



Review Article

## UNVEILING THE BENEFITS: THE CRUCIAL ROLE OF NAVANEETA IN CHATURTHA MASA OF PREGNANCY

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### ABSTRACT

Ayurveda gives more significance to *Ahara* for a healthy life. The care taken by mother and care to be given by the Ayurveda with timely observation is *Garbhini Paricharya*. According to Ayurvedic perspective *Garbhini Paricharya* refers to antenatal care with recommendation of *Ahara*, *Vihara* and psychological behaviour. *Acharyas* have described monthly dietary regimen to meet increase calories requirements of the pregnant women. Among that for fourth month *Navaneeta* is advised as it is basically *Snigdha*, *Sangrahi*, having *Sheeta Guna* in turn helps in preventing *Garbhapaata*. Consuming *Navaneeta* in a genuine quantity is the foremost thing. Proper adaptation of *Garbhini Paricharya*, ensures not only healthy progeny but also normal healthy delivery and helpful to the mother in postnatal period. **Materials and Methods:** *Samhitas*, *Nighantus*, text books of *Prasootitantra* and *Streeroga*, *Bhaisajyakalpana*, publications and relevant, authenticated online websites are referred for the collection of information. **Result and Discussion:** *Navaneetha* is having *Sangrahi*, *Sheeta*, *Snigdha Guna* in dominance. Based on this, relation is established between properties of *Navaneeta* (Ayurveda view), butter (modern view) and fetus development condition. Thus an attempt is made to give clarification on administration of *Navaneeta* especially in fourth month and also on what basis *Acharyas* suggested *Navaneeta* at this particular period of time.

### INTRODUCTION

Motherhood is a precious moment in each and every woman life. So for the smooth journey of nine months proper *Ahara*, *Vihara* is important. Now-a-days maternal health is in decline as there are cluster of diseases during pregnancy like gestational diabetes, pre eclampsia, STD etc. So proper care and nourishment of mother during pregnancy is foremost. Inadequate care will end up with complications.

There are great schemes of government to overcome the obstacle. Among that Pradhan Mantra Matruvandana Yojana, Samagra Mathru Arogya Palana Scheme, Janani Suraksha Yojana etc are there. Ayurveda offers an extensive view regarding pregnancy and childbirth.

So this is the reason why we all turn to Ayurveda for solutions to the many mystifying problems of pregnancy as well as maternal and fetal health. Different *Acharyas* proposed different classifications of food for the whole nine months which provides nourishment to the fetus and mother. Among that we are focusing on 4<sup>th</sup> month.

### MATERIALS AND METHODS

*Acharyas* have described various nutritional supplements in different phases of pregnancy for healthier growth of fetus. Extra calories are needed during this period as fetus is growing in the womb. The benefits of dietic regimen prescribed for the woman helps in normal development of fetus. Taking all these aspects into consideration different food preparations are advised in each month likewise in *Chaturtha Masa Navaneeta* is preferable.

### Signs and symptoms at 4<sup>th</sup> month

**Mother:** There will be more heaviness in the body of mother.<sup>[1,2]</sup>

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**Fetus:** Attainment of stability in the *Garbha* takes place at 4<sup>th</sup> month<sup>[3]</sup>. *Angas* are expressed in this month<sup>[4]</sup>. Division of structures of the body and also attainment of stability<sup>[5]</sup>. All the structures of the body gets divided and fully formed as all organs are formed even *Hridaya* is also formed and *Chetana Dhatu* is expressed in this month. This *Chetana Dhatu* resides in *Hridaya* as its *Sthana* itself is *Hridaya*. The sense objects of sound, touch, form, taste, smell are there so there are cravings

at this month. As there are 2 *Hrudaya* one from mother and one from fetus, mother is called as *Douhrudini*. If we do not fulfil the cravings of mother then the child born will have deformities and if we fulfil her desires then the child will be *Parakrami* and *Dheerghayu*<sup>[6]</sup>. Acharya Kashyapa has said that fetus gets stability and becomes free from diseases that is why the pregnant woman has more heaviness of the body<sup>[7]</sup>.

**Table 1: Signs and Symptoms at 4<sup>th</sup> Month**

	Charaka Samhita	Kashyapa Samhita	Astanga Hrudaya	Astanga Sangraha	Sushruta Samhita
Mother	<i>Gurugatratva</i> (Heaviness of body)	<i>Gurugatratva</i> (Heaviness of body)	-	-	<i>Douhrudini</i>
Fetus	<i>Stiratva</i> (Stability)	<i>Stiratamniramaya</i> (Stability and without disease)	<i>Vyakta angaanaam</i> (organs are expressed)	<i>Anga pratyanga vibhaga</i> (division of body parts)	<i>Sarvanga pratyanga vibhaga</i> (division of body parts), <i>Chetanadhatu abhivyakto</i> (conscious spirit)

#### Ahara at 4<sup>th</sup> month

Acharya Charaka has said that during this month *Aksha Matra Navaneeta* is advised<sup>[8]</sup>. But in Sushruta Samhita he has advised *Navaneeta* extracted from milk and also *Jangala Mamsa* has to be consumed. He also said that whichever food is *Hita* that has to be consumed<sup>[9]</sup>. Astanga Sangraha kara opines the same about consumption of *Navaneeta* in *Aksha Matra*<sup>[10]</sup>. But *Hridayakara* put forward that not only *Navaneeta* along with that *Ghritha* and also *Ksheera* is advised and whatever is good in health point of view that should be consumed<sup>[11]</sup>.

#### Navaneetaguna

*Ksheerodbhava Navaneeta* is *Graahi* in nature, cures bleeding disorders and diseases of eye<sup>[12]</sup>. The freshly prepared butter is *Graahi*, carminative, good for heart, cures the disorders of *Grahani*, *Arshas*, facial

paralysis and removes tastelessness<sup>[13]</sup>. Butter obtained from churning milk is the best in respect of unctuousness and sweetness, is very cold in potency, brings softness to the body, good for vision, *Graahi*, cures bleeding and eye diseases and bestows color of the skin<sup>[14]</sup>. *Bhavaprakasha nighantu* (*Navaneeta Varga*) explains that *Navaneeta* extracted from *Dugdha* is good for eyes, cures bleeding disorders, aphrodisiac, gives strength to the body, more unctuous in nature, sweet in taste, *Graahi* and cold in potency<sup>[15]</sup>. *Kaiyadeva nighantu* (*Drava Varga*) postulates that *Ksheerotta Navaneeta* is more unctuous kind, sweet in taste, more cold in potency, good for eyes, brings liveliness to the life, aphrodisiac, *Graahi*, improves strength and *Shukra*<sup>[16]</sup>.

**Table 2: Navaneeta Guna**

Acharya	Guna
Vagbhata	<i>Sheeta</i> (cold), <i>Sangrahi</i> (withholding)
Charaka	<i>Sangrahi</i> (withholding), <i>Dipani</i> (carminative)
Sushruta	<i>Utkrusta sneha</i> (unctuous), <i>Madhurya</i> (sweet), <i>Atyanta sheeta</i> (very cold), <i>Sangrahi</i> (withholding)
Bhavaprakasha nighantu	<i>Snigdha</i> (unctuous), <i>Madhura</i> (sweet), <i>Graahi</i> (withholding), <i>Sheeta</i> (cold)
Kaiyadeva nighantu	<i>Snigdha</i> (unctuous), <i>Madhura</i> (sweet), <i>Atyanta Sheeta</i> (very cold), <i>Sangrahi</i> (withholding)
Madhava dravyaguna nighantu	<i>Graahi</i> (withholding), <i>Hima</i> (cold)

#### Modern View

##### Fetus in 4<sup>th</sup> Month of Pregnancy

Lungs are beginning to develop. The fetus starts to make active movements, like sucking thumb, smiling etc. The fetus has thin skin until now, but start to deposit fat. Fetus skin is covered with a whitish

coating which is called as vernix. This “cheesy” substance is meant to protect fetal skin from constant contact with amniotic fluid. The fetus is covered in lanugo, that is fine, short thin hair. It helps keeping the fetus in warmth condition and gives one more layer of

protection which safeguards the fetus. The fetus's nails starts to grow. Osteogenesis or bone ossification starts between 16<sup>th</sup> to 17<sup>th</sup> week of embryogenic development<sup>[17]</sup>.

### Butter

Butter has about 80% of fat, and the rest is almost water. Butter is fundamentally the fatty portion of milk that has been separated from protein and carbohydrates. Butter is one of the compound structures of all dietary fats, which has more than 400 distinctive fatty acids. These fatty acids are building blocks of cell membrane<sup>[18]</sup>. It has more amounts of saturated fatty acids (about 70%) and a good number of monounsaturated fatty acids (about 25%). Polyunsaturated fats are existing in minimal quantity, contains about 2.3% of total fat composition. Around 11% of the saturated fats in butter are short-chain fatty acids (SCFAs), the most common is butyric acid. Butyric acid is a distinct element of the milk fat of ruminant animals, like cattle, sheep and goats. Butyrate, which is a form of butyric acid, has been shown to reduce inflammation in the digestive system and helps in cell proliferation. Dairy transfats are healthier when compared to transfats in processed foods. Butter is the richest dietary source of dairy trans fats, the most common of which are vaccenic acid and conjugated linoleic acid (CLA). CLA is associated with various health benefits. It also contains triglycerides which are building blocks and provide energy for all the activities of cell.

Butter is a rich source of several vitamins- especially fat-soluble vitamins.

The following vitamins are found in high quantity in butter:

- **Vitamin A:** Butter is rich in vitamin A. One tablespoon (14 grams) provides about 11% of the Reference Daily Intake (RDI). It helps in cell differentiation<sup>[19]</sup>.
- **Vitamin D:** Butter is a good source of vitamin D.
- **Vitamin E:** A powerful antioxidant, vitamin E is often found in fatty foods which helps in protection of cell membrane<sup>[20]</sup>.
- **Vitamin B12:** It is also known as cobalamin, vitamin B12 is only present in foods of animal or bacterial source like eggs, meat, dairy products and foods which undergo fermentation.
- **Vitamin K2:** A form of vitamin K, this vitamin- also called menaquinone- may protect against heart disease and osteoporosis also prevents brittleness of bone<sup>[21]</sup>.

Even in the modern textbook of obstetrics they have mentioned that butter, curds, milk are beneficial during second half of pregnancy<sup>[22]</sup>.

### DISCUSSION

Prevention is the main goal. So in order to prevent *Garbhapaata* as well as obtaining nourishment to the mother and fetus *Navaneeta* is one among the *Ahara Dravya*. Acharyas said the use of *Navaneeta* in *Chaturtha masa* directly but no other clarifications given. It is our *Yukti* to establish relation and benefits of *Navaneeta* in 4<sup>th</sup> month of pregnancy.

**Aksha Matra:** Ayurvedic pharmacopoeia committee along with Indian standard institution has approved the metric equivalents of weights and linear measures used in the Ayurvedic classics. So according to that we can consider 1 *Aksha Matra* as 12gm.

**Navaneeta:** In Charaka samhita it has been mentioned as during 4<sup>th</sup> month *Ksheera Navaneeta* has to be consumed and in the translation we have two references that is consumption of *Navaneeta* along with milk and *Navaneeta* which is extracted from milk. But in Sushruta samhita they said as *Payonavaneeta* and translation is *Navaneeta* extracted from milk. In Bhavaprakasha nighantu (*Navaneeta Varga*) explains as *Navaneeta* extracted from *Dugdha* directly.

*Ksheerotta Navaneeta* is *Sheeta Veerya* and *Sheeta Veerya* is *Stambaka* thus this property helps in withholding the *Garbha* in *Garbhashaya*. It has *Snigdha Guna* more which gives the lubrication to the *Garbha Angas*. *Madhura Rasa* is one more property in *Navaneeta* which enhances the taste perception in mother and also gives satisfaction (*Trupti*). Apart from all these it is *Sangraahi* in turn we can say as *Stambaka* which holds back the *Garbha* by preventing *Garbhapaata*. Further as the definition of *Graahi* mentions it as water absorbent, at 4<sup>th</sup> month there will be reduction in more water content and stability starts to appear. *Navaneeta* is *Pruthvi* and *Jala Mahabhuta* predominance, *Pruthvi Bhuta* helps in attaining *Sthiratwa* (stability) and *Upachaya (Dhatu Vriddhi)* of the *Garbha* and *Jala Mahabhuta* helps in *Bandha* (joining two entities-bone ossification and calcification) of *Garbha*, brings *Mardavata* (softness) of the skin. During fourth month there will be development of hairs, nails, bones etc which are *Pruthvi Bhuta* predominant. As *Navaneeta* is having *Pruthvi Mahabhuta* predominantly as per *Samanya Siddhanta*, similarity between two things is the cause for increase of all the units, it helps in nourishing the above entities.

During the 4<sup>th</sup> month of pregnancy, there is development of organs so for this process energy is needed which is sufficiently provided by triglycerides present in butter. The main content of butter is fatty acid which is considered as building blocks of cell membrane. Butyric acid existing in butter helps cell proliferation which means that cell grows and divides

to produce two daughter cells. The vitamins which are present in the butter help the body in numerous ways. Vitamin A aids in cell differentiation, vitamin D helps in bone development as already it was stated that in fourth month there is development of bone. Vitamin E helps in protection of cell membrane that is tight packing of the membrane which gives greater stability to the cell. Vitamin K assists in formation of bone and prevents brittleness which in turn prevents fractures.

### CONCLUSION

- Consuming *Navaneeta* at *Chaturtha masa* is beneficial.
- *Navaneeta* might be *Ksheerotta Navaneeta* or *Ksheera* along with *Navaneeta*. Both can be considered.
- For growth and development of *Garbha* nutrition is needed which can be sufficiently provided by *Navaneeta*.
- During 4<sup>th</sup> month there is bone development and vitamin D and Vitamin K helps in this aspect and for organ development energy is needed which is fulfilled by triglycerides.
- When the Proper quantity of *Navaneeta (Aksha Matra)* is consumed there will be no disorders as such.
- So what our Acharyas have mentioned can be proved in the above said manner with the correlation of modern.

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