

**REVIEW ARTICLE ON GARBHINI PARICHARYA AND AMALAKI
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Hospital, Varanasi.**ABSTRACT**

Pregnancy should be a positive experience of all women and they should receive care that respects their dignity. Pregnancy and giving birth to a healthy progeny fulfills the beauty of woman's life. Woman's body goes through a great deal of hormonal, physiological and psychological changes during pregnancy. The way body is nourished during this process will affect maternal as well as the fetal health. In a country like India where malnutrition is very common affecting both mother and growing fetus, it is essential that the pregnant mother suitably be advised regarding her diet, to achieve a healthy progeny from a healthy mother. Ayurveda considers ahara to be the best source of nourishment as well as medication for the pregnant woman. Adequate nutrition is needed for constant and proper development of

embryo throughout the pregnancy. Garbhini paricharya is a unique concept described in Ayurveda which describes supplementation of different drug and diet having Rasayana properties during antenatal period. Following the dietetic regimens prescribed in Garbhini Paricharya, the pregnant woman remains healthy and delivers a healthy child. Administration of different Rasayana drugs imparts benefits such as Dirghayu, Medha, Arogya, Smriti, Prabha, Varna, DehaBala, IndriyaBala, Kanti, vyadhikshamatva etc. and Amalaki Rasayana is one such drug.

KEYWORDS:- Garbhini paricharya, Rasayana drugs, Pregnancy, Amalaki rasayan.

• INTRODUCTION

Stri is the root of reproduction. (Acharya manu)

Stri is the creation of the nature in which the fetus develops. (Amarkosha)

The woman is the origin of the progeny. (Charaka) Since the foetus is totally dependent on the mother regarding its growth, development & nutrition, and if the mother lacks her nutritional supplementations, the foetus is directly affected by it. One common problem that is faced during pregnancy is reduced Hb concentration of the mother. The fall of Hb during pregnancy is mainly due to effect of hemo-dilution & extra need of iron during pregnancy which can not be fulfilled by diet alone. On an average 100 mg elemental iron per day is required throughout the pregnancy.

As per ayurvedic classics symptoms of pregnancy are as mentioned here like

(1) सद्योगृहीतगर्भा : as per Acharya Charak (च. सं. शा. 2/23)

Nishthivika – excessive salivation

Gaurava – Heaviness

Angasada – Lethargy

Tandra – Drowsiness

Praharsha – Excitement

Hridaya-vyatha – Pain in epigastric region

Tripti – Fulfillment of desire

Yoni beeja-grahanam – Retained beeja in yoni

As per acharya sushruta (सु. शा. 2/13)

Shrama – Exhaustion

Glani – Depression

Pipasa – Excessive thirst

Sakthi-sadanam – Leg cramps

Yoni-sphuran – Pulsation in fornix

(2) व्यक्त गर्भा lakhsana mentioned in (च. सं. शा. 4/16) and in (सु. सं. शा. 3/14-15)

आर्तव सम्बन्धी

Artava Adarshanam – Amenorrhoea

अन्न सम्बन्धी

Anannabhilasha – Dislike for food

Asyasamsravanam – Excessive salivation

Chhardi- Morning sickness

Arochaka – Anorexia

Amlakamata – Interest in sour articles

मनो सम्बन्धी

Ucchavacheshu bhaveshu visheshena shraddha – Alternate desire for high-low articles.

Subha gandha udvejna – Aversion of previously appreciated fragrance.

विशेष गर्भ लक्षण

Lomaraji – **udgama** – Development of linea nigra

Peena – **payodharata** – Growth of breasts

Krishna- oshthta - Blackish discoloration of lips

Krishna stana – **mandala** – Blackish discoloration of areola

Yonishchatalatwam- Feeling of expansion in vagina

Stanyostanyam- Milk formation in breasts

Gurugatratwam- Feeling of heaviness

Akshi – **pakshma sammilana**- Repeated blinking

About the amalaki rasayana: According to Chakradatt 66/22

“रूपवर्णप्रभावैः निर्व्याधिर्बुद्धिमेधास्मृतिबलवचनस्थैर्यसत्त्वरूपैतः”

Amla is a rich source of vitamin C or ascorbic acids. The placental transport of ascorbic acid is carried by a sodium-dependent mechanism. It is reported that administration of vitamin C (1000mg/day) reduces the incidence of pre-eclampsia in women who were at risk. Gallic acid is a major polyphenol found in Amalaki and been reported as suppressor of growth of cancer cells. Polyphenols help in transport of some compounds like glucose, vitamin, thiamine and folic acids at the placental barrier. Along with having iron as a constituent Amalaki also increases bioavailability of iron. These all compounds play important role for growth of foetus.

It is also examined that it possesses anti-oxidative property. Apart from this it is cardio protective, immuno-stimulant also. So we can say that Amla possess so many properties which are beneficial during pregnancy. Its compounds are able to neutralize the adverse effects of free radicals and also accomplish the mineral deficiency in pregnant women.

Properties of amalaki

- Rasa- Madhura, Amla, Katu, Tikta, kashaya
- Guna- laghu- ruksha
- Virya- Sheeta
- Vipaka- Madhura

Composition of amalaki

- Carbohydrate- 14%
- Moisture- 81.2%
- Vitamin- 6mg/gms
- Nicotinic acid- 0.2 mgs/gms
- Calcium- .05%
- Phosphorus-.02%
- Protein – 0.5%
- Fat-0.1%
- Fiber- 3.4%
- Minerals- 0.07%
- Iron- 12 microgram/gms

Garbhini paricharya

This can be studied in to three parts i.e.

- 1- Masanumashika Pathya (Monthly dietary regimen)
- 2- Garbhopaghatakarabhavas (Activities and substance which are harmful to foetus)
- 3- Garbhashthapaka dravyas (Substances beneficial for maintenance of pregnancy)

MATERIAL AND METHODS

Ayurvedic classical textbooks, modern medical textbooks, online Articles and Journals were reviewed to attain all the possible information regarding this study.

OBSERVATIONS

The nourishment of fetus is provided through the medium of mother's *Rasa Dhatu*. Thus the word *Rasa* here clearly indicates nourishment through the medium of blood more specifically, through the plasma. *Acharya Charaka* also explained role of mother's food in providing nourishment. *Charaka* is very precise in stating the three fundamental roles of *Rasa*, they are-

- 1) Nourishment of her own body
- 2) *Stanya nirmaan*
- 3) Growth of foetus

Acharya Kashyap has described that *Ahara Rasa* of mother is divided into 3 parts. First part nourishes her own body, second part nourishes the *Garbha* and the third part is utilised for the nourishment of *Stana*. Along with above mentioned facts it is also noted that Pregnancy is a time of significant psychological stress. Changes in hormonal levels, changes in relationships to partners, family and friends, and changes in body image all lead to increased psychological stress. Increased levels of placental corticotropin-releasing hormone towards the end of pregnancy also affect the maternal hypothalamic-pituitary axis and other brain loci involved in stress responses. There is a corresponding shift in most women towards primary process. Dreams become more vivid and dramatic. It is very helpful to counsel the pregnant woman and her partner about these normal changes. Women with social stress or with a history of depression may develop signs of atypical depression, necessitating counseling and medications. Our ancient *Acharyas* knew well that not only the food and environment play a vital role in the development of foetus but also maternal psychic impressions have their impact on a growing foetus,

DISCUSSION

While explaining the role of *Satmya*, *Charaka* states "**Rasajashchayam Garbhaha**" and gives full detail of connection between *Rasa* and *Garbha*. Thus it is clear that the writers of ancient times were fully aware of the necessities of wholesome food habits for the growth and nourishment of the foetus through the Channel of blood. In recent years too the nutritional requirement of pregnancy is better understood. During pregnancy, appreciable amounts of new tissue are formed for foetus like the placenta, the myometrium and the maternal blood. If the diet of the patient before pregnancy is well balanced, including enough quantity of *satmya ahara*, it usually requires little or no change during pregnancy. Along with

above mentioned concepts *Acharyas* have described the specific month wise management of a pregnant woman to compensate the requirements of mother as well as growing foetus as *masanumasik garbhini paricharya*. These are as follows.

Month wise regimen mentioned in *Charaka, Sushruta, Vagbhatta, Bhela & Harita*

I. Month

1. Non medicated milk
2. Favourable *Ahara* twice daily
3. *Madhura, Sheeta, Drava Ahara*
4. Milk medicated with *Garbha Sthapana Dravyas* twice a day
5. First 12 days – *Ksheerodhrita*
6. *Ghrita* medicated with *Shalaparni* and *Palasa*
7. Drink water, boiled with gold or silver and cooled
8. *Yashti, Parushaka, Madhuka* alone or combined with butter and honey followed by *Madhura Ksheera*

II. Month

1. Milk medicated with *Madhura* group
2. *Madhura, Sheeta, Drava Ahara*
3. *Madhura Ksheera* treated with *Kakoli*

III. Month

1. Milk with honey and ghee
2. *Madhura, Sheeta, Drava Ahara*
3. Cooked *Shashti* rice with milk
4. *Krishara*

IV. Month

1. Butter prepared from milk (or) Milk with butter in *Aksha Matra*
2. Cooked *Shashti* rice with *Dadhi* and *Hridya Ahara* with adequate quantity of *Ksheera Navaneetam* and *Jangala Mamsa*
3. *Prativihita Ksheera* with milk
4. *Kritaadanam*

V. Month

1. *Ghrita* extracted from milk or *Ghrita* with milk

2. *Shashti* rice with milk and *Hridya Ahara* with adequate quantity of *Ksheera Sarpi*
3. *Ksheera Sarpi* alone (Ghee extracted from milk)
4. *Yavagu*
5. *Payasa*

VI. Month

1. *Madhuraushadha Siddha Ksheera Sarpi*
2. Ghee or *Yavagu* medicated with *Gokshura*
3. *Ksheera Sarpi* alone
4. *Madhura Dadhi*

VII. Month

1. *Madhuraushadha Siddha Ksheera Sarpi*
2. Treat the *Kikkisa*
3. *Ghritha* medicated with *Prithakparnyadi* group of drugs
4. *Ghritha Khanda*

VIII. Month

1. *Yavagu* prepared with milk and mixed with *Ghritha*
2. *Asthapana Vasti* with *Badarodaka*, *Bala*, *Atibala* etc. drugs and *Anuvasana Vasti* with *Dugdha* and *Madhura Kashaya Siddha Taila*
3. *Snigdha Yavagu* and *Jangala Mamsarasa*
4. *Ksheera Peya* along with *Ghritha*
5. *Ghritha Puraka*

IX. Month

- 1a. *Anuvasana Vasti* with *Madhuraushadha Siddha Taila*
- 1b. *Yoni Pichu* of the same oil
2. *Snigdha Mamsarasa* with *Ahara* of *Bahu Snehayukta Yavagu*
3. Various *Anna*
- 4a. *Anuvasana Vasti* with *Kadamba* oil
- 4b. *Yavagu*

Garbhaupghatkar bhavas: (Those which causes harm to the foetus)**According to acharya charak**

- a- **Ahara:** Use of tiksna (Pungent), Heavy and Hot substances
- b- **Vihara:** Exercises, Harsh violent activities, Red clothes, Intoxicating Substances and Alcohol

According to acharya sushruta

- a- Ahara: Avoid eating stale putrified wet foods
- b- Avoid coitus, Exercises, Excessive ematiation, day sleep, waking up at night, untimely use of sneha, suppression of natural urges etc.

Garbhsthapak drugs (Substances beneficial for maintenance of pregnancy)

- 1- Charak and Kashyap prescribed some drugs which are found to be beneficial during pregnancy without specifying their indication, or method of use. But later Chakrapani has clarified that garbhasthapak drugs are very important for the foetus and use of such drugs could potentially prevent foetal losses met during pregnancy.
- 2- Vagbhata 1 has indicated use of prajasthapana drugs described in sutrasthana after pumsawana karma.
- 3- Indu also like chakrapani says that these drugs prevent abortion.
- 4- Kashyap has advised these to be used as a routine by pregnant woman. Routine use of these drugs might be beneficial for maintenance of healthy pregnancy and development of both mother and foetus. Drugs mentioned by acharyas are following –
 - a- Aindri (*Centella asiatica*)
 - b- Brahmi (*Bacopa monieri*)
 - c- Shatvirya (*Asparagus recemosus*)
 - d- Sahastravirya (*Cynodon dactylon*)
 - e- Amogha (*Stereospermum suaveolens*)
 - f- Avyatha (*Tinospora cordifolia*)
 - g- Shiva (*Terminalia chebula*)
 - h- Arista (*Picrorhiza kurroa*)
 - i- Vatyapuspi (*Sida cordifolia*)
 - j- Vishwasenkanta (*Callicarpa macrophylla*)

CONCLUSION

Benefits of *garbhini paricharya*

The month wise *Paricharya* described in the *Ayurvedic texts* help in proper development of foetus and gives optimum health to mother. By following the timely regimen as described above, the mother's body parts like abdomen, flanks, back and genital organs become *Mrudu* and *Anulomana* of *Vayu* occurs so preventing maternal as well as foetal complications. The natural urges are expelled out easily, through their respective passages. The skin and nails become smooth and *Garbhini* attains high degree of *Bala*, *Varna* and *Ojas* (Skin and Nails become soft, increase in strength and complexion too) which directly affects the developing foetus for lifelong. All these factors contribute in the full development and delivery of a child with all qualities and health.

The mentioned shadbhavas like *Matruja*, *Pitruja* and *Atmaja Bhavas* cannot be changed as they come from the parents and *Poorvajanma Samskaras* respectively. The other three *Bhavas* viz. *Satmyaja*, *Rasaja* and *Satvaja Bhavas* can be changed by proper medication and proper *Ahara* and *Vihara*. One of the contributions of *Rasaja Bhava* can be taken as *Garbha Poshana*. So during pregnancy a very nutritious and healthy diet as well as environment should be provided to the mother both for better growth of baby as well as the woman who is soon going to be a mother.

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