

**THE SIGNIFICANCE OF GARBHINI PARICHARYA IN
GARBHAVASTA-A REVIEW****Dr. Yogesh Balasaheb Kudale*¹ and Dr. Sameer Gholap**

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ABSTRACT

Ayurveda places an enormous emphasis on the importance of caring for the mother before, during, and after pregnancy. Becoming mother is a beautiful dream of every woman. Pregnancy is the most energetic and challenging phase in a woman's life. It brings about emotional and physiological changes as well as poses extra demands on the body. Every woman should be ensured with a gestation period of minimal complications. Systematic supervision of a woman during pregnancy is called Garbhini paricharya (antenatal care). The proper Garbhini paricharya would result in the proper the health of the mother, growth and development of the foetus, its delivery, thus her ability to withstand the strain of labour and have an eventless post- natal phase. Diet and activities performed by Garbhini during the period of pregnancy, reflect on the Garbha. Garbhini paricharya have described monthly Ahara(dietary regimen), Vihara (living style)for whole pregnancy, manidharan(amulet), medicated specific water for bathing for pregnant woman etc. All of these advices are done with the aim to

ensure easy labour at proper time & desired, excellent, healthy child from healthy mother. Life Style of mother has a pivotal role in the growth and development of fetus. Hence appropriate Vihar in a pregnant mother should be incorporates as per the principles of Ayurveda. Prenatal Yoga can be very helpful in maintaining normal healthy pregnancy and preparing for labour as it teaches the mother to take cues from her body and maximize its natural potential. Ayurveda will give new avenue in obstetrics care through proper care with

wholesome approach.

KEYWORDS: Garbhini Paricharya, Antenatal care.

INTRODUCTION

In *Ayurvedic* literature, food is considered as the best source of nourishment as well as medication for *Garbhini*. The nine monthly diet is singularly unique in *Ayurveda*. *Acharyas* have described *Masanumasika Garbhini paricharya* in classical texts of *Ayurveda* for pregnant women that helps in the development of fetus, healthy growth of fetus and care to mother. *Garbhini paricharya* is nothing but the care given to pregnant women mostly through *Ahara* and *Vihara*. It is the daily regimen one should have to follow in the most delicate days of their life. The main intention of advising *Garbhini paricharya* is *Paripurnatya* (providing growth to fetus and mother), *Anupaghata* (pregnancy without complications) and *Sukhaprasava* (for normal delivery and healthy progeny). Pregnancy is one of the most important normal physiological process in women's life. Pregnancy is a period of transition with physical & emotional changes. Even in uncomplicated cases, these changes can affect the quality of life in pregnant women and affect the health of both mother and fetus. 2.7 million neonatal death and 2.6 million stillbirths were reported in the world from 1990 to 2015 (WHO). Additionally, near 99% of maternal death occurred in low and middle-income countries. If women can access quality medical care during pregnancy, childbirth and postpartum then maternal death can be reduced (WHO). So, caring of the mother before, during and after pregnancy is very much important. According to *Ayurveda*, health of *Garbhini* was maintained through proper *Garbhini paricharya*. These *paricharya* maintained from conception till delivery.

AIM AND OBJECTIVES

To collect and analyze the *Masanumasik Garbhini Paricharya*. To understand the clinical importance of *Garbhini Paricharya* as described in ancient treatise and its utility in today's context in correlation with Pre-natal care.

MATERIALS AND METHODS

Literature: All the information regarding *Garbhini paricharya* was collected from ancient *Ayurvedic* literature (*Brihatrayee* and *Laghutrayee*), related journals, research and review articles.

This Garbhini Paricharya can be studied into three parts

1. *Masanumasika Pathya* (Monthly Dietary Regimen)
2. *Garbhopaghatakara bhavas* (Activities and substances which are harmful to foetus)
3. *Garbhasthapaka dravyas* (Substances beneficial for maintenance of pregnancy) and Clinical importance of Garbhini Paricharya to maintain the health of mother and to facilitate healthy growth and development of fetus.

GARBHINI PARICHARYA

During pregnancy fetus gets its nutrition from mother through placenta. Adequate nutrition is needed for proper growth of fetus. The requirement of nutrition varies according to developmental stage of fetus month wise (*Masanumasika vrudhi*). Pregnancy imposes the extra nutrients requirement thus, the dietetic requirements of mother also changed month wise. By following these dietetic regimens, the pregnant woman remains healthy and delivers a baby having good health, energy, strength, complexion and voice. The baby would also be well- built. In *Ayurvedic* literature, month wise dietetic regimen is given in details known as *Masanumasika paricharya* (monthly regimen) for woman right from the first month up to the ninth month of pregnancy. The monthly regimen is necessary to make pelvis, waist, sides of the chest, back, healthy & flexible and downward movement of *Vata dosha* (*Vata anulomana*) - which is needed for the normal delivery.

VISHESHA MASANUMASIK PARICHARYA

| Month | Masanumasik Paricharya |
|------------------------------------|--|
| 1 st to 3 rd | Sweet, cold and liquid diet should be taken |
| 4 th | Cooked sashtika rice with curd, palatable food should be taken processed with milk and butter, along with meat of wild animals |
| 5 th | Cooked sashtika rice with milk, meat of wild animals along with dainty food mixed with milk and Ghrita |
| 6 th | Ghrita or rice medicated with Goksuru. |
| 7 th | Ghrita medicated with Prthakparnyadi group of drugs |
| 8 th | Asthapana and Anuvasana basti should be given with decoction of many drugs |
| 9 th | Anuvasana basti (acc. Charaka), should be enter in the maternity home. |

IMPORTANCE OF GARBHINI PARICHARYA

First Trimester

Embryogenesis takes place in the first trimester of pregnancy hence an increased amount of energy is required during this period. The energy will be provided by *Kshira*, *Ghrita*, *Krusara*, *Payasa*, *Kshira* medicated with *Madhura ausadhi*. Most women experience

nausea and vomiting during first trimester, thus cannot take proper diet which results in dehydration and loss of nutrients. Use of cold, sweet, liquid diet and milk will prevent dehydration and supply required nourishment. Drugs of *Madhura* group being anabolic will help in maintenance of proper health of mother and fetus.

Second Trimester

Fourth month onwards muscular tissue of foetus grows sufficiently thus requiring more protein which is supplied from animal sources such as meat, milk, cheese, butter etc. Milk provides nourishment and stability to foetus. Cooked *shasti* rice advised in *Garbhini paricharya* is rich in carbohydrate and provide energy to body. Meat provide nourishment to the foetus and helps in muscular growth of the foetus. By the end of second trimester most women suffer from oedema of feet and other complications of water retention so, *ghrita* medicated with *guksura* is used which is a good diuretic. It will prevent retention of water as well as its complications.

Third Trimester

Ghrita medicated with *Prithakparnayadi* group of drugs are diuretic, anabolic, relieve emaciation and suppress *Pitta* and *Kapha dosha*. Their regular use in seventh month might help in maintaining health of both mother and foetus. *Yavagu* consumption in eighth month which is *balya* and *brimana* provides nourishment to mother and foetus. Most women suffer from constipation in late pregnancy, *Asthapana basti* administered during eighth month which is best for *Vataanulomana* relieves constipation. Besides this it may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour. Tampon (*Yoni pichu*) of medicated oil in vagina provides lubrication of cervix, vaginal canal and perineum thus help in normal labour. This tampon may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis. Regular use of tampon might influence autonomic fibers governing myometrium and in regulating their functions. Milk and drugs of *Madhura* group have been advised for entire period of pregnancy. Milk is the 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.

Garbhopaghatakara bhavas

Garbhopaghatakara bhava means certain factors should not be done during pregnancy because they harm the foetus. In *Ayurveda* different *Acharyas* have explained the

Garbhopaghatakara bhavas are as follow:

Charaka Samhita

In *Charaka Samhita*, *Acharya Charaka* has explained that the pregnant woman should avoid *Tikshna aushadha*, *Vyavaya* (excessive coitus) and *Vyayama* (excessive exercise), use of *Atiguru*, *Atitikshna* (excessive pungent), *Atiushna* (excessive hot), *Darun cheshta* etc. Pregnant women should not wear red colored clothes, should not consume alcohol, should not travel in fast vehicles, should not eat meat, should avoid from a distance the spirit that are inimical to senses. Pregnant women should avoid *Ahitkar ahar* and *vihar*.

Garbhasthapak dravyas

Acharya Charaka and *Kashyapa* prescribed certain drugs during pregnancy without specifying their indication, period or method of use. *Acharya Chakrapani* has clarified that *Garbhasthapana* drugs are those which after counteracting the harmful factors for foetus help in its proper maintenance, thus these can be considered even as a treatment for abortion. *Acharya Kashyapa* has advised these to be used as a routine by pregnant woman. Routine use of these drugs might be beneficial for maintenance of growth and development of mother and foetus respectively. Drugs mentioned by *Acharyas* are following:

Aindri (*Centella asiatica*)

Brahmi (*Bacopamonieri*) *Satavirya* (*Asparagus recemosus*) *Sahastravirya* (*Cynodon dactylon*)

Amogha (*Stereospermum suaveolens*)

Avyatha (*Tinuspora cordifolia*) *Shiva* (*Terminalia chebula*) *Arista* (*Picrorhiza kurroa*)

Vatyapuspi (*Sida cordifolia*)

Vishwasenkranta (*Callicarpa macrophylla*)

DISCUSSION

Life of baby begins with conception even nine months prior to the delivery. Entire gestational period is very important for the achievement of healthy baby along with prevention of complications during pregnancy. *Dauhrudavastha* is the special concept of ayurveda affecting fetal growth. It is the period during which pregnant woman expresses dietary and behavioral desires. *Garbhini paricharya* to be used in routine by *garbhini*, routine use of these drugs might be beneficial for maintenance of proper health, growth and development of mother and fetus respectively. These longings are the desires of fetus, fulfillment of which is beneficial for proper gestation period, whereas non fulfillment or ignorance of which causes various

developmental anomalies. With the help of Garbhini paricharya the health of woman remains good and delivers healthy child having good energy, strength.

CONCLUSION

All the discussions about the dietary, behavioral and medicinal regimen prescribed by all *Ayurveda* classics aims at the healthy progeny and avoiding pregnancy induced complications. Dos and don'ts for pregnant lady shows the vigilant aspect of scholars and carefulness about the prevention of any adverse effect of food, drug, its interactions and incompatibility. *Dauhruda chesta* should be completed and prescribed regimen if followed will results in the yield of desirous and happy entity. For avoiding complications related to pregnancy and obtain healthy outcome, should consider nine months specific diet explained in various *Samhitas*. The ancient *Ayurvedic* Literature is not only unique but also scientific with Modern sciences so, Antenatal care should be done as per *Ayurveda*.

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