**Monthwise Dietary Regimen**

### 6th Month
- Ghee medicated with coarse powder/paste of - Gokshura (Tribalbus 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 (Tribalbus terrestris) – once in a day will be beneficial.

### 7th Month
- 5-10 g Powder / Paste of Sringata (Trapa natans), Kamalakanda (Nelumbo nucifera), Draksha (Vitis vinifera), Yashthi (Glycyrrhiza glabra) & Misri – followed by 1 glass of milk with desired quantity of sugar can be taken once daily.
- For abdominal itching and scars: paste of Neem leaves (Azadirachta indica), Badar (Ziziphus jujuba), Tulsi (Ocimum sanctum) and Manjistha (Rubia cordifolia) can be applied over abdomen.

### 8th 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 Kapitha (Feronia limonia), Bhrahi (Solanthum indicum), Bilva (Aegle marmelos), Patola (Trichosanthes palmate), Ikshu (Saccharum officinarum), Kantakari (Solanthum surattense) – 1 glass with desired quantity of sugar can be taken once daily in the morning.

### 9th 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 Yashthi (Glycyrrhiza glabra), Ashwagandha (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 Ashwagandha -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 olation 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), Branda (Ricinus communis))

### 1st Month
- Daily intake of milk in desired quantity
- Intake of easily digestible food
- In case of vomiting Sweet, cold, liquid diet should be taken to avoid indigestion and dehydration.
- Seasonal fruits or wholesome fruit juice
- 3-6g powder of equal parts of Yastrimadhava (Glycyrrhiza glabra), Ashwagandha (Withania somnifera) and paste of Devadaru (Cedrus deodara) – followed by 1 glass of milk with desired quantity of sugar can be taken once daily.

### 2nd Month
- Intake of easily digestible food
- Fruits & fruit juices made of grapes, pomegranate, orange etc.
- Milk medicated with coarse powder of equal parts of Shatavar (Asparagus racemosus), Ashwagandha (Withania somnifera), Yashthi (Glycyrrhiza glabra), Kharjura (Phoenix dactylifera) – 1 glass with desired quantity of sugar can be taken once daily in the morning.

### 3rd Month
- Vegetables like carrot, beetroot and Green leafy vegetables; fruits like Apple, Grapes – shall be included in the daily diet.
- Milk with ghee & honey.
- Khichdi/dalaiya prepared of pulses & beans will be beneficial.
- 5-10 g Powder / Paste of Sariva (Hemidesmus indicus), Flower of Madhuka (Madhuca indica) & Shatavari (Asparagus racemosus) – followed by 1 glass of milk with desired quantity of sugar can be taken once daily.

### 4th Month
- Use of cooked shashti rice with curd
- Milk to be taken in desired quantity
- Naturally extracted/prepared butter – 5 g once a day
- 5-10 g Powder / Paste of Sariva (Hemidesmus indicus), Rasna (Pluchea lanceolata), Yashthi (Glycyrrhiza glabra) – followed by 1 glass of milk with desired quantity of sugar- once daily.

### 5th Month
- Use of milk and ghee
- 5-10 g Powder / Paste of Bhrahi (Solanum indicum), Kantakari (Solanum surattense), Gambhari (Gmelina arborea), Nyagrodha (Ficus bengalensis), Udumbara (Ficus glomerata), Ashwaththa (Ficus religiosa), Pareesa (Thespecia populnea), Plaksha (Ficus lacor), Dalchini (Cinnamonum zeylanicum) – followed by 1 glass of milk with desired quantity of sugar can be taken once daily.