

GHARBHINI PARICHARYA: IN 3RD TRIMESTER AND IT'S REFLECTION ON NORMAL LABOUR

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ABSTRACT

The growth and development of fetus requires more nutrition from mother. This cause increased workload on the maternal *dhatu* so she needs extra nutrition during *Garbhavastha*. To withstand with all these anatomical, physiological and psychological changes and for proper growth and development of growing fetus *garbhini* should consume proper diet and follow *pathya* which are stated by our *acharyas* as *Garbhini paricharya*. Systematic supervision (examination and advice) of a woman from the date of conception to delivery of baby or during pregnancy is called antenatal (prenatal) care. It is very well described by our *acharyas* mainly in *Samhita* period. They have described monthly dietary regimen and living style for whole pregnancy with a aim to ensure a normal pregnancy with delivery of a healthy baby from a healthy mother. First to nine monthly complete description about diet, *masanumasik aahar vihar*, things to be avoided during pregnancy

is explained in *samhitas* by different *acharyas*. Detailed colabaration of *garbhini paricharya* in last trimester by different *acharyas* is done. Parallel study the effect of different *karmas* explained in the *paricharya* of last three months on achieving easy and normal labour without

causing any event. Scientific evaluation of these *karmas* on stages of labour will be helpful in order to achieve healthy mother and good progeny. The diet during pregnancy should be balanced and should rich in calories, proteins, vitamins and minerals. In this phase the body needs extra nutrition for developing foetus, for pregnant lady herself and for lactation. In samhita's *acharyas* give references regarding *anuvasan basti* and *yonipichu* in 3rd trimester.

KEYWORDS: *Garbhini Parichaya, Masanumasik pathya, Masanumasik aahar vihar, Yonipichu, Anuvasan basti.*

INTRODUCTION

Pregnancy is a beautiful phase in women's life. Life of women is not complete until and unless she gets pregnant and gives birth. Birth should not be risky both for mother and child, however, extra care needs to be taken by woman during pregnancy. Adequate medical care and awareness of the society about importance of healthy pregnancy can also check maternal morality and new born deaths. Woman must not go through pregnancy if she is poorly nourished, physically weak, surrounded by myths and misconception. *Garbhini Paricharya* is the most important aspect in the whole area of *Prasuti Tantra*. A proper *Garbhini Paricharya* would result in the proper development of the fetus, its delivery, the health of mother & thus her ability to withstand the strain of labor & have an eventless post-natal phase. The care of pregnant women reflects on the quality & health of the offspring, giving birth to a healthy child is important to all thus pregnant women deserve utmost importance in the society.

AIM AND OBJECTIVES

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1. To evaluate efficacy of garbhini paricharya in 3rd trimester and it's reflection on normal delivery.
2. To study and analyze the effect of s different karmas in last three months on achieving easy and normal labour
3. To understand the clinical importance of Garbhini paricharya as described in Ayurveda classics & its utility in today's context.

MATERIALS AND METHODS

All available references have been collected from literatures, *ayurvedic samhitas*, ayurvedic textbooks, and modern textbooks, different websites, published articles and critically analysed.

Garbhini Paricharya

According to Acharya Vagbhata, the *Garbhini paricharya* is needed for^[1]

1. Softening of placenta (*apara*), pelvis, waist, sides of the chest and back.
2. Downward movement of *vata* (*vata anulomana*) - this is needed for the normal expulsion of foetus during delivery.
3. Normalization of the urine and stool and their elimination with ease.
4. Promotion of strength and complexion.
5. Delivery with ease of a healthy child endowed with excellent qualities in proper time.

	7 TH Month	8 TH Month	9 TH Month
Charak Samhita	Madhura aushadhi siddha ksheera sarpi ^[2]	ksheerayavagu with sarpi ^[5]	Anuvasana basti with the oil prepared with drugs of madhura group and yonipichu dharana ^[8]
Sushrut Samhita	Gruta medicated with pruthakparnyadi groups of drugs ^[3]	Asthapanabasti Anuvasana basti ^[6]	
Vagbhat Samhita	Gruta medicated with drugs of madhura group ^[4]	Snigdha yavagu + Jangala mansrasa ^[7]	Anuvasana basti with the oil prepared with drugs of madhura group and Yonipichu dharana ^[9]

Anuvasan Basti^[10]

- The *Anuvasana basti* with *madhura ausadhi siddha taila* is given to pregnant women to evacuate the old *pureesha* and to make the *vayu* to pass in its right direction.
- *Snehana* property of the *Anuvasana basti* makes *snigdha* to abdomen, flanks, sacrum
- and all genital organs. Exaggerated *vata* is pacified due to this *snigdha guna*. For proper expulsion of fetus, stretching of ligaments is very much essential.
- *Vata dosha* in its natural best and in its natural direction along with soft and flexible muscles and ligaments help in the expulsion of fetus from the birth canal.
- *Anuvasan basti* is *tail pradhan*. *Taila* is the best drugs to pacify *Vata dosha*. So due to *Anuvasana basti*, *vata anuloman* occurs and *Vata dosha* performs its normal function properly. Here its normal function is expulsion of fetus through natural passage without any complication.

Yonipichu^[11]

- Use of *Yonipichu* with same medicated oil in 9th month enhances lubrication of *Garbhashaya* and *Garbhashayamarga* also reduces exhaustion of *prasava* and makes *Garbhini* physically and psychologically strong.

Clinical Importance of Gharbhini Paricharya

- *Ghirt* medicated with *prithakparnayadi* group of drugs are diuretic, anabolic, relieve emaciation and suppress *Pitta* and *Kapha*. Their regular use in seventh month might help in maintaining health of mother and foetus.
- *Yavagu* consumption in eight month which is *balya* and *brimhana* provides nourishment to mother and foetus.
- Most women suffer from constipation in late pregnancy, *asthapana basti* administered during eight month which is best for *vata anulomana* relieves constipation. Besides this may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour.
- Tampon of oil in vagina provides lubrication of cervix, vaginal canal and perineum thus helps in normal labour. This may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis. Regular use of tampon might influence autonomic fibres governing myometrium and in regulating their functions.
- Milk and drugs of *madhura* group have been advised for entire pregnancy period. Milk is a complete food and the drugs of *madhura* group are anabolic, thus use of these will help in maintenance of proper health of mother and growth and development of fetus.

Benefits of Gharbhini Paricharya

- In 7th month there is maximum weight gain of the foetus along with that chance of pregnancy induced hypertension and pedal oedema & IUGR are more. Hence *prithakaparni* and *vidarigandhadi aushadies* are used which are *mutral*, *brihana*, *pitta* and *kapha nashaka*.
- Most of the ladies have *malavibandha* in last trimester due to gravid uterus and effect of progesterone. Hence *basti* is explained so that there will be *anulomana* of the *vata* which also facilitate the normal delivery without complications. *Basti* also affect the autonomous nervous system governing myometrium and help in regulating their function during labour.^[12]

- *Snigdha pichu* helps in *snehana* of *apatya patha* and perineum and make it *mridu* and relaxed during labour. Hence there will be spontaneous vaginal delivery without any tear of genital tract or other complication.
- Oil of the *Pichu* also destroy the pathogenic bacteria of the *yonis* and prevent puerperal sepsis.

Modern review of antenatal care

A Follow up of such regimen starting from first month of pregnancy till the day of full term delivery^[13]

1. fully takes care of the health of the mother, the growth and development of the fetus and facilitates trouble free parturition.
2. also helps in elimination of major waste products of the body the metabolic changes, gives the relaxness of genital and its surrounding viscera to accommodate the gradual growth of the fetus and promotes the vigour throughout the pregnancy.

DISCUSSION

In seventh month by the usage of *madhuroushadha siddhasarpi*, *prithakparnyadi siddha ksheerasarpi* having the *brimhana* property which helps in fetal development. From eighth month up to delivery *snigdha yavaagu*, *jangalamamsa rasa*, *ksheerayavagu* with *sarpi* etc mentioned all these acts in subsiding the vata. During last three months the fetus drains about two-third total calcium, three-fifth total protein, four-fifth total iron from mother, thus the usage of *vividhaannani* meets the nutrient demands In the *Samhita's* *acharyas* give references regarding usage of *basti* and *yonipichu*. Most of the women experience constipation in late pregnancy due to the pressure of the gravid uterus and also by the effect of hormones. Thus *anuvasanabasti* helps in *anulomana* of *apanavata*. It helps in bringing normalcy of *apanavata* and thus facilitates unobstructed labor. *Yonipichu* helps in softens the vaginal passage, facilitates relaxation during labor then prevents perineal tear.

CONCLUSION

In ayurveda detailed *garbhini paricharya* has been explained by all the *aacharyas*. Specific *Aahara* and *vihara* are explained which should be followed by the *garbhinin* which is specific for each month considering the general condition of mother in that month, to overcome the expected complications of that particular month of pregnancy and also for the supplement of all the nutrients required by the foetus of that gestational age. It is explained

that if the pregnant women follow all the guidelines explained in *ayurveda* then there will be vaginal delivery of a healthy baby without any complication.

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