

**AYURVEDIC REVIEW ARTICLE ON DIETETICS AND MODE OF
LIFE TO BE AVOIDED BY PREGNANT WOMAN -
GARBHOPAGHATAKARA BHAVA**

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ABSTRACT

In Ayurveda, pregnancy is viewed as a very special and spiritual time in woman's life. It brings about emotional and physiological changes in garbhini. Garbha completely depends on the fetus for its proper growth and development. Thus our acharyas developed concept about the type of diet, behavior, conduct medications that pregnant woman should follow and avoid in form of 'Garbhini Paricharya'. Although pregnancy is spiritual time, numerous complications can occur that affect both the fetus and the person carrying the fetus during and after pregnancy due to improper antenatal care. Some precautions need to be taken with respect to diet and life activities all through period of pregnancy. This

helps to avoid complications and enable easy delivery of child at term. Caution at food and lifestyle activities will contribute towards well being of both mother and child and also will maintain pregnancy in a safe and healthy way. According to the World Health Organization, complications arising from pregnancy and child birth are the leading cause of death and disability among women in developing countries. To improve the process of pregnancy and birth for a safer and healthier child every garbhini should follow Garbhini Paricharya.

KEYWORDS:- Garbhini Paricharya, Garbhopaghatakar bhava, pathyapathya.

INTRODUCTION

Garbhini paricharya is essential for safe motherhood and healthy progeny. Garbhini Paricharya refers to antenatal care. In Ayurveda, Garbhini paricharya is divided in three categories as

- 1) Masanumasik Pathya Ahara and Vihara (Monthly dietary regimen and lifestyle)
- 2) Garbhasthapaka drugs (Drugs beneficial for maintenance of pregnancy and better progeny) and 3- avoidance of Garbhopaghatakar Bhavas (Diet and activities which are harmful to fetus)

As per Ayurveda, Garbhini should be treated just like a pot filled with oil as the slightest oscillation of such pot can cause spilling of oil similarly slightest stimulation in Garbhini can cause Garbhapata (Abortion) or Garbha vikriti (Anomalies in fetus).^[1]

Acharya Charak explained causes like abnormalities of bija, atmakarma, asaya, kala and dietetics along with mode of life of mother, the vitiated dosas produce abnormalities of fetus affecting its appearance, complexion and indriyas.^[2]

Teratological abnormalities depend on the conditions of bija not on the physical status of couple or in other words what so ever part of bija is defective, the body part developing from that portion of bija will be abnormal. According to Acharya Sushruta, teratological abnormalities causes due to atheism of parents, bad deeds of previous life and aggravation of vayu. As per Vagbhata I, age of woman less than 16 years leads to abnormalities in fetus.

Garbhopaghatakar-bhavas are typical dietetics and mode of life contraindicated for pregnant women or the factors likely to harm the fetus.

Ayurveda lists out certain factors, which can cause disturbances or harm to the pregnant woman and fetus.

These are as follows:

Table 1: Factors to be avoided in pregnancy by different acharyas.

Acharyas	Diet to be avoided	Mode of life to be avoided
Charaka ^[3]	Pungent things Use of excessive heavy, hot and pungent substance. Should not use intoxicating substances and wine.	Excessive exercise and coitus Activities much beyond one's own capacity Not to wear garments for protection from the effect of god, demons and their followers Not to ride over vehicle or running on uneven path Give up the things contrary to indriyas

Shushruta ^[4,5]	Should not eat dried up, stale, putrified or wet food.	Exercise and coitus Sleeping in day and awakening in night Riding on vehicle Untimely use of snehana Avoid blood letting Avoid suppression of natural urges Should avoid outing, visit of lonely place, cremation ground or shade of tree. Acts likely to promote anger and disgrace, talking in high pitch etc. Excessive massage of oil She should not fatigue herself.
Vagbhatta I ^[6]		Should avoid prolonged stay in hot sun or near fire
Vagbhatta II ^[7]	Use of pungent, hot, Wine, meat should also be avoided.	Should avoid covering herself with heavy sheet Untimely sleep, squatting or abnormal sitting or excessive walking No red garments Not to sleep in supine position
Kashyapa ^[8,9]	Use of cold water and garlic.	Should not remain for long in acutely erect or flexed posture Avoid tremoring, excessive laughing, heavy weight lifting. Should not look at declining moon, setting sun and both the rāhus
Harita	Avoid pulses, edibles producing burning sensation heavy or sour substances. Hot milk, clay, surana, garlic and onion.	Coitus Exercise Anger, grief and walking
Bhavamishra	Use of meat	Going to river bank, temple or garden Drinking of rain water Association of woman whose child has died
Yogratnakar ^[10]	Polluted and incompatible food.	Sudation Emesis Kshara

DISCUSSION

Those which produce psychological or physical strain such as grief, exercise etc. should be avoided.

Though normal coitus and exercise are beneficial, however their excessive use or psychological trauma may precipitate abortion specially in garbhini prone for the same. Avoidance of visit to cremation ground etc. sudden shock may produce abnormality specially

abortion. Over weight carrying or vehicle riding may precipitate abortion due to sudden increase in intra abdominal pressure, prolonged squatting in abnormal postures and supine position may influence placental and uterine blood flow thus cause abortion, intrauterine death of the fetus or other abnormalities. Use of over satiation may excessively increase the bodyweight of mother and fetus, over eating is one of the cause of pregnancy toxemia. Over weight of fetus may cause difficulty in labour. Specific rays emitted during eclipse may produce abnormalities of fetus.

Emesis etc purifying measures can also precipitate abortion due to reflex stimulation of the myometrium.

CONCLUSION

Every pregnancy carries its risks. But good prenatal care i.e. Garbhini paricharya can help minimize those risks. Basic principle of Ayurveda is “swasthasya swasthya rakshanam aturasya vikara prasamanam.

Ayurveda has the core competency and strategy for prevention of disease right from garbhakala. To achieve the good health of progeny acharya describe masanumasik pathya, garbhopaghatkar bhava and garbhasthapak aushadhi. Garbhini's diet, mode of life directly affect the garbha. Effect of garbhopoghatakara bhavas like intrauterine death of fetus, premature delivery, abortion, umbilical cord encircles the neck of fetus etc can be avoided by following Garbhini Paricharya properly.^[11]

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