

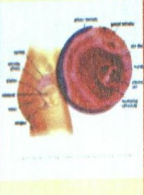




# PREGNANCY

Monthwise Dietary Regimen

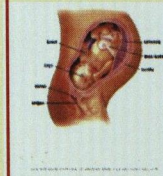


CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES  
Ministry of AYUSH  
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)  
Government of India



Months of pregnancy	Diet and regimen
1 <sup>st</sup> Month 	<ul style="list-style-type: none"> <li>Daily intake of milk in desired quantity</li> <li>Intake of easily digestible food</li> <li>In case of vomiting Sweet, cold, liquid diet should be taken to avoid indigestion and dehydration.</li> <li>Seasonal fruits or wholesome fruit juice</li> <li>3-6g powder of equal parts of Yastimadhu (<i>Glycyrrhiza glabra</i>), Ashwagandha (<i>Withania somnifera</i>) and paste of Devadaru (<i>Cedrus deodara</i>) – followed by 1 glass of milk with desired quantity of sugar can be taken once daily</li> </ul>
2 <sup>nd</sup> Month 	<ul style="list-style-type: none"> <li>Intake of easily digestible food</li> <li>Fruits &amp; fruit juices made of grapes, pomegranate, orange etc.</li> <li>Milk medicated with coarse powder of equal parts of Shatavari (<i>Asparagus racemosus</i>), Ashwagandha (<i>Withania somnifera</i>), Yashti (<i>Glycyrrhiza glabra</i>), Kharjura (<i>Phoenix dactylifera</i>) – 1 glass with desired quantity of sugar can be taken once daily in the morning.</li> </ul>
3 <sup>rd</sup> Month 	<ul style="list-style-type: none"> <li>Vegetables like carrot, beetroot and Green leafy vegetables; fruits like Apple, Grapes – shall be included in the daily diet.</li> <li>Milk with ghee &amp; honey.</li> <li>Khichdi/daliya prepared of pulses &amp; beans will be beneficial.</li> <li>5-10 g Powder / Paste of Sariva (<i>Hemidesmus indicus</i>), Flower of Madhuka (<i>Madhuca indica</i>) &amp; Shatavari (<i>Asparagus racemosus</i>) – followed by 1 glass of milk with desired quantity of sugar can be taken once daily.</li> </ul>
4 <sup>th</sup> Month 	<ul style="list-style-type: none"> <li>Use of cooked shashti rice with curd</li> <li>Milk to be taken in desired quantity</li> <li>Naturally extracted/prepared butter – 5g once a day</li> <li>5-10 g Powder / Paste of Sariva (<i>Hemidesmus indicus</i>), Rasna (<i>Pluchea lanceolata</i>), Yashti (<i>Glycyrrhiza glabra</i>) – followed by 1 glass of milk with desired quantity of sugar- once daily.</li> </ul>
5 <sup>th</sup> Month 	<ul style="list-style-type: none"> <li>Use of milk and ghee</li> <li>5-10 g Powder / Paste of Brhati (<i>Solanum indicum</i>), Kantakari (<i>Solanum surattense</i>), Gambhari (<i>Gmelina arborea</i>), Nyagrodha (<i>Ficus bengalensis</i>), Udumbara (<i>Ficus glomerata</i>), Ashwattha (<i>Ficus religiosa</i>), Pareesha (<i>Thespecia populnea</i>), Plaksha (<i>Ficus lacor</i>), Dalchini (<i>Cinnamomum zeylanicum</i>) – followed by 1 glass of milk with desired quantity of sugar can be taken once daily</li> </ul>

6<sup>th</sup> Month



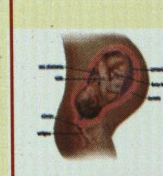
- Ghee medicated with coarse powder/paste of – Gokshura (*Tribulus terrestris*)– 5 to 10 ml Ghee with warm water/ milk, once daily in the morning
- Khichdi cooked with 1 part rice, ¼ part green gram, 6 parts water adding a pinch of salt, ginger, turmeric and 5-10 g powder of Gokshura (*Tribulus terrestris*) – once in a day will be beneficial.

7<sup>th</sup> Month



- 5-10 g Powder / Paste of Srngataka (*Trapa natans*), Kamalakanda (*Nelumbo nucifera*), Draksha (*Vitis vinifera*), Yashti (*Glycyrrhiza glabra*) & Misri – followed by 1 glass of milk with desired quantity of sugar can be taken once daily<sup>5</sup>.
- For abdominal itching and scars: paste of Neem leaves (*Azadirachta indica*), Badar (*Ziziphus jujuba*), Tulsi (*Ocimum santum*) and Manjistha (*Rubia cordifolia*) can be applied over abdomen.

8<sup>th</sup> Month



- Intake of easily digestible food with ghee.
- Constipation should be taken care of & proper bowel habit should be established to avoid pain abdomen (false pains).
- Light walk and peaceful mental atmosphere.
- Milk medicated with coarse powder / paste of equal parts of Kapittha (*Feronia limonia*), Brhati (*Solanum indicum*), Bilva (*Aegle marmelos*), Patola (*Trichosanthes palmate*), Ikshu (*Saccharum officinarum*), Kantakari (*Solanum surattense*)-1 glass with desired quantity of sugar can be taken once daily in the morning.

9<sup>th</sup> Month



- Intake of easily digestible food with ghee.
- Constipation should be taken care of & proper bowel habit should be established to avoid pain abdomen (false pains).
- Light walk and peaceful mental atmosphere.
- 5-10 g Powder / Paste of Yashti (*Glycyrrhiza glabra*), Aswagandha (*Withania somnifera*), Sariva (*Hemidesmus indicus*) – followed by 1 glass of milk with desired quantity of sugar - once daily

or

- Later in this month - milk medicated with Sunthi and Aswagandha -1 cup of milk with desired quantity of sugar can be taken once daily.
- Yoni Pichu (Vaginal tampon) with Maha Narayana taila - once daily in the evening - for the oleation of Garbhamarga which helps in normal labour and for the recovery of vaginal canal & reproductive organs after delivery.
- Bathing – Use of water medicated with vatahara dravya (Nirgundi (*Vitex negundo*), Eranda (*Ricinus communis*))

