

TSS Experience (in Pregnancy) - Madhura Maheshwari

This is Madhura Maheshwari (Amul Maheshwari's daughter). I wanted to share my experience with regards to my pregnancy with all. It's quite a bit long but you might find it relevant and interesting!

I have conceived first time at the age of 38.

It has two main elements, Role of Dashaansh as well as Tap.

ROLE OF DASHAANSH:

Many of you must be aware that I have been married for almost 15 years. We started trying for the baby at the age of 32 (7 years into marriage, after I was done with my Actuarial exams), but I wasn't able to conceive.

I got myself checked, discovered I had PCOD and was recommended to go for IVF treatment..

Whilst I definitely wanted to have a baby, however I chose not to go for such treatment, as basis the understanding of the TSS system, I wasn't of the mind to tax the body with such procedures, especially when these procedures in many cases have to be repeated as females undergo miscarriage once or twice. Especially, with TSS, one knows that natural body without medicines and procedures is best and easy to maintain.

I firmly believe that because of Dashaansh, which I had been following for almost 25+ years, that I had absolute peace of mind despite not being able to conceive for all these years from age 32 to 38. I had all those society pressures, people asking me time and again.. when is the good news coming, what are you doing about it, take some treatment.. and all. My parents were supportive of my decision to not undergo medical treatment and off late, with me reaching age 38, they would also check with me every 6 months if I want to adopt.

... But God gave me total clarity and strength to believe that if HE wants a baby for me he will give me one naturally! I never had even one moment of sadness or upset moment that I am not able to conceive.. can be vouched by those who have been interacting with me.

I also received full support from the husband in the decision to not go for medical procedures and wait for it to happen naturally...I GIVE ALL CREDIT TO DASHAANSH for this support and peace of mind!

Sometimes, even after following Dashaansh properly, very important bits in your life may get delayed, but Dashaansh gives you that peace of mind, strength to continue... in good taste.

Well, Good News finally came in Nov 2019. I think this is attributed to one main change that I brought to myself in 2019.. that I joined Cult Fitness and did Zumba (Active dancing cum exercise for 50 mins, 4 times a week). For PCOD, its recommended to do active exercise regularly .. This wisdom to exercise regularly came late in the day but then clicked!

I am now close to completing 7th month as I write this experience of my pregnancy 😊

ROLE OF TAP:

Before pregnancy I have been following TAP say approx 60% as I ended up having cold coffee in morning, I love cold coffees!

Therefore one main change that I did overnight was I haven't had a sip of tea or coffee since I came to know that I conceived. I think that's one main contributor that I haven't faced acidity issue until now even if I have dinner of rajma, chole, etc. Note, I used to feel a bit acidic at night before pregnancy but in pregnancy when you are more prone to acidity and all, I am totally comfortable.. thanks to leaving tea, coffee!

My first 3 months were totally normal, no nausea, able to do all office and house work and eat everything, no acidity at all.

Now let's look at Doctors food chart from 4th month onwards vs TSS food chart (latter with some deviations to manage my feel to eat in pregnancy!)

Before we go into food chart, let me give the key highlights of my pregnancy

1. As per 28th week scan, I have put on some 4.6 Kg which is decently healthy, wherein the baby weight is circa 1.25 Kg, absolutely normal.
2. All baby parameters as at 19th week scan and 28th week scan, detailing baby growth are great.
3. No acidity at all
4. No constipation
5. In addition, I had kept 8 days of Navrata fast in March month on green juice and chutney (almond, munnacca, anjeer, soaked overnight) in morning, fruits, salads in afternoon lunch and cooked vegetables at night (with curd) .. no interim food breaks in between, no grains, no protein (like paneer, pulses, milk) as recommended by doctor.

--->> Doctors food chart from 4th month onwards

- 1 glass milk when u get up along with 5-6 almonds and 2 walnuts
- Morning breakfast at 9:30, equivalent to 2 breads and 2 eggs
- Mid morning snack - fruit/chana chat
- Lunch - 2 chapati, dal, veggie, curd
- Evening snack - equivalent to 2 sooji, besan cheela
- Dinner - 2 chapati, dal, veggie, curd

--->> TSS diet that I followed almost 4 days a week..

- Palak dhaniya aamla juice around 10 am
- Overnight soaked 5 badaam, 1 walnut n 8-10 munakka around 10:15 am
- Fruit salad plate, stomach full at 1:30 pm
- Snacks like 2 chilla and a cup of milk at 4:00 pm
- 1 portion of fruit in between snacks and dinner
- Dinner with 2 chapati and lots of veggies and 1 portion daal at 8:30 pm

Other 3 days on average in a week I would dwelve into eating a mild breakfast at around 11 am, some pampering to self is allowed na! 😊

I must say, whilst my well wishers kept asking me.. "ab to bhokh badh gayee hogi" but really I wasn't feeling hungry also, so was able to follow TSS diet, with ease.

At 28th week scan, when the doctor had seen the report, and that all baby and my parameters were great, I told the diet that I had been following to the doctor... she was surprised and seemed mused.. 😊 but had no option but to say... we dont recommend such diet!

I mentioned to the doctor that I would like to follow this diet to the extent possible as the scans are great and I am not facing any issues like acidity, lack of activity, no swelling in legs, no discomfort despite me running crazy hectic with pressure of my office work (working from home 10 hours a day) and managing house hold duties to some extent as helps are not coming!

I would say she is a good doctor .. she said if you want to follow your diet we will have another scan at 32 weeks to see the growth of the baby being normal or not, instead of calling you next in 36 weeks.

SUMMARISING:

All these years, GOD kept me in high spirits despite having no visibility on will I be able to conceive or not, and then the pregnancy so far has been so smooth, comfortable, no nausea, no cravings, no pain, etc. actually BAU, Business as Usual! 😊😊😊.. can only be attributed to DASHAANSH!!

And to TAP as well for keeping my body sound and free from medicines and other bodily problems which many pregnant females face in this period.

So that's the experience so far, I thought of sharing it with all.. Happiness !!

I THANK GOD. It is all because of HIS blessings. I pray to HIM to take care of me in coming times.