AYURVEDIC VIEW OF GARBHINI PARICHARYA

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ABSTRACT

Ayu means life and veda means knowledge so literally Ayurveda means knowledge or science of life. The main basic principle is “swasthaya swastha rakshanam” and “aaturasya rogprashamanam”. For the purpose of swasthya rakshna, Aacharya has explained dinacharya, ratucharya etc. Pregnancy is the important phase in women’s life and any negligence in this period may become harmful to both mother and baby. The care of pregnant women reflects on the quality and health of the offspring. Giving birth to healthy child is important thus pregnant women deserves most importance in the society. To prevent various complications and to provide a safe management to the pregnant lady and her growing offspring Aacharyas explained detailed systemic and monthwise regimen for garbhini i.e. Garbhini Paricharya (Antenatal care). Garbhini Paricharya includes Aahara, Vihara, modifications in psychological behaviour. These Aahara, Vihara and Vichara have a direct effect on health of the mother and child. It helps in proper development of the foetus, its delivery, facilitate easy delivery, maintains health of the mother, healthy postpartum period. Hence detailed of garbhini paricharya is highlighted in this article.

KEYWORDS: Ayurveda, Garbhini Paricharya, Antenatal care, Aahara, Vihara, Vichara.

INTRODUCTION

Pregnancy is an important aspect in women’s life. Birth of the baby should not be risky for both mother and child, however extra care needs to be taken by women during pregnancy.[1] Health of the garbha can be achieved through the health of the mother. Health of the mother is maintained through proper Garbhini Paricharya (antenatal care). Various food and activities that are prescribed, according to their effects on the garbha (fetus) are also explained. As there is constant development of the embryo there would also be difference in it’s requirement of food and nutrition. Thus a detailed monthwise dietary regimen for the pregnant lady is explained in Ayurveda, from the first month upto the ninth month of pregnancy which will help in normal development of fetus, the woman remains healthy and delivers the child possessing good health, energy or strength, voice.[2] Aacharya Sushruta mentioned that by following Garbhini Paricharya fetus attains good growth, vayu moves in it’s right direction, woman becomes strong and delivers the child easily without complications.[3]

Garbhini paricharya
The monthly regimen is broadly discussed under three headings. [4]:

1. Masanumasika pathya (Monthwise dietary regimen).
2. Garbhopaghatakara Bhavas (Activities and substances which are harmful to fetus).
3. Garbhashatapaka Dravyas (Substances beneficial for maintainance of pregnancy).

Masanumasik Paricharya
Nutrition of the fetus begins at conception. For this reason nutrition of the mother is important from before conception as well as throughout pregnancy and breastfeeding. An increasing number of studies have shown that the nutrition of the mother will have an effect on the child. An excessive amount of some nutrients may cause malformations or medical problems in the fetus. Neurological disorders and handicaps are a risk that is run by mothers who are malnourished.[5] 28.3% of babies worldwide are estimated to be born with lower than optimam weights at birth due to lack of proper nutrition.[6] Thus adequate nutrition is needed for monthly constant and proper development of embryo. For this purpose Ayurveda explains month wise dietary regimen known as masanumasika paricharya from the first month upto the ninth month of pregnancy. It helps in proper growth of foetus as well as the pregnant lady, preventing common discomforts during pregnancy and leading to downword movement of vata thereby helping
in timely and easy delivery of the healthy child with strong immunity and excellent qualities.

Table no. 1: Showing monthwise dietary regimen.

<table>
<thead>
<tr>
<th>Month</th>
<th>Charaka[^1]</th>
<th>Sushruta[^2]</th>
<th>Vagbhatta[^3]</th>
<th>Harita[^4]</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Non medicated Milk</td>
<td>Sweet, cold, liquid diet</td>
<td>Medicated milk</td>
<td>Medhuyashendra, Parushaka, Madhukpashpa with Butter, honey and sweetened milk</td>
</tr>
<tr>
<td>2</td>
<td>Milk medicated with madhur ras drugs</td>
<td>Same as 1(^{st}) month</td>
<td>Same as Charaka</td>
<td>Sweetened milk treated with Kakoli</td>
</tr>
<tr>
<td>3</td>
<td>Milk with honey and ghrita</td>
<td>Sweet, cold, liquid diet, specially cooked Shasti rice with milk</td>
<td>Same as Charaka</td>
<td>Krushra</td>
</tr>
<tr>
<td>4</td>
<td>Milk with butter</td>
<td>Shasti rice with curd, food mixed with milk and butter, meat of wild animal</td>
<td>Milk with butter</td>
<td>Medicated cooked rice</td>
</tr>
<tr>
<td>5</td>
<td>Grita prepared with butter extracted from milk</td>
<td>Shashti rice with milk, meat of wild animal with milk and ghritya</td>
<td>Same as Charaka</td>
<td>P연구</td>
</tr>
<tr>
<td>6</td>
<td>Ghrita prepared from milk medicated with madhur drugs</td>
<td>Ghrita or rice gruel medicated with Goksura</td>
<td>Same as Charaka</td>
<td>Sweetened curd</td>
</tr>
<tr>
<td>7</td>
<td>Ghrita prepared from milk medicated with madhur drugs</td>
<td>Ghrita medicated with Prithakpanyadi (Vidarigandhadi) group of drugs</td>
<td>Same as Charaka</td>
<td>Ghrita khand</td>
</tr>
<tr>
<td>8</td>
<td>Kshir yavagu mixed with ghrita</td>
<td>- Badarodaka, - Aasthapana basti (Bala, Atibala, Shatpushpa, Palata, milk, curd, mastta, oil, salt, madanphala, honey and ghrita) - Anuvasana basti of medicated oils</td>
<td>- Kshir yavagu mixed with ghrita - Aasthapana basti - Anuvasana basti</td>
<td>Ghritapuraka</td>
</tr>
<tr>
<td>9</td>
<td>- Anuvasan basti with oil prepared with the drug of madhur group - Vaginal tampon of oil</td>
<td>Gruel and meat soup of wild animals.</td>
<td>Same as Charaka</td>
<td>Different varieties of cereals</td>
</tr>
</tbody>
</table>

Garbhopaghatkara Bhavas
These are Aahara and Vihara (Dietics and mode of life) which are harmful to the fetus so contraindicated in pregnant woman.

Table no. 2: Showing Garbhopaghatkara Bhavas described in Brihatrayee.

<table>
<thead>
<tr>
<th>Samhita</th>
<th>Garbhopaghatkara Bhavas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charaka[^11]</td>
<td>Pungent – hot drugs, exercise, coitus</td>
</tr>
<tr>
<td>Sushruta[^12]</td>
<td>Coitus, exercise, excessive satiation (santarpana), emaciation (apatarpana) Sleeping in day, awaking in night, riding on vehicle, squatting position (utkatakasana), oleation (snehana), blood letting, suppression of natural urges</td>
</tr>
<tr>
<td>Ashtang hrudyaya[^13]</td>
<td>Excessive coitus, exercise, carrying heavy weight, squatting or abnormal position, anger, fear, excitement, suppression of natural urges, fasting, excessive walking, hot, heavy, vishtambhi (hard to digest) food, sleeping in supine position, blood letting, purifying measures (shodhan karmas), use of wine or meat</td>
</tr>
<tr>
<td>Harita[^14]</td>
<td>Coitus, exercise, anger, grief, walking, use of pulses, edibles producing burning sensation, heavy or sour substances, surana (Amorphophallus campanulatus Blume), garlic (Allium Sativum Linn), onion (Allium cepa Linn.)</td>
</tr>
<tr>
<td>Kashypa[^15]</td>
<td>Erect or flexed position for long time, excessive laughing and trauma, use of cold water and garlic, avoid looking at declining moon, setting sun, perform oblation of ghrita for pacification</td>
</tr>
</tbody>
</table>
Garbhasthapaka Dravyas

As the aahara, vihara is useful for pregnant women and it kept the woman healthy with giving birth to healthy baby. Ancient Ayurveda describes “Garbhasthapaka drugs”. Garbhasthapaka dravyas counter act the effect of garbhopaghatara bhavas and helps in proper maintenance of health and development of mother and fetus. Charaka[17] and Kashyapa[18] have prescribed certain drugs during pregnancy. Kashyapa has advised these to be used as a routine by pregnant woman. Routine use of these drugs might be beneficial for the proper health, growth and development of mother and fetus respectively. Charaka enumerated aindri (Bacopa monnieri Linn.), bramhi (Centella asiatica Linn.), shatavriya (Cynodon dactylon Pers.), sahashravirya (type of Cynodon dactylon) or durva, amogha (Stereospermum suaveolens DC.), avyatha (Terminalia chebula Retz.), vatsapushpi (Sida rhombifolia Linn. Mast.), vishwasenkantha (Callicarpa macrophylla Vahl.) and has advised the oral use of milk or ghruta prepared with these drugs.[19] The bath with these drugs (cold decoction of these drugs) during pushya nakshatra should also be taken. These drugs should also be kept in close contact of mother, amulets of these be tied in head or right arm. Similarly the drugs of jivinya group should also be used. Kashyapa has also advocated Ayurvedic drugs to be given after enchanting them with mantras and tied as amulet during Garbhashamasth and menopause. During pregnancy the mother’s nutrition bears a great impact on the fetus growth. Garbhini paricharya helps to improve the physical and psychological strength of the pregnant woman and make their body suitable for sukha prasava. Use of milk, ghruta etc. in first trimester of pregnancy is essential for nutrition, hydration. Gokshura (Tribulus terrestris Linn.) and the Pritihakarnyadi (Uraria picta Desv.) group helps in preventing edema which is generally seen in second trimester. In third trimester basti (enema) helps to relieve constipation, strengthen myometrium and also helps in regulating their function during labor. Garbhasthapaka drugs counteract the effect of harmful factors i.e. garbhopaghatara bhavas for fetus and helps in its proper maintenance, prevents abortion and results in healthy baby.

REFERENCES

Benefits of Garbhini Paricharya

Aacharya says that by following the Garbhini Paricharya from first to ninth month her Garbhadharini (fetal membrane or vaginal canal), kukshi (abdomen), sacral region, flanks and back become soft, vayu moves into it’s right path or direction; faeces, urine and placenta are excreted easily by their respective passages; skin and nail become soft, woman gain strength and complexion; she delivers a desired, excellent, healthy child possessing all the qualities and long life.

CONCLUSION

Woman have special dietary needs during each stage of her life, including adolescence, pregnancy, breast feeding and menopause. During pregnancy the mother’s nutrition bears a great impact on the fetus growth. Garbhini paricharya helps to improve the physical and psychological strength of the pregnant woman and make their body suitable for sukha prasava. Use of milk, ghruta etc. in first trimester of pregnancy is essential for nutrition, hydration. Gokshura (Tribulus terrestris Linn.) and the Pritihakarnyadi (Uraria picta Desv.) group helps in preventing edema which is generally seen in second trimester. In third trimester basti (enema) helps to relieve constipation, strengthen myometrium and also helps in regulating their function during labour.