




## REVIEW ARTICLE

# A Review on Significance of *Ksheer Yavagu* with *Ghrita* in *Garbhini Paricharya*

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### ABSTRACT

Pregnancy embodies the incredible process of creating life and exhibiting the body's ability to nurture and grow a new being. *Garbhini paricharya* (care of pregnant women) is well prescribed in Ayurveda. *Garbhini Paricharya* is a detailed month-wise traditional regimen that followed by Pregnant women. A systemic month-wise dietary and lifestyle regimen during different stages of pregnancy due to that fact it directly provides adequate nutrition to the pregnant women and growing fetus. In *Garbhini Paricharya Acharya Charaka* mentioned various *Dravya* as *Pathya* *apathya* but gives more importance to *ghrita*, *Ksheer*, and *ksheersidha Yavagu* which plays a key role in promoting both maternal and fetal health. The present article explores about intervention of *Ksheer*, *Yavagu* mixed with *Ghrita* in pregnancy and its clinical significance.

## 1. INTRODUCTION

A healthy baby is indeed every mother's dream and one of the most effective ways to ensure this is by focusing on maternal nutrition. Proper nutrition during pregnancy not only supports the baby's remarkable growth and development but also equips the mother with the energy and strength to handle the physical demands placed on her body during this transformative period. The impact of maternal diet extends far beyond the immediate stages of pregnancy. Studies have shown that children born to mothers who maintain a healthy diet during pregnancy are less likely to face chronic health issues such as obesity and diabetes later in life.<sup>[1]</sup> This underscores the long-term significance of prenatal nutrition, helping to shape the child's lifelong health trajectory.<sup>[2]</sup>

In Ayurveda, *Garbhini Paricharya* offers a detailed, systematic approach to prenatal care.<sup>[3-5]</sup> This traditional regimen provides month-wise guidelines for dietary choices and lifestyle practices, ensuring that both the mother and baby receive optimal nourishment and care

throughout the pregnancy. Several *Dravyas* have been mentioned in *garbhini Paricharya* among of them prime importance given to *ksheer* and *ghrita* and combination of *ksheersidha yavagu*. *Ksheer* and *ghrita* are mentioned as *Nitya Rasayana*.<sup>[6]</sup> *Rasayana* helps keep a person healthy and disease free.<sup>[7]</sup> By following such structured guidance, mothers can promote both their own well-being and the healthy development of their children. Based on action, *Rasayana* acts as a promotion of health, enhances memory, excellent luster, optimal physical development, and boosting immunity. This paper aims to assess the significance of *Ksheer*, *Yavagu* with *Ghrita* in *Garbhini Paricharya*.

## 2. MATERIALS AND METHODS

Materials related to the concepts of *Rasayana* and *Garbhini Paricharya* have been collected mainly from Ayurveda texts of *Acharya Charak*, *Sushruta*, and *Vagbhata*. We have also explored modern literature and searched various websites and reports to gather information on relevant and related topics.

## 3. REVIEW OF LITERATURE

*Garbhini Paricharya*, Ayurveda's holistic approach to prenatal care, nourishes the mother and nurtures the developing fetus. Diet, herbs,

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and lifestyle practices foster a balanced internal environment for optimal fetal development and support the mother's well-being. This interconnected approach ensures a harmonious pregnancy journey.

Month wise *Garbhini Paricharya* according to Acharya Charak, Sushruta and Vagbhatta are mentioned in Table 1, it can be concluded that *Ksheer* and *ghrita* and *ksheer Yavagu* mixed with *Ghrita* is indicated in *garbhini paricharya*.

### 3.1. Yavagu

*Yavagu* is *laghu*, *drava*, *ushna*, *agnideepak*, sustain *prana*, and covers thirst. For *Bruhana* (nourishment), to keep strength (*balaraksha*), to absorb excess moisture (*kleda*) of *dosha* and *dhatu* *yavaguahara Kalpana* is advised by Charaka. In 8<sup>th</sup> month, *Garbhini Paricharya Oja* is not stable in this month.<sup>[8]</sup> *Garbhini* feels fresh sometimes and sometimes she becomes dull. As *garbha* is grown well, nourishment is properly required. That's why *Yavagu* prepared with *ksheer* (milk) and mixed with *ghrita* is advised. This nourishes and support *prana garbha* and *garbhini* both. Furthermore, keeps the good health of *Garbhini* and gives birth to excellent health, voice, and good complexion to the child.

### 3.2. Method of Preparation of Basic Yavagu

One part of rice is taken, and six parts of water are added to, boiled till the rice is cooked. (*Chakrapani Tika*).<sup>[9]</sup> Boiling of rice while preparing *yavagu* increases digestibility; also adding herbs and medicine to it enhances the secretions of enzymes in the body responsible for digestion and metabolism which are reduced in disease conditions. Rice in *yavagu* provides energy; it also contains lower amounts of protein. However, the nutritive value of rice is high. Furthermore, resistant starch has a low glycemic index due to slow release of glucose. *Yavagu* acts as a mediator to give medicines to patients. It is easy to prepare as well as easy to digest.<sup>[10]</sup> The major content of rice is carbohydrate and starch which is 72–75% starch molecules which are the source of calories in a diet prepared from rice. When rice is boiled in water it swells and ruptures; thus, released the enzyme like amylases, resistant starch acts like soluble fiber in the gastrointestinal tract thus provides health benefits.<sup>[10]</sup>

### 3.3. Ksheera

*Ksheera* (milk) is a cornerstone of Ayurvedic nutrition, highly valued for its nourishing and pacifying properties. In Ayurveda, it is believed to build the foundation of *Oja* (vital energy) and *Bala* (strength), both of which are essential for overall health and vitality. *Ksheera* is considered nature's complete food due to its rich composition, which provides a wide array of nutrients necessary to support the *Dhatu* (bodily tissues) and promote overall well-being.

This revered food has been mentioned in several classical Ayurvedic texts for its profound role in balancing the *Doshas* (the body's energies) and promoting health throughout all stages of life. The nourishing qualities of *Ksheera* help fortify the body, calm the mind, and support the immune system, making it particularly beneficial for both mothers during pregnancy and individuals seeking to maintain or restore health. It is considered not only a physical sustenance but also a tonic for the mind and spirit, enhancing vitality and longevity. Nutritional profile of 100 ml Milk are mentioned in table 2.

General properties of *Ksheer* (milk)

*Ras- Madhura*  
*Guna- Guru, Snigdha,*  
*Virya- Sheet*

*Vipak- Madhura*

*Doshanghnata- vatpithara*

*Rogaghanta- Shwas- kasa, Raktpitta, Trishna, Ksheen kshat, Pandu, Amlapitta, Shosh, GumlaUdar, Atisar, JwarDaha, Kshvayathu, Yonishukrapradosh, Mutrarog, Pradar, Vatpit vikar, grathit purish,*<sup>[11]</sup>  
*Murcha-Bhram mada, Ghradini Arsh, hridrog, Shool, udavart, pravahika garbhasrava, klamhar, Alvriddhapathya, Vaman-virechan-aasthapan, Vyavayavyayam, karshit Rakta- manas vikar kshaya.*<sup>[12]</sup>

### 3.4. Ghrita (ghee)

This potential medicine is indeed a marvel in the world of Ayurveda. Its benefits range from enhancing digestion and boosting immunity to its use in various rituals and therapies. *Ghrita*, or *Ghee*, is especially valued for its ability to balance all three *doshas* (*Vata*, *Pitta*, and *Kapha*), making it a truly versatile and powerful substance in Ayurvedic practices.

Whether drizzled over food, used in cooking, applied to the skin, or included in spiritual offerings, *ghee's* applications are as diverse as its benefits

General properties of *Ghrita*

*Ras- Madhura,*

*Guna-Guru, Snigdha,*

*Virya- Sheet,*

*Vipak- Madhura*

*Karma- agnideepan, chakshushya,*

*Doshaghna- Tridoshshamaka*

*Roghna- Unmad, Shosh, Jwarhar, Vishara,*<sup>[13]</sup> *Udavart, Apasmar, Shool, Anah*<sup>[14]</sup> *Ksheenshat-Parisarp-Shastra-Agni-Pitatanam*  
*Nutritional. Profile of Ghrita are mentioned in Table 3.*<sup>[15]</sup>

## 4. DISCUSSION

*Garbhini Paricharya*, the Ayurvedic regimens for pregnant women, emphasizes a balanced and nourishing approach to ensure the health of both the mother and the developing fetus. Raw and processed *Ksheer* (milk) and *Ghrita* (ghee) play crucial roles in this regimen. According to our review of *Garbhini Paricharya* in several Ayurvedic literatures, both raw and processed *ghrita* (ghee), *yavagu*, and *ksheer* (milk) are recommended during pregnancy. A thorough explanation of how these suggestions might operate can be viewed below.

### 4.1. 1<sup>st</sup> Trimester

- *Acharya Charak* recommends the use of non-medicated milk in required amount (considering its digestibility) from the time of conception itself. During the first trimester, she has advised either milk by itself or in combination with *Madhura aushadhi*.<sup>[16]</sup> This is the implantation phase. *Garbhakar* property is managed by *Ksheer* and *Ghrita*. Consequently, encouraging a healthy pregnancy.<sup>[17]</sup>
- In the 1<sup>st</sup> month, the embryo is referred to as *Shleshma pindi boot*. Due to its *Shleshma* nature, *Ksheer* and *Ghrita* both support healthy embryogenesis and transplantation.<sup>[18]</sup>
- Women frequently experience nausea, exhaustion, and vomiting during the first trimester, which can result in nutritional loss and dehydration. *Ksheer* and *Ghrita* are the key elements of the liquid diet that is advised at this time. These foods possess *Madhura Rasa* (sweet taste), *madhuraVipaka* (sweet post-digestive effect), and *sheeta Virya* (cooling potency). This dietary approach provides high nutritional value, replenishing nutrients and correcting dehydration.

#### 4.2. 2<sup>nd</sup> Trimester

- The importance of *Rasayana* dominates in the 2<sup>nd</sup> trimester of pregnancy due to organogenesis and rapid growth of the fetus.
- According to *Acharya Charak*, *Dhauhrud* stage of *Garbhini* is attained in 4<sup>th</sup> month.<sup>[19]</sup> *Navneet*, a primary stage of *Ghrta*, has *Hridya* property promoting a healthy circulatory system.<sup>[20]</sup>
- In the 5<sup>th</sup> month, the fetus's growth rate increases, resulting in *Mamsa Shonitha Kshaya* in the mother.<sup>[21]</sup> *Nitya Rasayana*, due to their *Bhrumhana* property, can overcome the *Karshyatwa* produced in pregnant women by bringing about *Mamsa Poshana*.
- *Mana* attains prominence in 5<sup>th</sup> and according to *Acharya Sushruta*<sup>[22]</sup> and is sustained by *Manaskar* property of *Ksheer*.<sup>[11]</sup>
- *Buddhi* is formed in fetus<sup>[23]</sup> during the 6<sup>th</sup> month, and since both *Ksheer* and *Ghrta* are *Smriti Mati Medha Vardhak*, they should be administered alone or along with other *Medhya Rasayana*.
- In the 6<sup>th</sup> month of gestation, *Bala Varnahani* occurs in the mother because these *Bhavas* increase in the fetus. Therefore, *Nitya Rasayana* is very beneficial since it is *Deha Indriya Bala Prabha Varna Vardaka*.<sup>[24]</sup>
- *Ghrta* has been described as the most unique substance since it possesses the effect of *Sanskaro hi gunantara dhanam* (It adopts the properties of herbs and substances with which it is processed, retaining its qualities).<sup>[25]</sup> This quality of *Ghrta* makes it an excellent vehicle for drug administration. By the end of the second trimester, most women suffer from edema of feet and other complications of water retention, which can be solved by the administration of *gokshur* medicated *ghrita*, which is an excellent diuretic.<sup>[26]</sup>
- The medication administered in the form of *ghrita*, according to researchers, would not only be quickly absorbed and digested but also able to reach some of the body's least accessible regions, such as the central nervous system and the growing fetus.<sup>[26]</sup> *Ksheer* and *Ghrta* are *Daha Nashak* which prove helpful in relieving burning sensation and acidity in pregnant women.<sup>[11]</sup>

#### 4.3. 3<sup>rd</sup> Trimester

- Factors such as sleep disturbances (common during pregnancy), seasonal variations, reduced food intake, and vomiting contribute to the aggravation of *Vata dosha* during pregnancy. The imbalance of *Vata Dosha* is a primary factor contributing to various physical and psychological issues in expectant mothers, including conditions like constipation and flatulence, premature rupture of membranes and intrauterine growth restriction, etc. Since both *Ksheer*, *Yavagu* and *Ghrta* possess the property of *Vatashaman*, they become crucial during pregnancy for the proper development of the fetus and minimize complications in the mother during pregnancy and delivery.
- During the 8<sup>th</sup> month, *Oja* fluctuates between mother and fetus.<sup>[27]</sup> Both *Ksheer* and *Ghrta* are similar to the properties of *Oja*. Their consumption is necessary to stabilize it.<sup>[28]</sup>
- In 8<sup>th</sup> month, *Garbhini Paricharya*<sup>[29]</sup> *Oja* is not stable in this month. *Garbhini* feels fresh sometimes and sometimes she becomes dull. As *garbha* is grown well, nourishment is properly required. Hence, *Yavagu* prepared with milk and mixed with ghee is advised. This nourishes and supports *prana garbha* and *garbhini* both. Also keeps the good health of *Garbhini* and gives birth to excellent health, voice, and good complexion to the child. Hence, the integration of *ksheer yavagu* with *ghrita* in the daily regimen offers numerous benefits due to their inherent properties.

#### 5. CONCLUSION

Ayurvedic principles through the concept of *garbhini paricharya* improve the physical and psychological condition of the pregnant women and make their body suitable for *sukhaprasava*. The integration of *ksheer yavagu* with *ghrita* benefits the fetus develop properly, prepares the pregnant woman for a healthy delivery, helps the mother maintain good health, and helps prevent complications during pregnancy.

By including these *Kheera* and *Ghrta* (daily rejuvenating substances) and *Yavagu Kalpana* in the diet, Ayurveda aims to provide comprehensive nourishment, ensuring the well-being of both the mother and the fetus throughout pregnancy.

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#### 11. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from principal investigators.

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**Table 1:** Month-wise *Garbhini Paricharya* according to *Acharya Charak*, *Sushruta* and *Vagbhatta*

Months	Charak	Sushruta	Vagbhatta
1	Milk	<i>Madhura</i> , Sheet, Liquid Diet	Medicated milk
2	Milk medicated with <i>madhura rasa dravya</i>	Same as 1 <sup>st</sup> month	Same as <i>Charaka</i> . Milk medicated with <i>madhura rasa</i> (sweet taste)
3	Milk with honey and <i>ghrita</i>	Same as 1 <sup>st</sup> month	Milk with honey and <i>ghrita</i>
4	Milk with <i>Navneet</i>	Cooked <i>Shasti</i> rice with curd, dainty and pleasant food mixed with milk and butter and <i>Jangal mansa</i>	Milk with 12 g of <i>Navneet</i>
5	<i>Ghrita</i> prepared with butter extracted from milk	Cooked <i>Shastika</i> rice with milk, <i>Jangalmansa</i> along with food mixed with milk and <i>ghrita</i>	Same as <i>Charaka</i>
6	<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>
7	Same as in 6 <sup>th</sup> month	<i>Ghrita</i> medicated with <i>Prithakaparnyadi</i> group of drugs <i>Asthapana basti</i> with decoction of <i>Badari</i> mixed with <i>Bala</i> , <i>Atibala</i> , <i>Satapuspa</i> , <i>Patala</i>	Same as <i>Charaka</i>
8	<i>Ksheerayavagu</i> mixed with <i>Ghrita</i>	Honey and <i>Ghrita</i> . <i>Asthapan basti</i> followed by <i>Anuvasana basti</i> of oil medicated with milk, <i>madhura</i> drugs.	<i>Kheerayavagu</i> mixed with <i>Ghrita</i> , <i>Asthapana basti</i> with decoction of <i>badari</i> , <i>Anuvasana</i> . <i>Basti</i> with oil medicated with <i>Madhura dravya</i>
9	<i>Anuvasana basti</i> with oil prepared with drugs of <i>Madhura</i> (sweet) group, and <i>pichu</i> (vaginal tampon) dipped in these	Unctuous gruels and <i>jangal Mansaras</i> till delivery	Same as <i>charak</i>

**Table 2:** Nutritional profile of 100 mL Milk

Nutrient	Nutritional value	Nutrient	Nutritional value
Energy (kcal)	65	Niacin (mg)	0.2
Protein (g)	3.5	VitaminB6(ug)	0.06
Carbohydrates	4.7	Folate (ug)	8
Total sugars	4.7	Pantothenate (mg)	0.60
Fat	3.7	Biotin (ug)	2.6
Trans fatty acids	0.1	Vitamin C (mg)	2
Fiber (g)	0	Retinol (ug)	37
Thiamin (mg)	0.03	Vitamin E	0.06
Riboflavin mg)	0.24	Potassium	162
Sodium (mg)	43	Calcium (mg)	124
Magnesium (mg)	11	Phosphorous (mg)	99
Iron (mg)	0.02	Zinc (mg)	0.5
Chlorine (mg)	92	Iodine (mg)	32

**Table 3:** Nutritional profile of *Ghrita*

Nutrient	Nutritional value	Nutrient	Nutritional value
Water	0.24 g	VitaminB-6	0.001 mg
Energy	876 kcal	Choline, total	22.3 mg
Protein	0.28 g	Vitamin B-12	0.01 µg
Total lipid (fat)	99.48 g	Vitamin A, RAE	840 µg
Calcium, Ca	4 mg	Retinol	824 µg
Phosphorus, P	3 mg	Carotene, beta	193 µg
Potassium, K	5 mg	Vitamin E (alpha-tocopherol)	2.8 mg
Sodium, Na	2 mg	Vitamin K (phylloquinone)	8.6 µg
Zinc, Zn	0.01 mg	Fatty acids, total saturated	61.924 g
Copper, Cu	0.001 mg	Fatty acids, total monounsaturated	28.732 g
Thiamin	0.001 mg	Fatty acids, total polyunsaturated	3.694 g
Riboflavin	0.005 mg	Cholesterol	256 mg
Niacin	0.003 mg		