

## GARBHINI PARICHARYA: FOR BETTER DEVELOPMENT OF PROGENY

\*<sup>1</sup>Dr. Harish Kumar and <sup>2</sup>Dr. Harpreet Kaur

<sup>1</sup>Senior Research Fellow (Ayurveda), Dept. of Plastic Surgery, JPNATC, All India Institute of Medical Sciences (AIIMS), New Delhi.

<sup>2</sup>Ayurvedic Medical Officer, Government Ayurvedic Dispensary, Jalandhar.

Article Received on  
11 July 2017,

Revised on 31 July 2017,  
Accepted on 21 August 2017

DOI: 10.20959/wjpr201710-9423

### \*Corresponding Author

**Dr. Harish Kumar**

Senior Research Fellow  
(Ayurveda), Dept. of  
Plastic Surgery, JPNATC,  
All India Institute of  
Medical Sciences (AIIMS),  
New Delhi.

### ABSTRACT

Pregnancy is the beautiful phase in life of every women. Ayurveda, a holistic way of living, discusses the details of pregnancy under *Garbhini Vyakarana*. Ayurveda has a well-documented description of caring for pregnant women called *Garbhini Paricharya*. *Ahara* (diet), *Vihara* (lifestyle) and *Vichara* (Psychological aspect) with respect to each month is given which should be followed during pregnancy as these have a direct effect on health of both mother and the child. The care of pregnant women reflects by her ability to withstand the strain of labour and health of the child. Nowadays, cesarean section deliveries are gaining more importance as the pregnant ladies have not enough strength to bear labour pain which occur during normal delivery. On the other hand by following proper dietary regimen,

pregnant woman become physically and mentally strong to withstand the pain of Normal delivery. In aspect of foetus, chances of congenital anomalies are less if dietary regimen is followed. Hence, an attempt is made through this article to highlight the importance and review the concept of *Garbhini Paricharya*.

**KEYWORDS:** Ayurveda, *Garbhini Paricharya*, *Aahara*, *Vihara*, *Vichara*.

### INTRODUCTION

Pregnancy is the beautiful phase in life of every women. Ayurveda, a holistic way of living, discusses the details of pregnancy under *Garbhini Vyakarana*. Ayurveda has a well-documented description of caring for pregnant women called *Garbhini Paricharya*. In *Garbhini Paricharya* detailed description regarding *Ahara* (diet), *Vihara* (lifestyle) and

*Vichara* (Psychological aspect) with respect to each month is given which should be followed during pregnancy as these have a direct effect on health of both mother and the child. Diet is given prime importance as it aids in foetal growth, maternal health and lactation after childbirth. Great care is also recommended during the first three months and after the completion of the seventh month of pregnancy. This is the most critical period which further determines the health of child also the chances of abortion are more in first three months. The care of pregnant women reflects by her ability to withstand the strain of labour and health of the child. Giving birth to a healthy child is important to all; thus, pregnant women deserve utmost importance in the society.

In *Charaka Samhita*, it is mentioned that the pregnant women should be treated just like a pot filled with oil as the slightest oscillation of such pot can cause spilling of oil. Similarly, slight excitement to the pregnant women can initiate *Garbhapata* (abortion).<sup>[1]</sup> For these reasons our *Acharyas* has given a detailed, Systematic & Month wise regimen for the pregnant women. Nowadays, cesarean section deliveries are gaining more importance as the pregnant ladies have not enough strength to bear labour pain which occur during normal delivery. On the other hand by following proper dietary regimen, pregnant woman become physically and mentally strong to withstand the pain of Normal delivery. Also the mode of delivery effects the health of child. The child which comes with normal delivery bears more strength and immunity to fight against infections. In aspect of foetus, chances of congenital anomalies are less if dietary regimen is followed. Hence, an attempt is made through this article to highlight the importance and review the concept of *Garbhini Paricharya*.

#### **OBJECTIVES OF GARBHINI PARICHARYA**

1. To provide proper nourishment to growing foetus.
2. To facilitate proper growth of foetus.
3. Continuation of pregnancy till full term.
4. To protect the health of mother.
5. To minimize the complications during labour which either harms to mother or foetus.

**GARBHINI PARICHARYA:** In Ayurveda, *Garbhini Paricharya* is divided into two parts;

1. *Samanaya Paricharya* (General management).
2. *Vishesha Paricharya* (Specific management).

**SAMANAYA PARICHARYA (GENERAL MANAGEMENT)**

It includes different type of *Ahara*, *Vihara* and *Vichara* which should be followed by pregnant ladies for better development or growth of child, for safe labour and for healthy child.

**1. Ahara (Diet)**

It has given the prime importance. Ayurveda considers food to be the best source of nourishment. The *Rasa* which develops from the food given to pregnant woman serves three purposes<sup>[2]</sup>:

- 1) Nourishment of her own body (Maintenance of maternal health).
- 2) Nourishment of the foetus.
- 3) Nourishment of the breast or formation of milk.

The *Ahara* given to *Garbhini* should be *Hridya*, *Dravam*, *Madhuraprayam*, *Snigdham*, *Mridu* and *Samskritama*.<sup>[3]</sup> In addition to the routine food products, the *Garbhini* should be encouraged to add any of the following food items:

- ✓ Milk & Milk products which supply Calcium. Milk is also considered as complete food.
- ✓ Protein rich food such as Egg, Meat, Fish, Pulses.
- ✓ Food rich in Carbohydrates such as Grains, Cereals.
- ✓ Starchy food such as Cereals, Pasta, Potatoes.
- ✓ Plenty of fruits & vegetables that supply Vitamins, Minerals, Micronutrients & Fiber.

Inadequate diet in pregnancy can give rise to the following complications more commonly:

- ✓ **Mother:** *Garbhapata*, *Garbha Srava*, *Pandu*, *Garbhini Vishamayata*, *Stanyalpata*.
- ✓ **Baby:** Low birth weight, Prematurity, *Vikrita Garbha*, Perinatal death.

**2. Vihara (Physical activities)**

Regular exercise is important to maintain fitness & prepare the body to bear the strain of labour. Pregnant lady should avoid heavy exercises, coitus, violent activities, ride over vehicles etc.<sup>4</sup> All these physical strains like carrying heavy weight or vehicle riding may precipitate abortion due to sudden increase in intra-abdominal pressure. Abnormal postures and positions may influence placental and uterine blood flow causing abortion, IUD or other abnormalities. So one should take care of it. To avoid all these complications following measures should be adopted:

- ✓ Light exercise which should not cause discomfort to pregnant women.

- ✓ Adequate rest is very essential.
- ✓ Sleeping with foot end elevation is advisable.
- ✓ Loose fitting clothes.
- ✓ Sexual intercourse should be avoided especially in the first trimester of pregnancy.
- ✓ Pregnant women should take daily bath. Cold decoction of pulp of *Bilwa*, *Karpasa*, rose petals, *Agnimantha*, *Jatamamsi* and leaves of *Eranda* or the water prepared with *Sarva Gandha* drugs<sup>[5]</sup> or drugs capable of suppressing *Vata*<sup>6</sup> is advised. Bath with this water suppress *Vata* and relieves exhaustion.

### 3. *Vichara* (Psychological and emotional activities)

*Garbhini* should be provided with a pleasing environment and any type of mental stress should be avoided. During *Daurhidya* stage, every wish of the pregnant lady should be tried to fulfill as not fulfilling the *Daurhidya* may harm the foetus.<sup>[7]</sup> Every individual who comes in contact with the pregnant lady show concern, affection & moral support. She should be supported with positive thinking.

*Sushruta* has advised that woman from the very first day of pregnancy should remain in high spirit, decorated with ornaments, wear clean garments and perform religious rites.<sup>[8]</sup> All these things are meant to maintain the pregnant woman's peace of mind and calm which in turn reflects on the growth of the foetus.

### **VISHESHA PARICHARYA/ MASANUMASIKA PARICHARYA (SPECIFIC MANAGEMENT)**

According to *Masanumasika Vriddhi* i.e. monthly development of child, specific dietary measures which should be followed (different -different dietary measures for every month) by *Garbhini* comes under this category. The monthly regimen is broadly discussed under four headings:

1. *Masanumasika Pathya* (Month wise dietary regimen).
2. *Garbhopaghatkara Bhavas* (Activities and substances harmful for the foetus).
3. *Garbhasthapaka Dravyas* (Substances beneficial for maintenance of pregnancy).
4. *Aushadhi* (Medicated drugs).

#### **1. *Masanumasika Pathya* (Month wise dietary regimen)**

During pregnancy foetus get nutrition from mother through placenta. Adequate nutrition is needed proper development of embryo. The requirement of nutrition varies according to

development of foetus. Thus, the dietetic requirements of the mother also changes month wise as the foetus grows. By knowing the importance of Dietary regimen, Ayurvedic *Acharya* have given in detail the month wise dietetic regimen which is known as *Masanumashika Paricharya* (monthly regimen) for woman right from the 1<sup>st</sup> month up to the 9<sup>th</sup> month of pregnancy. These are as follows:

**Table No.1 Showing the monthly dietary regimen as described in Classics.**

Month	<i>Acharya Charaka</i> <sup>[9]</sup>	<i>Acharya Sushruta</i> <sup>[10]</sup>	<i>Acharya Vagbhatta</i> <sup>[11]</sup>
1	Non medicated cold milk	Sweet, cold and liquid diet	Medicated milk
2	Milk medicated with <i>Madhura Gana Dravya</i>	Same as 1 <sup>st</sup> month	Same as <i>Charaka</i>
3	Milk with Honey and <i>Ghrta</i> (Unequal amount)	Same as 1 <sup>st</sup> month	Same as <i>Charaka</i>
4	Milk with 1 <i>Aksha</i> (24gm.) of Butter	<i>Shashti</i> rice with curd, food mixed with milk and butter, meat of wild animals	Milk with 1 <i>Tola</i> (12gm.) of Butter
5	Milk with <i>Ghrta</i>	Same as 4 <sup>th</sup> month	Same as <i>Charaka</i>
6	Milk and <i>Ghrta</i> medicated with <i>Madhura Gana Dravya</i> or <i>Ghrta</i> prepared from milk medicated with <i>Madhura Gana Dravya</i>	<i>Ghrta</i> or Rice gruel mixed with <i>Gokshura</i>	Same as <i>Charaka</i>
7	Same as 6 <sup>th</sup> month	<i>Ghrta</i> medicated with <i>Prithakaparnyadi</i> group of drugs	Same as <i>Charaka</i>
8	Milk with <i>Yavagu</i> (Rice gruel)	<i>Asthapana Basti</i> (Decoction of <i>Badari</i> mixed with <i>Bala</i> , <i>Atibala</i> , <i>Shatapushpa</i> , <i>Tila</i> , honey and <i>Ghrta</i> . <i>Anuvasana Basti</i> of oil medicated with milk, <i>Madhura</i> drugs	Milk with <i>Yavagu</i> (Rice gruel) mixed with <i>Ghrta</i> . <i>Asthapana Basti</i> and <i>Anuvasana Basti</i>
9	<i>Anuvasana Basti</i> with oil prepared with drugs of <i>Madhura</i> (sweet) group, vaginal tampon of this oil	Unctuous gruels and meat soup of wild animals up to the period of delivery	Same as <i>Charaka</i>

Benefits of following proper dietary regimen are as follows.<sup>[12]</sup>

- Softening of uterus and pelvic organs which helps to facilitate easy labour.
- Downward movement of *Vata* which helps in expulsion of foetus during labour.
- Feaces and urine comes out with normal ease.
- Softening of skin and nails and *Bala-varna Upchaya* (increase in complexion and strength).
- Full term delivery of health child without any complications.

## 2. *Garbhopaghathakara Bhavas* (Activities and substances which are harmful for the foetus)

*Garbhopaghathakara Bhavas* are the *Ahara*, *Vihara* and *Vichara* which are harmful to the *Garbha*. These may either cause some congenital defects in the child and are not conducive to the birth of a healthy child or sometimes it causes abortion also.

**Table No. 2: Showing the *Garbhopaghathakara Bhavas* as described in Classics.**

Sr. No.	Classical Reference	<i>Garbhopaghathakara Bhavas</i>
1	<i>Charaka Samhita</i> <sup>[13]</sup>	<i>Ushna</i> and Pungent drugs, violent activities, coitus
2	<i>Sushruta Samhita</i> <sup>[14]</sup>	Coitus, exercise, excessive emaciation, sleeping in day, awakening in night, grief, riding on vehicle, fear, squatting, oleation, bloodletting, suppression of natural urges etc.
3	<i>Ashtanga Sangraha</i> <sup>[15]</sup>	Pungent drugs, exercise, coitus, excessive emaciation, sleeping in day, awakening in night, grief, riding on vehicle, fear, squatting, oleation, bloodletting, Suppression of natural urges, indigestion, prolong stay in hot sun or near fire, Anger, grief, fear, terror, fasting, squatting, looking or hearing disliked things etc.

## 3. *Garbhashthapaka Dravyas* (Substances beneficial for maintenance of pregnancy)<sup>[16]</sup>

*Garbhashthapaka Dravyas* counter act the effect of the *Garbhopaghatakara Bhavas* and help in the proper development of the *Garbha*. They can also be used in the form of treatment and prevention of abortion. These are to be used as a routine as they are beneficial for the maintenance of proper health, growth and development of the mother and foetus. Some of the *Garbhashthapaka Dravyas* are *Aindri* (*Bacopa monnieri*), *Brahmi* (*Centella asiatica*), *Shatavirya* (*Asparagus racemosus*), *Sahasravirya* (*Cynodon dactylon*), *Amogha* (*Stereospermum suaveolens*), *Avyatha* (*Tinospora cardifolia*), *Shiva* (*Terminalia chebula*), *Arishta* (*Picrorhiza kurroa*), *Vatyapushpi* (*Sida cardifolia*), *Vishwasenkanta* (*Collicarpa macrophylla*) etc. These should be taken orally as preparations in milk and *Ghrita*.

## 4. *Aushadha* (Medicated drugs)

Depending upon the specific condition presented by *Garbhini*, *Aushadha* can be prescribed along with *Paricharya*. It could be categorized as.

### *Sthanika* (Local treatment)

- ✓ *Matra Basti* with *Taila* medicated with *Madhura Aushadha*.
- ✓ *Yoni Pichu Dharana*: *Madhura Aushadha Siddha Taila Yoni Pichu* is kept for a period of 7-10 days during the last trimester.

**Bahya (External medication)**

- ✓ *Sarvadehika Abhyanga* with *Ksheerabala Taila* indicated during 2<sup>nd</sup> and 3<sup>rd</sup> trimester, especially on *Kati & Stana Pradesh* should be done.

**Abhyantara (Internal medication)**

- ✓ For this mainly *Rasayana*, *Brimhana*, *Deepana* & *Vatanulomana Aushadhis* are used such as *Ashwagandha*, *Shatavari* and *Bala* etc. are mainly prescribed in 1<sup>st</sup> trimester.

**DISCUSSION**

*Garbhini Paricharya* is very well documented in Ayurvedic classics starting from *Samhita* period. By knowing the needs of women and for growing foetus without any scientific technology at that time how beautifully Ancient *Acharya* has described the *Masanumashika Paricharya* (monthly regimen) for proper nourishment of foetus and for better health of both mother and child.

**Table No.3: Showing the Benefits of Month-wise Dietetic Regimen.**

Month	Condition of mother and foetus	Benefits of <i>Masanumashika Paricharya</i> (monthly regimen) according to health of mother and foetus
1 <sup>st</sup> trimester (1 <sup>st</sup> month–3 <sup>rd</sup> month)	Nausea, Vomiting, Dehydration to pregnant lady	Cold and sweet liquid diet and milk (easily digested). Also <i>Madhura Rasa</i> drugs help in maintenance of health of mother and foetus.
4 <sup>th</sup> month - 5 <sup>th</sup> month	Muscular tissue of foetus grows rapidly	More protein diet in the form of <i>Masarasa</i> .
6 <sup>th</sup> month	Edema of feet and complications of water retention to pregnant lady	Use of <i>Gokshura (Tribulus Terrestris)</i> which act as a good Diuretic, helpful in pregnancy related hypertension.
7 <sup>th</sup> month	General weakness to mother	<i>Prithakaparnyadi</i> group of drugs (anabolic, diuretic, relieve emaciation)
8 <sup>th</sup> month	Constipation to pregnant lady due to pressure of engaged head in pelvis over the bowel & rectum	<i>Basti</i> relieve constipation helps in regulating functions of ANS governing myometrium during labour, <i>Vata Anulomana</i> .
9 <sup>th</sup> month	Vaginal discharge	<i>Yoni Pichu Dharana</i> and <i>Basti</i> – soften the perineum and help in its relaxation during labour. Also due to softening there is minimum possibility of tear of birth canal during labour.

Thus, by following proper dietetic regimen prescribed for *Garbhini* helps in normal development of foetus and delivers a child possessing Good health, Energy, Complexion & Voice.

## CONCLUSION

Pregnancy and child birth are nature's gift, if proper dietary regimen and life style are not maintained during pregnancy; it may result in many complications to mother as well as to the foetus, also leading to difficulty in labour. Pregnancy is the time to consume more nutritional food substances. To get the fruitful outcome of nature, our *Acharya's* has advised *Garbhini Paricharya* from the conception till delivery.

*Garbhini Paricharya* considers milk an ideal constituent of diet for pregnant women as it is a source of calcium, lactose and butter fat. Milk also has moderate amounts of protein that give strength. Also due to laxative behavior, milk alone is sufficient to cope with the constipation. Ayurvedic principles through the concept of *Garbhini Paricharya* improve the physical and psychological condition of the pregnant woman and makes their body suitable for *Sukha Prasava* (Normal delivery) and help sustain the exhaustion of *Prasava*. Hence, proper *Garbhini Paricharya* should be followed throughout pregnancy. Interestingly, the suggested Ayurvedic diet correlates to modern nutrition recommended for pregnant women such as high protein, vitamins and minerals.

## REFERENCES

1. *Acharya Agnivesha, Charaka Samhita, Vol-I Sharir Sthana 8/22*, Edited with *Charaka Chandrika* Hindi commentary by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan, Varanasi, Reprint edition, 2009.
2. *Acharya Agnivesha, Charaka Samhita, Vol-I Sharir Sthana 6/23*, Edited with *Charaka Chandrika* Hindi commentary by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan, Varanasi, Reprint edition, 2009.
3. *Acharya Agnivesha, Charaka Samhita, Vol-I Sharir Sthana 8/22*, Edited with *Charaka Chandrika* Hindi commentary by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan, Varanasi, Reprint edition, 2009.
4. *Acharya Agnivesha, Charaka Samhita, Vol-I Sharir Sthana 4/18*, Edited with *Charaka Chandrika* Hindi commentary by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan, Varanasi, Reprint edition, 2009.
5. *Astanga Samgraha* of Srimad Vrddhavagbhata, *Sharir Sthana 3/14*, Edited with *Saroj* Hindi commentary by Dr. Ravidutt Tripathi, Chaukhamba Sanskrit Pratishthan, Delhi, Reprint edition, 2006.

6. *Astanga Hridayam* of Srimadvagbhata, *Sharir Sthana* 3/68, Edited with *Nirmala* Hindi commentary by Dr. Brahmanand Tripathi, Chaukhambha Sanskrit Sansthan, Varanasi, 1<sup>st</sup> edition.
7. *Acharya Agnivesha, Charaka Samhita*, Vol-I *Sharir Sthana* 4/15, Edited with *Charaka Chandrika* Hindi commentary by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan, Varanasi, Reprint edition, 2009.
8. *Maharasi Sushruta, Sushruta Samhita*, Vol-I *Sharir Sthana* 10/2, Edited with *Ayurveda Tattva Sandipika* Hindi commentary by Kaviraja Ambikadutta Shastri, Chaukhamba Surbharti Sansthan, Varanasi, Reprint edition, 2010.
9. *Acharya Agnivesha, Charaka Samhita*, Vol-I *Sharir Sthana* 8/31, Edited with *Charaka Chandrika* Hindi commentary by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan, Varanasi, Reprint edition, 2009.
10. *Maharasi Sushruta, Sushruta Samhita*, Vol-I *Sharir Sthana* 10/3-6, Edited with *Ayurveda Tattva Sandipika* Hindi commentary by Kaviraja Ambikadutta Shastri, Chaukhamba Surbharti Sansthan, Varanasi, Reprint edition, 2010.
11. *Astanga Samgraha* of Srimad Vrddhavagbhata, *Sharir Sthana* 3/2-9, Edited with *Saroj* Hindi commentary by Dr. Ravidutt Tripathi, Chaukhamba Sanskrit Pratishthan, Delhi, Reprint edition, 2006.
12. *Acharya Agnivesha, Charaka Samhita*, Vol-I *Sharir Sthana* 8/32, Edited with *Charaka Chandrika* Hindi commentary by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan, Varanasi, Reprint edition, 2009.
13. *Acharya Agnivesha, Charaka Samhita*, Vol-I *Sharir Sthana* 8/32, Edited with *Charaka Chandrika* Hindi commentary by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan, Varanasi, Reprint edition, 2009.
14. *Maharasi Sushruta, Sushruta Samhita*, Vol-I *Sharir Sthana* 3/13, Edited with *Ayurveda Tattva Sandipika* Hindi commentary by Kaviraja Ambikadutta Shastri, Chaukhamba Surbharti Sansthan, Varanasi, Reprint edition, 2010.
15. *Astanga Samgraha* of Srimad Vrddhavagbhata, *Sharir Sthana* 13/4, Edited with *Saroj* Hindi commentary by Dr. Ravidutt Tripathi, Chaukhamba Sanskrit Pratishthan, Delhi, Reprint edition, 2006.
16. *Acharya Agnivesha, Charaka Samhita*, Vol-I *Sharir Sthana* 8/20, Edited with *Charaka Chandrika* Hindi commentary by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan, Varanasi, Reprint edition, 2009.