

GARBHINI PARICHARYA AND ITS CLINICAL IMPORTANCE IN CURRENT SCENARIO

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ABSTRACT

Ayurveda considered Aahara to be the best source of nourishment as well as medication for the pregnant women. To get a healthy and prosperous child Ayurveda advocates the concept of Garbhini Paricharya. Mother diet and activities play important role during a period of pregnancy. Garbhini Paricharya means caring for the pregnant women in the form of Aahara (diet), Vihara (life style), Aushadha (medication), Paramarsh (counselling) and preparing her for SukhaPrasava both physically and mentally. Garbhini Paricharya comprises of the MasanumasikPathya (month wise dietary regimen), GarbhopaghatkarBhavas (activities and substances which are harmful to fetus), and GarbhasthapakDravyas (substance beneficial for maintenance of pregnancy). In this paper we are giving broad expanse of the month wise diet, which can be modified according to the age, season, place, constitution and the digestive fire of pregnant women.

Keywords-Garbhini Paricharya, GarbhopaghatkarBhavas, GarbhasthapakDravya,.

INTRODUCTION

The nine month diet is unique in Ayurveda. It changes in accordance with the growth of fetus in the womb and at the same time ensure health of the mother. Thus our Acharya developed a concept about the type of

diet, behavior; medication during pregnancy that pregnant women should follow and avoid in the form of Garbhini Paricharya. proper Garbhini Paricharya would result in proper development of fetus. Garbhini

Paricharya means caring for the pregnant women in the form of Ahara(diet), Vihara (life style), Aushadha (medication), Paramarsh (counseling) and preparing her for SukhaPrasava both physically and mentally.

AIM AND OBJECTIVES-

1. To collect the material and analyze the Masanumasik Garbhini Paricharya.
2. To understand the clinical importance of Garbhini paricharya as described in ancient text & its utility in today's context in co-relation with pre natal care.

MATERIAL & METHODS-

1. MASANUMASIK PATHYA-

Literature: -Text of Ayurveda, Different Samhitas, Journals which one is related to the subject is reviewed and correlated, magazines, & research paper.

Type of study- conceptual study.

GARBHINI PARICHARYA-

Garbhini Paricharya is broadly discussed under three headings:

1. Masanumasik Pathya (month wise dietary regimen)
2. Garbhopaghatakar Bhavas (activities and substance which are harmful to fetus)
3. Garbhastapak Dravyas (substances beneficial for maintenance of pregnancy)

	Charaka	Sushruta	Vagbhata
1st month	Non medicated milk ²	Sweet, cold and liquid diet ³	medicated milk. ⁶
2nd month	Milk medicated with Madhur drugs. ²	Sweet, cold and liquid diet ³	milk medicated with Madhur drugs. ⁷
3rd month	Milk with honey and Ghrita ²	Sweet, cold and liquid diet ³	Milk with honey and Ghrita. ⁸
4th month	Milk with butter ²	Cooked Sasti rice with curd, dainty and pleasant food mixed with milk and butter and meat of wild animals. ⁴	Milk with one tola of butter. ⁹
5th month	Ghrita prepared with butter extracted from milk. ²	Cooked Sasti rice with milk and meat of wild animals along with dainty food mixed with milk and Ghrita. ⁴	Ghrita prepared with butter. ¹⁰

6th month	<i>Ghrita</i> medicated with drugs of <i>Madhurgroups</i> . ²	<i>Ghrita</i> or rice gruel medicated with <i>Gokshura</i> ⁴	<i>Ghrita medicated with drugs of Madhur groups</i> . ¹¹
7th month	<i>Ghrita</i> medicated with drugs of <i>Madhur groups</i> . ²	<i>Ghrita</i> medicated with <i>Prithakaparnayadig</i> group of drug ⁴	<i>Ghrita</i> medicated with drugs of <i>Madhur groups</i> ¹¹
8th month	<i>Kshirayawagu</i> mixed with <i>Ghrita</i> , <i>Asthapanabasti</i> with decoction of <i>Badari</i> , <i>AnuvasanaBasti</i> with oil medicated with <i>Madhura</i> drugs ² .	<i>AsthapanBasti</i> with decoction of <i>Badar</i> mixed with <i>Bala</i> , <i>Atibala</i> , <i>Satapushpa</i> , <i>Patala</i> etc. honey and <i>ghrita</i> . <i>Asthapan</i> is followed by <i>Anuvasanbasti</i> of oil medicated with milk, <i>madhura</i> drug ⁵ .	<i>Kshirayawagu</i> mixed with <i>ghrita</i> , <i>asthapanabasti</i> with decoction of <i>badari</i> , <i>anuvasanabasti</i> with oil medicated with <i>madhura</i> drugs. ¹²
9th month	<i>AnuvasanaVasti</i> with oil prepared with drug of <i>Madhur</i> groups, vaginal tempon with this oil. ²	<i>SnigdhaYavagu</i> and <i>jangalmansarasupto</i> the period of delivery ⁵	<i>AnuvasanaVasti</i> with oil prepared with drug of <i>Madhur</i> groups, vaginal tempon with this oil. ¹³

2. GARBHOPGHATAKAR BHAVAS- (Activities and substance which are harmful to fetus):

Charak¹⁶-Garbhini should avoid use of Teekshna, Rooksha, UshnaDravyas, **Susruta**¹⁵-Vyavaya, Vyayam, Atitarpan, Atikarshan, Divaswapna, Ratrijagaran, Shoka, Yanaavarohana, Bhaya, Utkatasana, Sonitamoksan, Vegadharan, Snehan etc.

Vagbhata¹⁴-

TiksnaAushadha, Vyavaya, Vyayama.

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 Tremering, excessive laughing and trauma, use of cold water and garlic.

3. GARBHSTHAPAK DRAVYA¹-some

of the Garbhsthapak Dravya are-

Aindri (bacopamonneri),
Brahmi (centellaasiatica)

Satavirya (asparagusracemosus)

Sahashravirya (cynodondactylon)

Amogha (stereospermumsuaveolens.)

Aavyatha (tinosporacardifolia)

Shiva (Terminaliachebula)

Arista (picrorhizakurroa)

Vatyapushpi (sidacardifolia)

Vishwasenkanta (callicarpamacrophylla) Etc. these should be taken orally as preparation in milk and Ghee. A bath with cold decoction of these drugs should be given during Pushya Nakshatra. These should be kept in close contact with the mother and can be used as amulets around the right arm and the head. Drugs of the Jeevaniya Gana can also be used in a similar way.

Mode of action of diet and herb-

Milk-milk is a complex fluid containing protein, fat, carbohydrate, vitamins and minerals. The important minerals in milk are calcium, phosphorus, sodium, and potassium. Milk is an excellent source of riboflavin and a good source of vitamin A, D, B1, B2, B6, B11, B12.

Ghee-it contains 112 calories/tbsp. and 33 mg of cholesterol. The total fat content is 12.7 gm. It provides many essential fatty acids such as omega-3 and omega-6 which provides anti-inflammatory properties, regulates DNA products and assist with cellular communication. It also contains vitamin A, D, E, K, calcium and potassium.

Butter- butter contains high amount of calorie and fat and provides 7% of recommended dietary allowance of vitamin A based on 2000 calorie diet. Vitamin A is important to vision health.

Shali (rice)-It contains protein, carbohydrate, calcium, phosphorus, vitamin B, E, sodium, magnesium, and iodine.

Mudga- It is rich source of low fat protein. It contains both insoluble and water soluble fibers. Water soluble fiber reduces LDL cholesterol and reduce risk of cardiovascular disease. It digests slowly and release glucose into your blood stream stabilizing blood sugar which in turn lowers risk of developing diabetes.

Discussion-

First trimester-

- Embryogenesis starts in the first trimester hence an increased amount of energy and nutrition are required during this period. To fulfill this increase demands Acharyas has advised regular consumption of Kshira, Ghrita, Krushra, Payasa, medicated with Madhur Aushadhi for Garbhini.
- During first trimester the pregnant lady will be suffering from Shrama, Glani, Pipasa, Chardi. Thus for these

ailments, use of cold and sweet liquid diet and milk prevents dehydration due to nausea and vomiting.¹⁷

- Milk is mentioned as a complete diet can be taken throughout the period of pregnancy. Adequate calcium supplementation through milk can produce proper development of fetus. Drugs of Madhur group being anabolic will help in maintenance of proper health of mother and fetus.¹⁷

Second trimester-

- In second trimester, muscular tissue of fetus grow sufficiently which require more protein, if these demands not fulfilled it can lead to fetal abnormalities like kubja (kyphosis), kuni (crooked arm), khanja (limp), Jadata (stupidity), Vamanata (dwarfism), Vikruthaksha and Anaksha (absent eye). Above mentioned abnormalities are related with the nutrition deficiency, which can be prevented by using of kshirsarpi (milk and ghee), Hridhyannapaana (desired food), Shashtikodana, Dadhi (curd).¹⁷
- Milk which is rich with calcium and other nutrient provide nourishment and stability to the fetus, help in the proper muscular growth of the fetus.¹⁸

- Aaharakalpana which is cooked using shastishaali (a variety of rice preparation) is specifically advised in Garbhini Paricharya which is rich source of carbohydrate; provide sufficient energy to the growing fetus.

- At the end of second trimester, the lady will be more prone for edema on feet or other complication of fluid accumulation. So as a precautionary measure medicated Ghrita with Gokshurais used which is a good diuretic will help prevent retention of water as well as its complications.

Third trimester-

- Ghrita medicated with Prithakparnayadi group of drugs are diuretic, anabolic, and suppress Pitta and kapha. Their regular use in seventh month might help in maintaining health of mother and fetus.¹⁷
- Consumption of Yavagu in eighth month which is Balya and Brimhana, provides nourishment to mother and fetus.
- Most women suffers from constipation in late pregnancy, Asthapana Vasti administered during eighth month which is best for Vata Anulomana, relieves constipation. And help in

regulating their function during labour.¹⁷

- Tempoon of oil in vagina provides lubrication of cervix, vaginal canal and perineum thus helps in normal labour.¹⁷

CONCLUSION-Garbhini Paricharya aims at excellence in the formation of the fetus, its development without Anomaly, full term delivery and maintenance of the health of the fetus. The concept of prenatal care is now highlighted in modern science, which is mentioned in Ayurveda thousands of years ago. Women have special dietary needs during each stage of her life, during 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 pregnant women and make their body suitable for SukhaPrasava.

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