

IMPORTANCE OF GARBHINI PARICHARYA IN PREVENTING HIGH- RISK COMPLICATIONS***¹Dr. Reshma Hanumant Kanade, ²Dr. Manoj Gaikwad**¹PG Scholar, PTSR Dept., R. A. Podar Ayurveda Mahavidyalay, Worli, Mumbai- 400018.²HOD of PTSR Dept., R. A. Podar Ayurveda Mahavidyalay Worli, Mumbai- 400018.

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ABSTRACT

Garbhini paricharya refer to antenatal care which recommends Ahar (specific dietary regimen) Vihar (normal daily activity) and Vichara (psychological and emotional activities). Ayurveda classics mentioned garbhini paricharya which is divided into three categories such as masanumasik pathya ahar and vihar (monthly dietary regimen and lifestyle), Garbhasthapak karma (Diet and activities for maintenance of pregnancy and better progeny) and avoidance of garbhopghatkar bhavas (Diet and activities which are harmful to fetus). The whole 9month diet is a unique strategy of Ayurveda. Along with the ahara, medication and yoga are useful and supportive to garbhini. The main intend behind advising Garbhini Paricharya is Paripurnatya (provide proper growth of the fetus and mother), Anupaghata (uncomplicated pregnancy), Sukhaprasava (for healthy delivery and healthy child of desired qualities and

longevity). Contemporary evidence highlights that adherence to antenatal care practices significantly reduces the incidence of high-risk complications such as gestational hypertension, Gestational diabetes, preeclampsia, intrauterine growth restriction, preterm labor, and low birth weight. The principles of Garbhini Paricharya including month wise dietary modifications, wholesome lifestyle measures, and emphasis on mental stability, ensure proper nourishment of the mother, optimal fetal development, and smooth progression of pregnancy. By focusing on preventive care and strengthening maternal health reserves, Garbhini Paricharya minimizes risk factors, supports favorable pregnancy outcomes, and complements modern obstetric practices. The physical, mental, social and spiritual wellbeing during

pregnancy and practice of a wholesome regimen, play a prime role in achieving a healthy progeny.

KEYWORDS: *Garbhini paricharya, Masanumasik Paricharya, Aahar, Vihar, Aushadh, Garbhasthapak karma, Garbhopghatkar bhavas.*

INTRODUCTION

Pregnancy is a unique physiological state requiring appropriate physical, mental, and emotional care to ensure maternal well-being and optimal fetal development. Ayurveda advocates a comprehensive antenatal care regimen termed Garbhini Paricharya, which includes specific dietary measures (Ahara), lifestyle regulation (Vihara), and psychological discipline (Vichara).^[1-3] The objectives of Garbhini Paricharya are Paripurnata (proper nourishment of mother and fetus), Anupaghata (uncomplicated pregnancy), and Sukhaprasava (safe and easy delivery).^[1]

Garbhini Paricharya is classified into three major components:

1. Masanumasika Paricharya (month-wise regimen),
2. Garbhasthapaka Karma (measures supporting pregnancy), and
3. Garbhopaghatakara Bhava Parivarjana (avoidance of harmful factors).^[2,3]

Contemporary obstetrics also emphasizes structured antenatal care for reducing maternal and fetal morbidity. Studies show that regular antenatal monitoring significantly reduces complications such as gestational hypertension, gestational diabetes, preeclampsia, intrauterine growth restriction (IUGR), preterm labor, and low birth weight.^[5-8]

Concept of Garbhini Paricharya

Garbhini Paricharya aims to maintain equilibrium of Doshas, ensure adequate Dhatu Poshana (tissue nourishment), and support uninterrupted fetal growth without maternal depletion.^[1-4] It integrates physical nutrition with emotional stability, reflecting a holistic healthcare model. The concept of planned maternal care aligns with modern preventive obstetrics, which stresses maternal reserve strengthening for better pregnancy outcomes.^[5,6]

Role of Masanumasika Paricharya (Month-Wise Regimen)

Ayurveda prescribes specific dietary and lifestyle guidelines for each month of pregnancy based on fetal developmental stages.^[1,3] Light, nourishing, and easily digestible foods such as milk, ghee, rice gruel, and medicated preparations are advised to promote maternal digestion

and fetal nutrition.

This structured nutritional progression prevents maternal malnutrition and fetal growth retardation. Scientific evidence confirms that inadequate maternal nutrition contributes significantly to IUGR and low birth weight.^[9,10]

Garbhashapaka Karma (Pregnancy-Stabilizing Measures)

Garbhashapaka measures include dietary regulation, use of supportive herbal formulations, rest, and maintenance of emotional tranquility.^[2] These measures are indicated especially in women with previous pregnancy losses or obstetric complications.

They contribute to maintenance of uterine stability, placental nourishment, and hormonal balance, thereby preventing miscarriage and preterm labor.^[3,6]

Garbhpaghatakara Bhava (Avoidable Factors)

Ayurveda describes several factors detrimental to pregnancy, including excessive physical exertion, incompatible food intake, suppression of natural urges, exposure to toxins, and emotional disturbances such as fear, anger, and grief.^[1,2]

Avoidance of these factors minimizes fetal stress and reduces risk of complications. Modern research also supports that psychosocial stress adversely affects pregnancy outcomes and increases the incidence of preterm birth and low birth weight.^[11]

Prevention of High-Risk Complications

Gestational Hypertension and Preeclampsia

Balanced nutrition, mental calmness, and avoidance of stress help regulate vascular tone and metabolic balance. Preventive antenatal care significantly lowers the risk of hypertensive disorders of pregnancy.^[7,8]

Gestational Diabetes Mellitus

Dietary moderation and lifestyle discipline prevent metabolic derangements. Maternal nutrition plays a crucial role in glucose regulation and fetal programming.^[6,9]

Preterm Labor

Stabilizing regimens strengthen uterine musculature and prevent premature uterine contractions. Emotional stability and rest are protective against preterm delivery.^[2,11]

Intrauterine Growth Restriction and Low Birth Weight

Month-wise nutritional protocols ensure adequate fetal nourishment and prevent growth retardation. Maternal undernutrition is a proven determinant of low birth weight and adverse neonatal outcomes.^[9,10]

Psychological and Emotional Health

Garbhini Paricharya places strong emphasis on maternal mental health. Positive emotions, spiritual conduct, and stress avoidance are believed to influence fetal development and temperament.^[1,3] Modern fetal psychology supports that maternal stress affects neurodevelopment and long-term metabolic programming of the fetus.^[11,12]

Integration with Modern Antenatal Care

Garbhini Paricharya complements contemporary obstetric care by focusing on prevention rather than disease management. Integration with modern antenatal protocols such as blood pressure monitoring, blood sugar screening, and ultrasonography enables comprehensive maternal-fetal care.^[5-7]

This integrative model supports risk stratification, nutritional optimization, and psychosocial well-being, thereby improving pregnancy outcomes.

DISCUSSION

Garbhini Paricharya represents a proactive and preventive antenatal care strategy. Its principles of nourishment, lifestyle regulation, and emotional balance address the root causes of obstetric complications. By strengthening maternal reserves, it minimizes disease susceptibility and enhances fetal growth potential.^[1,4,9]

Modern research validates that structured antenatal care reduces maternal morbidity and neonatal complications.^[5-8] Thus, Garbhini Paricharya serves as a time-tested preventive framework compatible with modern maternal healthcare.

CONCLUSION

Garbhini Paricharya constitutes a comprehensive Ayurvedic antenatal care system emphasizing month-wise dietary modifications, wholesome lifestyle practices, emotional stability, and avoidance of harmful factors. Its preventive orientation effectively reduces the risk of high-risk pregnancy complications.

When practiced alongside modern obstetric supervision, Garbhini Paricharya ensures optimal maternal health, proper fetal development, and safe childbirth, contributing to the birth of a healthy progeny.

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