

DO'S AND DON'TS DURING GARBHAVASTHA AS PER AYURVEDA

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ABSTRACT

Ayurveda considers food to be the best source of nourishment as well as medication for the *Garbhavastha*. By following the various principles mentioned in *Ayurveda* i.e., dietary regimen related to *Garbhini Paricharya*, avoiding *Garbhopaghatakar Bhava* and *Tridosha* vitiaing diet during pregnancy can avoid various anomalies and disease during pregnancy. The baby is totally depend on mother so if mother take proper *Ahara* (diet) and *Vihara* during pregnancy it helps to be healthy. Proper *Ahara vihara* leads to proper growth and development of baby. And prevent them from any health problems during that period. In *Ayurveda*, *Garbhini Paricharya* and do's and don'ts comes under the *Garbha-poshaka bhava* and *Garbhopaghtakara bhava* the things which are good for fetus and harmful for foetus are given.

KEYWORDS: Proper *Ahara vihara* leads to proper growth and development of baby.

INTRODUCTION

Becoming a mother is the most important phenomenon in a woman's life and childbirth is the most precious event. Thus a pregnant woman has to be given special care throughout the pregnancy to ensure the healthy new born and herself.

In the field of agriculture, productivity is a good indicator of the land's conditions. A proper seedbed should be prepared with the right nutrients and conditions that can allow seed sprouting required for the crops establishment and its later development. *Ayurveda* recognized the need for the mental, spiritual and physical preparation of the mother-to-be for the momentous event of childbirth. It involves the preparation of the couple planning pregnancy, three months prior to conception. *Ahara* (diet), *Vihara* (lifestyle), *Sadavruttta* (moral conduct), along with varied therapies give wonderful results. Along with normal nutritious diet, specific diets for each month of Antenatal period depending on embryogenesis. Diets with specific impact on the foetus, specifically effective on reproductive & endocrine systems.

Always say "you are what you eat" it may also be true that "you are what your mother ate". Modern medical science also believes that foetal growth is depend on appropriate diet and life style of pregnant mother.

Along with the diet, Ayurveda lists out certain factors, which can cause disturbances or harm to the pregnant woman and foetus. So the *Garbhini* should follow a careful regimen of food and behaviour during pregnancy. This Regimen is known as "*Garbhini Paricharya*".

Under the heading of *Garbhopghatakar Bhavas*, all the great *Acharyas* of *Ayurveda* have explained certain things which should not be done during pregnancy. In today's fast moving life, all womens unknowingly follow certain things which are told as contraindications during pregnancy. Due to negligence or ignorance, leading to miscarriage, abortions and other obstreticals complications, so it is necessary to analyse these *Garbhopghatakar Bhavas*.

AIM AND OBJECTIVES

Aim- To study do's and don'ts during *Garbhavastha* According to *Ayurveda*.**Objective-1.** To study the pregnancy care of women according to *Ayurveda* using different *Ayurvedic* texts.

2. To study the *Garbhopaghatakar Bhavas* which is known as don'ts during pregnancy using different *Ayurvedic* text.

3. To study the *Dauhrida* which is known as desires and effects of fulfilment and nonfulfillment of desire during pregnancy according to *Ayurveda*.

MATERIAL AND METHODS

- This part will be discussed through the different classical books of *Ayurveda* from Vedic period and various other classical *Ayurvedic* literature, commentaries related to *Garbhini Paricharya* (*Masanumasik Pathya of Garbhini*), Benefits of *Garbhini Paricharya* and *Garbhopaghatakar Bhavas*.

- This part will also discussed the desires and effect of fulfilment and nonfulfillment of desires during *Garbhavastha* according to *Ayurvedic* text.

MASANUMASIK PATHYA OF GARBHINI**Table No. 1: Month Wise Regimen.**

MONTH	CHARAKA SAMHITA	SHUSHRUTA SAMHITA	ASHTANG SANGRAH	HAARITA SAMHITA
FIRST	Non medicated milk in desired quantity	Sweet, cold and liquid diet	Medicated milk	<i>Yashtimadhu, Parushaka, Madhupushpa, Navneeta</i> with the sweeten milk
SECOND	Milk medicated with <i>Madhura Rasa</i> drugs	Sweet, cold and liquid diet	Milk medicated with <i>Madhura Rasa</i> drugs	<i>Kakoli Siddha Ghrita</i>
THIRD	Milk with <i>Madhu</i> and <i>Ghrita</i>	Sweet, cold, liquid diet, <i>Shashti</i> rice cooked with milk	Milk with <i>Madhu</i> and <i>Ghrita</i>	Milk
FOURTH	<i>Navneeta</i> (Butter) extracted from milk or Milk with butter	<i>Shashti</i> rice with curd, Pleasant food mixed with milk and butter, <i>Mansa</i> (meat)	Milk with <i>Akshamaatra</i> of butter.	<i>Krutodana</i> (medicated cooked rice)
FIFTH	<i>Ghrita</i> with butter extracted from milk	<i>Shashti</i> rice with milk, Pleasant food mixed with milk and <i>Ghrita</i> , Meat of wild animals	<i>Ghrita</i> prepared with butter extracted from milk	<i>Payaasa</i>
SIXTH	<i>Ghrita</i> take from milk, medicated with the <i>Madhura</i> drugs	<i>Ghrita</i> or rice gruel medicated with the <i>Gokshura</i>	<i>Ghrita</i> prepared from milk medicated with <i>Madhura</i> drugs	<i>Madhura Dadhi</i>
SEVENTH	<i>Ghrita</i> take from milk, medicated with <i>Madhura</i> drugs	<i>Ghrita</i> medicated with <i>Prithakparnyadi</i> group of drugs	<i>Ghrita</i> prepared from milk medicated with <i>Madhura</i> drugs	<i>Ghrita Khanda</i>
EIGHTH	<i>Yavagu</i> prepared with milk and mixed with <i>Ghrita</i>		<i>Yavagu</i> prepared with <i>Dugdha</i> mixed with <i>Ghrita</i>	<i>Ghritapurana</i>
NINTH		Unctuous gruels and meat soup of wild animals		<i>Vividha Anna</i>

BENEFITS OF MONTHLY REGIMEN

अनेन प्रथममासादारभ्य क्रमेण गर्भिण्याः प्रसवकाले गर्भधारिणीकुक्षिकटीपार्श्वपृष्ठं मृदू भवति । वायुश्चा- नुलोमः सम्पद्यते । मूत्रपुरीषं च प्रकृतिभूतं जरायुश्च मार्गं प्रतिपद्यते । पुत्रं चेष्टं कल्यमायुष्मन्तं सुखिनं सुखेन काले बलवती प्रसूते ॥ (अ० सं० शा० 3/13)

Describing the benefits of this dietetic regimen prescribed for the woman having normal development of foetus, *Charaka* says that by this the woman remains healthy and delivers the child possessing good health, energy or strength, voice, compactness and much superior to other family members.

Further *Charaka* and *Vagbhat* say that by the use of this regimen from first to ninth month her *Garbhadhariṇi* (fetal membranes or vaginal canal), *kuksi* (abdomen), sacral region, flanks and back become soft, *Vayu* moves into its right path or direction; feces, urine and placenta (A.S.) are excreted or expelled easily by their respective

passages; skin and nail become soft (C.), woman gains strength and complexion and she delivers easily at proper time a desired, excellent, healthy child possessing all the qualities and long life.

Sushruta has not described benefits separately, however, some of them mentioned here and there inbetween the monthwise regimen are- that by this the foetus attains good growth, *Vayu* moves in its right direction, woman becomes unctuous, strong and delivers the child easily without complications.

Emphasizing the importance of woman's diet authors have mentioned that the rasa derived from the diet taken by the pregnant woman serves three purposes:-(1) Nourishment of her own body, (2) Nourishment of the foetus and (3) Nourishment of breast or formation of milk which is discuss under foetal nourishment.

DON'TS DURING GARBHAVASTHA/ GARBHOPAGHATAKARA BHAVAS (FACTORS LIKELY TO HARM THE FOETUS)

“गर्भोपघातकरास्त्वमे भावा भवन्ति, तद्यथा सर्वमतिगुरुष्णतीक्ष्णं दारुणाश्च चेष्टा; इमांश्चान्यानुपदिशन्ति वृद्धाः- देवतारक्षोऽनुचरपरिरक्षणार्थं न रक्तानि वासांसि बिभृयान्न मदकराणि मद्यान्यभ्यवहरेन्न यानमधिरोहेन्न मांसमश्नीयात् सर्वेन्द्रियप्रतिकूलांश्च भावान् दूरतः परिवर्जयेत् यच्चान्यदपि किञ्चित् स्त्रियो विद्युः” ॥ (च० सं० शा० 4/18)

“गर्भिणी तीक्ष्णौषधव्यायव्यायामवर्जनीयानां” । (च० सं० सू० 25/40)

“तदा प्रभृति व्यवायं व्यायाममतिर्षणमतिकर्शनं दिवास्वजं रात्रिजागरणं शोकं यानावरोहणं भयमुत्कुटकासनं चैकान्ततः स्नेहादिक्रियां शोणितमोक्षणं च काले वेगविधारणं च न सेवेत” ॥

(सु० सं० शा० 3/16)

Charaka says that the pregnant woman should avoid use of pungent things, (excessive) exercise and coitus. Following factors are harmful for the foetus such as-use of excessive heavy, hot and pungent substances; harsh or violent activities (activities much beyond one's own capacity) and others as instructed by elder persons, she should not wear red garments for protection from the effect of God, demons and their followers; should not use intoxicating substances and wine, ride over vehicle (running on uneven path), use meat (excessive) and give up the things contrary to *Indriyas* and other harmful articles; the things should also be given up as instructed by old ladies.

Table No. 2: Garbhopaghatakara Bhavas Related to Unsuitable Behavioral Pattern (Apathya Viharana) that Mentioned in Ayurveda Classics.

Acharya Matha (concepts of Acharyas)	Garbhopaghatakara Bhavas related to unsuitable behavioral pattern
Charaka Samhita	exercise, coitus
Sushruta Samhita	Coitus, exercise, excessive satiation, excessive emaciation, sleeping in day and awakening in night, grief, riding on vehicle, fear, squatting, bloodletting, suppression of natural urges
Astanga Hridaya	Excessive coitus, exercise, carrying heavy weight, untimely sleep, anger, grief squatting, excitement, fasting, use of red garment, sleeping in supine position, blood-letting, purifying measures and enemas
Astanga Sangraha	exercise, coitus, emaciation, trauma, conveyance causing excessive jerks, night awakening, day sleeping, suppression of natural urges, indigestion, prolonged stay in hot sun or near fire, anger, grief, fear, terror, fasting, squatting, looking or hearing disliked things
Kashyapa Samhita	Erect or flexed posture for long, shaking, excessive laughing, trauma, looking declining moon, setting sun, seeing solar or lunar eclipse

Table No. 3: “ACHARYA CHARAK” HAS DESCRIBED VARIOUS TYPES OF GARBHOPAGHATAKARA BHAVAS WHICH LEADS TO DISEASE IN FOETUS.

S. NO.	PREGNANT WOMEN CONSUMING CONSTANTLY	EFFECT ON PROGENY
1.	Women sleeping in open place and moving out in night	Unmatta (Insane)
2.	Indulges in quarrels and fights	Apasmara (Epileptic)
3.	Indulges in sexual intercourse	Ill-physique, shameless and devoted to women
4.	Always under grief	Timid, undeveloped or short lived
5.	Thinking of others to harm	Envious or devoted to women
6.	Always think to thief	Exerting, wrathful or inactive
7.	Always remain intolerant	Fierce, deceitful and jealous
8.	Sleeps constantly	Drowsy, unwise and deficient in digestion power
9.	Wine	Thirsty, poor in memory and unstable in mind
10.	Iguana	Gravels, stone or Shanermeha
11.	Pork	Red eyes, obstructed respiration and very rough body hair
12.	Fish	Delayed closure of eye or stiff eyes
13.	Madhura Rasa	Diabetes (Prameha), Dumb (Mook), or over-obese (Atisthoulya)

14.	<i>Amla Rasa</i>	Internal haemorrhage (<i>Raktapitta</i>), eye disorder (<i>Akshiroga</i>) and skin disorder (<i>Twakaroga</i>)
15.	<i>Lawan Rasa</i>	Wrinkles and grey hairs (<i>Vali Palita</i>) and Baldness (<i>Khaliyta</i>)
16.	<i>Katu Rasa</i>	Weakness (<i>Durbal</i>), deficient in semen (<i>Alpashukra</i>) and infertile (<i>Anapatya</i>)
17.	<i>Tikta Rasa</i>	Weakness (<i>Durbal</i>), deficient in semen (<i>Alpashukra</i>) and infertile (<i>Anapatya</i>)
18.	<i>Kashaya Rasa</i>	Blackish colour (<i>Shyav Varna</i>), <i>Anaha</i> and <i>Udavarta</i> .

THE EFFECT OF DAUHRIDA

Table No. 4

DAUHRIDA OR DESIRE	CHARACTER OF CHILD
To look a king	Rich, very lucky
To wear very fine silk garments	Fond of ornaments and handsome
To live in asarama	Capable of controlling indriyas and religious
To look at snake etc. wild creatures	Ferocious or ruthless
To eat meat of iguana	Sleepiness and that whose nature consists in bearing itself or does not express his desire or runner
To eat cow's meat	Mighty and with good endurance
To eat buffalo's meat	Brave, red eyes and excessive body hair
To eat hog's meat	Sleepy, brave or bold
To eat deer's meat	Industrious, swift runner and always moves in forests
To eat meat of srmara	Terrified or anxious
To eat meat of partridge	Paltroon

THE EFFECT OF FULFILMENT AND NON FULFILMENT OF DAUHRIDA

Acharya Charaka says that as desire of the foetus are expressed through the mother hence *Dauhrida* should always be fulfilled, because the negligence or non-fulfilment can cause abnormalities or even death of the foetus. Mostly welfare of the mother is identical to that of the foetus, thus wise person always treat pregnant women affectionally and with beneficial substance. It should be fulfilled except the things likely to injure or fell upon the foetus. However, if her desire to use the articles likely to harm the foetus is very acute, the articles should be provide with addition of beneficial substance capable of counteracting the harmful effects. Suppression of desires vitiate *Vayu*, which moving in the body of the foetus produce various diseases, abnormalities or even death.

Acharya Shushruta has mentioned that non-fulfilment of desire produces the foetus which is Hump-backed, crooked armed and legged, idiot, dwarf, dis-shaped eyed or has absence of eyes. What-so-ever she desires should be fulfilled due to fear of foetal abnormalities. Non fulfilment can harm both mother and foetus, specially suppression of desire related to specific *Indriya* produces abnormality of corresponding *indriyas* of foetus. Fulfilment of desires result in birth of child possessing high qualities and longevity.

DISCUSSION

As per the *Ayurveda* 1. *Masanumasika Pathya* (Monthly Diatry Regimen). 2. *Garbhopaghathakara bhavas* (Activities and substances which are harmful to foetus) we have discussed various diets and various Do's and

Don'ts in *Garbhavastha*. In this way, above article emphasized mainly on importance of antenatal phase and parturition phase according to *Ayurvedic* literature and suggests proper care for pregnant woman for healthy child birth.

CONCLUSION

The ancient *Ayurvedic* Literature described in Various *Samhita*; is not only unique but also scientific. So Antenatal Care should be done as per *Ayurveda*. It is so important to take care of mother's *Ahara* and *Vihara* for the proper growth and development of the foetus as well as to maintain the health of pregnant mother.

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