

GARBHINI PARICHARYA: A CASE STUDY

Vd. Manisha P. Sherkar^{1*} and Prof. Dr. Saroj Patil²¹PG Scholar, Department of Rachana Sharir, Tilak Ayurved Mahavidyalaya, Pune.²MD Rachana Sharir, Prof., H.O.D and Principal Department of Rachana sharir, Tilak Ayurved Mahavidyalaya, Pune.Article Received on
12 Feb. 2024,Revised on 04 March 2024,
Accepted on 25 March 2024

DOI: 10.20959/wjpr20247-31863



*Corresponding Author

Vd. Manisha P. Sherkar

PG Scholar, Department of
Rachana Sharir, Tilak
Ayurved Mahavidyalaya,
Pune.

ABSTRACT

Motherhood is one of the important and emotional aspect of woman's life. Pregnancy is the very first step of motherhood during which a woman goes through loads of changes at physical, mental and social level. As pregnancy is the crucial part of motherhood for both mother and foetus's health point of view, caring during this period is very important. *Garbhini paricharya* explained in *ayurveda* has significant role in women's life to ensure that throughout pregnancy the mother will have good health and that every pregnancy may culminate in a healthy mother and a healthy baby. This article represents a case study which signifies the role of ayurveda in antenatal care and its proper implementation.

KEYWORDS: *Garbhini paricharya*, antenatal care.

INTRODUCTION

Ayurveda is concerned with women's health in all spheres of life. Being a mother is important phase of transition in a women's life both at physical and emotional level.

Care during this phase prefers the term antenatal care. The care taken by herself during pregnancy and care to be given by *ayurvedic* guidelines with timely observation is *Garbhini Paricharya*.

Garbhini paricharya is explained in *samhitas* and other ayurvedic texts has significant role in women's life to ensure the health throughout the pregnancy.^[1,2,3,4] According to ayurvedic perspective *Garbhini Paricharya* refers to antenatal care with recommendation of *ahar*

(specific dietary regimen), *vihar* (normal daily activities and therapeutic procedure) & modifications in psychological behavior.

Acharyas have described monthly dietary regimen to fulfill requirements of the pregnant women, behavior modifications to enhance spiritual & mental status and *aushadhi dravya* & procedure to treat complications during pregnancy.

This case study shows proper implementation of *Garbhini Paricharya*, definitely ensures healthy child and wellbeing of mother.

MATERIAL AND METHODS

Case study

A 26 years female with Amenorrhea of 1½ months advised to do UPT, which was positive. After that advised USG(A+P) and routine blood tests.

For further treatment, all the information about *Garbhini paricharya* was provided and the *garbhini* was advised to follow the month wise treatment according to *Ayurveda*.

❖ **Materials-** Medications for the treatment for both internal and external therapy.

❖ Methods

1. Consent- Written informed consent is taken after providing all the information of *garbhini paricharya* to the *garbhini* and her family members.
2. The guidelines regarding the *ahar* and *vihar* are given as mentioned below.
3. Medical therapy is categorized in two forms as internal medications and external therapy.
4. All the treatment given as mentioned below. Follow ups were taken time to time during the whole period of pregnancy.

All the treatment given as follows

A] Medicinal treatment

Pregnancy detected on 35th Day, so treatment started from 2nd Month)

Following table shows treatment in the form as

<i>Masanumasik Treatment</i>	Sign and Symptoms	Outcomes
------------------------------	-------------------	----------

	Month 2	
i. Dvitiya Mas kalp – 1 tbs once a day with 1 cup of warm cow milk ii. Dvitiya Mas vati 2 BD after lunch and dinner iii. Laghumalini Vasant 125mg BD after lunch and dinner iv. Garbhpal Ras 125 mg BD after lunch and dinner	<ul style="list-style-type: none"> <i>Hrullas</i> and <i>chhardan</i> (vomiting) excess at morning <i>kshudhamandya</i> 	i. Helped Fetal Growth ii. <i>Hrullas</i> and <i>chhardan</i> decreased iii. weight of <i>garbhini</i> is 52 kg

	Month 3	
i. Tritiya Mas kalp – 1 tbs once a day with 1 cup of warm cow milk ii. Tritiya Mas vati 2 BD after lunch and dinner iii. Laghumalini Vasant 125 BD after lunch and dinner iv. Garbhpal Ras 125mg BD after lunch and dinner	<ul style="list-style-type: none"> <i>Hrullas</i> (excess at morning) <i>Charadan</i> (sometimes) <i>Kshudhamandya</i> 	i. helped fetal growth ii. <i>hrullas</i> decreased iii. <i>chhardan</i> stopped iv. weight of <i>garbhini</i> increased by 1 kg (from 52kg to 53 kg)
Additional Treatment: 1. Guduchi ghan 250mg BD 2. Sukshma trifala 125mg BD 3. Sitopaladi churna chatan with madhu -4times a day 4. Mahamash oil abhyanga and swedan at uraha Pradesh at bed time 5. Advised laghu ahar All medications advised for 3 days.	<i>Sheetpurvak jwar prachiti</i> for 2 days <i>Nasasrav, kafsthivan, shwasan kashtata</i>	v. all symptoms recovered

	Month 4	
i. Chaturth Mas kalp – 1 tbs once a day with 1 cup of warm cow milk ii. Chaturth Mas vati 2 BD after lunch and dinner iii. Madhumalini Vasant 125 mg BD after lunch and dinner iv. Garbhapal Ras 125 mg BD after lunch and dinner v. Tapyadi loha 125 mg BD After lunch and dinner	<ul style="list-style-type: none"> • Haemoglobin level is 12 gm% • <i>Daurbalya</i> 	i. helped fetal growth ii. <i>daurbalya</i> reduced iii. <i>hrullas</i> reduced completely iv. Weight of garbhini is increased by 1kg (from 53 kg to 54 kg)

Month 5		
i. Pancham Mas kalp – 1 tbs once a day with 1 cup of warm cow milk ii. Pancham Mas vati 2 BD after lunch and dinner iii. Madhumalini Vasant 125 mg BD after lunch and dinner v. Garbhapal Ras 125 mg BD after lunch and dinner vi. Tapyadi loha 125 mg BD After lunch and dinner	<ul style="list-style-type: none"> • Haemoglobin level-12gm% 	i. nourished fetus ii. maintained haemoglobin level iii. weight of garbhini increased by 2 kg (from 54 kg to 56 kg)

Month 6		
i. i. Shashtam Mas kalp – 1 tbs once a day with Anupan warm cow milk ii. Shashtam Mas vati 2 BD after lunch and dinner iii. Madhumalini Vasant 125 mg BD iv. after lunch and dinner v. Garbhapal Ras 125 mg BD after lunch and dinner vi. Tapyadi loha 125 mg BD	<ul style="list-style-type: none"> • Haemoglobin level – 12 gm% 	i. nourished fetus and developed its strength, complexion and intelligence ii. weight of garbhini increased by 3kg (from 56kg to 59 kg) iii. Hb level is maintained.

Month 7		
i. Saptam Mas kalp – 1 tbs once a day with 1 cup of warm cow milk ii. Saptam Mas vati 2 BD	<ul style="list-style-type: none"> • <i>Ubhay pad shotha</i> • <i>Daurbalya</i> 	i. helps in development of fetus ii. Reduced <i>Ubhay pad Shotha</i>

after lunch and dinner iii. Suvarnamalini Vasant 60 mg at morning iv. Garbhapal Ras 125 mg BD after lunch and dinner v. Tapyadi loha 125 mg BD vi. 8-10 draksha (<i>Vitis vinifera</i>) phant - At Bed Time external therapy vii. Mahakalyanak ghrut – application on udar by gentle hands At bed time viii. <i>sarvanga abhyanga</i> by application of <i>bala</i> oil	Additional Treatment : Dhamasa (<i>Fagonia cretica</i>) (125mg), Shwadanshradi guggul (60mg) before lunch and dinner	iii. maintain Hb level iv. Weight of garbhini increased from 59Kg to 60 kg v. Helped in <i>Malanuloman</i> vi. Prevented <i>Kikvis</i>
--	--	---

Month 8		
i. Ashtam Mas kalp – 1 tbs once a day with Anupan warm cow milk ii. Ashtam Mas vati 2 BD after lunch and dinner iii. Suvarnamalini Vasant 60 mg at morning iv. Garbhapal Ras 125 mg BD after lunch and dinner v. 8-10 Draksha (<i>Vitis vinifera</i>) phant - At Bed Time external therapy vi. Mahakalyanak ghrut – application on udar by gentle hands vii. <i>sarvanga abhyanga</i> by application of <i>bala</i> oil viii. Yonipichu- <i>bala</i> oil At bed time		i. Nourished and developed Fetus ii. Maintained physical and mental wellbeing of <i>Garbhini</i> iii. Helped in <i>Malanuloman</i> iv. Weight of <i>garbhini</i> increased from 60 kg to 63

Month 9		
i. Navam Mas kalp – 1 tbs once a day with 1 cup of warm cow milk ii. Navam Mas vati 2 BD after lunch and dinner iii. Suvarnamalini Vasant 60 mg at morning iv. Garbhapal Ras 125 mg BD after lunch and dinner v. Tapyadi loha 125 mg BD		i. Proper <i>Vatanuloman</i> and <i>malpravartan</i> ii. weight of <i>garbhini</i> found 66Kg ii. Delivered 3.3kg healthy female baby

After lunch and dinner vi. 8-10 draksha (<i>Vitis vinifera</i>) phant - At Bed Time External Therapy vii. Mahakalyanak ghrit – application on <i>udar</i> by gentle hands At bed time Viii . <i>sarvanga abhyanga</i> by application of <i>bala</i> oil ix. <i>yonipichu</i> - <i>bala</i> oil		
---	--	--

B] Ahar

1. Garbhini was advised to avoid *ati guru, ushna, tikshna ahara*.
2. She is advised to take healthy food.

C] Vihar

1. *Vyayam, yogasan* which are recommended in pregnancy was also advised only under the guidance of expertise.
2. Also advised to stay happy, read spiritual books and listen calm peaceful music.
3. *Garbhini* was advised to avoid excessive exercise, sexual intercourse, heavy work or weight lifting, night awakening, alcohol, smoking and fasting.

DISCUSSION

- The total pregnancy period is divided into 3 phases: during first trimester predominance of *kapha*, second trimester *pitta* and in the third trimester *vata* takes place. For maintenance of *doshas*, health of mother and development of fetus the *Garbhini paricharya* was explained to the *Garbhini* and followed accordingly.
- *Garbhini paricharya* was followed according to Treaties. So that the development of fetus and maintenance of the *Bala* (Strength), *Arogya* (Health) of both the *garbhini* and foetus takes place.
- After routine checkup, hemoglobin has been found 12gm%, Weight 52 kg and other tests were within normal limits. So, treatment planned accordingly and started as per the Table.
- *Masanumasik kalpa* and *vati* has been given monthly for maintaining growth as well as development of fetus. Also to maintain the health of the *garbhini*.
- *Draksha (Vitis vinifera)* – It helps helps in *malanuloman*. Hence 8-10 dried *draksha* in *phant* form in at bed time has been given since seventh month of the pregnancy. So, *garbhini* never gets constipated.

- Garbhini has previous history of abortion of 8 weeks pregnancy. The reason was not known. Garbhupal Ras- is given throughout the period to maintain the pregnancy and helps in growth of the child.
- Vasant kalpas are best for *garbhaposhan*. So, Laghumalini vasant, madhumalini vasant and suvarnmalini vasant is given in 1st, 2nd & 3rd trimester respectively.
- From 4 -5th month, fetal growth step up its pace at significant level. It consumes more energy of mother. That's why *garbhini* feels *daurbalya* and *karshya*. Hence Tapyadi loha is started from 2nd trimester to maintain quality of *raktdhatu* and *ras- rakt dhatwagni*. Hence, *daurbalya* has been reduced. Hb level is maintained as a outcome.
- In 7th month *ubhay pad shotha* and *daurbalya* found in *garbhini* so treatment as specified in table has been given. It helped in *Pachan* and reduction of *kleda*.
- From 7th month sarvanga *abhyanga* with *bala tail* has been given to maintain strength of *garbhini*. *Katishool* in 8-9th month of pregnancy is also reduced by oil application.
- Application of *mahakalyanak ghrit* on *adhodar* helps to prevent *kikvis*.
- From the 9th month, *yonipichu* of *bala tailam* is suggested to give strength to *yonimarg* to deliver baby easily.

CONCLUSION

Garbhini delivered a healthy female child of 3300 gms after 9 months and 10 days. The total pregnancy period was completely managed by Ayurvedic treatment. As per the treaties medicines and guidelines of *ahar-vihar* are followed. No adverse reactions were found.

This study shows proper implementation of *Garbhini Paricharya*, definitely ensures healthy child and wellbeing of mother.

REFERENCES

1. Charaka. Charaka samhita (Ayurveda dipika commentary of chakrapanidatta). 5th ed. Varanasi: Chaukhamba Sanskrit Sansthan; 2000. p.634.
2. Sushruta. Sushruta samhita (Nibandha sangrha commentary of Dalhana and Nayachandrika). 6th ed. Varanasi: Choukhamba Orientalia; 1997. p.353.
3. Gouri Borkar. Beejyoga (Ayurvedic Garbhasanskar). 1st edition. Mankarnika publication, Pune 2022.
4. Gangadhar Shastri Gune. Ayurvediy Aushdigundharmasharstra. Vaidyak granth bhandar, Pune. 2008.