

ROLE OF GARBHINI PARICHARYA DURING GARBHAVASTHA**Dr. Bhawana Joshi^{1*}, Dr. Naresh Kumar² and Dr. Sanjay Kumar³**¹P.G. Scholar, Department of Rachana *Sharir*, Rishikul Campus.²Professor & Head, Department of Rachana *Sharir*, Rishikul Campus.³Professor of, Department of Roga Nidan, Rishikul Campus, U.A.U. Haridwar.Article Received on
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Campus.**ABSTRACT**

Now a day's safe pregnancy and delivery is most desired factors by all couples as one child norm is making this natural event- the most precious one. Garbhini Paricharya refers to antenatal care which recommends Ahar (specific dietary regimen), Vihar (normal daily activities) and Vichara (psychological and emotional activities). The care of the pregnant lady should start from the beginning of pregnancy till the birth of the child. The proper Garbhini Paricharya would result in the proper development of the fetus, its delivery, the health of the mother and thus her ability to withstand the strain of labour. *Garbhini paricharya* comprises of *Masanumasik Pathya* (month wise dietary

regimen), *Garbhopaghatakar Bhavas* (activities and sub- stances which are harmful to fetus) and *Garbhashthapak Dravyas* (substances beneficial for maintenance of pregnancy). The main intend behind advicing *Garbhini Paricharya* is *Paripurnatya* (provide proper growth of the fetus and mother), *Anupaghata* (uncomplicated pregnancy), *Sukhaprasava* (for normal healthy delivery and healthy child of desired qualities and longevity). This article is giving to highlight the importance garbhini paricharya.

KEYWORDS: *Garbhini, Garbhopaghatakar Bhavas, Garbhashthapak Dravyas, Fetus.***INTRODUCTION**

The pregnant women desirous of producing Uttam Gunayukta child should give up non congenial diet and mode of life and by doing good conduct and using congenial diet and mode of life¹¹. Ayurveda gives importance to care the stree at every phase of her life in Rajaswala paricharya (menstrual care), Garbhini paricharya (Antenatal care) and Sutika paricharya (Post natal care). GarbhiniParicharya refers to Ahara, Vihara and Vichara along

with Garbhopaghatakar Bhavas and Garbhashthapak Dravyas. To ensure normal pregnancy and uncomplicated labour with delivery of a healthy baby from a healthy mother our Acharyas have explained a detailed and systematic and month wise regimen and a list of do's and don'ts to be followed in the antenatal period. Prevalence of maternal deaths is more in developing countries. Responsible factors are complication of unsafe abortion (19 %), pregnancy induced hypertension (17%), infection (11%), obstructed labour(11%). Majority 80% of foetal death occurs in antepartum period due to causes like chronic foetal hypoxia, IUGR, Maternal complication like PIH, Sepsis, foetal congenital malformations. Antenatal care plays important role in conquering these obstacles. Under heading of Garbhini paricharya these mains points are include:

1. Foetal normal growth and development and protection
2. Without any complication, conduct normal delivery. So in our classics Garbhini Paricharya have great importance.

Garbhini Paricharya: The monthly regimen is broadly discussed under three headings

- 1 *Masanumasik Pathya* (month wise dietary regimen).
- 2 *Garbhopaghatakar Bhavas* (activities and substances which are harmful to fetus)
- 3 *Garbhashthapak Dravyas* (substances beneficial for maintenance of pregnancy)²

During pregnancy, what so ever diet the pregnant women consumes, the rasa formed from this performs three functions-

- 1 Nourishment of the women's body.
- 2 Formation of milk.
- 3 Nourishment to the fetus.^[3]

Masanumasik Pathya

Table 1: *Masanumasik Paricharya*.

	1 st M.	2 nd M.	3 rd M.	4 th M.	5 th M.	6 th M.	7 th M.	8 th M.	9 th M.
Charak	Non medicated ^[4]	milk medicated with <i>madhur</i> drugs ^[4]	Milk With honey and <i>ghrita</i> ^[4]	Milk with butter ^[4]	<i>ghrita</i> prepared with butter extracted from milk ^[4]	<i>ghrita</i> medicated with drugs of <i>madhur</i> groups ^[4]	same with sixth month ^[4]	<i>yavagu</i> prepared with milk and mixed with <i>ghrita</i> ^[4]	<i>Anuvasana vasti</i> with oil prepared with drugs of <i>madhur</i> groups, vaginal tempoon with this very oil ^[4]

Su-shr-uta	sweet, cold and liquid diet ^[5]	sweet, cold and liquid diet ^[5]	sweet, cold and liquid diet ^[5]	Cooked <i>sasti</i> rice with curd, dainty and pleasant food mixed with milk and butter and meat of wild animals ^[5]	cooked <i>sasti</i> rice with milk, meat of wild animals along with dainty food mixed with milk and ghrita ^[5]	<i>ghrita</i> medicated with <i>prithak-parnyadi</i> group of drugs ^[5]	<i>ghrita</i> medicated with <i>prithak-parnyadi</i> group of drugs ^[5]	<i>asthapan vasti</i> followed by <i>anuvasan vasti</i> ^[5]	
Va-ghb-ata	medicated milk ^[6]	milk medicated	milk with honey and <i>ghrita</i> ^[10]	Milk with one <i>tola</i> of butter ^[11]	<i>ghrita</i> prepared with butter ^[12]	<i>ghrita</i> medicated with drugs of <i>madhur</i> groups ^[14]		<i>yavagu</i> prepared with <i>dug-dha</i> mixed with <i>ghrita</i> ^[15]	Same with <i>Charak Samhita</i> ^[16]
Har-ita	<i>mad-huyasti</i> , <i>madhuka</i> with butter, honey and sweetened mil ^[7]	sweet-ened milk treated with <i>kakoli</i> ^[9]	<i>Krisara</i> ^[5]	medicated cooked rice ^[5]	<i>Payasa</i> ^[13]	sweetened curd ^[13]		<i>Ghritapu-rak</i> ^[13]	Different varieties of cereals ^[13]

Garbhopaghatakar Bhavas:(Factors Likely To Harm TheFetus)

1. **Charak:** *Tiksna ausadh, vyavaya, vyayama*.^[17]
2. **Susruta:** *Vyavaya, Vyayama, Atitarpan, Atikarsan, Divaswapna, Ratrijagaran, Shoka, Yanaavarohana, Bhaya, Ut-katusana, Sonitamoksan, Vegadharan, Snehan* etc.^[18]
3. **Vagbhata:** *Tiksna Ausadh, Vyavaya, Vyayama*.^[19]
4. **Kashyap:** Should not look at declining moon, setting sun, and both the rahu, she should not remain for long in acutely erect or flexed posture and carry heavy weight for long, avoid tremoring, excessive laughing and trauma, use of cold water and garlic.^[20]

All these contraindications can be grouped under following headings^[21]

1. Those which produce psychological or physical strain such as grief, exercise etc. may precipitate abortion.
2. Avoidance of visit to cremation ground etc. sudden shock may produce abnormality specially abortion.
3. Over weight carrying or vehicle riding may precipitate abortion due to sudden increase in

intra-abdominal pressure; prolonged squatting in abnormal postures and supine position may influence placental and uterine blood flow thus cause abortion, intrauterine death of the fetus or other abnormalities.

4. Use of over satiation may excessively increase the body weight of mother and fetus, over eating is one of the causes of pregnancy toxemia. Over weight of fetus may cause difficulty in labour.
5. Specific rays emitted during eclipse may produce abnormalities of fetus.
6. Emesis etc. purifying measures can also precipitate abortion due to reflex stimulation of the myometrium

Mode of Action of Diet and Herbs

- **Shali- shastik (rice):** it is rich in carbohydrates, provides fuel for body, excellent source of niacin, vitamin D, Calcium, Fibre, Iron, Thiamine and Riboflavin.^[22]
- **Mudga (green gram or Vigna radiata):** It is rich source of low fat protein. It has a wide amino acid profile, providing at least every type of amino acids. It contains both insoluble and water soluble fibres. Water soluble fibre reduces LDL cholesterol and reduces risk for cardiovascular diseases. It has low glycemic index. It digests slowly and releases glucose into your blood-stream, stabilizing blood sugar which in turn lowers risk of developing diabetes.^[23]
- **Butter:** It contains a high amount of saturated fat and provides 7% of recommended dietary allowance of vitamin A based on 2000-calorie diet. Vitamin A is important to vision health.^[24]
- **Ghee:** It contains 112 calories/tbsp. and 33mg of cholesterol. The total fat content is 12.7 gm. It provides many essential fatty acids such as omega-3 and omega-6 which provides anti-inflammatory properties, regulate DNA products and assist with cellular communication. Protein content of ghee 0.04 g/tbsp, which includes 17 amino acids essential for good health. It contains 3% linoleic acid, an antioxidant. It also contains Vitamin A, D, E, K, Calcium, Potassium and small amount of riboflavin and pantothenic acid.^[25]
- **Rasala (shrikhanda):** it contains 436 calories, total fat 24.5g, sodium 6 mg, total carbohydrate 40.8g, protein 10.1g, calcium 1%, vitamin C 1%, iron 1%.^[26]
- **Milk:** It is rich source of proteins and vitamins. Proteins are vital for building and maintaining tissues such as muscles. It contains Vitamins A, D, B₁, B₂, B₆, B₁₁, B₁₂, minerals, calcium, phosphorus, zinc, lactose provides slow release of energy.^[27]

- **Honey**^[28]

Energy: 64 calories in 1 tbsp.

Fat: 0 g.

Carbohydrate: 17.3 g.

Protein: 0.06 g.

- **Garbhasthapak Drugs**^[29]

(Substances Beneficial For Maintenance of Pregnancy)

- *Aindri (Bacopa monieri)*
- *Brahmi (Centella asiatica)*
- *Satavirya (Asparagus recemosus)*
- *Sahasravirya (Cynodon dactylon)*
- *Amogha (Stereospermum suaveolens)*
- *Avyatha (Tinospora cordifolia)*
- *Shiva (Terminalia chebula)*
- *Arista (Picrorhiza kurroa)*
- *Vatyapuspi (Sida cordifolia)*
- *Vishwasenkanta (Callicarpa macrophylla).*

Mode of Action of Garbhastha-Pak Drugs

- **Aindri (*Centela asiatica*):** Components isolated from *Centela asiatica* such as Brahmoside and Brahminoside are responsible for CNS activator and leads to utero relaxant action.^[30]

Brahmi (*Bacopa monnieri*)

- A study on mice and demonstrated that high dose i.e. 200 mg/kg of bacopa monnieri extract have a stimulatory effect on thyroid function.^[31]
- Calcium antagonistic activity of Bacopa monnieri can be used as muscle relaxant and vascular relaxant.^[32]
- Antistress effect of Bacoside found on Bacopa monnieri.^[33]

Satavirya: (*Asparagus recemosas*)

- Estrogenic effect of *satavari* on female mammary gland and genital organs of guinea pig.^[34]

- A glycoside Satavarin isolated from root of *Asparagus racemosas* has been found to be responsible for competitive block of oxytocin induce contraction of rabbit's uteri.^[35]
- The saponin rich fraction of *Asparagus racemosas* shows inhibition of oxytocin induced uterine contraction in vivo.^[36]

Sahasravirya (*Cynodon dactylon*)

- The plant extract checks uterine bleeding , strengthen uterine muscle, averts abortion and augments of fetal growth.^[37]
- Ethanolic extract of aerial parts of *Cynodon dactylon* has marked antioxidant activity.^[38]
- Fresh juice of *Cynodon dactylon* is a remedy for urogenital disorders like rubella infection, muscle cramps.^[39]
- Methanolic extract of *Cynodon dactylon* has shown a promising effect in stress induced sexual disfunction and in semen concentration. It has a potent aphrodisiac and male fertility activity.^[40]

Amogha (*Steriospermum suaveolens*)

Ethanol extract from stem bark of *streospermum suaveolens* given orally shows marked analgesic and anti-inflammatory response in comparison to indomethacin, aspirin and morphine.^[41]

Avyatha (*Tinospora cordifolia*)

The antioxidant capacity of *Tinospora cordifolia* stem methanol extract in daily oral administration of 500 mg/kg for 40 days.^[42]

Shiva (*Terminalia chebula*)

- The use of *Terminalia chebula* in different fraction from fruit were screened for antibacterial and antifungal activity.^[43]
- Food extract of *Terminalia chebula* against *staphylococcus aureus*, *s. epidermis*, *E. coli* and *pseudomonas*.^[44]

Arista (*Picrorrhiza kurroa*)

The most promising biopharmacological activity of biopolymers found in *Picrorrhiza kurroa* shows immunomodulatory effect and hepatoprotective effect.^[45]

Vatyapuspi (*Sida cordifolia*)

- Ethanolic extract of *Sida cordifolia* whole plant was found free radical scavenging and nitric oxide scavenging property.^[46]
- The analgesic activity was found in acetic acid induced pain in mice, the result indicated that the sample possessed both analgesic and antiinflammatory activity.^[47]

Viswaksenkanta (*Callycarpa macrophylla*)

- Ethanolic extract of leaves of *Callycarpa macrophylla* have better anti-inflammatory profile in compare to diclofenac sodium.^[48]
- Aqueous as well as ethanolic extract of leaves of *Sida Cordifolia* shows potent anti-inflammatory potential.^[49]

Clinical Importance of Garbhini Paricharya**First trimester**

- Embryogenesis takes place in the first trimester hence an increased amount of energy is required during this period. All these energies will be provided by *Kshira*, *Ghrita*, *Krusara*, *Payasa*, *Kshira* medicated with *Madhura Ausadhi*.
- During first trimester of pregnancy, most women experience nausea and vomiting, thus cannot take proper diet which results in dehydration and loss of nutrients. Use of cold and sweet liquid diet and milk will prevent dehydration and supply required nourishment.^[50]
- Drugs of madhur group being anabolic will help in maintenance of proper health of mother and fetus.^[50]

Second trimester

In second trimester, muscular tissue of fetus grows sufficiently requiring more protein which is supplied from animal sources such as meat, milk, cheese, butter etc.^[50]

- Milk provides nourishment and stability to the fetus.^[51]
- Meat provides nourishment to the fetus and helps in muscular growth of the fetus.^[52]
- Cooked sasti rice advised in *Garbhini Paricharya* is rich in carbohydrate and provides energy to the body.^[53]
- By the end of second trimester most women suffer from oedema of feet and other complications of water retention. So ghrita medicated with goksura is used which is a good diuretic will prevent retention of water as well as its complications.^[50]

Third trimester

- *Ghrita* medicated with *prithakparnyadi* group of drugs are diuretic, anabolic, relieve emaciation and suppress *Pitta* And *Kapha*. Their regular use in seventh month might help in maintaining health of mother and fetus.^[50]
- *Yavagu* consumption in eighth month which is *Balya* and *Brimhana* provides nourishment to mother and fetus.
- Most women suffers from constipation in late pregnancy, *Asthapana Vasti* administered during eighth month which is best for *Vata* anulomana relieves constipation. Besides this may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour.^[50]
- Tampon of oil in vagina provides lubrication of cervix, vaginal canal and perineum thus helps in normal labour. This may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis. Regular use of tempoon might influence autonomic fibres governing myometrium and in regulating their functions.^[50]
- Milk and drugs of *Madhura* group have been advised for entire pregnancy period. Milk is a complete food and the drugs of *Madhura* group are anabolic, thus use of these will help in maintenance of proper health of mother and growth and development of fetus.^[50]

Garbhopaghatakar Bhavas

- These are the diets and mode of life which are harmful for fetus resulting in either abortion or intrauterine death of fetus.
- Also cause congenital anomalies in fetus.^[54]

Garbhashtapak Drugs

- Helpful for maintenance of pregnancy.
- Helps in prevention of abortion.^[54]

Benefits of *Garbhini Paricharya*

Acharya *Charaka* says that by *Garbhini Paricharya*, the woman remains healthy and delivers the child possessing good health, energy or strength, voice, compact-ness and much superior to other family members.^[55]

Further *Charaka* and *Vagbhata* say that by the use of these regimen, her *Garbha Dharini* (fetal membranes and vaginal canal), *Kuksi* (uterus), sacral region, flanks and back become soft, Vayu moves into its right path; feces, urine and placenta are excreted or expelled easily

by their respective passages; skin and nail become soft, women gain strength and complexion and she delivers easily at proper time a desired excellent, healthy child possessing all the qualities and long life.^[55]

CONCLUSION

- The diets and regimens which are described thousands of years ago in classical texts of *Ayurveda* for pregnancy is totally scientific and are specific to fetus and mother.
- *Garbhini Paricharya* aims at excellence in the formation of the fetus, its development without anomalies, a secure full term delivery and maintenance of the health of the fetus.
- The concept of prenatal care is now highlighted in modern science, which is mentioned in *Ayurveda* thousands of years ago.
- Following *Garbhini Paricharya* the woman remains healthy and delivers the child possessing good health, energy, voice, compactness and much superior to other family members.
- Pregnancy and child birth are nature's gift. For getting fruitful outcome, *Acharya* described *Garbhini Paricharya* from conception to delivery. If proper *Garbhini Paricharya* is not maintained during pregnancy; it may result in many complications to mother as well as to foetus and leading to difficult *prasava*. *Garbhsthapaka* drugs are used to counteract any etiology of abortion and for maintain healthy pregnancy. To avoid congenital abnormality and other complication *Garbhoupghatkar bhava* should be avoided. An Ayurvedic principle through the concept of *garbhini paricharya* is to improve the physical and psychological condition of the *Garbhini* and make their body suitable for *sukha prasava*. So, by having these types of benefits of *Garbhini paricharya*, proper *Garbhini Paricharya* should be followed throughout pregnancy.
- This holistic regimen advised during various stages of pregnancy and childbirth comprising of thoughts, action, dietary modifications and herbs aims to ensure a healthy and smooth childbirth and at the same time sustain the overall health, nutrition and wellbeing of both the woman and the baby. The measures are simple, easy to follow by women and families at the household level since the emphasis is on the use of locally available resources, and *Ayurveda* can contribute very effectively to the health of the mothers and children, locally as well globally.

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