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Benefits of Panchamrut in Garbhini Paricharya

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Abstract

Ayurveda is nothing but the life of science which deals with the each aspect of human life. Garbhini that is pregnant woman having Garbha in her womb is the most important aspect of Ayurveda. In all Ayurvedic Samhitas Garbhini paricharya (Do's and don'ts for pregnancy) are explained in detail. Garbhini paricharya has three most important aspects -1) Masanumasik Ahar-Vihar 2) Garbhoghathakar Bhavas 3) Garbhasthapak Dravyas (medicine)

Panchamrut, a divine nectar for both pregnant woman and her fetus with a blissful lingering taste that combined the earthy flavor of honey, tanginess of curd and nutty taste of ghee, blended with sweetened milk. It is very beneficial in prenatal, antenatal and postnatal periods. Here an attempt is made to review the literature for ingredients and benefits of Panchamrut in pregnant woman.

Keywords: Ayurveda, Garbhini Paricharya, Panchamrut, pregnancy care, maternal and fetal health

Introduction

The word Panchamrut is made from two words; Panch (Five) and Amrut (nectar of God/immortality). According to Hindu religion, Panchamrut is an essential requirement for any pooja. It is the divine offering to the deities. It contains five ingredients, cow milk, cow curd, cow ghee, honey and sugar. It is a very healthy drink that enhances the Satwa Bhaav of Garbhini which will be beneficial for better progeny too.

According to Ayurveda, Garbhini paricharya means to tell the pregnant woman, which things she should eat and not, what regimen she should do and not during her ANC period. Ancient Acharyas said that she should have liquid, natural food like cow milk, cow ghee, curd etc. It may be medicated or non-medicated. Here Panchamrut will have good effects on garbhini, that is discussed.

- **Aim:** To study literature of ingredients and benefits of Panchamrut in Garbhini Paricharya.

Objectives

1. To study ingredients of Panchamrut in detail.
2. To study the effects of ingredients of Panchamrut in Garbhini.

Materials

Sources of data

1. Ayurvedic Samhitas
2. E- journals
3. Various textbooks
4. Commentaries

Methods: Collected data from above sources regarding ingredients of Panchamrut is presented as-

Definition of Panchamrut

The word Panchamrut is derived from Sanskrit; 'Panch' meaning 'five', and 'Amrut' meaning 'nectar of Gods/immortality'. Panchamrut is a mixture of five vital nutrients (cow milk, cow curd, cow ghee, honey and sugar) which, when combined together in specific quantity, enhance the quality of each other and give the best results in garbhini.

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Five ingredients of Panchamrut

- Cow Milk - 5 tsp
- Cow Ghee - 2 tsp
- Cow Curd - 1 tsp
- Honey - 1 tsp
- Sugar - 1tsp

Mix well all the ingredients in given quantity. Make sure you use a stainless steel/ceramic/glass/silver bowl or utensil to make it.

Always consume freshly prepared Panchamrut in pregnancy as it has a shelf life of only a couple of hours.

Properties of each ingredient of Panchamrut- The five ingredients of Panchamrut, and their uses are as follows-

Table 1: Properties of each ingredient of Panchamrut

Ingredients	Properties (Ayurvedic)	References
Cow milk	श्रेष्ठ जीवनीय, रसायन, मधुर, शीत, मृदु, स्निग्ध, गुरु, प्रसन्न, स्निच्छिल, मंद	च. सू. 27/217-218
	श्रेष्ठ जीवनीय, रसायन, मधुर रस, स्निग्ध, शीत, वात-पित्त-रक्तपित्तहर	सु. सू. 45/50-51
	जीवनीय, रसायन, मेध्य, बल्य, श्रेष्ठ स्तन्यकर, सर, क्षत-क्षीण-श्रम-भ्रम-रक्तपित्तहर	अ. सं. सू. 6/पृ. 23; अ. ह. सू. 5/22-23
	स्निग्ध, रसायन, हित्य, हृद्य, बल-पुष्टिकर, आयुप्रद, रक्तपित्तहर, त्रिदोषनाशक	हारित संहिता 8
Cow curd	अम्ल रस, उष्ण, रोचन, दीपन, बृंहण, बलवर्धक, अरुचि-कार्यहर	च. सू. 27/225-226
	मधुर-अम्ल रस, स्निग्ध, दीपन, बलवर्धक, वातहर, रुचिकर	सु. सू. 45/67-68
	अम्ल रस, गुरु, उष्ण, वातहर, बलवर्धक, अरुचि-रक्तपित्तहर	अ. सं. सू. 6/पृ. 24; अ. ह. सू. 5/30-32
	अम्ल-मधुर रस, गुरु, उष्ण, दीपन, बलवर्धक, स्निग्ध	हारित संहिता 8
Cow ghee	स्नेहोत्तम, मधुर रस, शीत, स्मृति-बुद्धि-अग्नि-शुक्र-ओजवर्धक, वातपित्तहर	च. सू. 27/231-232
	मधुर रस, शीत, वातपित्त-विषनाशक, चक्षुष्य, बलवर्धक	सु. सू. 45/97
	स्नेहोत्तम, मधुर रस, शीत, स्मृति-बुद्धि-ओजवर्धक, वातपित्तहर	अ. सं. सू. 6/पृ. 24; अ. ह. सू. 5/37-39
Honey	कषाय-मधुर, श्रेष्ठ योगवाही, शीत, रुक्ष, रक्तपित्त-कफनाशक, सन्धानकर	च. सू. 27/245-249
	मधुर रस, कषाय अनुरस, योगवाही, दीपन, लेखन, हृद्य, वाजीकर, त्रिदोषशामक	सु. सू. 45/132-142
	मधुर-कषाय, रुक्ष, लेखन, चक्षुष्य, व्रणशोधन-सन्धान-रोपण	अ. सं. सू. 6/पृ. 25-26; अ. ह. सू. 5/52-53
Sugar	वृष्य, क्षत-क्षीण-तृष्णा-रक्तपित्त-दाहशामक, स्निग्ध	च. सू. 27/241-242
	शीत, स्निग्ध, गुरु, मधुर, विमल, रक्तपित्त-तृष्णा-छर्दि-दाहशामक	सु. सू. 45/162-168
	वृष्य, क्षत-क्षीण-तृष्णा-रक्तपित्त-दाहशामक, स्निग्ध	अ. सं. सू. 6/पृ. 25; अ. ह. सू. 5/49-51

Table 2: Nutritional values of each ingredient of Panchamrut per 100g

Sr no	Nutritional composition	Cow milk	Cow Curd	Cow Ghee	Honey	Sugar
1.	Energy (kcal)	63	62	880	298	387
2.	Water (g)	88.32	84	-	7.5	1.77
3.	Carbohydrate s(g)	4.6	7.04	-	78.4	99.98
4.	Total sugar (g)	4.6	-	-	82.12	99.91
5.	Lactose (g)	4.6	-	-	-	-
6.	Fat (g)	3.6	1.55	97.3	-	-
7.	Protein (g)	3.4	5.25	0.042	0.4	-
8.	Mineral- (mg) Calcium	120	183	7.25	6	1
9.	Magnesium	11	-	-	-	29
10.	Iron	0.02	-	-	0.42	0.01
11.	Potassium	157	-	7.25	52	2
12.	Vitamin A (mcg)	28	66	320	-	-
13.	Vitamin D(IU)	40	-	0.9	-	-
14.	Vitamin B6 (mg)	0.036	-	-	-	-
15.	Vitamin B12 (mcg)	0.44	0.214	-	-	-
16.	Cholesterol (g)	14	6	350	-	-

Cow Milk-It is a rich source of calcium, proteins and vitamins A, D and B12, folate, zinc etc. Milk has medicinal properties as it is gained by cows who eat different types of grass, grains etc. So it is the best milk among the eight types.

Cow Curd-Curd contains amino acids, proteins and helps in digestion which benefits the early days of pregnancy. Curd also increases the strength of the body and muscles. It supplies calcium and phosphorus to the body. It is a taste enhancer. It pacifies vata.

Cow Ghee- Ghee made from cow's milk contains butyric acid which is a short chain of fatty acids and has a great

impact on gut function. It has anti-inflammatory properties.

It contains fat-soluble vitamins A, D, E, and K, and Omega-3 and Omega-9 essential fatty acids also. Cow ghee has properties which help in improving skin complexion and is beneficial for the eyes and heart. It increases memory, intelligence, digestive fire and shukra dhatu.

Honey-It is considered to be Yogavahi in Ayurveda, which means it acts as a carrier. It enhances the qualities of other ingredients with which they are combined. It helps boost immunity. It is considered to be an antiseptic as it is astringent in taste.

Sugar

It provides energy and reduces fatigue in the early days of pregnancy and impairs the loss. It also reduces

dryness in the body as it is sasneha. Sharkara is said to be the best product of sugarcane. (A Hr Su 5/51)

Result and discussion**Table 3:** References of ingredients of panchamrut in Garbhini paricharya

Months	Ingredients of Panchamrut	References
First	Non-medicated cold cow milk Sweet, cold, liquid diet Medicated milk Medicated sweet milk with butter and honey	Ch Sa Sha 8/31 Su Sa Sha 10/4 A Sa Sha 3/1 Ha Sa Chi 48/1
Second	Sweet herbs medicated milk Same as in first month Same as in Charak Kakoli siddha sweet milk	Cha sa sha 8/31 Su sa sha 10/4 A sa sha 3/6 Ha sa chi 48/2
Third	Milk with honey and ghee Sweet, cold, liquid diet with milk and butter Same as in Charak Krishara	Cha sa sha 8/31 Su sa sha 10/4 A sa sha 3/7 Ha sa chi 48/2
Fourth	Milk with butter Sweet, cold, liquid diet with curd One aksha (12 gm) butter with milk Medicated cooked rice	Cha sa sha 8/31 Su sa sha 10/4 A sa sha 3/8 Ha sa chi 48/2
Fifth	Sanskrit ghee made from milk Diet cooked with milk and ghee Same as in Charak Paayas	Cha sa sha 8/31 Su sa sha 10/4 A sa sha 3/9 Ha sa chi 48/3
Sixth	Ghee made from sweet herbs medicated milk Diet with ghee Same as in Charak Sweet curd	Cha sa sha 8/31 Su sa sha 10/4 A sa sha 3/10 Ha sa chi 48/3
Seventh	Ghee made from sweet herbs medicated milk Medicated ghee Same as in Charak Ghritkhanda (sweet dish)	Cha sa sha 8/31 Su sa sha 10/4 A sa sha 3/11 Ha sa chi 48/3
Eighth	Ksheeryavagu with ghee Asthapan and Anuvasan with medicated oil Same as in Charak Ghritapuraka	Cha sa sha 8/31 Su sa sha 10/4 A sa sha 3/23 Ha sa chi 48/3
Ninth	Anuvasan with medicated oil Unctous gruels and jangal maansras Anuvasan with medicated oil Different ahar dravyas	Cha sa sha 8/31 Su sa sha 10/4 A sa sha 3/33 Ha sa chi 48/4

Benefits of Panchamrut in Pregnancy

- Panchamrut is a sweet concoction made up of the above said five ingredients. But it is really a care-taker of a Garbhini in her pregnancy days.
- It enhances muscle strength and immunity, also enlivens the brain of the mother, so keeping her relaxed and healthy and thus improves physical and mental status of the Garbha.
- Helps in decreasing acidity and digestion- It regulates the hyperacidity caused due to hormonal changes in early and last trimester. It also helps in proper digestion.
- Boosts immunity- Panchamrut enhances the immunity of a pregnant woman by its Rasayana action on sapta dhatus. It nourishes Rasa dhatu and so on. Thus by increasing the strength of a mother, it also helps babies for better dhatu nirmiti. That's the goodness of it.
- Improves complexion- Panchamrut has 'Varnya' property. It increases the good complexion of the mother- baby duo by its virtues. It drives away the effects of stress and fatigue and brings natural glow to the face. It enhances and nourishes the cell function of skin.
- Promote emotional and mental health- It gives mental and emotional health by providing dosha samyata. Also, it increases Ojas; thus Satwa i.e. mind will be benefited by it. It fades away fatigue and calms the woman.

- Acts as a brain vitalizer- Panchamrut is a medhya rasayana for babies. It nourishes all dhatus including Majja Dhatu also. It enhances memory of a baby and improves grasping power. Its like a brain tonic.
- Balances pitta- In Garbhini, pitta dosha gets imbalanced as every day there is a change in body, mind and hormones. Parinaman is its function and it is on high peak during pregnancy. So Panchamrut pacifies the pitta and removes excess heat from the digestive tract. So, nausea, vomiting can be kept in control.
- It is said that before pregnancy, both male and female should have taken Panchamrut for about two months for betterment of conception and pregnancy as it strengthens reproductive organs.
- Also after the birth of the baby, in the postnatal period also the mother should continue this as it promotes milk production and keeps the mother's strength quite long.
- Along with this, when a baby is given liquid food after six months then also Panchamrut made with breast milk should be given to uplift strength and intellect in him.

After reviewing this literature, it can be said that Panchamrut is really a vital nutrient drink for Garbhini. As it is stated by all Acharyas that Garbhini should consume milk and milk products more during pregnancy as they contain high protein, essential fatty acids, amino acids, Vit D, calcium, Vit B12.

Conclusion

A blend of five ingredients is said to give all above effects in a single sip. Hence,

1. Panchamrut is a holy drink made up of five ingredients and it is one of the best ancient complete nutritious health boosters.
2. It not only nourishes the Garbhini but also supports the development of the Garbh within.

Ayurveda recommends drinking this nectar by garbhini through nine months during pregnancy as it is having multidimensional results in garbh-garbhini duo according to the above discussion.

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