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# PREGNANCY




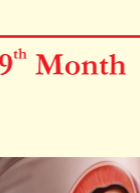
## Monthwise Dietary Regimen



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

### Masanumasika Paricharya- Monthwise Dietary Regimen

Months of pregnancy	Diet and regimen
<b>1<sup>st</sup> Month</b> 	<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 (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</li> </ul>
<b>2<sup>nd</sup> Month</b> 	<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 (Asparagus racemosus), Ashwagandha (Withania somnifera), Yashti (Glycyrrhiza glabra), Kharjura (Phoenix dactylifera) – 1 glass with desired quantity of sugar can be taken once daily in the morning.</li> </ul>
<b>3<sup>rd</sup> Month</b> 	<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 (Hemidesmus indicus), Flower of Madhuka (Madhuca indica) &amp; Shatavari (Asparagus racemosus) – followed by 1 glass of milk with desired quantity of sugar can be taken once daily.</li> </ul>
<b>4<sup>th</sup> Month</b> 	<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 – 5 g once a day</li> <li>5-10 g Powder / Paste of Sariva (Hemidesmus indicus), Rasna (Pluchea lanceolata), Yashti (Glycyrrhiza glabra) – followed by 1 glass of milk with desired quantity of sugar- once daily.</li> </ul>
<b>5<sup>th</sup> Month</b> 	<ul style="list-style-type: none"> <li>Use of milk and ghee</li> <li>5-10 g Powder / Paste of Brhati (Solanum indicum), Kantakari (Solanum surattense), Gambhari (Gmelina arborea), Nyagrodha (Ficus bengalensis), Udumbara (Ficus glomerata), Ashwattha (Ficus religiosa), Pareesha (Thespecia populnea), Plaksha (Ficus lacor), Dalchini (Cinnamomum zeylanicum) – followed by 1 glass of milk with desired quantity of sugar can be taken once daily</li> </ul>

<b>6<sup>th</sup> Month</b> 	<ul style="list-style-type: none"> <li>Ghee medicated with coarse powder/paste of – Gokshura (Tribulus terrestris)– 5 to 10 ml Ghee with warm water/ milk, once daily in the morning</li> <li>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.</li> </ul>
<b>7<sup>th</sup> Month</b> 	<ul style="list-style-type: none"> <li>5-10 g Powder / Paste of Srngataka (Trapa natans), Kamalakanda (Nelumbo nucifera), Draksha (Vitis vinifera), Yashti (Glycyrrhiza glabra) &amp; Misri – followed by 1 glass of milk with desired quantity of sugar can be taken once daily<sup>5</sup>.</li> <li>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.</li> </ul>
<b>8<sup>th</sup> Month</b> 	<ul style="list-style-type: none"> <li>Intake of easily digestible food with ghee.</li> <li>Constipation should be taken care of &amp; proper bowel habit should be established to avoid pain abdomen (false pains).</li> <li>Light walk and peaceful mental atmosphere.</li> <li>Milk medicated with coarse powder / paste of equal parts of Kapitha (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.</li> </ul>
<b>9<sup>th</sup> Month</b> 	<ul style="list-style-type: none"> <li>Intake of easily digestible food with ghee.</li> <li>Constipation should be taken care of &amp; proper bowel habit should be established to avoid pain abdomen (false pains).</li> <li>Light walk and peaceful mental atmosphere.</li> <li>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</li> </ul> <p style="text-align: center;"><b>or</b></p> <ul style="list-style-type: none"> <li>Later in this month - milk medicated with Sunthi and Aswagandha -1 cup of milk with desired quantity of sugar can be taken once daily.</li> <li>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 &amp; reproductive organs after delivery.</li> <li>Bathing – Use of water medicated with vatahara dravya (Nirgundi (Vitex negundo), Eranda (Ricinus communis))</li> </ul>

