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## Importance of Ayurvedic Drugs in Pregnancy

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### ABSTRACT

A baby is a lifetime dream of every female in the world. Pregnancy is one of most life changing phase in a woman. None of woman don't want to go to this phase. Pregnancy is a special physiological and psychological condition where drug treatment presents a special concern to the health and life of mother, her child is also. But during this phase, we have to take care of something's like food, medicine, behavior, surrounding environment. The history of mother health is also important because some diseases are transferable mother to child through placenta. So, avoid of all these things the ayurvedic drugs are important. In Ayurveda there is drugs given in masanumasik vrudhi. Ayurveda considers food to be the best source of nourishment as well as medication for the pregnant woman. One can find remnants of this dietics with midwives and older women, but a detailed and comprehensive diet plan is being practiced only by the vaidyas of the classical medical tradition. The concern about drugs during pregnancy is not only effect on mother and child health but its effect on further lactation period of mother. Lactation is also an important phage which affect the both health and life of mother and child also. Acharya Charak, Sushrut is given drug list for every month. Now a days, there are some patent by various companies are launched for the same. Like masanumas one, masanumas two upto masanumas nine. Due to busy life scheduled we don't have a time to make a preparation for every month on every day. So, these products are helping us to maintain the safe and nutritious pregnancy phase.

**Keywords:** Ayurvedic drugs, pregnancy, mother and child health, masanumasik vrudhi.

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### INTRODUCTION

Birth as a woman is a very precious for a world because a new beginning of life is go through a various stages of a woman's life. Pregnancy is one of the most lives changing phage in a woman's life. Now days, due to western lifestyle and most of the habit of eating fast food, street food there is decrease in nutritious value of food. During the period of pregnancy not only mother but also the life of child in a womb of mother wants a nutritious diet and some drugs for a healthy growing. In Ayurveda there is mentioned of drugs and diet plan according to 1<sup>st</sup> to 9<sup>th</sup> month.

There are many cases found like genetic abnormalities. Now a days various companies are prepared a combination of drugs according to month. These are also useful in today's era because nobody has time to read and prepare swaras and kwath properly as mentioned in various samhitas. The combination of drugs manufactured by various companies are well prepared as per mentioned in various samhitas. They are taken references from various samhitas and also from

textbook and made it like masanumas 1, masanumas 2 and so on. These patents are useful in various phage of pregnancy.

Now a days, mostly women are working. They have no time for a self-care because of family, office workload and some other work. Pregnancy is the most precious life changing and woman's physically and mentally changing phage. The mothers physically and psychologically health directly affect the child growth. In Charak samhita and Sushrut samhita there is monthly formulations given for healthy growth of a child and also for a mother health.

Months	Charak samhita	Sushrut samhita
1 <sup>st</sup> Month	Non-medicated milk	Madhur, Sheet, Liquid Diet
2 <sup>nd</sup> Month	Milk medicated with madhura rasa (sweet taste) drugs	Same as first month
3 <sup>rd</sup> Month	Milk with honey and ghrita	Same as first month
4 <sup>th</sup> Month	Milk with butter	Cooked sasti rice with curd, dainty and pleasant food mixed with milk & butter and Jangal mansa
5 <sup>th</sup> Month	Ghrita prepared with butter extracted from milk	Cooked shastika rice with milk, jangal mansa along with dainty food mixed with milk and ghrita
6 <sup>th</sup> Month	Ghrita prepared from milk medicated with madhura (sweet) drugs	Ghrita or rice gruel medicated with gokshura
7 <sup>th</sup> Month	Same as in sixth month	Ghrita medicated with prithakaparnyadi group of drugs
8 <sup>th</sup> Month	KshiraYavagu mixed with ghrita	Asthapanabasti with decoction of badari mixed with bala,atibala, satapuspa,patala etc.,honey and ghrita. Asthapan is followed by Anuvasana basti of oil medicated with milk, madhura drugs
9 <sup>th</sup> Month	Anuvasana basti with oil prepared with drugs of Madhura (sweet) group, vaginal tampon of this oil	Unctuous gruels and jangal mansa rus up to the period of delivery <sup>3</sup>

These are mentioned in samhitas. Except charak and sushrut some other samhitas and some special books also mentioned about garbhini paricharya. Now a day some companies are prepared monthly preparations for healthy mother and child life. Also, there are some non-fatal complications during pregnancy like vomiting, nausea, craving of different food, dizziness, fatigue. These ayurvedic preparations also help in such condition.

## DISCUSSION

From the above it is discussed that, Ayurveda is not only useful in diseased person but it is useful in such a life changing moment. The birth and growth of the child depends upon the food and actions of the mother. Ayurvedic drugs are useful in pregnancy for a healthy and proper growth

of a child. At the beginning only garbhasthapak dravya needed. All aacharyas are given masanumasik dravya as per need of growth. The preparation made by various companies is also made changes in life of pregnant woman. Because now a days, there is no time to prepare a preparation given in samhitas because of homework, office work, other surrounding work load. So, Ayurved is blessing for such a precious time for woman's life. It is a fact that several traditional text cautions regarding use of several drug during pregnancy indicating awareness of ancient people regarding this.

## CONCLUSION

From the above discussion it is conclude that, from ancient time Ayurvedic acharya taking care of mother and child also. Pregnancy is the most beautiful phage in a every woman life. Now a day preparation by most of the companies is help to maintain healthy life of mother and a child also. The whole world is looking towards Ayurveda for preventive method of congenital anomalies and hereditary disorders.

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