

**A BIRD'S EYE VIEW ON GARBHINI PARICHARYA IN AYURVEDA****Manjusha Karkare\***

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**ABSTRACT**

Garbhini Paricharya or Antenatal care is systematic supervision of a woman during pregnancy for the overall development of mother as well as the baby. It includes caring of pregnant women in the form of Ahara (Diet), Vihara (Lifestyle), Oushadha (Medications), Paramarsha (Counselling) and Sambhashana- preparing her for Sukha Prasava (safe delivery), both mentally and physically. Proper GarbhiniParicharya would result in the proper development of the baby and safe delivery. This Garbhini Paricharya can be studied into three parts i.e. Masanumasika Pathya (Monthly Dietary Regimen), Garbhopaghatakara bhavas (Activities and substances which are harmful to foetus, Garbhasthapakadravyas (Substances beneficial for maintenance of pregnancy). Thus proper implementation of

garbhini paricharya ensures normal healthy delivery and suputranjana.

**KEYWORDS:** Ayurvedic gynecology, Sanskara, Paricharya.

**INTRODUCTION**

*Ayurveda* is a holistic way of living and basic principle of *Ayurveda* is “*swasthasya swasthya rakshanam aturasya vikara prasamanam cha*. *Ayurveda* not only focus on preventive and promotional health, but also has strong footings in the field of healthy progeny. Pregnancy is a beautiful period in women's life. *Ayurveda* believe on “pregnancy by choice not by chance” and life of women is not complete until and unless she gets pregnant and gives birth. In *Ayurveda*, Regular supervision of a woman during pregnancy is called *Garbhini paricharya* (antenatal care). *Garbhini paricharya* was advised thousands of years ago in classical texts of *Ayurveda* for pregnant women are now proven completely scientific. The term *Garbhini Paricharya* is a compound of two separate words i.e.

*Garbhini & Paricharya*. According to *Amarkosha*, *Garbhini* means a woman in which *Garbha* is present *Amarakosha*, 2001 and '*Paricharya*' means caring in every aspect. *Garbhini Paricharya* includes all aspects of care of pregnant women like *Ahara* (dietary regimen), *Vihara* (activities), *Pathya* (wholesome diet) *Apathya* (unwholesome diet), *Yoga* and Meditation etc.

Ayurveda gives importance of caring for the mother before, during and after pregnancy.<sup>[1]</sup> The health of women is especially important because womanhood represents the capacity to bare the fetus in the womb and to deliver it in a healthy status. Moreover, she has to bring up the child properly and then she contributes to the overall health of the society. In the modern world women has to manage the dual role both as house wife and as a professional. Hence health of women is very important. The elegant phase of pregnancy and delivery brings adaptation changes in bio-physiological and psychological parameters in puerperium, which may adversely affect her health if not properly taken care of.

Garbhini Paricharya or Antenatal care is systematic supervision of a woman during pregnancy for the overall development of mother as well as the baby. It includes caring of pregnant women in the form of *Ahara* (Diet), *Vihara* (Lifestyle), *Oushadha* (Medications), *Paramarsha* (Counseling) and *Sambhashana*- preparing her for *SukhaPrasava* (safe delivery), both mentally and physically. Proper Garbhini Paricharya would result in the proper development of the baby and safe delivery.<sup>[2]</sup>

### **Garbhini paricharya**

This Garbhini Paricharya can be studied into three parts i.e.

1. Masanumasika Pathya (Monthly Dietary Regimen).
2. Garbhopaghatakara bhavas (Activities and substances which are harmful to foetus)
3. Garbhasthapaka Dravyas (Substances beneficial for maintenance of pregnancy)

#### **1. Masanumasika pathya: (Month wise dietary regimen)**

During pregnancy fetus starts to get nutrition from mother through placenta. Adequate nutrition is needed for monthly constant and proper growth of embryo. The requirement of nutrition varies according to developmental stage of fetus month wisely (*Masanumasika vrudhi*). Pregnancy imposes the extra nutrients requirement. Thus the dietetic requirements of the mother also changes month wise. By following these dietetic regimens prescribed, the pregnant woman remains healthy and delivers a baby having good health, energy, strength,

complexion and voice. The baby would also be well-built. Having importance of this; in Ayurvedic samhitas, the month wise dietetic regimen is given in details known as masanumasika paricharya (monthly regimen) for woman right from the first month up to the ninth month of pregnancy. The monthly regimen is necessary to make pelvis, waist, sides of the chest, back, healthy & flexible and downward movement of vata (vata anulomana) - this is needed for the normal delivery, Normalization of the urine and stool and their elimination with ease, Promotion of strength and complexion, Delivery with ease of a healthy baby, endowed with excellent qualities in proper time.

**Table no. 1: Month wise regimen as per the samhita.**

Month	Charaka samhita <sup>[3]</sup>	Susruta samhita <sup>[4]</sup>
1 <sup>st</sup>	Non medicated milk	Madhur, Sheet, Liquid Diet
2 <sup>nd</sup>	Milk medicated with madhura rasa (sweet taste) drugs	Same as first month
3 <sup>rd</sup>	Milk with honey and ghrita	Same as first month
4 <sup>th</sup>	Milk with butter	Cooked sasti rice with curd, dainty and pleasant food mixed with milk & butter and Jangalmansa
5 <sup>th</sup>	Ghrita prepared with butter extracted from milk	Cooked shastika rice with milk, jangalmansa along with dainty food mixed with milk and ghrita
6 <sup>th</sup>	Ghrita prepared from milk medicated with madhura (sweet) drugs	Ghrita or rice gruel medicated with gokshura
7 <sup>th</sup>	Same as in sixth month	Ghrita medicated with prithakaparnyadi group of drug
8 <sup>th</sup>	Kshira Yawagu mixed with ghrita	Asthapanabasti with decoction of badari mixed with bala, atibala, satapuspa, patala etc., honey and ghrita. Asthapan is followed by Anuvasanabasti of oil medicated with milk, madhura drugs <sup>3</sup>
9 <sup>th</sup>	Anuvasanabasti with oil prepared with drugs of Madhura (sweet) group, vaginal tampon of this oil	Unctuous gruels and jangalmansarus up to the period of delivery

## 2. Garbhopaghathakara bhavas (Activities and substances which are harmful to foetus)

Garbhini should avoid use of teekshna, rooksha, ushnadravyas. Should give up foul smelling articles and should not eat dried up, stale, putrefied or wet food.<sup>[5]</sup> vistambhi (hard to digest), vidahi food as these are harmful for the foetus.<sup>[6]</sup> She should avoid heavy exercises, coitus, harsh or violent activities, ride over vehicles, excess satiation, excess emaciation, sleeping in day and awakening in night, sitting in uneven places and should avoid fasting, grief, anger, visiting lonely places, cremation ground, prolonged stay near fire or hot sun etc. Her sleeping and sitting place should be covered with soft cushion/mattress.<sup>[7]</sup>

## 3. Garbhashthapaka dravyas (Substances beneficial for maintenance of pregnancy)

Garbhashthapakadravyas counter act the effect of the garbhopaghatakara bhavas and help in the proper maintenance of the garbha. They can also be used in the 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 aushadhis are Aindri (*Bacopa monnieri*), braahmi (*Centella asiatica*), Satavirya (*Asparagus racemosus*), Sahashravirya (*Cynodon dactylon*), Amogha (*Stereospermum suaveolens*), Avyatha (*Tinospora cardifolia*), Shiva (*Terminalia chebula*), Arista (*Picrorhiza kurroa*), Vatyapushpi (*Sida cardifolia*), Vishwasenkanta (*Callicarpa macrophylla*) etc. These should be taken orally as preparations in milk and ghee.

## CONCLUSION

Garbhini paricharya mentioned in our classics are exclusive and specific. The masanumasikaparicharya helps in proper progress of fetus. The life of pregnant women will be at risk during delivery or it is one of the most crucial times in her life. The dhatu of mother will be in shithilaavastha because of growth and development of fetus in her. The garbhini paricharya itself helps in punarnavikarana of her body. Thus proper implementation of garbhini paricharya ensures normal healthy delivery and suputranjana.

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