

**GARBHINI PARICHARYA -SCIENTIFIC INTERPRETATION ON  
GARBHOPGHATKAR BHAV**

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**ABSTRACT**

One of the great wonders of nature is the growth of a fetus within its mother's womb. Pregnancy being a happy occasion for the family and especially for the mother, can take a bad U-turn for certain unknown errors of nature and human lifestyle. Abortion is one such complication of pregnancy amongst others which can occur due to genetic factors, environmental factors and lifestyle disorders too. The concept of abortion as such is inferred in the literature under direct reference of *garbhavyapads*. *Garbhopaghatakara bhavas* are certain factors which when followed by a pregnant lady can harm /destroy the fetus. A pregnant lady is known as a *douhridini* as she has two hearts and that the foetal heart is in direct connection to the mother and expresses its desire through the mother. *Douhrida apamana* is in due course a cause for fetal abnormalities. *Acharya kashyapa* has in brief explained about *jataharinis*, relating to abortions/ pregnancy loss taking place in the different stages of pregnancy. Here, an attempt has been made to critically analyze *garbhopgatahara bhavas* to abortion.

**KEYWORDS:** *Garbhopghatkar bhav, douhridini, jataharini.*

## INTRODUCTION

Womanhood is instinctually programmed to nurture and sustain life to its full form. In the intrauterine life the fetus is totally dependent on the mother for both physical, mental health and nourishment. Therefore any deviation in the normal lifestyle of mother leads to fetal abnormality. *Ayurvedic* literature provides several details regarding congenital problems that develop in the foetus. The characteristics that would hinder the developing *Garbha* are the *Garbhopaghatakara Bhavas*. As a result, *Garbhopaghatakara Bhavas* refers to elements that are harmful for pregnancy.

*Acharyas* have referred to the *Garbhopaghatakara bhavas* as the factors for foetal anomalies in terms of appearance and complexion. According to data, major structural anomalies occur in approximately 3% of liveborn infants. Birth defects are a leading cause of infant mortality, accounting for approximately 25% of infant deaths. Under the heading of *Gharbhopaghatakara Bhavas* all *Acharyas* have explained certain things which should not be done during pregnancy. In today's fast-moving life, all women's unknowingly follows certain things which should be avoided in pregnancy, due to negligence or ignorance, leading to miscarriage abortions, and other obstetrical complications. So, it is necessary to analyse these *Gharbhopaghatakara Bhavas*.

## AIMS AND OBJECTIVES

- 1) To study *Garbhopghatkar bhavas*.
- 2) To study the effect of *Garbhopghatkar bhavas* on *garbh* and *garbhini*.
- 3) To study *Garbhopghatkar bhavas* according to different *Acharyas*.

## Garbhopaghatakara Bhava

Different *Ayurvedic* classics have explained certain factors which should not be done during pregnancy. To understand the depth of this concept explained by the different *Acharyas*, the *Garbhopaghatakara Bhavas* are as follows.

### 1. CHARAK SAMHITA

In *Charak samhita Sharir Sthana Garbhopghatkar bhavas* have explained.

1. Use of excessive *Ushna* and *Tikshn* (hot and pungent substance)<sup>[1]</sup>
2. *Daruna Cheshta* (activities much beyond one's own capacity).
3. She should not wear *Raktavarna Vastra* (red garments) for protection from the effect of gods, demons and their followers.

4. She should not use intoxicating substances and Madya (wine), Yana Avrohana (ride over vehicle on uneven path).
5. Excessive use of Mansa (meat).
6. She should also give up anything contrary to Indriyas and other harmful items, as advised by her family.<sup>[2]</sup>

*Acharya Charak* has described various types of *Garbhopaghatakara Bhava* which led to disease in foetus.<sup>[3]</sup>

SR. NO.	Pregnant women consuming constantly	Effects on foetus
1.	Woman sleeping in open place and moving out in night	Unmatt (insane)
2.	Indulged in quarrels and fights	Apsmara (Epileptic)
3.	Indulged in sexual intercourse	Ill-physique, shameless and devoted to women
4.	Always under grief	Timid, undeveloped or short-lived
5.	Always think to thief	Exerting, wrathful or inactive
6.	Always remain intolerant	Fierce, deceitful and jealous
7.	Sleeps constantly	Drowsy, unwise and deficient in digestive power
8.	Takes wine	Thirsty, poor in memory and unstable mind
9.	Pork	Red eyes, obstructed, respiration and very rough body hair
10.	Fish	Delayed closure of eye or stiff eyes
11.	Eats sweets (Madhura Rasa)	Diabetes (Prameha), Dumb (Mook), or overobese (Atishoulya)
12.	Amla Rasa	Internal haemorrhage (Raktapitta), eye disorder (Akshiroga) and skin disorder (Twakroga)
13.	Lavana Rasa	Wrinkles and grey hairs (Valita Palita) and baldness (Khalitya)
14.	Katu Rasa	Weakness (Durbal), deficient in semen (Alpashukra) and infertile (Anapatya)
15.	Tikta Rasa	Consumptive (Shosh), weak (Abala), under developed (Anupchita)
16.	Kashay Rasa	Blackish colour (Shyav Varna), Anaha and Udavarta.

## 2. Sushruta Samhita

According to *Acharya Sushruta*, women should completely abstain from

1. Vyavay (coitus), Vyayam (exercise), and Atitarpan (excessive drinking) starting on the day of conception.

2. *Atikarshan* (extreme emaciation), *Diwaswapna* (daytime sleeping), *Ratrijagran* (night-time awakening).
3. Avoid using *Snehana* (oleation) *Raktamokshana* (bloodletting) and *Vega Dharana* improperly.<sup>[4]</sup>
4. Avoid constant *shok* (grief), *Yanavrohan* (riding on a vehicle), *Bhaya* (fear), *Utkatukasana* (squatting).
5. Avoid eating *Shushka* (dried up), *Paryushit* (stale), *Kuthita* (putrid), and *Klinna ahara* (wet food).
6. She should not touch *Hina Vikrut Gatra Purush* (a filthy or disfigured person possessing fewer body parts).
7. She should not use *Durdarsha* (terrible looking) substances and *Durgandha* (foul-smelling) items.
8. She should avoid *Bahirnishkraman* (outing), visit of *Shunyagara* (lonely place), *Chaitya* (haunted tree), *Smashan* (cremation ground) or *Vruksha Ashraya* (shade of a tree).
9. Acts likely to promote *Krodha* (anger) and *Asanshaya* (disgrace), *Uchha Bhashana* (talking in high pitch) etc. and all the things likely to harm the foetus should be avoided.

### Negligence in the 4th month

In the 4th month there is development of fetal heart, so consciousness and alertness develops in the foetus. At that time mother is called *douhridini* (two hearted). Foetus conveys its desires for aromas, flavours and other sensory experiences. If her desires are not fulfilled it develops certain diseases in the foetus such as the birth of a paralysed, has a humpback, crooked arms, is lame, is undersized, has defect eyes, and is blind.<sup>[5]</sup>

### 3. Ashtang Hridaya

According to *acharya Vagbhata* following things should not be followed by a pregnant woman.

Ativyavaya (excessive coitus)	Atiavyayam (Excessive exercise)
Carrying of <i>Bhara</i> (heavy weight)	<i>Guru Pravaran</i> (covering herself with heavy cloths)
<i>Akala Swapna</i> (untimely sleep)	Utkatasana (squatting) or abnormal sitting
<i>Shoka</i> (grief)	<i>Bhaya</i> (fear)
<i>Krodha</i> (anger)	Udvega (excitement)
Veg dharan (suppression of urges)	Upvasa (fasting)
Ati adhwa (excessive walking)	Use of <i>Guru</i> (heavy) <i>ushna</i> (hot) <i>tikshna</i> (pungent) and <i>vishtambhi</i> food.
Use of <i>Raktavastra</i> (red garment)	Looking into a well

Use of madya (wine) mans (meat)	Uttanshayan (sleeping in supine position)
Raktamokshana (bloodletting)	Basti (enema) upto 8th month <sup>[6]</sup>

#### 4. Ashtang Sangrah

Acharya Vagbhata has mentioned *Garbhopghatkar bhavas* as mentioned by *acharya Charaka* and *Sushruta*.

Vyavaya	Atisankshobh	Veg dharan
Vyayam	Yanayan	Ajirna
Karshan	Ratri jagrana	Atap sevan
Abhighata	Diwaswapna	Agni sevan
Krodha	Shoka	Bhaya
Trasa	Upvasa	Utkatasana
Vishan asana	Apriya lokan and shravan	

The pregnant women should not follow anything that would lead to aggravation of *Doshas*.<sup>[7]</sup>

#### 5. Kashyap Samhita

The contraindications for the pregnant women mentioned by *acharya kashyap* are different from other acharyas.

1. She shouldn't gaze at the rising Sun, setting Sun or the descending Moon.
2. She should perform religious rites.
3. She must not show *Dvesha* (hostility) towards *Atithi* (guests), give alms to beggars.
4. She should avoid trembling, *Atihasya* (excessive laughing), and *Abhighata* (trauma).
5. She should not carry a heavy load for a long period of time.
6. She should perform oblation of *Ghruta* in burning fire for pacification.
7. Use of cold water and garlic is contraindicated.

#### 6. Harita Samhita

According to *Acharya Harita* following are the contraindications in pregnant womam,

1. Use of *Vidala Dhanya* (pulses), *Vidahi Anna* (pungent food), *Guru* (heavy) or *Amla* (sour) substances.
2. *Ushna Kshira* (hot milk), *Mruttika* (soil),
3. *Surana*, *Rasona* (garlic) and *Palandu* (onion), without their juices.
4. She should avoid *Vyavaya* (coitus), *Vyayama* (exercise), *Krodha* (anger), *Rosha* (grief) and *Chankraman* (walking).

#### 7. Bhavprakash Samhita

*Acharya Bhavprakash* has described *Garbhopghatkar bhavas* as mentioned by *Acharya*

*Sushruta.*

1. She should avoid sitting or sleeping in very soft and tall place.
2. Going to river bank, temple or garden.
3. Drinking of rain water, use of meat.
4. She should avoid company of woman whose child has died.<sup>[8]</sup>

### Prevention of Garbha Vikriti

If these *Garbhopghatkar bhavas* are avoided during pregnancy and the women properly follows *Garbhini paricharya* garbha vikruti can be avoided. Acharyas has discribed the precautions that must be taken while pregnant in order to secure the foetus from any abnormalities. Acharya has significantly explained about the *Ritumati paricharya*, *Garbhani Paricharya* and *Sutika paricharya*.

1. *Ritumati paricharya* - Before conception what measures to be followed are mentioned in *Ritumati Paricharya*,
2. *Garbhini paricharya* - During pregnancy measures are mentioned in *Garbhani Paricharya*.
3. *Sutika paricharya* - After the birth of baby pregnant women is termed as *Sutika*. Acharyas has mentioned some rules for *Sutika* to avoid infection and various complications to mother and baby. It is called *Sutika paricharya*.

These *Paricharyas* have a direct, scientific approach to ensure that a healthy foetus develops without any birth deformity inside the mother's womb. It has major role in stabilisation of *Garbha* and it provides the essential nutrients and energy needed throughout pregnancy.

### DISCUSSION

Under *Garbhopaghatakara bhavas*, acharyas have discribed *Aharaj Nidana*, *Viharaj Nidana*, and *Mansik Nidana*. Abortion may be affected by psychological or physical factors like *Shoka* (grief), *Bhaya* (fear), *Krodha* (anger), etc. and strenous activity that would lead to increase in abdominal pressure and chronic aberrant postures also can affect the uterine blood flow which results in abortion or intrauterine fetal death. Most of the above mentioned causes alters the healthy growth and development of the foetus by impairing *Dosha* and *Dhatus* normal functions. Engaging in one or more of the *Garbhopaghatakara Bhavas* and failing to follow the *Garbhini Paricharya* may lead to rise in incidences of intrauterine growth retardation, miscarriage, abortions, foetal distress, etc. According to Acharya Charak, a *Garbhini* requires the same level of care as a *Tailapurna Patra*. The *Taila* could spill with even the smallest disturbance. Similarly full attention should be paid to *Garbhini* in order to

stop *Upaghata* to the developing foetus.<sup>[9]</sup> In order to save the foetus from above mentioned complications a pregnant lady should follow *Garbhini paricharya* and should stay away from *Garbhopghatkar bhavas*.

## CONCLUSION

There are various types of congenital anomalies which may arise due to the various factors such as genetic, environmental and others. Causes of congenital anomalies or diseases are associated with lack of care, awareness, supervision and prevention through diet, mode of life style habits and mental health. A counselling is to be done for patient's care, awareness with prevention by social education, population screening, genetic counselling, and the availability of prenatal diagnostic technique should be adopted. By following the various principles mentioned in Ayurveda i.e., Dietary regimen related to *Garbhini Paricharya*, avoiding *Garbhopghatkar Bhava* and *Tridosha* vitiating diet during pregnancy can avoid various anomalies and diseases during pregnancy. Hence the desires of the *Garbhini* should be gratified, which would ensure the birth of a strong, vigorous, healthy and long-lived baby.

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