

# GARBHA SANSKAR:

## *Food To Ease Pregnancy Concerns*

*The ancient wisdom of Garbha Sanskar continues after “Education Starts In The Womb” and “The Journey Through Pregnancy” in Volumes 33 and 34. Let’s draw on the timeless knowledge, of this Ayurvedic practice, from these recipes that help resolve some of the most prevalent pregnancy-related issues.*





## Sattu Ladoo

Recommended for pregnant mothers.

Sattu ladoo is a traditional food from central and northern India. It is an instant source of energy and protein, especially if there is rapid weight loss due to excessive vomiting and acidity. During my clinical practice, I have observed that it helps deal with heartburn and weight loss in the first trimester of pregnancy. It is also highly beneficial in the third trimester for weight gain.

### Ingredients

200 g	Roasted Bengal gram, pounded
150 g	Powdered sugar
175 g	Desi Ghee or clarified butter
1 tbsp	Chopped nuts (almonds, cashews, pistachio)
½ tsp	Cardamom powder

### Method

1. Heat the ghee in a pan on low heat; sauté the sattu in the ghee until it gives off a slight aroma. Make sure it is not burned. Cool down completely in a separate vessel.
2. Add the rest of the ingredients to the above mixture. Mix well with your hands so that the mixture is even. Divide the portion into 10 to 12 parts and roll to make ladoos. Consume one piece of ladoo every day.

*Pro tip: In cases of obesity or diabetes, sattu can be dry roasted and stored in an airtight jar; it can be added to buttermilk or water to be consumed as a nourishing drink.*





## **Magic Seed Mix**

Recommended for pregnant and lactating mothers.

This mix can be consumed post-meal to get relief from gas, acidity and bloating. Sesame seeds are rich in iron, while flax seeds are rich in omega-3 fatty acids. Fennel, dill and carom seeds or bishop's weed help with indigestion and acidity. All these ingredients act as mouth fresheners and reduce cravings. Women who have swelling in their feet can just consume these seeds without salt.

### Ingredients

30 g	Dill seeds
30 g	Sesame seeds
30 g	Flex seeds
30 g	Fennel seeds
30 g	Carom seeds
30 g	Roasted split coriander seeds
3 tsp	Salt

### Method

Dry roast all the ingredients in a pan with salt. Allow to cool before storing in an airtight container.



## Colocasia Leaf Wraps

Recommended for pregnant and lactating mothers.

Colocasia leaves are rich in fiber, folic acid, iron and calcium. This wrap makes an excellent snack for small hunger pangs. They are vegan and a great source of protein. They can help with anemia and constipation.

### Ingredients

6 pcs	Colocasia leaves
100 g	Bengal gram flour
1/8 tsp	Turmeric powder
1 tsp	Chili powder
Water	Just enough
Salt	To taste
1 tbsp	Jaggery powder
1 tbsp	Oil
1 tsp	Sesame seeds
1 tsp	Mustard seeds
1 no.	Green Chili
2 to 3 nos.	Curry leaves
Asafoetida	A pinch
1 tbsp	Lemon Juice

### Method

1. Trim the colocasia leaves and remove the stem from vein side of the leaf with a sharp knife. Wash and pat dry. Keep aside.
2. Make a thick batter of bengal gram flour, turmeric powder, chili powder, salt and jaggery powder using just enough water.
3. Place one leaf on a flat surface and apply the batter to the leaf's wrong side (vein side or light green side). Place another leaf on top, tip facing up, and apply the batter again so that the leaves are nicely coated, with one on top of the other. The leaf at the bottom would not have any batter on the right or bright side of the leaf.
4. Fold the leaves approximately 1 to 2 inches from both sides. Now, gently but firmly, roll the layered leaves from one end to the other. If the leaves are big, two leaves are enough to make a roll.
5. Repeat the above steps with the remaining four leaves.

6. Take a steamer and steam the rolls for 30 to 40 minutes until the leaves are cooked. Remove from heat and set aside to cool. Cut the roll into thin slices.

7. Heat oil in a pan; add sesame seeds, mustard seeds, asafoetida, green chili, and curry leaves; and toss the above slices of colocasia leaves.

8. Squeeze some lemon juice and garnish with coriander leaves.

### ***Fun fact 1***

*Lemons aid iron absorption in the body.*

### ***Fun fact 2***

*Coriander leaves are used as garnish, but they act as a fantastic medium to facilitate digestion and promote the growth of gut-friendly bacteria. It is one magic ingredient, without which Indian cooking is incomplete.*



## **Halim Seeds Or Garden Cress Seeds Cubes**

Recommended for post-pregnancy, lactating mothers.

Garden cress seeds are considered heaty. Hence, it's recommended that they be consumed by lactating mothers despite being an iron-rich food. This not only helps increase hemoglobin levels but also aids with milk production.

Garden cress seeds are also helpful in bringing hormones into place, promoting hair growth and strengthening the immune system. They are also great for digestion and they can relieve constipation. They are a superfood for lactating mothers and greatly benefit women suffering from hormone disorders, poor gut health, and Polycystic Ovarian Disease (PCOD) or Polycystic Ovary Syndrome (PCOS).

### Ingredients

30 g	Halim seeds or garden cress seeds
100 g	Jaggery, grated
25 g	Dried coconut, grated
2 tbsp	Ghee
¼ tsp	Cardamom powder

### Method

1. Soak garden cress seeds in coconut water or regular water for 45 to 60 minutes. It will swell up and become jelly-like. Drain any excess water and place them in a sieve to continue draining any drip-off water.
2. Now, in a pan, heat ghee and add grated jaggery. The jaggery will melt. Take it off the stove and mix in the garden cress seeds and grated coconut. Add cardamom powder and mix well.
3. In a greased tray, pour the above mixture and let it set for some time. Cut into cubes and consume one piece every day.





### **Fennel Seed Sherbet**

Recommended for pregnant mothers and post-pregnancy.

Fennel seeds are great for beating acidity during the first trimester. It also helps in indigestion, bloating, gas and heartburn, etc. The essential oil in fennel seeds helps soothe the burning sensation caused by acid reflux. This is a delicious drink that is even more magical during the summer. It is a cooling and hydrating drink, and the entire family can consume it.

Fennel seed sherbet is also a fantastic coolant during lactation after consuming sonth (dried ginger) and piplimul (roots of *piper longum*). Both *sonth* and *piplimul* are heaty and they are consumed exclusively as a functional food for the first two to three weeks post-pregnancy.

### Ingredients

2 tbsp Fennel seeds  
2 tbsp Rock sugar, powdered  
Water to mix.

### Method

Soak fennel seeds for five to six hours. Bring soaked fennel seeds and rock sugar together and grind to a smooth paste. Add water to the paste and mix to your desired taste. Sip during the day.

Alternatively, pound the fennel seeds into a fine powder, mix them with powdered sugar and keep them in a jar. Consume one teaspoon post-meal, especially after dinner.

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