



Review Article

CRITICAL ANALYSIS OF EFFECT OF *GARBHINI AHARA* DURING PRENATAL PERIOD ON GROWTH & DEVELOPMENT OF A CHILD W.S.R TO *PANCHMAHABHOOT* THEORY OF AYURVEDA

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Article info

Article History:

Received: 28-01-2024

Accepted: 19-02-2024

Published: 07-03-2024

KEYWORDS:

Garbhini Ahara,
Paediatric health
care, Ayurveda,
Prenatal care.

ABSTRACT

Objective: The objective of this review study is to understand the scientific concept behind relation of Ayurveda dietary regimen of mother during entire pregnancy mentioned in *Samhitas* with growth and development of child in purview of *Panchmahabhoot* theory. This study can also pave the path for Ayurveda scholars to understand the depth behind the concept of *Masanumasik Vriddhi* due to special dietary regimen mentioned in Ayurveda *Samhitas*. **Data:** Data for this study has been collected mainly from a variety of secondary and tertiary literature sources and online database like PubMed, Scopus available. **Review Methods:** Keeping the objective of study in mind, various *Samhitas* along with their commentaries have been reviewed. Various narrative and analytical articles have been referred to critically analyse the undefined concept of dietary regimen of pregnant lady in Ayurveda. **Conclusion:** The aptness in all *Mahabhootas* can result in promotion of good health status and its imbalance can result in various ailments. The same is true in case of intrauterine life. *Panchmahabhoota* can be considered as the basis of genetics in Ayurveda and so if by proper and sequential incorporation of *Masanumasik Garbhini Ahara* we can prevent as well as cure genetic disorders of fetus. This can improve quality of life of mother, fetus and can prevent the mishappening like miscarriages, abortions, fetal anomalies, post birth defects which are quiet obvious now-a-days.

INTRODUCTION

Only a robust and healthy society, and consequently the country, can be created by a healthy child. The formative years are thought to be the most crucial because they shape a person's health, happiness, learning, and behavior for the rest of their life. This could be the explanation for why *Kumarbhritya* is ranked first among the *Ashtanga* in Ayurveda. Ayurveda is an ancient science that recognized the value of child care long ago, so much so that it established *Bala* or *Kaumarbhritya* as a distinct branch of medicine. In addition to emphasizing health promotion and prevention, Ayurveda is well-established in the area of producing healthy offspring.

India has the highest number of child birth as well as child death for any single nation in the world. At every stage of development, Ayurveda offers a variety of approaches for the diagnosis, treatment, and prevention of pediatric illness. The prenatal stage is a crucial time for development, as the cognitive and sociolect-emotional domains lay the foundation for a child's later years. The nine month diet plans are exclusive to Ayurveda. It alters to accommodate the fetus's growth inside the womb while also protecting the mother's health.

During *Garbhavastha*, mother experiences lots of anatomical as well as physiological changes at the level of *Dosha*, *Dhatu*, and *Mala*. These alterations are simply the result of the mother adjusting to the growing fetus's increased demands. *Masanumasik Garbhini Paricharya*, or the three Ayurveda protocols of *Ahara* (diet), *Vihara* (lifestyle), and *Vichara* (psychological aspect) should be followed according to each month during pregnancy.

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Quick Response Code



<https://doi.org/10.47070/ayushdhara.v11i1.1475>

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A healthy prenatal period is necessary to ensure the baby's well-being after birth too. The period of prenatal healthcare is considered as preventive healthcare. Organogenesis is that period when important organs of fetus are developing. The fetus is most vulnerable during this time to birth defects brought on by outside causes. It is believed that prenatal exposure to endocrine disrupting chemicals (EDC) is linked to a number of diseases and disorders affecting fetal development.

In Ayurveda, *Garbhini Paricharya* (antenatal care) advised for a pregnant woman can be summarized under following three categories such as *Masanumasik Pathya Ahara* and *Vihara* (monthly dietary and lifestyle regimen) *Garbhasthapak Karma* (diet and lifestyle for maintenance of pregnancy and better progeny) and *Garbhopaghatakar Bhavas* (diet and lifestyle which are harmful to fetus). Among the numerous elements that contribute to a fetus's overall development, *Garbhini Ahara-Vihara* is crucial.

Living amidst nature, the man gained extensive knowledge of plant and animal derived drugs through constant use and keen observation. He satisfied hunger and thirst using natural sources. Through intellectual skills, he grasped the concept of *Pinda Brahmand Nyaya*, stating that what exists in nature in a tangible

form is also present in the human body in a subtle form. The fusion of *Panchmahabhoot* theory with the *Pinda Brahmand Nyaya* laid the foundation of idea related to *Garbhini Ahara Vihara* and fetal body development.

Literature Review

Month wise Ahara Vihara as per Ayurveda during pregnancy

Through the placenta, the fetus begins to receive nutrition from the mother during pregnancy. A sufficient diet is required for the monthly steady and healthy growth of the embryo. Monthly wise, the needs for nutrition change based on the fetus's developmental stage (*Masanumasik Vrudhi*). The need for additional nutrients is imposed by pregnancy. As a result, the mother's dietary needs also vary month to month. When pregnant women adhere to these dietetic regimens, they maintain their health and give birth to babies who are strong, healthy, have good complexion, and have a clear voice. The baby would also be well-built. Having importance of this; In Ayurveda, *Samhitas*, the month wise dietetic regimen is given in details known as *Masanumasik Paricharya* (monthly regimen) for woman right from the first month up to the ninth month of pregnancy.

Table 1: Month-wise Regimen as per various Samhitas

Months	<i>Charak Samhita</i>	<i>Sushruta Samhita</i>	<i>Ashtang Samhita</i>	<i>Harita Samhita</i>
1 st Month	Non-medicated milk	<i>Madhura, Sheet</i> , liquid diet	Medicated milk	<i>Madhuyashti, Madhukapuspa</i> with butter, honey and sweetened milk
2 nd Month	Milk medicated with <i>Madhura Rasa</i> (sweet taste) drugs	Same as first month	Milk medicated with <i>Madhura Rasa</i> (sweet taste) drugs	Sweetened milk treated with <i>Kakoli</i>
3 rd Month	Milk with honey and <i>Ghrita</i>	Same as first month	Milk with honey and <i>Ghrita</i>	<i>Krishara</i>
4 th Month	Milk with butter	Cooked <i>Shashti</i> rice with curd, dainty and pleasant food mixed with milk and butter and <i>Jangal mansa</i>	Milk with one <i>Tola</i> (12gm) of butter	Medicated cooked rice
5 th Month	Milk with <i>Ghrita</i>	Cooked <i>Shastika</i> rice with milk, <i>Jangal mansa</i> along with dainty food mixed with milk and <i>Ghrita</i>	Same as <i>Charaka</i>	<i>Payasa</i>
6 th Month	<i>Ghrita</i> prepared from milk medicated with <i>Madhura</i> (sweet) drugs	<i>Ghrita</i> or rice gruel medicated with <i>Gokshura</i>	Same as <i>Charaka</i>	Sweetened curd

7th Month	Same as in sixth month	<i>Ghrita</i> medicated with <i>Prithakaparnyadi</i> group of drugs	Same as <i>Charaka</i>	<i>Ghritakhanda</i> (a sweet dish)
8th Month	<i>Kshira Yavagu</i> mixed with <i>Ghrita</i>	<i>Asthapanabasti</i> with decoction of <i>Badar</i> mixed with <i>Bala</i> , <i>Atibala</i> , <i>Satapuspa</i> , <i>Patala</i> etc., honey and <i>Ghrita</i> . <i>Asthapan</i> is followed by <i>Anuvasana Basti</i> of oil medicated with milk, <i>Madhura</i> drug.	<i>Kshirayavagu</i> mixed with <i>Ghrita</i> , <i>Asthapanabasti</i> with decoction of <i>Badari</i> , <i>Anuvasana Basti</i> with oil medicated with <i>Madhura</i> drugs.	<i>Ghritapuraka</i>
9th Month	<i>Anuvasanabasti</i> with oil prepared with drugs of <i>Madhura</i> (sweet) group, vaginal tampon of this oil.	Unctuous gruels and <i>Jangal mansa rasa</i> up to the period of delivery.	Same as <i>Charaka</i>	Different varieties of cereals

Fetal Growth and Development

1st month

स सर्वगुणवान् गर्भत्वमापन्नः प्रथमे मासि सम्मूर्च्छितः सर्वधातुकलुषीकृतः खेटभूतो भवत्यव्यक्तविग्रहः सदसद्भूताङ्गावयवः॥ (Charaka)
प्रथमे मासि कललं जायते ॥ (Sushruta)

2nd month

द्वितीये मासि घनः सम्पद्यते पिण्डः पेश्यर्बुदं वा॥तत्र घनः पुरुषः, पेशी स्त्री, अर्बुदं नपुंसकम् ॥ (Charaka)
द्वितीये शीतोष्मानिलैरभिप्रपच्यमानानां महाभूतानां सङ्घातो घनः सञ्जायते, यदि पिण्डः पुमान्, स्त्री चेत् पेशी, नपुंसकं चेदर्बुदमिति ॥ (Sushruta)

3rd month

तृतीये मासि सर्वेन्द्रियाणि सर्वाङ्गावयवाश्च यौगपद्येनाभिनिर्वर्तन्ते ॥ (Charaka)
तृतीये हस्तपादशिरसां पञ्चपिण्डका निर्वर्तन्तेऽङ्गप्रत्यङ्गविभागश्च सूक्ष्मो भवति ॥ (Sushruta)

4th month

चतुर्थे मासि स्थिरत्वमापद्यते गर्भः, तस्मात्तदा गर्भिणी गुरुगात्रत्वमधिकमापद्यते विशेषेण॥ (Charaka)
चतुर्थे सर्वाङ्गप्रत्यङ्गविभागः प्रव्यक्तो भवति, गर्भहृदयप्रव्यक्तिभावाच्चेतनाधातुरभिव्यक्तो भवति ॥ (Sushruta)

5th month

पञ्चमे मासि गर्भस्य मांसशोणितोपचयो भवत्यधिकमन्येभ्यो मासेभ्यः, तस्मात्तदा गर्भिणी काश्यमापद्यते विशेषेण ॥ (Charaka)
पञ्चमे मनः प्रतिबुद्धतरं भवति ॥ (Sushruta)

6th month

षष्ठे मासि गर्भस्य बलवर्णोपचयो भवत्यधिकमन्येभ्यो मासेभ्यः, तस्मात्तदा गर्भिणी बलवर्णहानिमापद्यते विशेषेण॥ (Charaka)
षष्ठे बुद्धिः ॥ (Sushruta)

7th month

सप्तमे मासि गर्भः सर्वैर्भवैराप्याय्यते, तस्मात्तदा गर्भिणी सर्वाकारैः क्लान्ततमा भवति॥ (Charaka)
सप्तमे सर्वाङ्गप्रत्यङ्गविभागः प्रव्यक्ततरः ॥ (Sushruta)

8th month

अष्टमे मासि गर्भश्च मातृतो गर्भतश्च माता रसहारिणीभिः संवाहिनीभिर्मुहुर्मुहुरोजः परस्परत आददाते गर्भस्यासम्पूर्णत्वात् ॥ (Charaka)
अष्टमेऽस्थिरीभवत्योजः ॥ (Sushruta)

9th month

तस्मिन्नेकदिवसातिक्रान्तेऽपि नवमं मासमुपादाय प्रसवकालमित्याहुरादशमात्मासात् ॥ (Charaka)
नवमदशमैकादशद्वादशानामन्यतमस्मिञ्जायते ॥ (Sushruta)

Table 2: Masanumasika Garbha Vriddhi

Month 1	Appearance <i>Avyakta lakshana</i> : There is no clear differentiation. <i>Khetabhuta – Shleshmasadrisha</i> (similar to <i>Shleshma</i>) <i>Kalala – Singhanaprakhya</i> (similar to phlegm) On the 10 th day, <i>Kalala</i> becomes <i>Budbuda</i> (bubble).
Month 2	<i>Garbha</i> attains <i>Ghanatva</i> (solid state) due to the action of <i>Mahabhoota</i>
Month 3	Differentiation of body parts begin by the appearance of five <i>Pidaka</i> (circular structures). Sense organs start to develop.
Month 4	<i>Garbha</i> attains <i>Sthirata</i> or stability. <i>Chetana dhatu</i> , that is, factor of consciousness manifest. <i>Lanugo</i> appears.
Month 5	The functioning of “ <i>Manas</i> ” begins. There is <i>Upacaya</i> (nourishment) of <i>Mamsa</i> and <i>Rakta dhatu</i> .
Month 6	<i>Buddhi</i> starts to function. <i>Bala</i> and <i>Varna</i> improve. Body hairs, nails, bones, ligaments, blood vessels along with strength and complexion appears in this month.
Month 7	All the major and minor body parts become well differentiated. Body gets <i>Tridosha</i> (<i>Vata, Pitta, and Kapha</i>).
Month 8	<i>Ojas</i> becomes unstable.
Month 9	Delivery can occur from the beginning of the 9 th month upto 12 th month.

Physiological Panchamahabhoota Considerations

The food being *Panchabhautika* in nature is responsible for nourishing the respective element in the body. During the growth of the fetus, each of the *Mahabhoota* has its function. Gradual changes in the body of the fetus brought from the time of conception to the parturition are attributed to the action of *Panchamahabhoota*. The primary cause of these *Mahabhoota*'s improper distribution is a chromosomal abnormality, which can result in a variety of developmental anomalies.

Prithvi Mahabhoota - *Parthiva dravya* possesses attributes like *Gandha*'s particular property as well as those of *Guru, Khara, Kathina, Manda, Vishada, Stoola, Sthira, and Sandra*. Consuming *Parthiva Dravya* affects the body in ways that include *Gaurava* (heaviness), *Sanghata* (compactness), *Upachaya* (development), and *Sthairya* (firmness). It imparts *Samhanana* (*Dridhata* – firmness to the body) effect during *Garbha* formation.

Jala Mahabhoota - *Jaliya Dravya* are *Drava, Sheeta, Guru, Snigdha, Manda, Mridu, and Pichchila* in *Upakleda* (moistening), *Snehana* (unction), *Bandhana* (binding), *Vishyandana* (liquifying), *Mardava* (softening), and *Pralhada* (exhilaration). During *Garbhotpatti*, its action is *Kledana* (providing liquid medium for growth).

Teja Mahabhoota- The properties of *Teja Mahabhoota-Taijasiya/Agneya Dravya* include *Ruksha, Teekshna, Ushna, Vishada, Sukshma, and Laghu*. They belong to *Roopa*'s category of *Vishesha Guna* specifically. Accordingly, they are in charge of causing the body to experience *Daha* (burning sensation), *Paka* (metabolism), *Prabha* (luster), *Prakasha* (luster), and *Varna* (complexion). It performs the *Pachana* during the formation of *Garbha* (helps in maturation).

Vayu Mahabhoota - The general properties of *Vayu Mahabhoota* and *Vayaviya Dravya* include *Ruksha, Vishada, Laghu, Sheeta, Khara, and Sukshma*. They are unique to *Guna Sparsha*. The effects of consuming *Vayaviya Dravya* on the body are *Raukshya* (roughness), *Glani* (fatigue), *Vicharan* (movement), *Vaishadya* (non-sliminess), and *Laghava* (lightness). It functions as *Vibhajana* (*Vibhaga* – division) during *Garbotpatti*.

Akasha Mahabhoota - *Akashiya dravya* are *Mridu, Sukshma, Vishada, Laghu, and Shlakshna* in nature. Additionally, they are specific to *Shabda Guna*. *Mardava* (softening), *Soushrya* (porosity), and *Laghava* (lightness) are their effects on the body. It acts by *Vivardhana* (*Kshetravardhana* – increasing the space) during the formation of *Garbha*.

DISCUSSION

First Trimester

In first month, *Garbha* is in *Kalal* form during the first month and is fed by *Upsnehana*.

Kalal is said to be *Singhanakprakhya* or *shleshmsadrishya* that means result of fusion of gametes results in material that is having gel or thick mucus like properties. The *Jaliya Mahabhoota* is predominant during the first month. *Garbhini* must therefore follow a healthy diet in order to balance *Rasa Dhatu*. Most of *Acharyas* induced *Madhur, Sheeta* and liquid diet for the 1st month as the gel like material can be further enhanced and processed by means of liquid diet. After 10 days *Kalal* gets transformed to *Budbuda*. This *Budbuda* structure indicates the increasing content of *Vayu Mahabhoot* which is responsible for further multiplication and differentiation of cells that must occur in upcoming months. Hence in this month the *Rasa Dhatu* and *Jala Mahabhoota* must be taken care of so that the function of *Preenana* and *Rakta Pushti* can be well executed to provide appropriate environment for zygote to further develop without any anomaly.

In second month, *Garbha* starts to take compact form. The *Prithvi Mahabhoota, Jaleeya Mahabhoota* and *Agni Mahabhoota* becomes predominant as structural shaping can be only possible due to them. In this month for proper development of fetus we need some drugs that are having *Parthiva* properties along with liquid diet that enhance *Jala Mahabhoota*. So *Acharyas* have introduced medicated milk in this month. The *Madhura* group's drugs have anabolic qualities. *Kakoli* introduced in 2nd month is content of *Jeevaniya Mahakashaya* which is providing the atmosphere for *Rasa Dhatu* to further progress and by action of *Agni* gets *Raga* and helps in formation of *Rakta Dhatu*.

In third month, different body parts start to differentiate. The *Vayu Mahabhoota* and *Aakash Mahabhoota* are predominant in this phase. The limbs rooting occur in this phase which denotes growth and differentiation and this is respectively the work of *Aakash Mahabhoota* & *Vayu Mahabhoota*. The sensory organs start developing which represents the differentiation of neural entity of our body. To further enhance the differentiation of body parts and initiation of nervous tissue of body of fetus *Acharyas* have put *Ghritha* and *Madhu* as add on to previous diet of mother. In our *Samhitas Mastishk* term is defined as *Ghritha Majja*. Hence to increase the *Mastishk* content we have to induce the *Ghritha* which by its similar properties would enhance the growth and development of neural tissue. Secondly, *Ghritha* by its property of *Sanskaar Anuvartan* is considered best for the fetus at this stage as many cellular and tissue level changes have to occur

at this stage. The lipophilic action of *Ghritha* facilitates transportation to a target organ and final delivery inside the cell since the cell membrane also contains lipid. *Acharya Charak* has opined about the properties of *Madhu* as *Sandhankarak* and *Yogvahi* which means that without changing its own properties it carries the effect of drugs added to it.

If we focus on a gross picture of first trimester, we found that during the first three months foetal growth organ are only in stage of formation and maternal *Rasa* and *Rakta Dhatu* are used for nourishing the uterine bed. Hence more *Jaleeya* [liquid] substances are advocated. During 1st trimester of pregnancy, most women have the complaints of nausea and vomiting. So, they cannot take proper diet. Use of cold, sweet, liquid diet and milk will prevent dehydration and supply required nourishment. *Madhur Rasa* having properties of *Sthairyakar, Balya, Prinana, Jivanaetc. Sheetal dravya* also having properties of *Vishyandan, Sthirikaran, Balya*. For the duration of pregnancy, *Madhura* group milk and medications have been recommended. A diet high in milk is healthy. It gives the fetus stability and nourishment. *Godugdha* is *Sheeta Virya* (cold) in potency, *Mrudu* (softening the tissues), *Snigdha* (demulcent), and *Madhura* (sweet) in taste. It functions as an *Ojo Vriddhi* (increases *Ojas*) and *Rasayana* (vitalizer). Of all the *Jivaniya Padarthas* (drugs that promote life), this one is the best.

Milk is the blend of all the nutrients necessary for growth and development of the young ones. Milk is the good source of proteins, fats, sugars, vitamins and minerals. Milk contains all the essential amino acid. Milk fat is a good source of retinol and vitamin D. Milk contains minerals such as calcium, phosphorus, sodium, potassium, magnesium, cobalt, copper, iodine. In *Ksheerapaka* (medicated milk), qualities of milk have been potentially used as a medicine by combining it with different herbs. On gradual increase in the temperature of milk, solubility of fats and proteins also increases, which may enhance the extraction of the medicinally important active constituents. The drugs of *Madhura, Sheeta* and *Drava* diet group being anabolic will help in maintenance of proper health of mother and fetus. *Sheetavirya* (cold in potency), *Madhura* (sweet), *Jeevaniya* (invigorators), *Sandhaneeya* (wound healing), *Sonitasthapana* (controls bleeding), *Balya* (strengthening), *Rasayana* (rejuvenators), and *Chardivinasini* (cures vomiting) are the elements of *Madhuyasti*. *Madhuka* is *Brihmana* (anabolic), *Vatapittaghna* (pacifies *Pitta* and *Vata doshas*), *Sheetaveerya* (cold in potency), and *Madhura rasa* (sweet).

Second Trimester

In 4th Month, fetus attains more stability and the differentiation at cellular, tissue and organ level become more pronounced. The expression of *Chetna Dhatu* in fetus becomes more prominent which indicates the formation of proper functioning of heart in fetus. In this month *Navneet* has been administered by *Acharyas* as this is the stage when *Vardhan* of fetus at every level must occur and *Navneet* is mentioned as pioneer in *Bala-varadhananaam*. *Jangala Mansa* introduced at this stage indicates the preparation for the next level in fetus that is of *Mansa upachaya*. According to *Acharya Charak*, *Mansa ras* has properties of *Preenana*, *Hridya* (tonic for heart) and *Bala varnarthinaam* (primary requisite for *Bala* and *Varna*). *Shashtik* rice introduced holds *Sthiratmaka* property which is required at this stage of development.

In 5th Month, as there is *Upchaya* of *Mansa* and *Rakta*, *Acharyas* introduce *Jangal Mansa Rasa* which enhances the *Mansa* content in fetus body by the rule that dietary item having similar property with *Sharigata Dhatu* enhances it. The skin or *Twacha* is considered to be *Upa-dhatu* of *Mansa Dhatu*. So, the administration of *Ghritha* which is *Twachya* enhances the properties of *Twacha* of fetus.

The milk which is a necessary content of dietary regimen of *Garbhini* has property of *Manaskaram*, thereby assuring the proper function of *Manas*.

In 6th Month, to assure the proper functional aspect of *Buddhi*, medicated *Ksheer- Sarpj* with *Madhur Dravyas* is incorporated. Secondly the *Bala- varna upchaya* of fetus is more pronounced in this stage and milk has *Balya* property and *Ghritha* has *Varnya* property. In 6th month most of *Garbhini* suffers from oedema of feet. This may be due to increase pressure on lower limb and water retention. To get relief from this *Gokshur* is advised as it is good diuretic.

In 7th Month, *Madhuraushadh siddha Ksheer* and *Ghrith* is advised which help in proper development of foetus. At this stage *Prithakparnyadi Gana siddha Ghritha* is introduced which has properties that ensure complete formation of all organs and bodily structures of fetus.

In 8th month, *Kikkis* that originates in 7th month is subsided by the introduction of *Badar kwath* in 8th month. *Yavagu* advised by *Charaka* in 8th month helps the *Garbhini* in remaining free from diseases and delivers the child possessing best health, energy, complexion, voice, compactness of the body. The *Asthapan basti* stabilises the *Ojas* content which is unstable in this month. Thus, strengthening the immunity aspect of fetus for future well-being.

In 9th month, *Asthapana*, *Anuwasan Basti* is advised for *Sukhaprasav*, to provide fetus a lubricated

environment for easy movement. *Asthapana* and *Anuvasana Bastis* help in *Shodhan* of *Pureesha* and *Anulomana* of *Vayu* which in turn leads to *Sukha* and *Nirupadrava Prasava*.

Defects in Fetus Due to Inappropriate Dietary Enrichment of Mahabhoota

Jala Mahabhoota - If *Jala Mahabhoota* is not properly nurtured at required period there arises hypo condition of that *Mahabhoota* which can lead to *Oligohydramnios* which is a condition where the liquor amnii is deficient in amount to the extent of <200 ml at term. If excess of *Jala Mahabhoota* is administered then also it can create *Polyhydramnios* (state where liquor amnii exceeds 2000ml) and condition of *hydrocephaly* (There is build-up of fluid in the ventricles deep within the brain. The excess fluid increases the size of the ventricles and puts pressure on the brain).

Prithvi Mahabhoota- If *Prithvi Mahabhoota* is not properly nurtured by the dietary regimen prescribed in *Samhitas* it can lead to hyper conditions of *Prithvi Mahabhoota* like *macrosomia* and large for gestational age and hypo conditions can also arise like *anembryonic pregnancy*, *molar pregnancy/hydatidiform mole*, *anencephaly* and *acrania*, *symmetrical IUGR* (intrauterine growth restriction)

Agni Mahabhoota- If *Agni Mahabhoota* is not properly nurtured there can arise both hypo and hyper conditions like *congenital blindness*, *mental retardation*, *intrauterine growth retardation*.

Vayu Mahabhoota- If *Vayu Mahabhoota* is not properly nurtured there can arise both hypo and hyper conditions in fetus like *conjoined twins*, *cleft lip* and *cleft palate*, *imperforate anus*, *imperforate hymen*, *exomphalos*, *polydactylity*, *multiple pregnancy* etc.

Aakash Mahabhoota- If *Aakash Mahabhoota* is not adequately nurtured at the required time of fetal development there arises fetal anomalies like *esophageal atresia*, *duodenal atresia*, *stenosis of various organs*, *abnormal narrowing of any pathway/lumen*, *tracheo-oesophageal fistula*, *patent ductus arteriosus* etc.

CONCLUSION

The growing tendency of westernization among the youth has changed the classical habits of diet and regimen. Along with the health of mother, the quality of life and anomalies in fetus shows an increase in prevalence now-a-days. The product can be of good quality if the raw material used is of high quality. Similarly, if the *Sanskaar* is initiated at a very prelim stage of fetus by means of *Garbhini Ahara Vihara*, the product of conception at full term and thereafter would be of high quality. The principles of Ayurveda revolve around *Panchmahabhoota*. The aptness in all

Mahabhootas can result in promotion of good health status and its imbalance can result in various ailments. The same is true in case of intrauterine life. *Panchmahabhoota* can be considered as the basis of genetics in Ayurveda and so if by proper and sequential incorporation of *Masanumasik Garbhini Ahara* we can prevent as well as cure genetic disorders of fetus. This can improve quality of life of mother, fetus and can prevent the mishappenings like miscarriages, abortions, fetal anomalies, post birth defects which are quiet obvious now-a-days.

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Cite this article as:

Rashi Sharma, Anita, Sunil Kumar Yadav. Critical Analysis of Effect of Garbhini Ahara During Prenatal Period on Growth & Development of a Child w.s.r to Panchmahabhoot Theory of Ayurveda. AYUSHDHARA, 2024;11(1):128-136.

<https://doi.org/10.47070/ayushdhara.v11i1.1475>

Source of support: Nil, Conflict of interest: None Declared

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