

CONCEPT OF GARBHINI PARICHARYA AND ITS CLINICAL IMPORTANCE – A SCIENTIFIC REVIEW

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ABSTRACT

Pregnancy is a beautiful phase in women's life. Life of women is not complete until and unless she gets pregnant and gives birth. The care of pregnant women reflects on the quality and health of the offspring. To prevent various complications and to provide a safe management to the pregnant lady and her growing offspring Aacharyas explained detailed systemic and month wise regimen for *Garbhini* i.e. *Garbhini Paricharya*. Ayurveda considers food to be the best source of nourishments as well as medication for the pregnant woman. The nine monthly diet is unique concept in Ayurveda. It helps in proper development of the foetus, it's delivery, facilitate easy delivery, maintains health of the mother, healthy postpartum period. Adequate medical care and awareness of the society about importance of healthy

pregnancy can also check maternal mortality and new born deaths. In this paper we have described monthly dietary regimen and Living style for whole pregnancy according to Samhita. **Conclusion:** The ancient Ayurvedic Literature described in Various Samhita; is not only unique but also scientific as Modern Medical sciences.

KEYWORDS: *Garbhini Paricharya*.

INTRODUCTION

Pregnancy is a beautiful phase in women's life. Life of women is not complete until and unless she gets pregnant and gives birth. The care of pregnant women reflects on the quality

and health of the offspring. To prevent various complications and to provide a safe management to the pregnant lady and her growing offspring Acharyas explained detailed systemic and month wise regimen for *Garbhini* i.e. *Garbhini Paricharya*. *Garbhini Paricharya* includes Aahara, Vihara, modifications in psychological behaviour. These Aahara, Vihara and Vichara have a direct effect on health of the mother and child. It helps in proper development of the foetus, it's delivery, facilitate easy delivery.^[1]

The purpose of the regimen which is prescribed by the acharayas can be divided in to three parts

1. From 1st month to 3rd month: emphasizes on Sthirakaran of Garbha
2. From 4th month to 7th month: This aims at Brihan and sanrakshan of garbha
3. From 8th month to 9th month: This aims at preparing the birth canal for the expulsion of baby

The *garbhini paricharya* is broadly discussed under three headings

1. *Masanumasika pathya*: Monthwise dietetic regimen prescribed for the women having normal development of fetus.
2. *Garbhasthapaka dravyas*: Substances which are beneficial to pregnancy.
3. *Garbhopaghatakara bhavas*: Activities and substances that are harmful to fetus and mother.

1. Monthly regimen for a pregnant woman

Acharyas have described the specific month wise management of a pregnant woman to compensate the requirements of mother as well as growing foetus. These are as follows.

Masanumasika garbhini paricharya

Month	<i>Charaka Samhita</i> ^[2]	<i>Sushruta Samhita</i> ^[3]	<i>Astang Sangraha</i> ^[4]	<i>Haarita Samhita</i> ^[5]
1	Non medicated milk in desired quantity	Sweet, cold and liquid diet	Medicated milk	<i>Yashtimadhu/Parusha-ka/Madhupushpa</i> with Navaneeta with Madhura Anupana
2	<i>Milk medicated with Madhur Ras drugs</i>	<i>Same as 1st month</i>	<i>Same as Charak</i>	<i>Kakoli Siddha Ksheera</i>
3	<i>Milk with honey and Ghrita</i>	<i>Same as 1st month and shashthi rice cooked with milk.</i>	<i>Same as Charak</i>	<i>Krishara</i>
4	<i>Navneet (Butter) extracted from milk or Milk with</i>	<i>Shashti rice with curd. Pleasant food mixed</i>	<i>Milk with one tola of butter (12 gms)</i>	<i>Sanskrita odana</i>

	<i>butter</i>	<i>with milk and butter. Mansa (meat) of wild animals</i>		
5	<i>Ghrita prepared with butter extracted from milk</i>	<i>Shashti rice with milk. Pleasant food mixed with milk and ghrita. Meat of wild animals</i>	<i>Same as charak</i>	<i>Paayasa</i>
6	<i>Ghrita prepared from milk medicated with Madhur drugs</i>	<i>Ghrita or rice gruel medicated with Gokshur</i>	<i>Same as Charaka</i>	<i>Madhura dadhi</i>
7	<i>Ghrita prepared from milk medicated with Madhur drugs (same as fifth month)</i>	<i>Ghrita medicated with Prithakparnyadi group of drugs</i>	<i>Same as charak</i>	<i>Ghrita khanda</i>
8	<i>Kshir Yavagu mixed with ghee</i>	<i>Asthapan basti (bala, ati bala, shatpushpa, milk, curd etc). Anuvasan Basti of medicated oils.</i>	<i>Kshir yavagu mixed with ghee. Asthapan basti (milk, curd, sour butter, oil, madanphala) etc. Anuvasan Basti of medicated oils.</i>	<i>Ghritapurana</i>
9	<i>Anuvasan Basti with oil prepared with madhur drugs, Yonipichu (vaginal tampon) of this oil</i>	<i>Unctuous gruels and meat soup of wild ani mals</i>	<i>Anuvasan Basti with oil prepared with Madhur drugs. Vaginal tampon of this oil</i>	<i>Vividha anna</i>

2. Garbha sthapaka aushadhi^[6]

Drugs Beneficial For Maintenance of Pregnancy

- ◆ Acharya Charaka and Acharya Kasyapa have prescribed certain drugs during pregnancy without specifying their indications, period or method of use.
- ◆ Garbha Sthapaka Dravyas counteract the effect of the Garbhopaghatakara Bhavas.
- ◆ They can also be used in the treatment and prevention of abortion.
- ◆ There 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 Garbhasthapaka Aushdhis are Endri, Brahmi, Satavari, Doorva etc.

These should be taken orally as preparation in milk and ghrita. A bath with cold decoction of these drugs should be given during Pushya Nakshatra. These should be kept in close contact

with the mother and can be used as amulets around the the right arm and on the head during *Pushya Nakshatra*. Amulet of *trivrtta* should also tie in the waist of pregnant women.^[7]

3. *Garbhopaghata kara bhava*^[8]

Garbhopaghata kara Bhavas are the *Ahara* and *Vihara* which are harmful to Garbha.

- ◆ Psychological strain, i.e. Those which produce *Krodha*, *Shoka*, *Bhaya* and *Ati Vyayam* i.e. physical strain may precipitate abortion specially in ladies prone for the same.
- ◆ Overweight carrying or *Yaan Arohan* causing even minor trauma may precipitate abortion due to sudden increase in intra-abdominal pressure, thus cause abortion, intrauterine death or other abnormalities.
- ◆ *Ati Vyavaya* or sexual intercourse in early months is enough to excite abortion.

		Charaka	Sushruta	Vagbhata I&II	Harita
Sharirik	Ahara	Ati guru, ushna, Tikshna dravya. Mansa rasa. Madkarri Dravya. Madya	Shushka, Pryushit, Kuthit, Klinn ann	Ati guru, ushna, Tikshna dravya, Rukshan annpan Mansa sevan. Madya sevan	Dwidal ann, Vidahi, guru, amla padartha Ushna dugdha. Mrittika, Surankanda Rasna, plandu Gaulya padartha
	Vihara	Ati vyaaam Vyavay Darun cheshta Yaan adhirohan	Vyayaam, Vyavay Divaswapan, Ratri jagran, Atitarpan, Atikarshan, Yaanarohan, Utkatan, Akaal snehadi kriya, Akaal raktamokshan, Vegavidharan, Ati taila abhyang, Ati utsaadan	Vyayaam, Vyavay Karshan, Abhighat, Sanshobhi yaan, Divaswapan, Vega vidharan, Upvaas, Utkat visham kathin asana Darun cheshta Yaan adhirohan, Alap, Agni.	Vyayaam, Vyavay
Mansik		Sarva indriyapratikul bhava	Shoka, Bhaya, Krodha	Krodha, Shoka, Bhaya,	Krodha, Shoka,

(Ch.S.25/40; Ch.Sha.4/18; Su.Sha.3/16; Su Sha.10/3; A.S.Su.13/3; A.S.Sha.3/3, A. H. Sha.1/44-47; Ha. Tri. 49)

Acharya Yogratnakara has contraindicated the use of *Swedana*, *Vamana*, *Kshara* and *Vishamann*.

DISCUSSION^[9]

- ◆ It is clear that milk and drugs of *Madhura* group have been advised for entire pregnancy provides nutrition and stability to the foetus. The drugs of *Madhura* group are having anabolic property. Hence, the use of these drugs will help in maintenance of proper health of *Garbhini* and development of foetus.
- ◆ During 1st trimester of pregnancy, most women have the complaints of nausea and vomiting. So, they cannot take proper diet. Use of cold, sweet, liquid diet and milk will prevent dehydration and supply required nourishment. And also, during 1st trimester, stress is laid on stabilizing the pregnancy and nurturing the uterine bed through *Rasa* and *Rakta Dhatus*. The embryo gets nourishment directly by *Upsnehana*. Hence more liquid substances such as juicy fruits, coconut water, milk and so on advocated.
- ◆ From 4th month onwards, muscular tissues of foetus grow sufficiently requiring more protein. Hence, *Sushruta* might advise the pregnant woman to take *Jangala- Mamsa*. *Acharya Kashyapa* says that the meat soup which is taken by pregnant woman not only helps in achievement of pregnancy, but also provides nourishment to the foetus. It also suppresses *Vata* of pregnant woman.
- ◆ By the end of 2nd trimester, most of the pregnant women suffer from such complications of water accumulation as oedema over feet etc. due to disturbances of renal function. Use of *Gokshura* may prevent these disturbances, as it is a good diuretic.
- ◆ The drugs that are mentioned in *Prithakparnyadi* group are diuretics and anabolics relieves emaciation and suppress *Pitta* and *Kapha*. Thus, they relieve emaciation and renal disturbances. So, their regular use in seventh month helps in maintaining the health of mother and in proper development of the foetus.
- ◆ By the *Yavagu*, which is advised by *Acharya Charaka* in 8th month, the pregnant woman remains free from diseases and delivers the child possessing best health, energy, complexion, voice, compactness of the body.
- ◆ Most women experience constipation in late pregnancy due to pressure of gravid uterus over the bowels and effect of progesterons. By the use of *Vasti* in 9th month will relieve this constipation, besides this may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour.

- ◆ *Sodhana* of *Purana-Pureesha* and *Anulomana* of *Vayu* occur which in turn leads to *Sukha* and *Nirupadrava Prasava*.
- ◆ *Pichu* oil destroys pathogenic bacteria of vaginal canal and prevents vaginal infection, besides this *Pichu* also softens vaginal canal thus helps in normal labor. It is just possible that the regular use of *Pichu* might influence autonomic fibres governing myometrium and help in regulating their functions. Besides this also softens the perineum and helps in its relaxation during labor.

CONCLUSION

So, we concluded that, *Garbhini paricharya* helps to improve the physical and psychological strength of the pregnant woman and make their body suitable for *sukha prasava*. the *Garbhini* who follows the *Garbhini Paricharya* becomes *Snigdha*, gains strength and delivers normally (at term, with spontaneous onset, without undue prolongation and with minimal aids) and easily without any complication.

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