

AYURVEDA AND MODERN ASPECT OF *GARBHINI PARICHARYA*: AN APPROACH
FOR PREGNANCY AND NEONATAL CAREDr. Kutaskar Chandrashakhar Shridhar^{1*}, Dr. Yashwant Anand Wankhade² and Dr. Aaradhana P. Pasarkar³¹Professor, Strirog & Prasuti Tantra Vibhag, Mahila Uykasha Pratisthan's Ayurvedic College, Degaon Risod, Dist. Washim. Maharashtra, India.²HOD, Associate Professor, Swasthvrutta Department, MUP'S Ayurved College, Hospital & Research Centre, Degaon, Tal.- Risod, Dist. Washim. Maharashtra, India.³Associate Professor, B R Harne Ayurved Medical College and Hospital, Vangani (Karav) District. Thane. Maharashtra, India.***Corresponding Author: Dr. Kutaskar Chandrashakhar Shridhar**

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ABSTRACT

Ayurveda science focuses towards the promotion of general health by preventing and treating pathological conditions, additionally Ayurveda paid great attention towards the healthy progeny and in this regards Ayurveda mentioned concept of *Garbhini paricharya*. This concept contributed towards the motherhood care and healthy progeny. Technically *Garbhini Paricharya* works towards antenatal or prenatal care in which specific *Ahara* and *Vihara* suggested for healthy progeny. *Masanumasik Pathya ahara-Vihara*, *Garbhashthapak karma* and avoidance of *Garbhopaghatakar Bhavas* are important considerations of *Garbhini paricharya*. Modern medical science also paid attention for fetal growth, here medical science suggested particular dietary and daily regimen along with medication for pregnancy and neonatal care. Monthly dietary regimen, activities for pregnancy care and better progeny, lifestyle modification and avoidance of harmful things, etc. are important aspect related to the motherhood care and healthy progeny.

KEYWORDS: *Ayurveda, Pregnancy, Garbhini paricharya, Neonatal.***INTRODUCTION**

Ayurveda the holistic science of healthy living works on principle of “*Swasthasya swasthya rakshanam aturasya vikara prasamanam*”. Ayurveda rely on prevention and treatment of disease thus contributed towards promotion of health. Ayurveda not only focuses on the health restoration of elderly and children but it greatly emphasizes approaches for the health restoration of women. In this regard Ayurveda mentioned various concepts for pregnancy care and concept of *Garbhini paricharya* (antenatal care) is one such approach of Ayurveda which helps to maintain health of pregnant women and fetus.

The term *Garbhini Paricharya* itself indicates care of women in which *Garbha* is present. *Ahara, Vihara, Pathya, Apathya, Yoga* and meditation, etc. are various aspects of *Garbhini Paricharya*. The concept of *Garbhini Paricharya* not only maintains health of pregnant lady but also prevent consequences of *Garbhapata* and *Garbha vikriti*. Ayurveda under the

heading of *Garbhini Paricharya* described many things to be avoided by pregnant lady including stress, anxiety, alcohol, smoking, drug abuse, excessive physical work, weight lifting and sexual conduct, etc.

Modern considerations related to the antenatal care

Modern medical science also put focus towards antenatal care in which pregnant lady suggested medical and daily regimen under supervision of physician from beginning of conception to delivery. *Garbhini Paricharya* in modern science can be termed as pregnancy care or prenatal care or maternity care. The period of 6-10 weeks of intra-uterine life of fetus considered very susceptible time since during this period birth defects may occurs under the influence of external factors. Maternal nutrient supply, proper life style, modern medicine and avoidance of mental stress, etc. are describes in antenatal care as per modern science. As per modern approach the major things advised for antenatal care depicted in **Figure 1**.

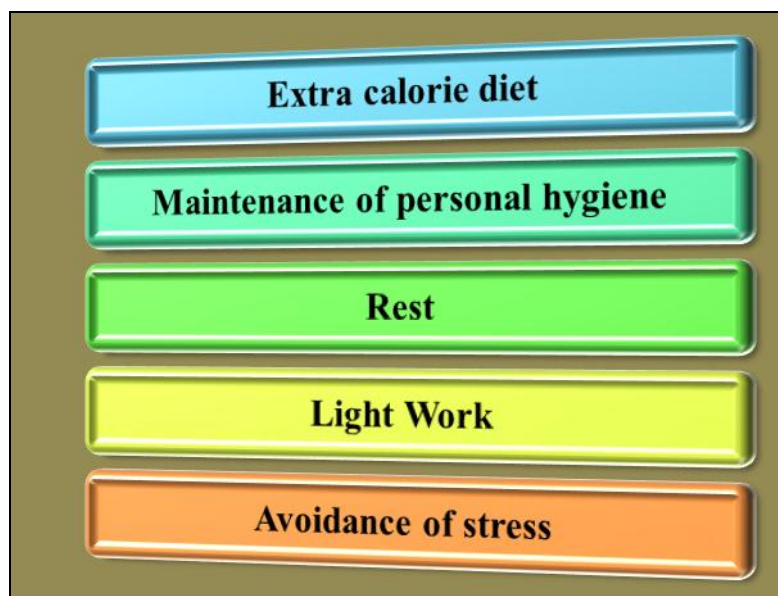


Figure 1: Conductions suggested for pregnancy care.

Garbhini Paricharya

Garbhini Paricharya involves three important aspects which are as follows:

1. Masanumasika Pathya
2. Garbhopaghatakara bhavas
3. Garbhashtapaka dravyas

Masanumasika Pathya means month wise dietary regimen during pregnancy, foetus takes nourishment from mother through placenta. Proper nutritional diet require for health restoration of pregnant lady and to maintain growth of embryo. This requirement of nutrition varies as development of foetus take places, during pregnancy there is need of extra nutrients therefore specific diet suggested in every month for Garbhini. Proper diet during this period provides strength to the mother so she can complete period of pregnancy successfully, moreover balance dietary regimen support growth & development of fetus and facilitate ease of delivery.

Garbhopaghathakara bhavas means avoidance of substances which are harmful during pregnancy period. In this regard Garbhini is suggested to avoid Rooksha, Ushna and Teekshna Dravyas. Putrefied, hard to digest and laxative food materials not recommended during this period. Heavy exercises, excessive coitus, bike riding, awakening in night, fasting, anger, grief and stress also need to be avoided.

Garbhashtapaka dravyas means consideration of substances which are beneficial for maintenance of pregnancy. Garbhashtapaka dravyas helps in the maintenance of health, growth and development of mother as well as foetus. As per Ayurveda Aindri, Satavirya, Sahashravirya, Braahmi, Avyatha, Amogha, Arista, Shiva, Vishwasenkanta and Vatyapushpi, etc. are Garbhashtapaka dravyas which offers beneficial effects during pregnancy when used with milk and ghee.

Garbhini Paricharya month wise

- ✓ **First Month:** Cold milk, Sheeta and liquid diet suggested during initial period of pregnancy.
- ✓ **Second Month:** Milk, fruit juices, coconut water and kanji advised. Fruit like Papaya should be avoided. Drug such as; Pippali, Shatavari and Manjishtha were advocated.
- ✓ **Third Month:** Rice, milk, Ghee, honey and fruit juices, etc. Medicines like Vrikshadani, Priyangu and Sariva, etc. also suggested.
- ✓ **Fourth Month:** Butter, rice, fruit juice, watermelon, coconut water, pomegranate and berry, etc. were suggested along with medicines like Rasna, Bharangi and Sariva.
- ✓ **Fifth Month:** Rice, ghee, meat soup, pomegranate, apple, beatroot, spinach and guava, etc. recommended along with curd and honey.
- ✓ **Sixth Month:** Rice, Ghee, Yavagu, Gairik, Prishniparni, Bala, Jeshthamadhu and Gokharu. Mashparni, Vidarikanda, Ashwagandha and Shatavari, etc.
- ✓ **Seventh Month:** Butter milk, Kanheri siddha oil massage and Jeshthamadhu decoction. Gokharu, Lajjalu, Musta and grapes, etc.
- ✓ **Eighth Month:** Lodhra, pippali with honey and milk, Yavagu in milk, milk in Kapittha, Laghu Kantakari, Bruhat Kantakari, Asthapana Basti, Bala and ghee, etc. are suggested during this period.
- ✓ **Ninth Month:** Anuvasan Basti, Stambhana drug, Shunthi, Jeshthamadha, Deodaru, Sariva and Jeshthamadha, etc. can be given at final stage of pregnancy.

CONCLUSION

The ancient Acharya suggested regimen for maternal care during pregnancy which is termed as Garbhini Paricharya, the month wise care of pregnant women is very important to maintain health of mother as well as

fetus. The regimen suggested in *Garbhini Paricharya* involves month wise dietary guideline & *Pathya Vihara*. The regimen advised in *Garbhini Paricharya* provides strength and nourishment to the mother as well as fetus. The good conduction of daily and dietary routine during this period prevents pathological complications like; nausea, vomiting, oedema, constipation and fatigue. Ayurveda not only advocated *Pathya Ahara-vihara* for pregnancy care but also advised some medications during this period for health management of mother & fetus, these medicine also support ease of delivery. *Satavirya, Aindri, Brahmi, Sahastravirya, Shiva, Avyatha, Vatyapuspi, Vishwasenkanta* and *Arista*, etc. are medicines suggested for antenatal care.

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