

**CRITICAL REVIEW OF GARBHINI PARICHARYA**

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**ABSTRACT**

Ayurveda not only focus on preventive and promotional health but also has strong footing in the field of healthy progeny. It is a need to have healthy pregnancies in Indian population as the normal nutritional requirements in maternal periods of women in india are not getting fulfilled. Acharya charaka has given specific importance to pregnant women and has compared them with oil fulfilled vessel which can be split by little displacement and to provide proper attention during pregnancy. Garbhini Paricharya i.e. Nine monthly diet is unique in Ayurveda. It changes in accordance with growth of fetus in the womb and at the same time ensures health of the mother.

**KEYWORDS:** Healthy progeny, Garbhini Paricharya, Fetus.

**INTRODUCTION**

Pregnancy is one of the most important events in the life of every women and ayurveda suggested a very good protocol for that which is called “Garbhini paricharya”. Diet is the most important component of garbhini paricharya. It ultimately results in fetal growth ,maternal health and post-delivery lactation.<sup>[1]</sup> Many factors described which are responsible for the abnormal development of fetus in morphology, complexion and sense organs such as abnormality in dosha of beeja(ovum and sperm), atma-karma(soul manifestation), ashaya (uterus), kala(effect of age) and matur ahar vihara(diet and regimen of mother). Each stage of fetal development is dependent and influenced by appropriate maternal nutrient supply and proper life style. Modern medicine describes antenatal care by describing antenatal diet i.e. extra calorie diet, diet to prevent anaemia, personal

hygiene, rest, sleep, exercise, light work, drugs prohibited and coitus etc.

The growth of the fetus is marked by a certain growth pattern. Thus in the 5<sup>th</sup> month there is a predominant growth of mansa & rakta dhatus. In 6<sup>th</sup> month there is predominant development of bala, varna, nails, hairs, roma, ligaments, bones etc. Accordingly, the management changes every month.

**MATERIAL AND METHOD**

Material related to this topics have been collected from different journals, Ayurvedic Samhita and Modern text, Authentic websites and Authentic literatures.

Type of Study-Conceptual type

**Monthwise Regimen as Per The Samhita.**

Month	Charak samhita	Sushrut samhita	Ashtang sangraha	Harit samhita
1st	Non medicated milk, <sup>[2]</sup>	Madhur,sheet,liquid diet, <sup>[3]</sup>	Medicated milk, <sup>[4]</sup>	Madhuyashti, parusaka, madhukapushpa with butter and honey followed by use of sweetened milk, <sup>[5]</sup>
2nd	Milk medicated with madhura rasa drugs, <sup>[6]</sup>	Madhur,sheet,liquid diet, <sup>[7]</sup>	Milk medicated with madhura rasa drugs, <sup>[8]</sup>	Sweetened milk treated with kakoli, <sup>[9]</sup>
3rd	Milk with honey and ghrita, <sup>[10]</sup>	Madhur, sheet, liquid diet, specially cooked Shashti rice	Milk with honey and ghrita, <sup>[12]</sup>	Krishara <sup>[13]</sup>

		with milk, <sup>[11]</sup>		
4th	Milk and butter(1 aksh i.e. 2 tola) <sup>[14]</sup>	Cooked Shashti rice with curd, pleasant food mixed with milk and butter and jangal mansa, <sup>[15]</sup>	Milk with 1 aksh of butter, <sup>[16]</sup>	Medicated cooked rice <sup>[17]</sup>
5th	Ghrita prepared with butter extracted from milk, <sup>[18]</sup>	Cooked shashtika rice with milk, jangal mansa along with food mixed with milk and ghrita, <sup>[19]</sup>	Ghrita prepared with butter extracted from milk <sup>[20]</sup>	Payasa, <sup>[21]</sup>
6th	Ghrita prepared from milk medicated with madhura drugs, <sup>[22]</sup>	Ghrita or rice medicated with gokshura, <sup>[23]</sup>	Ghrita prepared from milk medicated with madhura drugs, <sup>[24]</sup>	Sweetened curd <sup>[25]</sup>
7th	Ghrita prepared from milk medicated with madhura drugs <sup>[26]</sup>	Ghrita medicated with pruthakaparnyadi(vidari-gandhadi) group of drugs <sup>[27]</sup>	Ghrita prepared from milk medicated with madhura drugs <sup>[28]</sup>	Ghritakhanda <sup>[29]</sup>
8th	Kshira, yawagu mixed with ghrita <sup>[30]</sup>	Kshira yawagu mixed with ghrita, asthapan basti with decoction of baladi, anuvasana basti with oil medicated with madhura drugs <sup>[31]</sup>	Kshira ,yawagu mixed with ghrita; Asthapanbasti with decoction of badari, Anuvasana basti with oil medicated with Madhura drugs <sup>[32]</sup>	Ghritapuraka <sup>[33]</sup>
9th	Anuvasanabasti with oil prepared with drugs of madhura group, Yonipichu of this oil <sup>[34]</sup>	Jangal mansa ras upto the period of delivery <sup>[35]</sup>	Anuvasanabasti with oil prepared with drugs of madhura group, Yonipichu of this oil <sup>[36]</sup>	Different varieties of cereals <sup>[37]</sup>

### Pathya Ahara During Pregnancy And ITS Importance

Garbhini should take sweet, liquid, nutritive diet with good quantity of milk, freshly cooked rice, meat and meat soup, butter extracted from milk, milk cooked with madhura group of drugs and other congenial diet. During the first trimester of pregnancy the fetus is in a formative stage. During this stage, the embryo is nourished by a process called upasnehan.<sup>[38]</sup> Therefore more liquid diet is advised. The advice to use milk constantly 9 months and particularly first 3 months indicates the emphasis laid on supplementing the essential nutrients. Milk is considered as the best jeevaneeya dravya. Milk is having the property of antacid and mild laxative to combat the common ailments during first trimester like constipation and heart burn.<sup>[39]</sup>

The use of butter and ghee is also justifiable as fats are essential for the absorption of vitamins A,D E etc. Ghee increases the intellectual capacity of the child and also with its antitoxin property helps in eliminating any form of toxins produced in the body. It even helps in controlling convulsions(moorccha), and prevents unconsciousness (apasmara)<sup>[40]</sup> Use of cold and liquid diet along with milk prevent dehydration during first trimester as most of the women experience nausea & vomitings hampering the intake. Madhura indicates the substances rich in glucose content which helps to reduce vomitings. Consumption of Meat helps in achievement of pregnancy, provides nourishment to the fetus,

suppresses vata of pregnant women and is also one of the best source of folic acid. By the end of second trimester most women suffer from edema of feet and other complications of water accumulation. Use of gokshur a good diuretic in sixth month will prevent retention of water.<sup>[41]</sup> The drugs of vidarigandhadi group are diuretic, anabolic, relieve emaciation and suppress pitta and kapha, their regular use in seventh month might help in maintaining health of mother and fetus.<sup>[42]</sup> Most women experience constipation in late pregnancy due to pressure of gravid uterus over bowels and effect of progesterone. Use of enema in eighth month<sup>[43]</sup> will relieve this constipation, besides this may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour.

### Pregnancy Harming Factors<sup>[44]</sup>

Ahara that used by pregnant women in her diet should not be atiguru(heavy to digest), atiushna(hot), atitikshna(bitter and spicy foods), ahita and viruddha(unwholesome). If pregnant women consume extra sugar or sugar sweetened beverages in diet it may adversely impact on child cognition. High salt intake during pregnancy may lead to water retention, hypertension and pre-eclampsia. High spicy food intake during pregnancy may increase acid reflux aggravating heart burn and morning sickness.

Along with the diet, Ayurveda lists out certain factors which can cause disturbances or harm to the pregnant women and fetus-

- Travel on irregular roads, travel in speeding vehicles
- Sitting on hard and irregular surface
- Intercourse, smoking, narcotic drugs, wine or sedatives
- Holding of natural urges
- Excessive exercise
- Predominant use of one taste in large quantity.

## DISCUSSION

Embryogenesis is a sequential series of dynamic process that occurs during the 1<sup>st</sup> 8 weeks after fertilization. So this stage requires dietetics which helps in formation and development of embryo. In Ayurveda classics, Acharyas explained the importance of masanumasika garbhini paricharya for the nourishment of mother and fetus. As The total pregnancy is divided into 3 phases; during 1<sup>st</sup> trimester predominance of Kapha, in 2<sup>nd</sup> Pitta, in 3<sup>rd</sup> Vata takes place, depends on predominance garbhini paricharya advised & its importance as explained.

As per the Masanumasika pathya (Monthly dietary regimen); Garbhopaghatkara bhavas(Activities and substances which are harmful to fetus); Garbhopsthapak dravyas(Substances beneficial for maintenance of pregnancy), we have discussed various diets and various Do's and Don'ts in pregnancy.

## CONCLUSION

For avoiding complications related to pregnancy and obtain healthy outcome, should consider nine month specific diet explained in various Samhita.

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