we can enhance fetal health outcomes and reduce the prevalence of developmental disorders.

## CONCLUSION

In recent years, GarbhaSanskara training has gained popularity as a comprehensive approach to pregnancy and childbirth, integrating traditional practices with modern medical techniques. Research has shown that GarbhaSanskara training can lead to improved maternal health, reduced stress levels, and better pregnancy outcomes. Additionally, it can have a positive impact on foetal development, cognitive and behavioural outcomes in infants, and mental health outcomes in children.

Practices like yoga, mindfulness, and music therapy, which are part of GarbhaSanskara, have been found to promote maternal and foetal well-being during pregnancy. While more research is needed to fully understand its effects and develop effective training programs, Garbha Sanskaras potential benefits make it a valuable approach for promoting healthy pregnancies and positive developmental outcomes.

GarbhaSanskara has been found beneficial for supporting mental health and addressing mild physical issues related to pregnancy. However, existing research suggests it may not be effective for treating infertility or addressing developmental abnormalities. Further research is needed to explore its potential benefits and limitations in these areas. It is essential to consult medical professionals for appropriate treatment and management of infertility and developmental abnormalities during pregnancy.

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