

GARBHINI PARICHARYA MENTIONED IN AYURVEDA

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ABSTRACT

Garbhini paricharya refer to antenatal care which recommends Ahar (specific dietary regimen) Vihar (normal daily activity) and Vichara (psychological and emotional activities). It is defined as a comprehensive coordinated approach to medical care and psychological support that begins before conception and extend throughout antenatal period. Ayurveda considers food to be the best source of nourishments as well as medication for the pregnant women. Masanumasik Pathaya (month wise dietary regimen) Garbhopaghatakar Bhavas (activities and substances which are harmful to fetus) Garbhasthapak Dravyas (substances beneficial for maintenance of pregnancy) are main components of Garbhini Paricharya. The whole 9month diet is a unique strategy of Ayurveda. Along with the ahara, medication and yoga are useful and supportive to garbhini. The main intend behind advising Garbhini Paricharya is Paripurnatya (provide proper growth of the fetus and mother), Anupaghata (uncomplicated pregnancy), Sukhaprasava (for healthy delivery and healthy child of desired qualities and longevity). **Conclusion:** The ancient ayurvedic literature described in various Samhita; is not only unique but also scientific as modern medical sciences so antenatal care should be done in integrated way i.e.as per modern science and as described in Ayurveda.

INTRODUCTION

Pregnancy is one of the milestones in women's life. It is a physiological condition where conception and growth of the fetus occurs in the womb for maintenance of species. It is a time of transformation when the amazing changes are experienced. Charak has explained that due to the prachalita dhatus and doshas, the lady will be prone for getting vikrutis. thus, the pregnant lady shall be treated with special care just like a pot filled with oil. As slightest oscillation of such a pot causes spilling of the oil, similarly the slightest exertion or excitement to the pregnant woman can initiate adverse pregnancy outcome.

Antenatal period is very crucial in women life as there is a continuous growth of the embryo or fetus, there is also variation in its requirements of food and nutrition. Thus, necessities of the mother also modify. The health of the baby completely depends on mother therefore it is better to take care that pregnant lady is getting adequate care and nutrition and proper food so that she delivers a healthy baby without complications. This can be achieved with the help of garbhini paricharya. In garbhini paricharya acharya charak mentions that a woman who desires a healthy- and good-looking progeny should not indulge in uncongenial diet and regimen, in other words she must adopt good conduct, congenial diet and regimen. In the present review prime focus is given on monthly regimen for pregnant women described in

ayurvedic classics so as to achieve healthy baby to healthy mother.

Aims and Objectives-Aims

- To collect and analyze the masanumasik garbhini paricharya.
- To understand the clinical importance of garbhini paricharya as described in ancient treatise and its utility in today's context in co-relation with prenatal care.

Objectives

To ensure a normal pregnancy with delivery of healthy baby from healthy mother.

The main objective of Ayurveda towards the care of pregnant women resides around three main objectives-

- PARIPURNATVA (proper growth of the fetus and mother)
- ANUPAGHATA (non-complicated pregnancy)
- SUKHAPRASAVA (normal delivery)

MATERIAL AND METHODS

Literature, brihatrayee, all available ayurvedic classic, modern available texts, magazines, journals and research papers.

Type of Study- Conceptual type.

Garbhini Paricharya this can be studied in to three parts i.e.

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

Masanumashika Pathya (Month wise Dietary Regimen)

All aspects of the month wise diet and regimen prescribed by our acharya is difficult to explain. Moreover, in day to day practice we follow and advice only few of them. The requirement of nutrition varies according to developmental stage of foetus month wisely. Pregnancy imposes the extra nutrients

requirement. Thus, the dietetic requirements of the mother also change month wise. By following these dietetic regimens prescribed, the pregnant woman remains healthy and delivers the child possessing good health, energy or strength, voice, compactness and much superior to other family members. Further he and Vagbhat say that by the use of this kuksi(abdomen), sacral region, flanks and back become soft, Vayu moves into its right path, feces, urine and placenta are excreted or expelled easily by their respective passages; skin and nail become soft, woman gain strength and complexion and she delivers easily at proper time a desired, excellent, healthy child possessing all the qualities and long life. The following tableable comparative study of month wise diet and regimen mentioned by various acharya- Month wise Regimen as per Samhita

Months	Charak samhita	Sushrutasamhita	Astanga sangraha	Harita samhita
1st month	Non medicated milk	Madhur, sheet, liquiddiet	Medicated milk	Madhuyasthi, madhukapuspa with butter, honeyand sweetened milk
2nd month	Milk medicated with madhura rasa drug	Same as first month	Same as Charakamilk medicated with madhura rasa	Sweetened milk treated with kakoli
3rd month	Milk with honey and ghirta	Same as first month	Milk with honeyand ghirta	Krisara
4th month	Milk with butter	Cooked sasti rice with curd, dainty food mixedwith milk and ghirta	Milk with one tolaof butter	Medicated cooked rice
5th month	Ghirta prepared with butterextracted from milk	Cooked shastika rice with milk, jangal mansaalong with dainty food mixed with milk and ghirta	Same as Charaka	Payasa
6th month	Ghirta prepared from milkmedicated with Madhur drugs	Ghirta or rice gruelmedicated with gokshura	Same as Charaka	Sweetened curd
7th month	Same as sixth month	Ghirta medicated with prithakaparnyadi groupof drugs	Same as Charaka	Ghirtakhanda
8th month	Kshira yawagu mixed withghirta	Asthapanabasti with decoction of badri mixed with bala, atibala, satapuspa, patala etc, honey and ghirta. Asthapan is followed by Anuvasanabasti of oil medicated with milk, madhuradrugs	Kshirayawagu mixed with ghirt, asthapanabasti with decoction of badari, anuvasana basti with oil medicated with madhra drugs	Ghritapuraka
9th month	Anuvasanabasti with oil prepared with drugs of madhura group, vaginal tampon of this oil	Unctuous gruels and jangal mansa ras up tothe period of delivery	Same as Charaka	Different varietiesof cereals

Clinical Importance of Garbhini Paricharya First Trimester

- Embryogenesis takes place in the first trimester hence an increased amount of energy is required during this period. All these energies will be provided by Kshira, Ghirta, Krusara, Payasa, Kshira medicated with Madhur ausadhi.
- During first trimester of pregnancy, most women experience nausea and vomiting, thus cannot take proper diet which results in dehydration and loss of

nutrients. Use of cold andsweet liquid diet and milk will prevent dehydration and supply required nourishment.

- Drugs of Madhura group being anabolic will help in maintenance of proper health of motherand foetus.

Second Trimester

- Fourth month onwards muscular tissue of foetus grows sufficiently requiring more protein which is supplied from animal sources such as meat, milk,

cheese, butter etc.

- Milk provide nourishment and stability to foetus.
- Cooked sasti rice advised in garbhini paricharya is rich in carbohydrate and provide energy to body.
- Meat provide nourishment to the foetus and help in muscular growth of the foetus.
- By the end of second trimester most women suffer from edema of feet and other complications of water retention. so ghrita medicated with goksura is used which is a good diuretic will prevent retention of water as well as its complications.

Third Trimester

- Ghrit medicated with prithakparnayadi group of drugs are diuretic, anabolic, relieve emaciation and suppress Pitta and Kapha. Their regular use in seventh month might help in maintaining health of mother and foetus.
- Yavagu consumption in eight month which is balya and brimhana provides nourishment to mother and foetus.
- Most women suffer from constipation in late pregnancy, asthapana vasti administered during eight month which is best for vata anulomana relieves constipation. besides this may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour.
- Tampon of oil in vagina provides lubrication of cervix, vaginal canal and perineum thus help in normal labour. This may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis. Regular use of tampon might influence autonomic fibers governing myometrium and in regulating their functions.
- Milk and drugs of madhura group have been advised for entire pregnancy period. Milk is the complete food and the drugs of madhura group are anabolic, thus use of these will help in maintenance of proper health of mother and growth and development of foetus.

Mode of Action of Dietary Ingredient

- **Shali-shastik**-it is rich in carbohydrate, provide fuel for body, excellent source of niacin, vitamin D, calcium, fiber, iron, thiamine and riboflavin.
- **Mudga**- it is rich source of low-fat protein. it contains both insoluble and water-soluble fibers. Water soluble fiber reduces LDL cholesterol and reduces risk for cardiovascular diseases. it has low glycemic index. It digests slowly and releases glucose in to blood stream, stabilizing blood sugar.
- **Butter**-It contains a high amount of saturated fat and provides 7% of recommended dietary allowance of vitamin A based on 2000- calorie diet. Vitamin A is important to vision health.
- **Ghee**- It provides many essential fatty acids such as omega-3 and omega-6 which provide anti-inflammatory properties, regulate DNA products and assist with cellular communication. It also contains

vitamin A, D, E, K, calcium, potassium and small amount of riboflavin and pantothenic acid.

- **Milk**- it is rich source of protein and vitamins. Proteins are vital for maintaining tissue such as muscles. It contains vitamins, minerals, calcium, phosphorus, zinc, lactose provides slow release of energy.

Garbhopaghatkar Bhavas (Factors Likely To Harm The Foetus)

1. **Charak**- use of excessive heavy, hot and pungent substances, harsh and violent activity.
2. **Sushrut**-Vyavaya, Vyayama, Atitarpan, Atikarsan, Divaswapna Ratrijagaran, Shoka, Yanaavarohana, Bhaya, Utkatasana, Sonitamoksan, Vegadharan, Snehan etc.
3. **Vagbhata**- Tikсна Ausadh, Vyavaya, Vyayama.
4. **Kashyap**- Should not look at declining moon, setting sun and both the rahu, she should not remain for long in acutely erect or flexed posture and carry heavy weight for long, avoid tremoring, excessive laughing and trauma, use of cold water and garlic.

All These Contraindication Can Be Grouped Under Following Headings

1. Those which produce psychological or physical strain such as grief, exercise etc. though normal coitus and exercise are beneficial, however, their excessive use or psychological trauma may precipitate abortion.
2. Overweight carrying or vehicle riding may precipitate abortion due to sudden increase in intraabdominal pressure, prolonged squatting in abnormal posture and supine position may influence placental and uterine blood flow thus cause abortion, intrauterine death of foetus.
3. Avoidance of visit to cremation ground etc.; sudden shock may produce abnormality specially abortion.
4. Use of over satiation may excessively increase the body weight of mother and foetus, overeating is one of the Cause of pregnancy toxemia. Overweight of foetus may cause difficulty in labour.
5. Specific rays emitted during eclipse may produce abnormalities of foetus.
6. Emesis etc. purifying measures can also precipitate abortion due to reflex stimulation of the myometrium.

Garbhasthapak Drugs (Substances Beneficial For Maintenance of Pregnancy)

Charak and Kashyap prescribed certain drugs during pregnancy without specifying their indication, period or method of use. Cakrapani has clarified that garbhasthapana drugs are those which after counteracting the harmful factors for foetus help in its proper maintenance, thus these can be considered even as a treatment for abortion.

Vagbhata 1 has indicated use of prajasthapana drugs described in sutrasthana after pumsawana karma. indu

says that these drugs prevent abortion.

Kashyap has advised these to be used as a routine by pregnant woman. routine use of these drugs might be beneficial for maintenance of growth and development of mother and foetus respectively. Drugs mentioned by acharyas are following –

- Aindri (*Centella asiatica*)
- Brahmi (*Bacopa monieri*)
- Satavirya (*Asparagus recemosus*)
- Sahastravirya (*Cynodon dactylon*)
- Amogha (*Stereospermum suaveolens*)
- Avyatha (*Tinospora cordifolia*)
- Shiva (*Terminalia chebula*)
- Arista (*Picrorrhiza kurroa*)
- Vatyapuspi (*Sida cordifolia*)
- Vishwasenkanta (*Callicarpa macrophylla*)

Mode of Action of Garbhsthapak Dravya

1 Aindri (*Centella asiatica*)

Components isolated from centella are responsible for CNS activator and lead to uterorelaxant action.

2 Brahmi (*Bacopa monieri*)

- Antistress effect of Bacoside found in *Bacopa monieri*.
- Calcium antagonistic activity of *Bacopa* can be used as muscle relaxant and vascularrelaxant.

3 Satavirya (*Asparagus recemosas*)

- Estrogenic effect of satavari on female mammary gland and genital organs of guinea pig.
- A glycoside Satavarin isolated from root of *Asparagus recemosas* has been found to be responsible for competitive block of oxytosin induce contraction of rabbit's uteri.

4 Sahastravirya (*Cynodon dactylon*)

- The plant extract checks uterine bleeding, strengthen uterine muscles, avert abortion and augment of foetal growth.
- Ethanolic extract of aerial parts of *Cynodon dactylon* has marked antioxidant activity.
- Fresh juice of *Cynodon dactylon* is a remedy for urogenital disorders like rubella infection, muscle cramps.

5 Amogha (*Stereospermum suaveolens*)-

Ethanol extract from stem bark of *stereospermum* given orally shows marked analgesic and anti-inflammatory response in comparison to indomethacin, aspirin and morphine.

6 Avyatha (*Tinospora cordifolia*)

The antioxidant capacity of *tinospora cordifolia* stem methanol extract in daily oral administration of 500mg/kg for 40 days.

7 Shiva (*Terminalia chebula*)

The use of *Terminalia chebula* in different fraction from fruit were screened for antibacterial and antifungal activity.

8 Arista (*Picrorrhiza kurroa*)

The most promising biopharmacological activity of biopolymers found in *Picrorrhiza kurroa* shows immunomodulatory effect and hepatoprotective effect.

9 Vatyapuspi (*Sida cordifolia*)

The analgesic activity was found in acetic acid induced pain in mice, the result indicated that the sample possessed both analgesic and anti-inflammatory activity.

10 Viswaksenkanta (*Callicarpa macrophylla*)

Ethanol extract of leaves of *callicarpa macrophylla* has better anti-inflammatory profile in compare to diclofenac sodium.

Medicated Water for Expectant Mother's Bath

The cold decoction of pulp of bilva, karpasa, phamphada, pichumanda, agnimantha, jatamansi and pounded leaves of eranda or water prepared with sarvagandha drugs should be used for bathing by pregnant women.

Manidharana by Expectant Mother

The pregnant women should wear the amulet of trivrt at the region of waist.

CONCLUSION

- The pregnancy and child birth are nature's gift. Care of pregnant women is similar to that of foetus. So pregnant women should be looked after carefully with pleasant and suitable things, protecting her from all factors which cause abnormalities of the foetus. To get the fruitful outcome of nature, our acharya has advised garbhini paricharya from conception till delivery.
- Ayurvedic principles through the concept of garbhini paricharya improves the physical and psychological condition of the pregnant women and make their body suitable for sukha prasava.
- The requirements of the developing embryo are different in different months so acharya mentions paricharya according to the need of embryo or foetus. Like during 1st trimester of pregnancy most woman experience nausea and vomiting, thus cannot take proper diet. use of cold and sweet liquid diet and milk will prevent dehydration and supply required nourishment. Fourth month onwards muscular tissue of fetus grows requiring more protein which is supplied by use of meat soup. By end of second trimester most women suffer from pedal edema so the use of goksuru in 6th month prevent water accumulation. The drug of vidarigandhadi are diuretic, anabolic, relieve emaciation and suppress pitta and kapha and help in maintaining health of mother and fetus. hence it is proved that the diets and regimen which are described thousands of years

ago in classical texts of Ayurveda for pregnancy is totally scientific and are specific to foetus and mother. The concept of prenatal care is now highlighted in modern science, which is mentioned in Ayurveda thousands of year ago.

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