

CLINICAL IMPORTANCE OF GARBHINI PARICHARYA (ANTENATAL CARE) IN RELATION TO IMMUNITY: A REVIEW

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ABSTRACT

Background: Healthy nation is in hands of healthy mother and healthy child. Child and mother health if not discussed would be unfair by all means as a healthy nation depends upon the number of healthy youth. An investment in this direction would always give fruitful results. Swasthya (protection of health) of Garbhini (pregnant women) is very important. Garbhini is susceptible for various diseases and it is very difficult to treat the diseases of Garbhini.^[1] Garbhini paricharya (Antenatal care) was advised in classics of Ayurveda for pregnant women. Vyadhikshmatva is a much broader concept studied in Ayurveda in relation to immunity. Its practice also gives the newer path in discovering various immune enhancing practices (like practice of antenatal care) to help in building our own defence mechanism. **Aim**

and objectives: 1. To study the Ayurvedic perspective of immunity & Garbhini paricharya by exploring ancient and modern science. 2. To understand its clinical importance and its role in boosting the immunity of mother with fetus. **Material and Method:** Various Ayurvedic references, research articles to be studied. **Discussion:** The clinical relevance of Ayurvedic immunology discussed with reference to vyadhikshamatva and Garbhini paricharya. **Conclusion:** Ayurveda text has mentioned the care that one has to take care of antenatal and post natal period for healthy progeny. The monthly regimen if followed would give miraculous results. Many studies regarding same are carried out on larger scale all over the world. This gives a brief outlook of how immunity of baby and mother is protected since the

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time when pre and antenatal care had been looked upon. So for better healthy world the women's health should never be compromised.

KEYWORDS: Garbhini Paricharya Antenatal care, Vyadhikshmatva, Immunity.

INTRODUCTION

Pregnancy is a beautiful transition of women's life in which various physiological and emotional changes occurs. Acharya Charaka has explained that due to the prachalita dhatus and doshas, the lady will be prone for getting vikritis. Thus, the pregnant lady shall be treated with special care just like a pot filled with oil. As slightest oscillation of such a pot causes spilling of the oil, similarly the slightest exertion or excitement to the pregnant woman can initiate adverse pregnancy outcome.^[2]

The pregnant women desirous of giving birth to healthy child should follow diet and mode of life that is termed as Garbhini paricharya in Ayurveda³. 'Garbhini' means pregnant woman and 'paricharya' means ideal protocol. It is mainly focused on the dietary regimen of pregnant mother in month wise manner to promote the healthy growth and development of fetus also prevention of Garbha Vikriti. It can be correlated with Antenatal care (prenatal care) of modern science.

The concept of prenatal care is now highlighted in modern science, which is mentioned in Ayurveda thousands of year ago. The guidelines for prenatal care start even before conception Antenatal care is a special type of health care as it helps in the proper development of the fetus, its delivery, the health of the mother and facilitates easy delivery and healthy post-partum period.

It is very interesting to see the relationship in between the Garbhini paricharya and Immunity, how it improves the physical and psychological health of women and ultimately immunity.

Immunity is body's defence mechanism against any unwanted invaders. The stronger is your immune system the more less chances of being affected by viruses, bacterias etc. The natural immune system of our body is build from the time we are at our mother's womb and this fact Ayurveda explores the importance of naturally building our self army to defend future challenges of health.

AIM AND OBJECTIVES

1. To study the Ayurvedic perspective of immunity & Garbhini paricharya by exploring ancient and modern science.
2. To understand its clinical importance and its role in boosting the immunity of mother with fetus.

MATERIAL AND METHODS

Reviewing of modern and Ayurvedic concept of immunity and Garbhini paricharya from various text, samhitas and various research articles.

Reviewing of literature of garbhini paricharya

Swasthya (protection of health) of pregnant women is very important. In pregnancy, mother's body undergoes numerous changes to create and support the development of the fetus. Fetus is dependent on mother for its oxygen and nourishment (Dutta, 2006). Since the health of a baby completely depends on mother, caring of the mother before, during and after pregnancy is very much important.

This can be achieved with the help of Garbhini paricharya explained in Ayurveda classics. The Garbhini paricharya aims towards the formation of healthy fetus, and ensure a secure full term delivery and maintain health of fetus as well as mother. This concept can be correlated with Antenatal care in modern science. The concept of Antenatal care (prenatal care) is now highlighted in modern science, which is mentioned in Ayurveda thousands of year ago. Systemic assessment, examination and advice for proper Ahar and vihar of women during pregnancy is called antenatal care.

The Garbhini Paricharya (monthly regimen) deals with Mamsanumasik pathya (daily dietetics), Garbhopghatkar bhav (activities harmful to fetus) and Garbha sthapan gana (herbs for maintaining pregnancy).^[4] In Ayurveda, it has been said that whatever diet a pregnant woman takes becomes congenial to the fetus (Sharma, 1998). So, she should always take healthy diet.^[5]

- **Mamsanumasik pathya (Monthwise dietary regimen)**

Nutrition during maternal period has a profound effect on development of foetus. A unique concept of monthly diet regimen is comprehensive diet plan advised by Ayurveda classics.

The following is the comparative study of month wise diet and regimen mentioned by various Acharya.

Month	Charaka Samhita ^[6]	Sushruta Samhita ^[7]	Vagbhata ^[8]
1 st Month	Non medicated milk	Sweet, cold and liquid diet	Ksheera (Medicated) Sarpi Extraced from Ksheer with Salparni & Palasa, water boiled with Kanak & Rajat then cooled and taken
2 nd Month	Milk medicated with Madhur Rasa drugs	Same as 1 st month	Same as Charaka
3 rd Month	Milk with honey and Ghrita	Same as 1st month and shashti rice cooked with milk.	Same as Charaka
4 th Month	Navneet(Butter) extracted from milk or Milk with butter	Shashti rice with curd. Pleasant food mixed with milk and butter. Mansa(meat) of wild animals	Milk with one tola of butter(12 gms)
5 th Month	Ghrita prepared with butter extracted from milk	Shashti rice with milk. Pleasant food mixed with milk and ghrita. Meat of wild animals	Same as charaka
6 th Month	Ghrita prepared from milk medicated with Madhur drugs	Ghrita or rice gruel medicated with Gokshur	Same as Charaka
7 th Month	Ghrita prepared from milk medicated with Madhur drugs(same as fifth month)	Ghrita medicated with Prithakparnyadi group of drugs	Same as charaka
8 th Month	Kshir Yavagu mixed with ghee	Asthapan basti (bala, atibala, shatpushpa, milk, curd etc). Anuvasan Basti of medicated oils.	Kshir yavagu mixed with ghee. Asthapan basti (milk, curd, sour, butter, oil, madanphala) etc. Anuvasan Basti of medicated oils.
9 th Month	Anuvasan Basti with oil prepared with madhur drugs, Yonipichu (vaginal tampon) of this oil	Unctuous gruels and meat soup of wild animals	Anuvasan Basti with oil prepared with Madhur drugs. Vaginal tampon of this oil

Ayurveda put forth diet as one of the strongest pillar in maintaining health. Wholesome food is the sole cause of living being. consumption of proper amount of food certainly helps the individual in bringing strength, good complexion, happiness, and longevity.^[9] This implies that ahar indirectly augments the vyadhikshamatva. It increases the vitality of all dhatus(tissue). A proper nutrition is essential for the achievement of full-term healthy baby. Improper, inadequate diet and life routine may lead to any defect or even death of the implanted fetus.

- **Garbhopaghatakara bhavas^[10]**

Garbhopaghatakara Bhavas are the diets and mode of life which are harmful for fetus. Activities that are harmful to the fetus were explained as follows: Excessive coitus, exercise, carrying heavy weight, sleeping in day and awakening in night, anger, grief, suppression of natural urges, blood-letting, purifying measures and enemas.

- **Garbhashthapaka dravyas^[11]**

Garbhashthapaka dravyas are helpful for maintenance of pregnancy and help in prevention of abortion. Various types of Garbhashthapaka dravyas are prescribed during pregnancy for proper development of the fetus. Brahmi, Shatavirya, Sahasravirya and Arista were identified as prominent Garbhashthapaka dravyas that mentioned by Acharyas. Aindri, Amogha, Avyatha, Shiva, Vatyapuspi and Vishwasenkanta were the other main drugs having Garbhashthapaka effects.

According to Ayurveda, there are special guidelines to mother for daily activities which make pregnancy period more comfortable like wear clean and comfortable garments, wear white cloths, unbroken ornaments and flat heeled shoes, good behavioral pattern, use of smooth clean bead Acharyas have mentioned that mother's behavioral pattern mainly promotes the physical and psychological development of the fetus.

Reviewing of literature of immunity

Immunity is body's defence mechanism against any unwanted invaders. The stronger is your immune system the more less chances of being affected by viruses, bacterias etc. The natural immune system of our body is build from the time we are at our mother's womb and this fact Ayurveda explores the importance of naturally building our self army to defend future challenges of health.

The immune system consists of a set of specially evolved cells circulate through the body and deal wide variety of organisms that are faced in surrounding environment. The immune system selectively destroy foreign molecules and cells without harming the host's own normal healthy cells. The immune response may be divided into two broad overlapping parts based either on time kinetics of response or on functional events. The early response or first line of defence occurs within minutes to hours of encounter with the foreign antigen and is termed innate or non-specific immunity or non-adaptive immunity. The delayed response occurs within days and is known as adaptive or specific immunity.^[12]

Ayurveda concept of immunity is dimensionally wide and interesting. Ayurvedic concept of vyadhikshamatva can have correlation to the trending concept of immunity in conventional sciences. Vyadhi implies disease and kshamatva is prevention and resistance against it. Similar synonym in Ayurveda which appears similar to the concept is bala which denotes strength.

The types of bala (strength) mentioned in ayurveda it has been divided into three main heads. Sahaj bala implies the constitutional bala present since birth^[13] which depends on strong genetic constitution since birth that is strong shukra (sperm) and artav (ovum) uniting to give birth. Children born with strong genetic makeup are invariably healthy to survive all odds, this is the genome science known to sages of Ayurveda when genetics was not even born. Measures of increasing sahaj bala has been given in Ayurvedic text. The partners involving in giving birth to the child shall individually indulge in cleansing procedure of panchkarma like vaman, virechan according to dominance of doshas and shall undertake anuvasan and niruh basti.^[14] They are advised to consume ghrita, milk medicated with all herbs of jeevaniya gana like jeevak, meda, mahameda etc. Thus sahaj bala can be correlated to natural adaptive immunity which tends to be adapted since birth from mother.

Yuktikrita bala This is one type of acquired type of immunity which get enhanced by proper diet, exercise and various yog in particular rasayanas. All types of bala as described by acharya charak have been said to be influenced by balavardhak bhava (factors influencing the strength of individual) those include the place where an individual is born, the family where one is born with strong genetic predisposition, the time of birth in context with kalaj bala(healthy season),with strong qualities of beeja (shukra artava), proper kshetra (womb carrying the child), excellence of diet (aharsampat), excellence of physic(sharirsampat), excellence of suitability(satmya sampat), with proper mental faculties(satva sampat) with

natural sense of mechanism of behaviour (swabhavasansidhha),^[15] who is young and performs daily exercise. All these influencing character will directly influence the potentiality of fighting the disease.

The stronger is your immune system the more less chances of being affected by viruses, bacterias etc. Any practice leading to balancing the strength of body by increasing vyadhikshamatva will increase the possibility of maintaining equilibrium of health.

DISCUSSION

The pregnant women desirous of giving birth to healthy child should follow diet and mode of life that is termed as Garbhini paricharya in Ayurveda. Our aged old science give importance to the care of women before child birth, during pregnancy and after pregnancy. As any default in care of pregnant women may step towards various hazardous outcome in terms of health of baby and mother. The monthly regimen deals with Mamsanumasik pathya (daily dietetics), Garbhopghatkar bhava (activities harmful to fetus) and Garbhasthapan gana (herbs for maintaining pregnancy).^[16]

Analysing the types of bala (strength) mentioned in ayurveda it has been divided into three main heads. Sahaj bala implies the constitutional bala present since birth which depends on strong genetic constitution since birth that is strong shukra (sperm) and artav (ovum) uniting to give birth. Children born with strong genetic makeup are invariantly healthy to survive all odds, this is the genome science known to sages of Ayurveda when genetics was not even born.

Measures of increasing sahaj bala has been given in Ayurvedic text. The partners involving in giving birth to the child shall individually indulge in cleansing procedure of panchkarma like vaman, virechan according to dominance of doshas and shall undertake anuvasan and niruh basti. They are advised to consume ghrita, milk medicated with all herbs of jeevaniya gana like jeevak, meda, mahameda etc. Thus sahaj bala can be correlated to natural adaptive immunity which tends to be adapted since birth from mother. Increasing this immunity is focuses on increasing the care of mother and child as well. Hence Ayurveda has much more to explore to do its part in mother and child care programs adopted by government for perfect progeny. As the future of health care depends on its healthy youth which are immuned, strong and disease free.

Ayurveda put forth diet as one of the strongest pillar in maintaining health.^[17] Wholesome food is the sole cause of living being. consumption of proper amount of food certainly helps the individual in bringing strength, good complexion, happiness, and longevity.^[18] This implies that ahar indirectly augments the vyadhikshamatva. It increases the vitality of all dhatus(tissue).

Rasa Dathu, which formed from the diet of pregnant women, helps to nourishment of the mother, nourishment to the fetus and formation of milk (Sharma, 1998). Glimsing the various dietary regimen discussed in garbhini paryacharya would give its clinical relevance like use of ghee, krishara(porridge), milk and sweetened delicacies in first trimester will help in maintaining hydration for gravida getting dehydrated due to pukiness along with its anabolic action shall provide nutrition to mother and foetus. Similar context is role of gokshur medicated ghee in second trimester shall give nourishment along with diuretic action will be helpful to reduce puffiness in gravid due to over retention of fluid in body during pregnancy.

According to Ayurveda, milk is good for all living beings, sweet in taste, nourishes the body tissues, consider as improves immunity of body, and it relieves tiredness, excessive thirst, hunger and dizziness Milk provides strength immediately, makes Indriya strong quickly, retains longevity, disease free state, pleasure and Rasayana (rejuvenating).). Use of cold, sweet, liquid rich diet and milk prevent the dehydration and helps to supply required nutrition. Milk is having the property of antacid and mild laxative to combat the common ailments during first trimester like constipation and heart burn. It contains vitamin D which is essential for the development of young once also vitamin E essential for normal pregnancy, birth and breast milk production. It is riched in Lactose which helps in growth and development also provide immunological benefits.^[19]

Madhur rasa Also, it has excellent performance in the formation of Dhatus and maintains the good health of mother as well as fetus which advised in the first Trimester of Pregnancy.

Similar context is role of gokshur medicated ghee in second trimester shall give nourishment along with diuretic action will be helpful to reduce puffiness in gravid due to over retention of fluid in body during pregnancy.^[20] Shali is rich in carbohydrates, provides fuel for body, excellent source of many vitamins and minerals.^[20]

In second trimester, muscular tissue of fetus grows sufficiently through cellular hyperplasia and cellular hypertrophy (Dutta, 2006). Therefore, it requires more protein which can be supplied from animal sources such as meat, milk, cheese, butter, ghee.

Ghrita or ghee has Ayurveda properties of Saumya, Sheeta veerya, Mrudu, Madhura Rasa, Sneha Guna, and Guru Guna (Sharma, 1998). Protein content of ghrita is maximum also includes 17 amino acids that are essential for good health. It provides many essential fatty acids such as omega-3 and omega-6 which regulate DNA products and assist with cellular communication.^[21]

Madhu or honey is primarily a high-energy carbohydrate food anti-inflammatory, immune boosting property thus definitely helps to increase immunity.^[21]

Use of asthapan basti in seventh month shall release constipation and use of yoni pichu (tampon of oil) shall help in easy vaginal delivery with less chances of vaginal infection during the course. Various scientific bases of herbal drugs used in pregnancy has been evaluated for instance shatavari (*asparagus racemosa*) as one of the garbhastapak (medicine to maintain pregnancy) has been explored for its effect on oxytocin to induce contraction. Another example is of guduchi (*tinospora cordiflora*) serves as antioxidant, arishta (*picorrhiza kurroa*) has immunomodulatory effects and hepatoprotective effect, vatyapushpi (*sida cordifolia*) has shown free radical scavenging and nitric oxide scavenging property.^[22]

This gives a brief outlook of how immunity of baby and mother is protected since the time when pre and antenatal care had been looked upon. This concept is now highlighted by WHO and government which existed thousand years ago. These textual references from Ayurveda make us think how immunity was of prime importance. The dietary regimen improves fetal Immunoglobulin level thus possess immunomodulatory effect. The maternal immunity improved and ultimately affects fetal immunity. It is believed that transfer of immunoglobulin to the fetus from mother during pregnancy improves after following the Garbhini paricharya and thus also in enhancing the fetal immunity level.

CONCLUSION

From all above results it is concluded that Garbhini Paricharya has scientific aspect in boosting the immunity and has proven to maintain the health of the mother and healthy growth and development of fetus. Maternal deaths can be reduced, if women can access

quality medical care during pregnancy, childbirth, and postpartum (WHO, 2016). By following proper Garbhini paricharya, various illnesses can be prevented by enhancing the immunity level. Further researches are necessary with application of these Garbhini Paricharya in the clinical practices.

Healthy nation is in hands of healthy mother and healthy child. Holistic approach towards Health is another field that Ayurveda's contribution can never be challenged. Child and mother health is prime focus of today's world so is Ayurveda deals with clinically proven monthly regimen for pregnant lady which will help in keeping her progeny healthy and so its immunity.

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