

Pregnancy Masterclass with Doctor Rekha

The Superior Female Body

- Sthree – Woman
- “Stryayati garbhoyasyam iti stree” (One which gives rise to garbha is called sthree)
- “Superior to a diamond, purer than gold”
- Nature has given the dharma of pregnancy to woman
- Starts from garbhadana
- Female body is designed – for garbhadana, garbha progress, birth of the baby, nourishment of the baby
- Pushti, softness & beauty than a male body
- Males attain dharma, artha, putra, sukha through female
- Females are worshipped at home as Lakshmi of the house

Lifespan of a Woman

- Up to 8 years – Gowri
- 9 years – Rohini
- 10 years – Kanya
- 16 years – Menarche
- 16 plus to 50 years – Rajaswala (Menstruation & pregnancy)
- Up to 32 – Rajaswala + Taruni (Garbhadhana samartha, Vashya, Sareera kanthi)
- 32 plus – Rajaswala + Adhiroodha (reduction)
- 50 plus – Vriddha (menopause, sexual varjitha)

Parts of the Female Reproductive System

- The pelvis (Shroni) is a basin-shaped structure that supports the spinal column and protects the abdominal organs. It contains the following:
- 2 Hip bones (2 Nitambasthi)
- Coccyx (1 gudasthi)
- Sacrum (1 trikasthi)
- Pubis (1 bhagasthi)
- Female – 520 muscles
- Blood vessels – 6 more than male
- 8 parts – ovaries, anus, urethra, uterus, urinary bladder, vagina, fallopian tubes, perineum
- Srothas – 3 extra
- 2 Stanyavaha srotas
- Arthavavaha srotas
- Uterus (Garbhasaya)
- Ashaya – Hollow inside
- 8th asaya in female
- Position Vasti pakwashayanthare

Phases of Prasooti Tantra

- Antenatal phase
- Includes diagnosis of pregnancy and care during pregnancy – garbhini paricharya
- Natal phase
- The process of delivery – from the onset of the labor pains up to delivery of the placenta - prasava kala paricharya
- Post-natal phase
- The post-partum period or looking after the new-born baby, care of the mother during lactation - soothika paricharya.

Signs of Conception (Vyakta Garbha Lakshanas)

- Amenorrhea
- Excessive salivation
- Dislike for food
- Vomiting
- Anorexia
- Craving for sour substances
- Alternate desires (beneficial/nonbeneficial)
- Heaviness of body
- Languor of eyes
- Milk secretion from breasts
- Blackening of lips and areola
- Slight edema of feet
- Development of romaraji (the vertical streak of hair line extending to the umbilicus)
- Dilation of vagina (Cha. Sam., Sha. 4/16).

Changes in the Body

Most changes in the uterus

- Uterus grows in size month on month
- Garbho jadhara abhivridhi → Uterus grows from shroniguha to udaraguha (16th week) and fully spreads over udaraguha
- First two months – orange shape - golakriti, becomes oval shape.
- Endometrium transforms to garbhadana kala
- Sira dhamani, dhatu, muscles – vikasam, blood circulation more
- Abdominal palpation

Yoni

- Blood circulation is more
- Atrophied & pigmented (the color turns violet)– labia minora
- More discharge, change in consistency
- Edematous, muscular vulva

Breasts

- Increased size
- Marked hypertrophy of ducts
- Vascularity increased
- Nipples larger, erectile, pigmented

- Dhanyakodbhedam
- Colostrum – piyushajalam – start producing at 3 months, light to heavy & yellow
- Water content of the blood increases
- Blood volume (30% inc)
- Water → Hb & proteins low →
- 110-120 mm Hg/ 75-85 mm Hg
- If increase 140/90 → Toxemia

Digestive System

- Nausea, morning sickness, lalasravam
- Mostly ends at 12 weeks
- Hyperemesis gravidarum
- Liver – vridhhi, vasculitis
- Stomach pushed up & back
- Pressure on intestine & malashaya
- Constipation, heart burn, acidity

Urinary System

- First 3 months, garbha only in vastiguha → pressure on UB → Frequent urination
- Kidneys – sotha
- Urine is produced more

Weight

- Body weight 5.5 to 9 kg average
- 4 to 7 month more weight gain
- Just before delivery drop 1 to 1.5 kg

Toxemia – extreme weight gain

Swelling of feet - water retention

Anaemia – water content more, Hb low, → Physiological anemia

Metabolism → BMR --> lowered by 16% in the 4th month. Towards the end 8 to 10% increase

Nervous system → Weakness, vomiting, tiredness, low energy levels, salivation, unpredictable hunger, swabhavavaiparityam, bhrama, murcha, pralapa, opposite bhava likes & dislikes

Pathya During Pregnancy

- Well documented practices for each month and stage
- Followed traditionally in households
- Describes ahara (diet), vihara (lifestyle) and vichara (thought process)
- Direct effect on the mother and the child.
- Wholesome diet - aids fetal growth, maternal health and lactation after childbirth.
- Utmost care – first 3 months & after 7 months

Why Follow Pathya (Lifestyle & Nutrition Recommendations) During Pregnancy

- Health of placenta (apara), pelvis, waist, sides of the chest and back
- Downward movement of vata (vata anulomana) - this is needed for the normal expulsion of fetus during delivery.
- Normalization of the urine and stool & elimination with ease
- Health of skin and nails

- Promotion of strength and vitality
- Delivery with ease of a healthy child at the right time

Garbhini Paricharya – 1st Month

- First 3 months – formative stage of fetus
- 1st & 2nd month embryo is nourished
- First month, as soon as pregnancy is suspected, the mother should take non-medicated cold milk separately in desired quantity considering the digestive power and strength
- Hita food should be taken in the morning and evening
- No massage
- More liquids & light diet - coconut water, fruits with high water content, milk
- Madhura and shita virya substances should be given which help in the formation of the cellular mass and promote growth

Garbhini Paricharya – 2nd Month

- 2nd month – medicated milk - life building herbs, madhura drugs (Vidari, Shatavari, Licorice, Brahmi) + honey + ghee
- Brahmi – Prajasthapanam + calms the nerves
- Sweet & cold liquid foods
- Milk utmost importance. Also works to reduce constipation.
- No constipation allowed for pregnant ladies

Garbhini Paricharya – 3rd Month & 4th Month

- End of 3 months – fetus sensory development & perceptions
- Towards the end of the third month, the foetus starts showing distinct development and sensory perceptions. Motor reactions start developing and heartbeat can also be heard.
- Third month, she should take milk with honey and ghee (Cha. Sam. Sha. 8/32) and shasti (a variety of rice) cooked in milk.
- Fetus gets stable. More weariness in the body in the 4th month

Garbhini Paricharya – 5th Month

- Fifth month, ghee prepared with butter extracted from milk (Ksheera sarpis) and food similar to that of the fourth month should be given except that, ghee is given (mixed with milk) instead of butter.
- “Chetanayashcha Panchame”
- During the fifth month, there is an excessive increase of flesh and blood of the fetus in comparison to the other months; due to this the pregnant woman grows thin.
- Nutrition of the mother is used for child growth during this month

Garbhini Paricharya – 6th Month

- There is a comparative increase in the strength and complexion of the fetus during the sixth month of gestation. The mother loses her strength and complexion considerably
- In the sixth month, fatty tissue is formed.
- Fetal organs are well formed and acquire strength

- Skin, hair and nails are also noticed at this stage.
- Medicated ghee is recommended as a nutritional supplement to the diet.
- The embryo gets its nourishment through the umbilical cord.

Garbhini Paricharya – 6th Month

- Rice, milk, butter and ghee along with fruits and leafy vegetables are recommended. This is useful for fetal growth, for maternal health and for further lactation.
- As per Ayurveda, pregnancy is the time to consume nutritional food substances like urad dal and amla.
- From the fourth to the seventh month, medicinal supplements such as Ashwagandha, Krauncha beejam and Guduchi & Ashwagandha are given. Strengthens the uterine muscles/ nourishes the embryo. These also help in the prevention of intrauterine growth retardation.
- Sixth month, ksheera sarpis medicated with the drugs of madhura gana – ghrita or rice gruel medicated with gokshura (Tribulus terrestris) should be given in the sixth month. As it is quite common to notice retention of urine, in this phase of pregnancy, madhura gana drugs and gokshura would help as diuretics

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Garbhini Paricharya – 7th Month

- In the seventh month, fetal growth is complete.
- Fat, salt and water should be reduced in the diet from the seventh month onwards.
- Rice kanji with ghee is a recommended diet.
- Small amounts of basil can be taken as antispasmodic.
- Herbs such as Gokshura and Sariva, which are mild diuretics and urinary antiseptics, can also be taken.
- Seventh month, the diet given in the seventh month should be the same as in the sixth month, along with ghee medicated with pruthak parnyaadi (Vidaarigandhaadhi) group of drugs. This would help in the proper development of the foetus.

Garbhini Paricharya – 8th Month

- Cross movement of the Ojas through the channels carrying nourishment from the mother to the fetus
- "Ojas tejo dhatunaam". The essence of all the dhatus is called Ojas. It is responsible for the life sustainment & acts as a source of internal strength and power.
- It is advised that one should not even mention about the eighth month to the pregnant woman
- Unstable Ojas is serious – acharyas do not consider this month fit for labor
- General vata vitiating month.
- Vata plays an important role in the delivery of the garbha – thus care is taken to maintain it. For this reason, Vasti i.e. medicated enema, is administered during the eighth month, if there is vitiated vata

Garbhini Paricharya – 9th Month

- Month nine, anuvaasana vasti with oil prepared with the drugs of madhura group
- Vaginal tampons (pichu) with the same oil for lubrication of garbhaashaya (uterus) and prasava maarga (birth canal).
- Daily bath with cold decoctions of vatahara drugs are also advised.
- Meat soups with cooked rice and fat or rice gruel mixed with good quantity of fat should be given as diet.
- Garbhashtaapaka aushadhi – Substances beneficial for maintenance of pregnancy
- Garbha shtaapaka dravyas counter act the effect of the garbhopaghathakara bhaavas and help in the proper maintenance of the garbha like aindri, brahmi (Bacopa monnieri), shatavari (Asparagus racemosus), doorva (Cynodon dactylon), etc.
- These should be taken orally as preparations in milk and ghee.
- A bath with cold decoction of these drugs should be given during *pushya nakshatra*. These should be kept in close contact with the mother and can be used as amulets around the right arm and on the head.
- Drugs of the jeevaneeya gana can also be used in a similar way.

Activities Harmful to the Fetus (Garbhopaghataakara Bhavas)

- Aahaara and vihaara which are harmful to the garbha (foetus).
- These may cause some congenital defects in the child and are not conducive to the birth of a healthy child, with all the good qualities
- These can be grouped under two different headings namely
 - Ahara
 - Vihara

Ahara – Foods Harmful to the Fetus

- Intoxicating substances like wine would result in a child with a poor memory and an unstable mind.
- Meat in excess
- Ushna (heating foods) - Pumpkin, brinjal, papaya
- Katu rasa (Pungent foods)
- Guru (heavy)

- Vishtambhi (hard)
- Incompatible foods
- Foods with a strong alkaline taste (kshara)
- The excessive use of any of the six rasas would cause – urinary disorder, skin and eye disorders, premature aging, infertility emaciation, weakness and disorders like flatulence (Cha, Sam., Sha. 2/61).
- Avoid food in large quantities & excess santharpana
- Aamaja garbha sravam (abortion due to aama) – Eat well cooked foods

Vihara – Activities Harmful to the Fetus

- Strenuous exercise
- Strenuous coitus
- Harsh or violent activities
- Travel in vehicles on uneven road
- Steaming
- Vamana
- Sitting in abnormal postures
- Controlling natural urges
- Sleeping in supine position with stretched extremities would cause the encircling of the umbilical cord around the neck.

Vihara – Activities Harmful to the Fetus

- Indulgence (excessive) in sex would cause deformed impudent or lazy child.
- Over-sleeping during pregnancy could result in a child who is sleepy, ignorant and has a weak agni (power of digestion).
- Not doing any work is also not advisable as it would make the child dull and sleepy.
- Carrying water from the well or peeping into pits and wells are also prohibited

Dauhrida

- Strange likes & dislikes
- Due to 2 hridaya
- Woman – Dauhridini
- As the foetus reaches the fifth month the chetna (i.e. consciousness) enters it and starts having its own individual desires, these along with those of the mother are manifested as a contrasting combination of likes and dislikes.

Dauhrida

- Has to be taken seriously & satisfied
- Desires of the mother are said to have some relationship with the character of the child.
- For e.g. It is said that if a women desires to see a king, she will have a son who becomes prosperous etc.
- Satisfy all desires of the 6 senses.
- Fulfilled Dauhridam = Healthy baby !

Dauhrida – Healthy Swaps

- If there is an excessive desire for salt and raw (sour) mango the same can be substituted by rock salt and amalaki

- Charcoal and – taking burnt amalaki alone or in combination with one of the Triphala
- Clay, mud and brick can be replaced by gairika (red ochre) fried in ghee.
- Ushna tikshna hot/pungent foods like pickles can be fulfilled by intake of lime juice and ginger.

Medicines for Pregnant Woman

- Medicines should be mrudu (mild), sheeta (cold) madhura (sweet) and hrudya (pleasing).
- But when mother's life is in danger then she should be saved by the use, if necessary, of drastic measures and pungent drugs, even if it may be harmful to the foetus –(Ash. San. Sha. 2/62-63).
- The pregnant woman should be treated with all the care as when carrying a pot filled with oil. Just as the slightest oscillation of the pot causes spilling of oil, the slightest excitement to the pregnant woman can initiate complications like abortion etc. (Cha. Sam., Sha. 8/22)

Garbhini Paricharya – Support Medicines

- Dadimadi Ghritham improves the growth of the foetus
- Kalyanaka Ghritham improves mental growth.
- Sukhaprasava Ghritham helps in easy delivery of the baby.
- Ghrita preparations (medicated ghee) like Phala Sarpis can be taken from the first month of pregnancy.

Striae Gravidarum (Kikkisa)

- Lines which appear on the abdominal skin, especially around the umbilicus due to the stretching of the skin caused by the growing foetus.
- The growing foetus displaces all the doshas upwards and reaching the chest region produces burning and itching sensations.
- The result of this itching are the linear lines on the abdomen.
- One should avoid scratching to avoid disfigurement of the stretching skin.

Kikkisa Treatment

- Internally – 10 ml butter treated with the madhura gana drugs, everyday
- If the itching becomes irresistible then the powders of kutaja, arjaka mustha, haridra, patola, nimba manjishta, surasa etc. should be rubbed or paste of Chandana
- Externally, the paste of chandana (*Santalum album*) and ushira (*Vetiveria zizanioides*) or the paste of kutaja bark (*Holarrhena antidysenterica*), seeds of arjaka (*Orthosiphon pallidus*), musta (*Cyperus rotundus*) and haridra (*Curcuma longa*) can be applied.
- Irrigation of the abdomen and breasts should be done with decoction of patola (*Trichosanthes dioica*), nimba (*Azadirachta indica*), manjishta (*Rubia cordifolia*) and surasa (*Ocimum sanctum*).
- Glow oil
- Shatadhouta ghrita

Common Ailments During Pregnancy & their Remedies

Ailment	Remedy
Body pain/ joint pain	Hot water fomentation with water boiled with ajamoda seeds, Dhanvantaram tailam, Sahacharadi tailam, Pain oil
Pandu (Aneamia)	Badam milk, Draksharishta
Dizziness, Nausea	A paste of dhanyaka + sugar, tulsi juice with sugar, buttermilk
Water retention	Punarnava Mandooram
Nausea	Puffed rice with honey
Insomnia	Buffalo's milk
Odema	Barley water
Diarrhoea	Mustarishta, Lashuna Ksheeram
Mild stomach pain	Fresh ginger with palm jaggery
Piles	Abhayarishta
Hunger	Ashtachoorna
Fever	Trikatu decocotion
Constipation	Draksharishta
Udavarta	Douhrida, vegadharana stop
Burning sensation during urination	Gokshura mullu in water
Itching of vulva	Paste of chandana+nimba+haridra
Vaginal discharge (mucous, bleeding)	Medical attention (If mild, flowers of Bombax malabaricum fried in ghee and sugar early morning)

