

AYURVEDA PERSPECTIVE ON *GARBHINI PARICHARYA*: AN LITERATURE BASED  
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**ABSTRACT**

Women are an important part of our society as she carries a new future in her womb and pregnancy is an important factor in women's life. During this period she should take care of food and daily habits. Ayurveda has explained *Garbhini Paricharya* which includes rules regarding *Ahara & Vihara* which should be followed during pregnancy. Ayurveda has explained *Garbhini Paricharya* through various classical texts. This article explained various aspects of *Garbhini Paricharya* as per Ayurveda texts.

**KEYWORDS:** Ayurveda, *Garbhini Paricharya*, Pregnancy, *Ahara & Vihara*.**INTRODUCTION**

Ayurveda suggested that antenatal care plays an important role for better development of fetus since in pregnancy some physiological changes occurs which may affect health of fetus. The pregnant women need to follow some rules related to the behavioral and dietary habits. Ayurveda considered these rules under the term "*Garbhini Paricharya*" which helps in proper development of fetus. Health of an pregnant women can be maintained by various concepts of *Garbhini paricharya* from conception to delivery. *Garbhini*

*paricharya* includes all the aspects related to the health such as; *Ahar, Vihara, Pathya & Apathya* of a pregnant women

According to ayurveda food is also said as medicine if used in proper *Matra*. Proper diet helps to maintain health, *Garbhini* is susceptible for various diseases and it is very difficult to treat the diseases of *Garbhini*. The things which should be avoided in pregnancy are mentioned in **Figure 1**.

**Figure 1: *Apathya* related to the pregnancy.**

## DISCUSSION

### First trimester

Embryogenesis is an important moment during first trimester. *Kshira* and *Ghrita* during first trimester provide energy for developing fetus. Medicated milk with *Madhur rasa* acts as rich source of energy. The classical text has explained *Madhur Rasa Ahara* with milk which helps to increase liquid content and maintains hydration. *Madhur Rasa Ahara* also possesses high nutritional value thus helps to maintain nutrient balance in body during pregnancy. *Vata* is responsible for cell division during embryogenesis. During first trimester *Vata Dosha* is alleviated in pregnant woman. In dietary regimen *Ghrita*, milk, *Madhura Dravyas* and *Siddha Ghrita* are suggested which offers *Vatashamak* properties. Milk provides nourishment, increases energy level and enhances bone formation. During this period uses of medicine need to be avoided.

### Second trimester

According to ayurveda body requires more protein during second trimester. Milk and milk products are rich source of protein and calcium hence *Dugdha & Ghrita* should be given to the pregnant women. *Shaali Shashtik* rich is advised in *Garbhini Paricharya* as sources of carbohydrates to supply energy. During second trimester pedal edema is observed so *Gokshur Sidha Ghrita* is also advised. According to ayurveda *Gokshur* has qualities of *Mutravirechak*, *Shothahara* and antibacterial thus it helps to reduce pregnancy induce edema and also other complication of water accumulation in pregnant women.

### Third trimester

During third trimester *Garbhini* is advised to take medicated *Ghrita* with *Puthaparnyadi* group. This group contains drugs which act as diuretic & anti-inflammatory agents. Steroid is important for maturity of fetal lungs, *Brihati* has steroidal constituent thus given in seventh month to help lung maturation. *Khira Yavaguand Ghrita* advised in 8<sup>th</sup> month to nourish body, it gives strength and helps to pacify *Vata Dosha* due to its *Snigdha Guna*. At 9<sup>th</sup> month *Manrasa* of wild animal are advised. *Manrasa* is rich source of protein, vitamin, iron, minerals and fat thus helps in formation of muscular tissue. Most of the women experience constipation during last trimester due to pressure of gravid uterus over bowel; *Basti* is explained as important *Chikitsa* for constipation since it reduces *Vata Dosha*. At 9<sup>th</sup> month of pregnancy *Basti* is advised to vitiate *Vayu*. *Apanvayu* and *Vyanvayu* play an important role in contraction and relaxation of uterus. *Acharya Sushruta* has explained that *Virya* of *Basti* acts over whole body and provides relaxation.

## CONCLUSION

*Garbhini paricharya* explained by *Acharyas* which helps to improve physical and psychological health of women. During first trimester of pregnancy women needs nutritional diet so milk and related products

advised in first trimester. During first trimester women suffers from nausea and vomiting, this symptoms can be decrease by taking proper diet. In this period dietary regimen and treatment protocol is concentrated on providing nourishment and *Vata Anulomana*. During 2<sup>nd</sup> trimester, *Garbhini paricharya* helps in stabilization of *Garbha*. It maintain energy and protein requirement during pregnancy by using medicated *Ghrita* and milk which is rich in protein. In 3<sup>rd</sup> trimester, drugs and *Basti Chikitsa* which helps to relieve edema, constipation and backache, etc. are recommended. The *Garbhini paricharya* aims towards the formation of healthy fetus, its helps to avoid development of anomalies, ensure a secure full term delivery and maintain health of fetus as well as mother.

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