

MASANU MASIKA GARBHINI PARICHARYA: A HOLISTIC APPROACH TO ANTENATAL CARE

Dr. Jasmita Priyadarsini*

Assistant Professor, Dept. of Prasutitantra & Stree Roga, Gopabandhu Ayurveda Mahavidyalaya, Puri, Odisha.

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*Corresponding Author

Dr. Jasmita Priyadarsini

Assistant Professor, Dept. of
Prasutitantra & Stree Roga,
Gopabandhu Ayurveda
Mahavidyalaya, Puri,
Odisha.

ABSTRACT

Pregnancy represents a crucial physiological stage requiring appropriate care for maternal and fetal well-being. Ayurveda describes Masānu Māsika Garbhini Paricharyā—month-wise guidelines for the mother—highlighting diet, lifestyle, and therapeutic regimens for each gestational month. Modern obstetrics similarly advocates trimester-wise antenatal care with dietary counselling, supplementation, and screening. This article explores and correlates both systems to present a comprehensive approach to maternal care.

KEYWORDS: Garbhini Paricharyā, Antenatal Care, Ayurveda, Pregnancy, Maternal Health.

INTRODUCTION

The health of a mother during pregnancy determines fetal growth and the future health of the child. Ayurveda, through classics like Charaka

Samhitā (Śārīrasthāna 8) and Suśruta Samhitā, emphasizes special monthly regimens to support fetal development (garbha vṛddhi). Modern antenatal care focuses on regular check-ups, nutrition, and preventive measures. Integrating both perspectives can enhance outcomes and reduce complications.

Ayurvedic Perspective: Masānu Māsika Garbhini Paricharyā.

Month	Ayurvedic Recommendations	Fetal/ Maternal Benefit (as per Ayurveda)
1st Month	Light, easily digestible liquid diet, milk with honey & ghee	Promotes implantation and early fetal stability
2nd Month	Milk with sweet herbs (Madhura dravya), ghṛta	Aids organogenesis
3rd Month	Milk with honey & ghee, addition of butter	Promotes cardiac and tissue

	(navanīta)	development
4th Month	Milk, butter, medicated ghṛta (sarpipāna), sweet rice	Strengthens fetal heart and maternal nourishment
5th Month	Medicated milk (kṣīra siddha), sweet gruels (kṣīra-yavāgu)	Supports fetal mental faculties
6th Month	Medicated ghṛta, milk with herbs for vata-pitta pacification	Prevents fetal growth retardation
7th Month	Ghee and milk with specific herbs, gentle oil massage (abhyanga)	Prepares uterus, reduces maternal debility
8th Month	Yavāgu (thin gruel) with ghee, mild basti if indicated	Smoothens delivery, prevents complications
9th Month	Snehana (oleation), swedana (fomentation), gentle vaginal yoni-pichu with medicated oil	Facilitates easy labour and healthy delivery

Lifestyle measures include adequate rest, avoidance of heavy exertion, stress reduction, positive thinking, and spiritual practices. Panchakarma (intensive detoxification) is generally avoided during pregnancy except specific mild procedures like basti in the 8th month if indicated.

Modern Perspective: Antenatal Care (ANC)

Modern obstetrics divides pregnancy into trimesters, with structured antenatal visits.

- First Trimester (0–12 weeks): Confirmation of pregnancy, baseline investigations; folic acid (400–600 mcg/day), iron supplementation as needed; counselling on balanced diet (adequate protein, micronutrients); screening for infections and risk factors.
- Second Trimester (13–28 weeks): Iron and calcium supplementation; anomaly scan at ~20 weeks; education on fetal movements, warning signs; diet rich in protein, vitamins, and minerals.
- Third Trimester (29–40 weeks): More frequent check-ups for blood pressure, fetal growth; Tetanus toxoid/ Td immunization; birth preparedness, counselling on labour signs; adequate rest and avoidance of strenuous work.

Modern ANC also emphasizes psychosocial support, prevention of domestic violence, and postpartum planning.

Comparative Overview

Aspect	Ayurveda (Masānu Māsika Paricharyā)	Modern Antenatal Care
Focus	Month-wise diet, regimen, fetal development	Trimester-wise screening, supplementation
Nutrition	Individualized, natural foods, medicated milk/ghṛta	Balanced diet + micronutrient supplementation
Procedures	Mild snehana, abhyanga, basti	Ultrasound, immunization,

	in 8th–9th month	screening tests
Psychological Support	Positive thoughts, spiritual practices	Counselling, mental health screening
Outcome Goal	Easy labour, healthy progeny (supraja janana)	Reduced maternal/ neonatal morbidity and mortality

Integration and Relevance Today

Combining Ayurvedic month-wise guidelines with evidence-based modern antenatal care can yield a more holistic approach. For example, the use of medicated milk or ghee under supervision may complement micronutrient supplementation, while yoga and meditation enhance mental well-being alongside modern counselling.

CONCLUSION

Masānu Māsika Garbhini Paricharyā offers a time-tested framework for supporting the pregnant woman's body and mind. Modern obstetrics provides rigorous screening and preventive measures. An integrated approach—adopting safe traditional practices with modern protocols—can optimize maternal and fetal outcomes.

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