

## GARBHINI PARICHARYA

Dr. Sandhyarani Rajebhau Akate\*<sup>1</sup> and Dr. Dilip V. Katare<sup>2</sup>

<sup>1</sup>PG Scholar Dept. of Prasutitantra & Striroga Hon. Shri. Annasaheb Dange Ayurved Medical College Ashta, Sangli.

<sup>2</sup>Professor and HOD Prasutitantra & Striroga Hon. Shri. Annasaheb Dange Ayurved Medical College Ashta, Sangli.

Article Received on  
21 September 2023,

Revised on 11 October 2023,  
Accepted on 01 Nov. 2023

DOI: 10.20959/wjpr202320-30259

**\*Corresponding Author**

**Dr. Sandhyarani Rajebhau  
Akate**

PG Scholar Dept. of  
Prasutitantra & Striroga  
Hon. Shri. Annasaheb  
Dange Ayurved Medical  
College Ashta, Sangli.

**ABSTRACT**

Ayurveda considers food to be the best source of nutrition as well as medicines for pregnant women. The monthly treatment regimen is unique to Ayurveda. This changes in depending on the development of the fetus in the uterus and at the same time, it ensures the mother's health. Pregnancy is the most important period in the life of every woman. Therefore, systematic examination, dietary and other advice is very important; this systematic monitoring is called Garbhini Paricharya. Monitor must be regular and periodic in nature and according to the needs of Garbhini. Things that are contraindicated during pregnancy are called Garbhopaghatakara Bhavas and these should be avoided for the health of the fetus. It is an important part of a woman's life; Proper health and nutrition (aahar) will certainly

contribute to the healthy development of the fetus, childbirth, breastfeeding and the health of the mother. Our Acharyas formulated an Ayurvedic concept of diet, behavior, behavior and medication that pregnant women should follow. In the Charaka Samhita it is mentioned that pregnant women should be treated like a pot filled with oil, as the slightest shake of such a pot can spill the oil, similarly, the slightest excitement in a pregnant woman can cause Garbhapata (abortion) for these reasons, our Acharyas have come up with a detailed system and monthly regimen for pregnant women. In this paper, we provide a general overview of a possible monthly diet adjusted according to the age, season, location, physical condition and digestive ability of the pregnant woman.

**KEYWORDS:** *Garbhini Paricharya, Ahara, Vihara.*

## INTRODUCTION

Mother and child should be considered a unified whole because during the prenatal period, the fetus is a part of the mother; the development period of the fetus is about 280 days. During this period, the fetus gets all nutrients and oxygen from the mother's blood.<sup>[1]</sup> The child's health is closely linked to the mother's health. A healthy mother gives birth to a healthy child, with a low risk of premature birth, Stillbirth or abortion. The most important period in the life of mother and child is the prenatal period. It is also known as Garbhini Paricharya in Ayurveda. Pregnancy is a period of transition with many different changes being experienced. In developing countries, maternal mortality rates are higher than in developed countries. Common factors causing maternal death are hemorrhage, hypertension due to pregnancy, difficult birth, infection, complications of unsafe abortion<sup>[2]</sup>, etc. Because the baby's health completely depends on the mother, pregnant women must have a proper diet, care and nutrition to give birth to a healthy child without any complications. During pregnancy, in order for the fetus to develop better, prenatal care is very important.

### Objectives

1. Create conditions for the fetus to grow and develop healthily.
2. Promote, protect and maintain maternal health.
3. To eliminate anxiety related to childbirth.
4. Minimize complications during labor.

## MATERIALS AND METHODS

Garbhini Paricharya is divided into three parts-

1. Masanumashika Pathya (Monthly dietary regimen)
2. Garbhopaghata kara Bhavas (Activities and substance which are harmful to fetus)
3. Garbhasthapak Dravyas (substances useful for maintenance of pregnancy)

### General Management for Garbhini Paricharya

#### Diet

Diet should be Hridya, Drava, Madhurapraya, Snigdha, Deeppaniya and Samskrita. Good nutrition is essential at the time of implantation and early fetal development. Diet during pregnancy must be complete to ensure-

1. Maintain mother health.
2. Needs of foetus development.
3. Strength needed during labour

**Exercise**

1. Gentle exercise with relaxation is more necessary.
2. Adequate rest is essential.
3. You should elevate your feet when sleeping.
4. Clothing – baggy clothes.
5. Avoid sexual intercourse

**Mental Support**

1. Garbhini should be provided with a pleasant environment.
2. Any type of mental stress should be avoided.
3. Every person who comes into contact with the pregnant woman shows affection and emotional support.
4. It must be supported by positive thinking.

Daurhida should not be ignored because failure to follow Daurhida can harm the fetus.

**Specific management****1. Masanumashika Pathya (Monthly dietary regimen)**

During pregnancy, the fetus begins to receive nutrition from the mother through the placenta. Adequate nutrition is necessary for the monthly and steady development of the embryo. Nutritional requirements vary carefully depending on the stage of fetal development (Masanumasika vrudhi).

Pregnancy requires additional nutritional requirements. Thus, the mother's dietary needs also change depending on the month. By following these prescribed diet plans, pregnant women will stay healthy and give birth to a child with good health, energy, strength, complexion and voice. The baby will also be well-built. There is importance in this; In Ayurvedic samhitas, a monthly diet plan is given in detail called masanumasika paricharya (monthly diet) for women from the first to ninth month of pregnancy. A monthly exercise regimen is necessary to keep the pelvis, waist, sides of the chest, and back healthy and flexible, and the downward movement of vata (vata anulomana) is necessary for normal childbirth.

### 1. Masanumashika Pathya according to Acharya

Month	Chara k Samhita	Sushrut Samhit a	Ashtang Sangrah	Harit Samhita
1st month	Non medicat ed milk(3)	Madhur, Sheet, Liquid Diet(4)	Medicat ed milk(5)	Madhu yashti, madhuk apuspa with butter, honey and sweetened milk(6)
2nd month	Milk medicat ed with madhura rasa (sweet taste) drugs	Same as first month	Same as Charaka	Sweete ned milk treated with kakoli
3rd month	Milk with honey and ghrita	Same as first month	a Sangrah a-Milk with honey and ghrita	Krisara
4th month	Milk with butter a (sweet)group, vaginaltamponof this oil	Cooked sasti rice with curd, dainty and pleasant food mixed with milk & butter and Jangal mansa period of delivery	Milk with one tola (12gm) of butter a (sweet)group, vaginal tamponof this oil	Medicated cooked rice
5th month	Ghrita prepared with butter extracted from milk	Cooked shastika rice withmilk, jangal mansa along with dainty food mixed with milk and ghrita	Ghrita prepared with butter extracted from milk	Payasa
6th month	Ghrita prepared from milk medicated with madhura (sweet)drugs	Ghrita orrice gruel medicated with gokshura	Ghrita prepared from milk medicated withmadhura (sweet)drugs	Sweetened curd
7th month	Same asin sixth month	Ghrita medicated with prithaka parnyadigroup of drugs	Same asin sixthmonth	Ghritak handa
8th month	KshiraYawagu mixed with ghrita	Asthapa n is followedby Anuvasana basti of oil medicated with milk, madhuradrugs	anuvasana bastiwith oil medicated withMaduradrugs	Ghritapuraka
9th month	Anuvasanabastiwith oilprepare d with drugs of Madhur	Unctuous gruels and jangal mansa rus up to the	Anuvasanabastiwith oil prepare d with drugs of Madhur	Different varieties of cereals

### 2. Garbhopaghatakara Bhavas (Activitiesand substance which are harmful to foetus)

Charak	Do not carry heavyand hot substances.Avoid doing harsh and violentactivities. <sup>[7]</sup>
Sushrut	Vyayam, Vyavay, Atikarshan, Diwaswapna, Ratrijagran, Shoka,Vegadharan, Utkatasan, Raktamokshan, Snehan. <sup>[8]</sup>
Vagbhata	Tiksna Aushadh, Vyayam, Vyavay. <sup>[9]</sup>
Kashyap	Do not observe the waning of the moon or the sunset. Do notcarry heavy objects for long periods of time. Avoid shakingand laughing too much. Avoid using cold water and garlic. She should not be in a standing or bent position for long periods oftime. <sup>[10]</sup>

### 3. Garbhasthapak Dravyas (substances useful for maintenance of pregnancy)

The maintenance of Garbhais performed by Garbhasthapak Dravyas by will counteract the effects of Garbhopaghata Bhavas. These medications are used in the treatment and prevention of miscarriage. They contribute to the proper development, growth and health of the fetus. Garbhasthapak Aushadhis are Aindri (*Bacopa monieri*), Bramhi (*Centella asiatica*), Satavirya (*Māṅg t̄y racemosus*), Sahashravirya (*Cynodon dactylon*), Avyatha (*Tinospora cardifolia*), Amogha (*Stereospermum suaveolens*), Shiva (*Terminalia chebula*), Vatyapushpi (*Sida cardifolia*), Arista (*Picrorhiza kurroa*), Vishwasenkanta (*Callicarpa macrophylla*), v.v. These should be taken orally as preparations in milk and ghee.<sup>[11]</sup>

#### Month wise clinical significance

**1<sup>st</sup> trimester (1,2,3 month)** - Nausea, Vomiting Dehydration - Cold and sweet liquid diet and milk

**4<sup>th</sup> and 5<sup>th</sup> months** - Muscular tissue of fetus grow sufficiently - More protein Mamsarasa

**6<sup>th</sup> month** – Edema - Gokshuraghrita (diuretic)

**7<sup>th</sup> month** - General weakness - Vidarigandhadi group aushadhi (anabolic relieve emaciation)

**8<sup>th</sup> month** – constipation - Basti relieve constipation helps in regulating functions of ANS governing myometrium during labour, Vata anulomana

**9<sup>th</sup> month** - Vaginal discharge Yoni Pichu Dharana and Basti – soften the perineum and help in its relaxation during labour.

#### Benefits of Garbhini Paricharya

1. According to Acharya Charaka, with the help of Garbhini Paricharya, the woman's health remains good and gives birth to a healthy child with energy, strength and a good voice.
2. According to Acharya Vagbhat and Charaka, Garbhini Kukshi, the sacrum and back area become soft.
3. Vayu moves to the Anulom position when urine, stool and placenta are easily excreted or discharged through their respective pathways; skin and nails become soft, easily give at the right time and strengthen the skin and skin.

#### Pregnancy Harming Factors

- Travel on irregular roads, travel in speeding vehicles
- Sitting on hard and irregular surface
- Intercourse, smoking, narcotic drugs, wine or sedatives

- Sleeping in supine position, lest the cord twists around the neck.
- Taking food in large quantity,
- Gurmukhi, Tikshna, Ushna Diet.
- Holding of natural urges
- Excessive exercise
- Predominant use of one taste in large quantity.
- If she takes: - 1. Sweet – Baby will be fat and may develop diabetes.
- 2. Sour – Skin diseases, diseases of eyes and allergies.
- 3. Salty – Hair become white early, graying hairs, wrinkles on the skin.
- 4. Pungent – Weak and may cause infertility.
- 5. Bitter – Weak and dry

## DISCUSSION

1. Masanumasika Pathya (monthly daily diet). 2. Garbhopaghathakara bhavas (Activities and substances harmful to the fetus) 3. Garbhasthapaka dravyas (Substances beneficial for maintaining pregnancy), we discussed different diets and dos and what not to do during pregnancy, in the same way, modern medicine also describes prenatal care by describing prenatal diet i.e. calorie supplement diet, diet to prevent anemia (Garbhini Pandu), perinatal hygiene, rest and sleep, exercise, light work, taking prohibited drugs and intercourse, etc. described.<sup>1</sup> Thus, the ancient knowledge described is not only unique but also scientifically relevant to modern medicine. So before birth the treatments described in Ayurveda are very beneficial.

## CONCLUSION

Ancient Ayurvedic literature is described in the miscellaneous Samhita; not only unique but also scientific with modern science. Therefore, prenatal care should be performed as according to Ayurveda.

## REFERENCE

1. UNICEF, State of World's Babyren, 2009.
2. Menon, M.K.K. J. Obs & Gynae. Of India, 1975; XXXV: 113.
3. Yadavji Trikamji, editor, Commentary: Vidyotini Hindi Commentary of Acharya Kasinath Shastri and Gorakhnath Chaturvedi on Charaka Samhita of Charaka, Sharira Sthana, chapter 8, verse no. 32, 22th edition, Varanasi: Chaukhambha Bharati Academy,

1996; 937.

4. Yadavji Trikamji, editor, Commentary: Ayurveda Tatva Sandipika Hindi Commentary of Acharya Ambika Datta Shastri on Sushruta Samhita of Sushruta, Sharira Sthana, chapter 10, verse no.3, 13th edition, Varanasi: Chowkhambha Sanskrit Sansthan, 2002; 73.
5. Vagbhata, Commentary, Indu Commentary of Vaidya Anant Damodar Athavale on Astanga Sangraha, Sharirasthana, chapter 3, verse no.2, 1st edition, Pune, Shree Mada Atreya Prakashana, 1980; 279.
6. Harita, Commentary, Nirmala Hindi Commentary of Acharya Ramavalamba Shastri on Harita Samhita, Tiritiya Sthana chapter 49, verse no.2, 1st edition, Varanasi: Prachya Prakashana, 1985; 86.
7. Shris atyapal Bhisagacharya, Hindi commentary Commentor on Kashyap samhita Sharir sthana 8/181, 4<sup>th</sup> edition, Varanasi, Chowkhamba Bharati Academy.
8. Kasinath Sastri and Dr. Gorakhnath Chaturvedi with Hindi commentary Vidyotini, charak Samhita Sharir Sthan25/40, Choukhamba Bharati Academy.
9. Acharya Ambika Dutta Shastri, Yadavji Trikamji, editor, commentary: Ayurveda Tatva Sandipika Hindi Commentary on Susruta Samhita of Sushruta, Sharir Sthana, 3/16.
10. Vaidya Anant Damodar Athawale, Indu Commentary of On AstangaSangraha Sharir Sthana 13/3, 1<sup>st</sup> edition, Pune, Shree Mada Atreya Prakasan.
11. Kasinath Sastri and Dr. Gorakhnath Chaturvedi with Hindi Commentary Vidyotini, Charaka Samhita Sutra Sthana4/18, Choukhamba Bharati Academy, Varanasi.