



**GARBHINI PARICHARYA AND ITS SCIENTIFIC CORRELATION**

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**ABSTRACT**

Becoming mother is the most precious gift of god to the woman. Pregnancy and child birth are one of the most critical events in a woman's life cycle that needs special attention as fetal outcome depends upon maternal health. In the today's era, the medical world is really concerned about the increasing rate of congenital imperfection in the new born, these congenital defects are seen as minor, major, anatomical, physiological in nature. According to the Ayurvedic principles, Ayurveda is the life science in which there is description about diet and nutrition of mother and child care under the heading of "Masanumasik Garbhini Paricharya." Good care during pregnancy is important for the health of mother and the development of the unborn baby (fetus). Garbhini paricharya refers to antenatal care which recommends ahar (specific dietary regimen), vihar (mode of life garbhini) and modification in psychological behaviour.

**KEYWORDS:** Ayurveda, Masanumasik garbhini paricharya, Ahara, Vihar.

**INTRODUCTION**

Systemic supervision (examination and advice) of a woman during pregnancy is called *Garbhini paricharya*. The supervision should be regular and periodic in nature according to the need of the individual.<sup>[1]</sup> Antenatal care aims to prepare the prospective mother physically and mentally for the final ordeal of labor so that she should face it in optimum state of health and emerge with least trauma to herself and her baby.<sup>[2]</sup> Motherhood is ultimate and cherished desire of every woman. When she achieves it, she feels completeness in her life. The 'DESIRE' of woman for 'CHILD' is sometimes stronger than self interest in beauty, figure and may be stronger than the claims of career. Planning for a baby is such a lovely experience for both mother and father. It is a part of the real fulfillment of married life. A woman has to prepare mentally and physically to have jovial pregnancy and less complicated delivery. Wellbeing of *Garbha* can be achieved only through the wellness of the *garbhini*. Wellness of the pregnant women is maintained through proper *garbhini paricharya* right from the confirmation of pregnancy till delivery. *Garbhini paricharya* means caring for the pregnant women in the form of *ahar* (diet), *vihar* (life style), *auhadha* (medication) and *paramarsha* (counseling) and preparing her for *sukhaprasava*, both mentally and physically. *Acharya Kashyapa* says that what so ever eatable or drinkables are consumed by the pregnant woman, same become congenial to the fetus.<sup>[3]</sup> So pregnant woman should take care of her diet and should never be neglected because the care of the pregnant lady reflects on the quality and

health of the offspring.

According to *Acharya Charaka* the pregnant woman should be treated just like a pot filled with oil, as slightest oscillation of such pot causes spilling of oil, similarly slightest excitement to the pregnant woman can initiate abortion etc.<sup>[4]</sup> *Brihatrayee* described *Garbhini paricharya*.<sup>[5,6,7]</sup> So as to achieve healthy baby to healthy mother.

**AIM AND OBJECTIVES**

- 1) To protect fetus from known/unknown hazards.
- 2) To facilitate normal growth and development of fetus.
- 3) To promote, protect and maintain the health of the mother.
- 4) To remove anxiety associated with delivery.
- 5) To conduct normal delivery, without any fetal and maternal complication.

**AHARA**

*Ayurveda* consider food to be the best source of nourishment. Emphasising the importance of pregnant woman's *Acharya Charaka* have mentioned that the rasa derived own body-

(1) Nourishment of her own body (2) Nourishment of the fetus (3) Nourishment of the breast or formation of milk<sup>[8]</sup> *Ahara* should be *hridaya*, *dravam*, *madhuraprayam*, *snigdam*, *deepaniya* and *samskritam*.<sup>[9]</sup> A good nutrition is essential at the time of implantation and early fetal growth.

### First trimester

*Acharya Charaka* and *Vagbhat* has advised non-medicated<sup>[10]</sup> and medicated milk<sup>[11]</sup> in the first month respectively, with congenial diet in the morning and evening. Milk medicated with *madhur aushada dravya's* in 2<sup>nd</sup> month and milk with honey and *ghrita*<sup>[12]</sup> in 3<sup>rd</sup> month. *Acharya Sushruta* advised *madhur, sheetal* and *drava ahara* in the first three months.<sup>[13]</sup> because *madhur rasa* having properties of *sthairyakar, balya, prinana, jivana*<sup>[14]</sup> etc. *Sheetal dravya* also having properties of *vishyandan, sthirikaran, balya*<sup>[15]</sup> etc. During first trimester of pregnancy, most women experience nausea and vomiting<sup>[16,17]</sup> and fail to get proper nourishment. Thus, the use of milk and *madhur, sheetal, drava ahara* is prescribe. It will prevent the dehydration produced due to vomiting and supply required nourishment. Milk medicated with honey and *ghrita* gives instant energy. Drugs of *madhura* group being anabolic will help in maintainance of proper health of mother and fetus.<sup>[18]</sup> Along with this diet vitamin B<sub>9</sub> i.e. folic acid essential for *garbhini*, because deficiency of this vitamin causes neural tube defect in fetus.<sup>[19]</sup>

### Second trimester

*Acharya Charaka* and *Vagbhat* has advised milk with butter and *ghrita* and *ghrita* medicated with *madhur aushada dravyas*.<sup>[20]</sup> *Acharya Sushruta* has prescribe cooked *shasti* rice with curd and milk in 4<sup>th</sup> and 5<sup>th</sup> month respectively along with pleasant food mixed with milk, butter, *ghrita* and meat of wild animals. For 6<sup>th</sup> month, he has advised *ghrita* or medicated with *gokshura*.<sup>[21]</sup> Fourth month onwords muscular tissue of fetus grows sufficiently,<sup>[22]</sup> requiring more protein which is supplied by the use of meat soup and *ghrita*. By the end of 2<sup>nd</sup> trimester, most women suffer from oedema of feet and complication of water accumulation.<sup>[23]</sup> Hence, *gokshura* is recommended. *Gokshura* being a good diuretic helps in prevention of water retention as well as related complication and a *rasayan* improves the general condition of the pregnant women and *gokshura* having effect on *prajananasthan* as a *garbhasthapan* and *vrushya*.<sup>[24]</sup>

### Third trimester

In 7<sup>th</sup> month *Acharya Charaka* and *Vagbhat* has advised *ghrita* medicated with *madhur varga dravyas*,<sup>[25]</sup> whereas *Acharya Sushruta* has advised *ghrita* medicated with *pruthakaparnyadi* group<sup>[26]</sup> (*Vidarigandhadi dravyas*). In 8<sup>th</sup> month *Acharya Charaka* has advised *yavagu* prepared with milk and mixed with *ghrita*.<sup>[27]</sup> *Acharya Sushruta* says, that after the procedures of *asthapana vasti* followed by *anuvastana vasti* in 8<sup>th</sup> month *snigdha yavagu* and meat soup of wild animal should be given till delivery.<sup>[28]</sup> In the 3<sup>rd</sup> trimester the abdominal cavity is mostly occupied by the growing fetus so less space is available for the stomach and intestine to accommodate even moderate quantity of food and it also takes long time for its digestion and absorption. Peristaltic movement are decreased causing constipation, so easily digestible and easily absorbable

*yavagu* is advised.<sup>[29]</sup> The drugs of *vidarigandhadi* group are diuretic, anabolic, relieve emaciation and suppress *pitta* and *vata*.<sup>[30]</sup> *Mamsarasa* helps in suppressing *vata* and provides nourishment to the fetus and hence are consider ideal for this period.<sup>[31]</sup>

### VIHARA

*Acharya Sushruta* has advised that woman from the very first day of pregnancy should remain in highspirit, pious, decorated with ornaments, wear clean garments and perform religious rites.<sup>[32]</sup> All these things are meant to maintain the pregnant woman's peace of mind and clam which in turn reflects on the growth of the fetus. She should avoid heavy exercise, coitus, harse or violent activities, ride over vehicles, excess satiation, excess emaciation, sleeping in day and awakening in night, sitting in uneven places and should avoid fasting, grief, anger, visiting lonely places, cremation ground.<sup>[33]</sup> All these psychological and physical strains like carrying heavy weight or vehicle riding may precipitate abortion due to sudden increase in intra abdominal pressure.

Abnormal postures and position may influence placement and uterine blood flow causing abortion, IUD or other abnormalities, so one should take care of it. Over satiation may excessively increase the body weight of both mother and fetus may lead to difficulty in labor.

Affectionate and good behaviour of husband and servants<sup>[34]</sup>, listening to songs and instrumental music helps in mainetenance of pregnancy. Pregnant women should take daily bath and avoid massages. Cold decoction of pulp of *bilwa*, karpasa, rose petals, agnimantha, jatamamsi and pounded leaves of eranda or the water prepared with sarvagandha dravyas<sup>[35]</sup> or the dravyas capable of suppressing *vata*<sup>[36]</sup> is advised. Bath with this water suppress *vata* and relieves exhaustion. Pregnant women should always wear comfortable and loose garments.

### AUSHADA

Garbhasthapanak dravyas helps in proper maintenance of the garbha. They can be used in the treatment and prevention of abortion. These are to be used as a routine as they are beneficial for the maintenance of proper health and development of the mother and fetus. Garbhasthapanak dravyas/ aushadi are-Bramhi, shatavari, sahasravirya, amogha, avyatha, shiva, arishta, vatyapushpi, viswakshena for oral use with milk or *ghrita* prepared with these drugs. These drugs can also be kept in close contact of body or used in the form amulet to be tied in head or right arm.<sup>[37,38]</sup> While describing *chikitsa* for garbhasthapanak *Acharya Sushruta* have mentioned *masanumasik kwath*.<sup>[39]</sup> Other medicine used during pregnancy are- *Laghmalini vasant*- Nourishing kalpa for garbha and garbhashya, controls garbhasthapanak by stabilizing & maintaining fetus, effective in garbhasthapanak and garbhasthapanak due to garbhashya dourbalya.<sup>[40]</sup> Garbhasthapanak rasa- Excellent garbhasthapanak, garbhashya balya kalpa, increases sustaining capacity of garbhashya

and beejakosha by acting as balya, useful in symptoms in pregnancy such as vomiting, giddiness, headache, leg cramps, useful from first month to nine month of pregnancy.<sup>[41]</sup>, Abhraloha- Natural supplement of iron, necessary during pregnancy, useful in psychological changes in garbhini pandu, acts as balya, rasayan for garbha and garbhini & nourishes upadhatu of rasa like stanya & raja.<sup>[42]</sup>

### Scope of Garbhini Paricharya

In its widest sense garbhini paricharya should include the education of girls and women to understand its potential benefits and the provision of delivery and social condition conducive to health so that when a woman becomes pregnant she is already in a state of physical and psychological well being. Thus, truly speaking *garbhini paricharya* should begin before the woman becomes pregnant. Antenatal care in practice begins when the woman first comes to the observation to confirm pregnancy. So the first antenatal visit should ideally be in the first trimester of pregnancy.<sup>[43]</sup>

### DISCUSSION

So after elaboration of *Garbhini paricharya* it can be said that our *Acharya* has described scientific description of *garbhini paricharya*. A brief regimen of each and every step in *paricharya* is explained to prevent untoward effect. Continuation of pregnancy till term, Provide proper nutrition to growing fetus, Prevention of untimely stimulation of *vata*, Enhancement of strength an complexion of both mother and baby.

### CONCLUSION

Becoming mother of a healthy baby is the sweet dream of every female. According to *Ayurveda* efforts of having healthy baby commences with pre-conception and management. But in India most of the females visits clinics after having pregnancy, so role of pre-conception care and management is very limited. Hence extensive care of pregnant women is mandatory during nine months of pregnancy. *Garbhini paricharya* by monthly regimen describe in various *Ayurveda samhita* is highly effective for this purpose. If pregnant woman strictly follows *garbhini paricharya*, diseases of *Garbhini* can be avoided. She is expected to have healthy, fair, energetic baby. Process of labour will be without any complication and health of the mother will be maintained so as lactation.

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