

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 st Month	<ul style="list-style-type: none"> 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 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
2 nd Month	<ul style="list-style-type: none"> Intake of easily digestible food Fruits & fruit juices made of grapes, pomegranate, orange etc. 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.
3 rd Month	<ul style="list-style-type: none"> Vegetables like carrot, beetroot and Green leafy vegetables; fruits like Apple, Grapes – shall be included in the daily diet. Milk with ghee & honey. Khichdi/daliya prepared of pulses & beans will be beneficial. 5-10 g Powder / Paste of Sariva (<i>Hemidesmus indicus</i>), Flower of Madhuka (<i>Madhuca indica</i>) & Shatavari (<i>Asparagus racemosus</i>) – followed by 1 glass of milk with desired quantity of sugar can be taken once daily.
4 th Month	<ul style="list-style-type: none"> Use of cooked shashti rice with curd Milk to be taken in desired quantity Naturally extracted/prepared butter – 5g once a day 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.
5 th Month	<ul style="list-style-type: none"> Use of milk and ghee 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

6 th Month	<ul style="list-style-type: none"> Ghee medicated with coarse powder/paste of – Gokshura (<i>Tribulus terrestris</i>)– 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 (<i>Tribulus terrestris</i>) – once in a day will be beneficial.
7 th Month	<ul style="list-style-type: none"> 5-10 g Powder / Paste of Srngataka (<i>Trapa natans</i>), Kamalakanda (<i>Nelumbo nucifera</i>), Draksha (<i>Vitis vinifera</i>), Yashti (<i>Glycyrrhiza glabra</i>) & Misri – followed by 1 glass of milk with desired quantity of sugar can be taken once daily⁵. For abdominal itching and scars: paste of Neem leaves (<i>Azadirachta indica</i>), Badar (<i>Ziziphus jujuba</i>), Tulsi (<i>Ocimum santum</i>) and Manjistha (<i>Rubia cordifolia</i>) can be applied over abdomen.
8 th Month	<ul style="list-style-type: none"> 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 (<i>Feronia limonia</i>), Brhati (<i>Solanum indicum</i>), Bilva (<i>Aegle marmelos</i>), Patola (<i>Trichosanthes palmate</i>), Ikshu (<i>Saccharum officinarum</i>), Kantakari (<i>Solanum surattense</i>)-1 glass with desired quantity of sugar can be taken once daily in the morning.
9 th Month	<ul style="list-style-type: none"> 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 (<i>Glycyrrhiza glabra</i>), Aswagandha (<i>Withania somnifera</i>), Sariva (<i>Hemidesmus indicus</i>) – followed by 1 glass of milk with desired quantity of sugar - once daily <p style="text-align: center;">or</p> <ul style="list-style-type: none"> 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 (<i>Vitex negundo</i>), Eranda (<i>Ricinus communis</i>))

