PHYSIOLOGICAL HOMEOSTASIS BY DIET- DURING REPRODUCTIVE PERIOD OF WOMAN’S LIFE

Mishra Sarita
Senior Resident, Ph.D. Scholar, Department of Prasuti Tantra Faculty of Ayurveda, IMS, BHU, Varanasi, Uttar Pradesh, India

ABSTRACT
A woman’s life in marked by unique changes that occurs with time, from menarche, preconceptional, antenatal, postnatal, perimenopause, menopause and post menopause. These changes bring various physiological disturbances. Body tries to maintain its homeostasis but this physiological disturbance affects woman’s life during these phases of life. Pregnancy and part par tum period are physiological phenomena and various changes take place in body, which should be taken care of. Ayurveda has given enormous emphasis on the importance of caring of lady before, during and after pregnancy. Rules about type, form, rasa and quality of food have been explained in samhitas for lady before conception, during pregnancy (month wise diet schedule) and during post natal period (day wise diet schedule) i.e. sutika paricharya.

Keyword: pregnancy, preconception, garbini paricharya, sutika paricharya.

INTRODUCTION

It is the woman who procreates and propagates the human species. Motherhood is the basis of family life which in turn, is the backbone of all the orders of society. To protect family life and society, health of woman and its care is very important. A woman’s body faces various transitional phases throughout her life, starting from menarche, conception, pregnancy, postnatal period to her menopausal period. Her body homeostasis gets disturbed every time, which needs some special care and demand during that period and if not cared properly may bring problem, directly or indirectly.

Literature review: Importance of Ahara for formation of Sharir Dhatu, Beeja and Garbha: Ayurveda gives importance to the quality of seed. Concept of conception is compared with planting a tree. As for proper growth of a tree right combination of time, field, nourishment and seed is required, like wise for proper conception ritu, kshetra, Ambu and beeja having good quality are required. Garbha is formed from union of male and female beeja (Shukra and Shonit). For both men and women, health of shukra dhatu (reproductive tissue) is responsible for quality of beeja and garbha.

Preconceptional preparation: Keeping the fact in mind that shudha shukra dhatu in both partners is responsible for formation of beeja having good quality. Shudha shukra dhatu forms only after proper nutrition and digestion of food so emphasis has been given on life style and diet of a person planning for pregnancy. A healthy couple, desirous of offspring should initially clean themselves by evacuating measure (i.e. oleation, sudation, emetics, purgative and brought to normal
condition should be given asthapana (evacuating enema) and anuvasan (nutritive enema) basti. After these purifying measures, the man should use ghrita and milk medicated with the drug of madhura virya (sweet as an anabolic) and the woman, should consume oil and masa (black gram).

**Maintaining Homeostasis By Ahara During Pregnancy** 

The embryo imbibes nutrients from the uterine environment and grows without any anomalies with proper management. Acharyas says that woman desirous of a healthy child should give up non-congenial diet and mode of life and protect herself by daily good conduct and using congenial diet and mode of life. In an uneventful pregnancy, the routine for antenatal management is summarised in the following table.

**Table No.1**

<table>
<thead>
<tr>
<th>Month</th>
<th>Recommended diet</th>
</tr>
</thead>
<tbody>
<tr>
<td>First</td>
<td>Cold milk, nutritious food</td>
</tr>
<tr>
<td>Second</td>
<td>Milk cooked with sweet substances</td>
</tr>
<tr>
<td>Third</td>
<td>Milk supplemented with ghrita and honey</td>
</tr>
<tr>
<td>Fourth</td>
<td>Milk, ghrita as before</td>
</tr>
<tr>
<td>Sixth</td>
<td>Milk, ghrita cooked with sweet drug</td>
</tr>
<tr>
<td>Seventh</td>
<td>Milk, ghrita cooked with sweet drug</td>
</tr>
<tr>
<td>Nine</td>
<td>Rice gruel with ghrita, meat soup with cooked rice.</td>
</tr>
</tbody>
</table>

**DISCUSSION**

Ahara being processed by Jatharagni and Rasagni transforms into Rasa, fraction of Rasa which is similar to Rakta, forms Rakta after processing by Raktagni, progressive dhatus and their updhatus are formed by the same manner after the processing of respective dhatavagni. Purification measures before planning for conception help to clear all the strotasas (body channels) of body so that final dhatu of body i.e. shukra dhatu (reproductive tissue) is formed properly and get proper nutrition because any obstruction in channels affects the property of shukra dhatu and affect quality of beeja (stri and purush). Diet used during these periods are rich in carbohydrate, protein and fat and drug having the effect on nutrition of dhatus, increasing the immunity of body, decreasing oxidative stress on body, increasing blood circulation to reproductive organs, preparation of hormonal bal-
Mishra Sarita: Physiological Homeostasis By Diet - During Reproductive Period Of Woman’s Life

ance which is favourable for conception, implantation and growth of foetus.

Modern medical sciences also started to accept that obesity is a main cause of infertility and poor fertility outcome. Ayurveda believes that obesity is due to improper functioning of Agni and obstruction in channels. Modern physiologist also accepts that obesity as major cause of infertility. Women should be well nourished. Metabolic and nutritional disturbances cause physiological stress and have effect on reproductive system. Under-nutrition results in a compromised reproductive function. There are several nutritional stress factors i.e. altered body fat ratio, Weight loss, Nutrient deficiency, Eating disorder. The GnRH (hormone that stimulates Gonads) pulse is very sensitive to stress and metabolic factors i.e. Weight loss, Decreased energy availability, Altered body fat ratio. Decreased GnRH secretion effects pituitary secretion that results in Decreased LH & FSH (ovarian hormone) secretion, Decreased ovarian stimulation, Decreased oestrogen production. So purification measures and diet before preconceptional preparation of body is important, it helps to normalise proper functioning of Agni, clearance of strotasas, proper nutrition and formation of dhatus. Drugs used for the purpose of prajasthapan have following effect according to modern research.

Asparagus racemosus - increases cellular vitality and resistance, improves microcirculation, Inhibitory to oxytocin, and improves digestion by increasing the level of amylase.

Euryale ferox - high level radical scavenging activity, lipid per oxidation inhibitory activity

Astracantha longifolia - immunomodulation, haemopoietic activity, tone up the uterine muscle.

Glycyrhiza glabra - increases progesterone level

During the first trimester, stress is laid on stabilizing the pregnancy and nurturing the uterine bed through rasa and rakta dhatu. The embryo gets nourishment directly by percolation (upsnehan). In the first month, sipping cold milk and maintaining a light diet, madhu and ghrita are also advised. The use of fat rich frequent diet is very advance concept of Ayurveda, because it is proved by the researches that maternal plasma cholesterol is principal precursor (90%) of progesterone biosynthesis. Dr William H Goodson in the San Antonio breast cancer symposium in 2007 stated those dairy products like milk; butter etc contains high level progesterone. He stated that after consumption of 3 high fat rich diet increases spike in salivary progesterone to 30 %-100%.

Concept of use of jaangal mamsa ras and krishra (contains cereals) is a scientific concept, as both of these (organ meat and cereals) are good source of vitamin B6 thus helping to prevent nausea, vomiting, edema, GDM, pre-eclampsia etc. From the seventh month onwards, there should be less fat, less salt and less water in the diet. Rice with a little ghrita is advocated. After the completion of the seventh month, herbs, which are mild diuretics and urinary antiseptics such as Gokshur is advocated. Diet advised during post natal period also helps to maintain homeostasis of body i.e.

Decoction of Laghupanchmoola or Vatahara plants Goksuru (Tribulis terrestris ), Kantakari (Solanum xanthocarpum), Brihati (Solanum idicum), Saliparni (Desmodium gangeticum) and Prishaniparni (Uaría picta ) these drugs have digestive, anti-inflammatory and antiseptic property. Goksuru specially have anti bacterial property (alcohol and aq. Ext.) against S. aureus and E. coli.
So it prevents infection of traumatized tissue during puerperal period. Drugs of Dashmoola group are diuretic, digestive, appetizer and analgesic, resolve body fluid and have antispasmodic and rejuvenating properties. They also help to regain bladder tone being nervine tonic. Drugs of Pippali (Piper longum), Pippalimoola, Chavya (Piper retrofractum), chitraka (Plumbago zeylanica), shranga (Zinziber officinale) churna with ghrita or hot jaggery is advised. Ghrita being yogvahi enhances the properties of Panchkola by balancing its ruksa and tiksana properties. Panchkola drugs have antipyretic, appetizer, utero-tonic, antibacterial, antifungal and analgesic properties.

Drugs of Vidarigandhadi gana like Vidari (Ipomoea digitata), Mahabala (Sida rhombifolia), Nagbala (Gravia hirsuta), Kapikacchu (Mucuna pruriens), Jivaka (Malaxis muscifera), Rishbhaka (Malaxis acumin ate), Satavari (Asparagus racemosus), Gosur (Tribulis terrestris), Punarnava (Boerhavia diffusa), Saliparni (Desmodium gangeticum) etc. are mostly Rasayana. So they have anabolic action, are hepatoprotective, rejuvenating and tonic. So helps the woman to recover in puerperal period.

Satavari (Asparagus racemosus) has proven galactagogue and helpful in lactation. Sariba (Hemidesmus indicus) purifies the milk.

Liquid diet with soup of yava (Hordeum vulgare), kola (Zizphus mauritiana), kullatha (Dolichus biflorus). Liquid diet and soup of above contents are easily assimilable, quenches thirst, diuretic and demulcent, helpful in convalescence during puerperium. These are diuretics and enhance the excretion of peptones as urea and creatinine in urine. Peptones are liberated in the uterus by autolysis of proteolysis which enter in blood stream.

After 12 nights, use of meat soup of wild animals, decoction of jivaniya, brimhanyya, madhura & vatahara drugs is advised. Meat is an excellent food source of iron, vitamins, essential amino acids and trace elements. Madhura, Brihinya drugs are anabolic and helpful to recover maternal system from stress and strain of labour. Helps in galactogenesis and enhances the property of maternal milk.

**CONCLUSION**

Diet plays a vital role in the maintenance of good health and in prevention and cure of disease. In ancient Indian scriptures, food has been compared with god (Annam Brahman) since it is the main factor, which sustains and nourishes life. In Bhagvad Geeta, Lord Krishna has compared himself with the digestive fire, which assimilates and digests all the four types of food in order to maintain the life. As per Ayurveda, food affects the mind also by increasing the three qualities of mind i.e. satva, raja and tamas. It is said in Ayurveda that if dietetics is followed medicine in not needed and if dietetics is not observed, even medicine is not useful. During preconceptional, pregnancy and post natal period, if a proper selection of food is done according to physiological demand of body, as described in Ayurveda, equilibrium between doshas and dhatus can be maintained with minimal complication and drug requirement, thus a safe motherhood and healthy progeny can be achieved.

**REFERENCES**

2. Charaka Samhita, Shashtri Kashinath, Chaturvedi Gorakhanatha Acharya, editor. 1st


15. Basanta Henny et al., 2006


20. Chopra et al 1992


23. Chauhan, IJRAP 2011, 2(1) 157-161


27. Subha Rastogi et al EBCAM 2013 ID 3682, p 6


30. En.wikipedia.org/wiki/Meat

CORRESPONDING AUTHOR

Dr. Mishra Sarita
Senior Resident, Ph.D. Scholar, Department of Prasuti Tantra
Faculty of Ayurveda, IMS, BHU, Varanasi, Uttar Pradesh, India
Email: saritaimsbhu@gmail.com

Source of support: Nil
Conflict of interest: None Declared