

**CONCEPT OF GARBHINI PARICHARYA ACCORDING TO
AYURVEDIC CLASSICAL AND MODERN SCIENCE****Vd. Sayali Wagh^{1*} and Vd. Pradnya Deshmukh²**

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ABSTRACT

We have examined prenatal care from both an Ayurvedic and modern scientific perspective in this article. About Garbhini Paricharya, Granthas has cited a great deal of sources. Because Ayurveda places a greater emphasis on diet for a healthy lifestyle, all forms of Paricharya are primarily concerned with eating habits. Several Acharyas define Garbhini Paricharya as a system of systematic supervision meant to guarantee the fetus's full development, appropriate nutrition, complications-free delivery, and no defects. The main components of Garbhini Paricharya are the normal diet and lifestyle of pregnant women, Garbhopaghatakar bhava (Contraindicated diet and mode of life or factors which harm foetus), and Garbhasthapak dravya (Drugs which useful for maintenance of pregnancy). Preventive health care includes antenatal care, according to Modern Science. Prenatal care involves diagnostic testing and screening to rule out and prevent

problems such as low birth weight, infections in the newborn, miscarriages, maternal death, and birth defects. Thus, prenatal care ought to be provided in an integrated manner, that is, in accordance with both modern science and Ayurvedic principles.

KEYWORDS: Garbhini Paricharya, Antenatal care, Masanumasik dravya, Garbhopaghatakar bhava.

INTRODUCTION

The foundational idea of Ayurveda, the holistic science of healthful living, is "Swasthasya swasthya rakshanam aturasya vikara prasamanam." Because Ayurveda focuses on illness prevention and treatment, it has helped to promote health. Ayurveda places a strong emphasis on methods for restoring women's health in addition to the well-being of the elderly and young. The concept of Garbhini paricharya, or antenatal care, is one of the many Ayurvedic approaches to pregnancy care that helps to maintain the health of both the pregnant woman and the fetus.

Even the term Garbhini Paricharya suggests that Garbha is present in the care given to women. There are several facets of Garbhini Paricharya, such as Ahara, Vihara, Pathya, Apathya, yoga, and meditation. In addition to protecting a pregnant woman's health, the Garbhini Paricharya concept averts the effects of Garbhapata and Garbha vikriti. Pregnant women should refrain from a variety of activities, including stress, anxiety, alcohol, smoking, drug abuse, strenuous physical labour, weight lifting, and sexual activity, according to Ayurveda under the Garbhini Paricharya branch.

AIMS AND OBJECTIVE

To understand the ancient knowledge of the Garbhini Paricharya and management in current practice.

Literature review of garbhini paricharya according to ayurveda

The word "Paricharya" is derived from the root word "Chara- Gatau" with prefix "Pari". Charya refers to service or nursing. Hence, Garbhini Paricharya is the care given to a pregnant woman in all aspects.^[1]

Pregnant women are advised to adhere to a specific daily routine from the first day of conception until the last day of delivery. This holds great significance for both her and the developing 'Garbha' (embryo). The Ayurvedic Samhitas have descriptions of this. 'Garbhini Paricharya' describes the rules that a pregnant woman must follow. Garbhini Paricharya is significant because, if these guidelines are followed, both Garbhini's immunity and the developing child's immunity are strengthened and enhanced.

According to Sushruta, a woman should maintain a positive attitude from the very beginning of her pregnancy, wear jewellery, clean white clothing, perform religious rites, carry out

auspicious deeds, and worship gods and brahmans. Her bed and chair should be covered with a plush mattress or cushion that is perfectly comfortable and neither too high nor with an elevated upper part for a headrest. She ought to use delectable, liquid, sweet, and velvety substances that have been infused with enticing flavours. This way of living ought to be maintained until childbirth.

Garbhini paricharya month wise

- ✓ **First month:** Cold milk, *Sheeta* and liquid diet suggested during initial period of pregnancy.
- ✓ **Second month:** Milk, fruit juices, coconut water and kanji advised. Fruit like Papaya should be avoided. Drug such as; *Pippali*, *Shatavari* and *Manjishtha* were advocated.
- ✓ **Third month:** Rice, milk, *Ghee*, honey and fruit juices, etc. Medicines like *Vrikshadani*, *Priyangu* and *Sariva*, etc. also suggested.
- ✓ **Fourth month:** Butter, rice, fruit juice, watermelon, coconut water, pomegranate and berry, etc. were suggested along with medicines like *Rasna*, *Bharangi* and *Sariva*.
- ✓ **Fifth month:** Rice, *ghee*, meat soup, pomegranate, apple, beatroot, spinach and guava, etc. recommended along with curd and honey.
- ✓ **Sixth month:** Rice, *Ghee*, *Yavagu*, *Gairik*, *Prishniparni*, *Bala*, *Jeshthamadhu* and *Gokharu*. *Mashparni*, *Vidarikanda*, *Ashwagandha* and *Shatavari*, etc.
- ✓ **Seventh month:** Butter milk, *Kanheri siddha* oil massage and *Jeshthamadhu* decoction. *Gokharu*, *Lajjalu*, *Musta* and grapes, etc.
- ✓ **Eighth month:** *Lodhra*, *pippali* with honey and milk, *Yavagu* in milk, milk in *Kapittha*, *Laghu Kantakari*, *Bruhat Kantakari*, *Asthapana Basti*, *Bala* and *ghee*, etc. are suggested during this period.
- ✓ **Ninth month:** *Anuvasan Basti*, *Stambhana* drug, *Shunthi*, *Jeshthamadha*, *Deodaru*, *Sariva* and *Jeshthamadha*, etc. can be given at final stage of pregnancy.

Generalized dictums that should be followed by garbhini

Our ancient Acharyas knew well that not only the food and environment play a vital role in the development of fetus but also maternal psychic impressions have great impact on a growing fetus. Hence, they have given equal importance to all factors. The do's and don'ts which influence these factors are as follows:

• Aahar (Dietary regimen)

Take congenial diet, use Hridya drava, Madhura, Snigdha substances treated with Deepana

dravyas, Use Jeevaniya group of drugs both externally and internally, use butter, ghee and milk, take the diet according to living place, season and agni, Use hot water.

Avoid tikshna, ushna, guru ahara and aushadhas, avoid madakaraka dravyas (Intoxicating substances) like wine etc, avoid excessive intake of meat, give up atitarpana (Excessive unctuous) and atikarshana (Excessive emaciating) ahara, avoid dried, wet, putrefied, and vishtambi ahara (Stale food).^[8]

• Vihara (Physical regimen)

Maintain good conduct. The Sleeping and sitting places for Garbhini should be covered with soft cushion or mattress should contain soft, perfect and very comfortable pillow.^[9]

Avoid excessive vyayama (exercise), not to ride over vehicles, avoid divaswapna (sleeping in day time) and ratrijagarana (staying awake till late at night), avoid akala poorvakarma, panchakarma, raktamokshana, and avoid Utkatasana (supine position), avoid vega vidharana (suppression of natural urges), avoid outing, visiting of lonely places.^[10]

Effect of use of contraindicated things by pregnant woman

No	dietetics or mode of life	effect on the fetus or child
1	Squatting or sitting in abnormal position; suppression of urge of defecation, urination or flatus; improper and excessive exercise, use of pungent, hot edible or less quantity of food.	Intrauterine death or premature delivery or abortion or fetus becomes dry(<i>upshushkak</i>)-missed abortion
2	Trauma and compression (in lower abdomen), peeping or falling in deep pit or well, riding in jerking vehicle, listening to unpleasant words.	Premature delivery or abortion or fetus becomes missed abortion
3	Sleeping in supine position with stretched extremities.	Umbilical cord encircles the neck of the fetus and troubles it.
4	always distressed or grieved	Poltroon sender, slender, short lived or less digestive etc.power
5	Oversleepy	Sleepy, ignorant and possess less digestive power
6	Using wine daily	over thirsty, short memory, and flicking mind
7	Often use of meat of iguana	Suffers from bladder stone, gravel, or slow stream of urine(<i>shanairmeh</i>)
8	Often using hog's meat	Red eyes, rough body hair and obstructed breathing and snoring.
9	Using daily fish	fixed eyes or delayed blinking of eye lids
10	Daily excessive use of sweet except milk	Suffers from <i>prameha</i> , (urinary disorders, including diabetes mellitus) , obese and dumb
11	Using daily excessive sour	Suffers from <i>raktapitta</i> (bleeding diathesis), skin and eye disorders

12	Using daily excessive salty	Early wrinkling, graying of hair and baldness
13	Using daily excessive bitter	Weak, possess less quantity of <i>shukra</i> and infertile
14	Using daily excessive pungent	Suffers from emaciation(<i>sosa</i>) or edema
15	Using daily excessive astringent	Swarthy, suffers from <i>aanaha</i> (flatulence), and <i>Udavarta</i> (eructation)

Literature review of antenatal care according to modern

The aim of Antenatal care according to Modern Science is to maintain the physiology of pregnancy, to prevent or to detect the complications at the earliest, ensure that physical defects which are likely to become overt during pregnancy are detected and treated, to improve the psychology of the mother.^[11]

Antenatal advice

- Explain the patient about the importance of regular checkup.
- Maintain or improve if necessary, the health status of the woman to the optimum till delivery by judicious advice and changes in diet, drugs and hygiene.
- Improve and tone up the psychology and remove the fear of the unknown by talking sympathetically to the patient.

Dietary regimen

The diet should be adequate for maintenance of good maternal health, to fulfill the needs of growing fetus and to provide strength and vitality required during labor followed by successful lactation in puerpura.

The increased calorie requirement is to be compensated by exogenous supply of diet or drugs. The ante natal diet ideally should consist light, nutritious, rich in protein, minerals and vitamins and should be easy to digest. Dietetic advice should be given with due consideration to the socio-economic condition, food habits and taste of the individual.

Supplementary nutrition therapy

In the first week of pregnancy, begin taking 5 mg of folic acid to prevent neural tube defects in the growing foetus. Pregnancy causes a negative iron balance, and the daily requirement for iron is not met by dietetic iron, particularly in the second trimester. Therefore, starting at week 20, all expectant mothers require additional iron therapy. From the 20th week onward, the essential vitamins such as 50 mg of ascorbic acid, 2 mg of riboflavin, and 15 mg of nicotinic acid should be given daily.

Physical regimen

- **Rest and sleep**

Patient should not feel tiredness. Hard and strenuous work should be avoided specially, in first trimester and in the last 6 weeks. In an average, the patient should be on bed for about 10 hours per day especially in the last six weeks.

- **Care of the breasts**

If the nipples are retracted, correction is to be done in the later months by manipulation or by using nipple shields.

- **Coitus**

Coitus should be avoided during first trimester and also during the last 6 weeks for fear of abortion in the former and introduction of infection and premature onset of labor in the later period.

- **Travel**

Travel by vehicles having jerks is better to be avoided.

- **Smoking and Alcohol**

Heavy smokers have smaller babies and there is also more chance of abortion. So, it is better to stop smoking. Alcohol consumption is to be avoided to prevent fetal growth retardation or mal- development.

- **Immunization**

Immunization in pregnancy is a routine for tetanus and diphtheria. Others have to be given when epidemic occurs.

- **General advice**

The patient should be persuaded to attend for antenatal check-up positively on the schedule date or visit. She is instructed to report to the physician even at an early date if some untoward symptoms arise.

CONCLUSION

Diet, exercise, and mental health are all highly significant factors in Ayurvedic Garbhini Paricharya, as the development of the foetus causes numerous changes in the mother's body, including an increase in Kapha Dosha. This leads to Agnimandya, or indigestion, which is a

major cause of many diseases. Therefore, dietary adjustments and lifestyle modifications should be implemented with consideration for both sciences in order to maintain a healthy gestation and facilitate a pleasant parturition. The role of Ayurveda is immensely important in prevention of obstetric complications to reduce perinatal mortality rate.

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