

GARBHINI PARICHARYA – SCIENTIFIC APPROACH- A REVIEW**Vd. Shital Balu Gajbhiye^{*1} and Vd. Rekha Chagan Kuwar²**¹PG Scholar, Streerog-Pasutitantra Department,²Assistant Prof., Streerog-Pasutitantra Department,

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ABSTRACT – During pregnancy systemic supervision is needed. This supervision is stated in the form of garbhini paricharya, a thousand years ago, by ancient science of Ayurveda. The care should be taken from starting of pregnancy till delivery. Thus dietics, mode of life, do's and dont during pregnancy are said under the heading of garbhini paricharya. Mother's diet and mode of life have effect on fetus. Hence proper care should be taken. Month wise dietary regimen is advised in the Ayurveda which is the unique peculiarity of Ayurveda. Proper garbhini paricharya would result in proper development of fetus and natural delivery. In this article author has made efforts to focus on scientific approach on nutritional qualities of the diet of pregnant

women mentioned in whole nine months. In this paper, author is giving scientific explanation on dietary regimen given by Ayurveda.

KEYWORDS: garbhini paricharya, scientific approach, dietary regimen, month wise diet.

INTRODUCTION -Body is made up of rasa so taking care of rasa is essential.^[1] Antenatal period in women life is most important period as it is related to give new birth. In Ayurveda care of stree is mentioned at every place in the form of rajaswala paricharya, garbhini paricharya, etc. Paricharya is formed from two words 'Pari+charya'. Pari means surrounding and charya means manner of living according to shastras.^[2] Pregnancy is not a diseased condition but extra care is essential to mother and fetus. So assistance care is mentioned in the form of 'garbhini paricharya.' The aim of garbhini paricharya is avoiding hazards to mother and fetus, to reach pregnancy to term and growth of baby should be complete and to deliver a baby without complicating mother and fetus life. Paricharya is mentioned in three forms like month wise diet, avoid factors complicating mother's and baby's life

(garbhopaghatkar bhava) and use of drugs which helps to maintain pregnancy (garbhasthapak aushadhi).^[3] But month wise diet is unique peculiarity of Ayurveda. Mother should take care of diet because what mother eats or drinks will become congenial to her baby.^[4] Hence diet should be taken according to place of living, time or season and digestive capacity.^[5] Therefore month wise dietary regimen is most important in antenatal care.

Month wise diet and its scientific approach

In first month non medicated milk with congenial diet is advised.^[6] During first 3 months; sweet, liquid and cold diet is advised.^[7] As in first trimester of pregnancy, pregnant women experiences nausea and vomiting. She can't take proper diet. Milk as well as sweet and liquid diet will prevent dehydration. Milk and drugs of madhur group are anabolic, will help in maintainance of proper health of mother and fetus. Milk is vata and pitta shamak and kaphavardhak.^[8] Vata helps in proper division of cells kapha increases cell mass. Milk is prithvi and jala mahabhut predominant which helps in proper maintaining of shape and moistening of embryo. Upto 4 th month fetus is not stable hence upto this period drug administration can be harmful.^[9] Only folic acid supplementation is required as it essential in formation of neural tube. Milk is rich in folic acid as well as proteins and minerals. It is also rich in progesterone which is required to maintain pregnancy.^[10]

In fourth month, butter extracted from milk is advised.^[11] Cooked sasti rice with curd and meat soup of wild animals is also advised.^[12] Fourth month onwards, muscular tissue of fetus grows which requires more protein supplementation. This increase demand of proteins is supplied by meat soup.

In fifth month ghruit prepared with butter extracted from milk^[13] and again meat soup of wild animals is advised.^[14] In fifth month accumulation of flesh and blood is more (mans- shonit upachay). To meet increased demands of proteins, it is advised in fourth and fifth month.

As in first trimester, Iron supplementation is avoided because, it aggravate nausea and vomiting. It also causes constipation. But in later months iron is given in the form of meat in dietary form. It is better to give iron in the dietary form rather to give in form of drug to avoid complications like constipations. In the 6th month ghruit / rice gruel (yawagu) medicated with gokshura (*Tribulus terrestris*).^[15] In sixth month onwards pregnant women experiences problems like edema feet. Gokshura as per Ayurveda classics is diuretic and pacifies vata.^[16] It also prevents edema of feet and other complications of water retention. It may also help in

preventing conditions like toxemia of pregnancy. Gruel pacifies vata dosha gives strength to the body and nourishes tissue.^[17]

In 7th month, medicated ghrit with prithakpari (*Uraria picta*) is advised.^[18] Pruthakpari is included in vidarigandhadi group. Drugs of this group are anabolic, diuretic, helps in relieve emaciation and suppress pitta and vata.^[19]

In eighth month milk gruel with ghrit is advised.^[20] Also singha yawagu (gruel with ghrit) with meat soup is advised.^[21] As mentioned earlier gruel pacifies vata dosha, gives strength to the body and nourishes tissue. Meat soup is rich in proteins, iron, vitamins and good amount of calories. It provides good nourishment to the mother and baby.

Sushruta in 8th month.^[22] and charak in 9th month.^[23] advised rectal enema to mother, which gives right direction to the vata (anulomana), normal labour without complications and clear out retained faeces. It may affect ANS governing myometrium and help in regulating their function during labour. Charak advised vaginal tampon by oil used for rectal enema in 9th month.^[24] It may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis. It softens vaginal canal and help in normal labour. It may soften perineum and helps in its relaxation during labour.

CONCLUSION

Month wise dietary regimen is speciality of Ayurveda. The food was advised before thousand years is totally scientific and can be proven on scientific manner. If this garbhini paricharya is not followed properly many complications can occur to mother, baby or during labour. Hence proper garbhini paricharya should be followed throughout the ANC period.

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