

Garbhini Paricharya: An Ayurvedic Approach

Yugandhara More¹, Anjali Jadhav¹

¹Department Streerog Evam Prasuti Tantra, PDEA'S College of Ayurved and Research Centre, Nigdi, Pune 44.

Corresponding Author:-

Dr. Yugandhara More

Email id:-yugamore3005@gmail.com



Submission: 29.12.2023

Acceptance: 21.02.2024

Publication: 28.02.2024

https://www.doi.org/10.63778/PDEASIJRAAS-ARJCPL/2024_22815

Abstract

Acharya Charaka has mentioned Garbhini as like a pot filled with Taila which can't tolerate a small jerk. Garbhini is a Prakrut Awastha. Every living organism on the planet is meant to be with the process of birth. It is a sign of new beginning and growth and perception of soul (Atma) or God. Though it is a prakrut awastha the process is painful and consists of patience and perseverance. Every science, tradition, therapy has tried to make the process safe, less painful and successful. Our Ayurveda is ultimate science of life focusing every minute aspect of various stages of human life. Garbhini Paricharya is one of its concept described by different Acharya's. Which explains the importance of establishment of health of a woman before delivery; directing physicians and garbhini to adopt certain changes in the daily activities, diet, mental and social behavior. The basic principle of Ayurveda is "Swaasthasya swastha rakshanam aaturasya vikar prashamanam" To maintain swastha rakshanam of garbhini our Acharya's has developed a concept about the diet, behavior, conduct, medication during pregnancy that a pregnant woman should do and don'ts. Ayurveda emphasize much on dietetics and daily regimens than the medicines, medicines have given 2nd priority. The dietetics and daily regimen prescribed for the pregnant women having normal development of fetus hence women remain healthy and delivers the healthy child. Present work highlights on the set of things that can be helpful for proper development of fetus and prepare pregnant women for sukhprasava physically, psychologically and spiritually.

Keywords: Garbhini Paricharya, dietetics and daily regimen, sukhprasava.

Introduction:

Ayurveda prescribes some set of rules which are very important for every pregnant woman. It contains various details related to Ahara [nutrition], Vihara [lifestyle] and Vichara [thought process] which women have to follow at the different stages of pregnancy. These are the well-documented description of caring for pregnant women, under the heading of Garbhini Paricharya (Antenatal care). The regimen prescribes practices for each month and stage of pregnancy. These systems are, in fact, diligently followed as traditional practices in innumerable households even today. These Ahara, Vihara and Vichara have direct effect on both child and mother. The proper "Garbhini Paricharya" would results in the proper growth of the foetus, its delivery, the health of the mother and thus her ability to withstand the strain of labour.

The whole Garbhini Paricharya can be discussed under three main headings.

1. Masanumasika Pathya: month wise dietary regimens
2. Garbhopaghatakara Bhavas: regimens that is harmful
3. Garbhashtapaka dravyas: substances which are helpful for pregnancy.

Aims and Objectives:

The important & foremost purpose of Garbhini Paricharya is promoting & maintaining well physical & mental health of

mother. Relieving anxiety related to pregnancy & reducing the chances of maternal & fetal mortality - morbidity.

Material & Methods:

Material related to this topic have been collected from Classical texts of Ayurveda, Ayurvedic Samhita's, research articles, Authentic websites and Authentic literatures and textbooks related to Streerog & Prasutitantra.

Observations:

Garbhini Paricharya month Charka (sharirasthan) 8- 32 Sushrut (sharirasthan) 10-4 First Shita kshira Madhura ,Shita ,drav Ahara Second Madhura aushadhi siddha kshira Madhura, Shita, drav Ahara Third Madhu, sarpi siddha kshira Madhura, Shita, Drava Ahara, shashtiodan Payasa Fourth Navanita Dadhi + Shashti odan Fifth Kshirsarpi Payasa Sarpiyukta odan Sixth Madhura aushadhi siddha sarpi Sarpiyukta odan Seventh Karvirpatrak siddha tailabhyang Pruthakparnisiddh a sarpi Eighth Sarpisiddha yavagu Badaradi kwath Asthapana basti Madhursiddha tail Anuvasana basti Ninth Madhura aushadhi siddha Taila Anuvasana basti and Pichudharan a Masanumasika pathya (month wise dietary regimen): During pregnancy fetus starts to get nutrition from mother through placenta. Adequate nutrition is needed for monthly constant and proper development of embryo. The requirement of nutrition varies according to development of fetus. Thus the dietetic requirements of the mother also change month wise. By

following these dietetic regimens prescribed, the pregnant woman remains healthy and delivers a child having good health, energy, strength, complexion and voice. The child would also be well-built. Having importance of this change in requirements, the Ayurvedic Acharya's have given in detail the month wise dietetic regimen known as Masanumasika Paricharya (monthly regimen) for woman right from the first month up to the ninth month of pregnancy. The monthly regimen helps in:

1. Softening of placenta (apara), pelvis, waist, sides of the chest and back
2. Downward movement of Vata (vata anulomana) - this is needed for the normal expulsion of foetus during delivery.
3. Normalization of the urine and stool and their elimination with ease
4. Promotion of strength and complexion
5. Delivery with ease of a healthy child endowed with excellent qualities in proper time.

Diet and Dietetic rules have been given greater importance by following these dietetic regimens prescribed, the pregnant woman, having normal development of foetus, remains healthy and delivers a child possessing good health, energy, strength, complexion and voice. The child would also be well built. They are recommended for the pregnant woman right from the first month up to the ninth month of pregnancy. First month: As soon as pregnancy is suspected, mother should take non-medicated milk separately in desired quantity according to her digestive power and strength¹. Good food should be taken in the morning and evening. Massage with oils should be given but rubbing of ointments should be avoided.

1. **First month:** As soon as pregnancy is suspected, mother should take non- medicated milk separately in desired quantity according to her digestive power and strength¹. Good food should be taken in the morning and evening. Massage with oils should be given but rubbing of ointments should be avoided.
2. **Second month:** Lady should take milk medicated with drugs having Madhura Rasa and liquids which are sweet and cold.
3. **Third month:** In this month lady should take milk with honey and ghee and Shashtika Shali (a variety of rice) cooked in milk.
4. **Fourth month:** Butter extracted from milk in the quantity of one Aksha (approximately 10 grams) or milk with butter should be given in this month. Cooked Shashtika Shali with curd, pleasant food mixed with milk & butter and meat of wild animals can also be given.

5. **Fifth month:** Ksheera sarpi - Ghee prepared with butter extracted from milk is given in this month. Food Advised in fourth month can also be given but instead of butter, ghee is given in this month.
6. **Sixth month:** Lady should take Ksheera sarpi medicated with Madhura aushadhi. Ghee or rice gruel medicated with Gokshura (*Tribulus terrestris*) should be given in this month. In this month in pregnant lady we commonly observe the swelling, retention of urine, Madhura gana drugs and Gokshura helps as diuretics.
7. **Seventh month:** The regimen of seventh month is same as that of sixth month. Ghee medicated with Vidarigandha etc. drugs can also be given which helps in the proper development of the foetus.
8. **Eighth month:** Basti i.e. Medicated enema, is administered during the eighth month. As Vata plays an important role in the whole process of delivery. Sushruta has advised Asthapana basti (a medicated enema with non-unctuous substances like kashaaya) with decoction of badari (*Zizyphus jujube*) mixed with Bala (*Sida cardifolia*), Atibala (*Abutilon indicum*), Shatapushpa (*Foeniculum vulgare*), Palala (pasted Sesamum seeds), milk, curds, masthu (sour buttermilk), oil, salt, Madanaphala (*Randia dumentorum*) honey and ghruta and followed by Anuvasana basti (a medicated - unctuous enema) with oils medicated with milk and decoction of drugs of Madhura group. These would help in clearing the retained feces and helps in downward movement of Vata.
9. **Ninth month:** In this month, the pregnant lady should be given the Anuvasana basti with the oil medicated with Madhura group of drugs. The Pichu (Vaginal tampons) with the same oil is also administered for the lubrication of the vaginal passage¹². Garbhopaghatakara bhavas: Regimens and Articles which are harmful to foetus: Some of the food article and the activities are harmful for both mother and the baby, thus they should be avoided by the pregnant lady.

The food articles which are having excessive Teekshna (Sharp), Katu (pungent), Ushna (hot), Guru and Vishtambhi (Heavy and hard to digest) properties should be avoided. She should also avoid the intoxicating substances like wine and also excessive intake of meat. She should also avoid the food substances which cause constipation and which are Vidahi. The food stuffs like yam, garlic and onion etc. are also to be prevented. Even the Kshara foods (alkalis) are to be avoided. Among the activities, the pregnant lady should avoid excessive strenuous exercise and coitus, harsh, violent activities, travelling in uneven surface. She should avoid sleeping in day hours and awakening at night, Utkatasana,

suppressing the natural urges oleation therapy and bloodletting procedures. It is said that the mental state of the mother can influence the outcome of pregnancy as well as the child to be born. In this regard she should always be in a pleasant state and she should neither touch nor see unpleasant things of disfigured persons (with some physical defects) scary objects, nor listen to exciting and scary stories and advised to listen the scriptures as per their religion. She should not talk in high voice and avoid thoughts which would promote her anger or fear. She should give up foul smelling, ugly sight and exciting story, should not eat dried up, stale, putrefied or wet food. She should be avoiding outing, visit of lonely place, crimination. Thus all the harmful physical and mental activities should be avoided which would harm the foetus¹³. Garbhasthapaka aushadhi - Substances beneficial for maintenance of pregnancy and those drugs which are help in the proper maintenance of the Garbha by counter acting the Garbhopaghatakara Bhavas. These drugs can also be used in the recurrent abortion. The drugs like Brahmi (*Bacopa monnieri*), Shatavari (*Asparagus racemosus*), Doorva (*Cynodon dactylon*) etc. are some of the Garbhasthapaka Dravyas which helps in proper growth of the foetus and also gives the strength to the mother¹⁴. The medicated ghee or milk prepared from these drugs can be taken orally or the bath with cold decoction of these drugs should be given in Pushya Nakshatra. They can also be tied to the right arm of the mother so that they are in close contact with her.

Discussion:

Ashwasana (Psychological assurance) is the most important to stabilize and support the psychology of pregnant women. During first trimester of pregnancy most women experience nausea and vomiting, thus cannot take proper diet. Use of cold and sweet liquid diet and milk will prevent dehydration and supply required nourishment. Apart from that drugs of madhura group being anabolic will help in maintenance of proper health of mother and fetus. Fourth month onwards muscular tissue of fetus grows sufficiently requiring more protein which is supplied by use of meat soup. By the end of second trimester most of the women suffer from edema of feet and other complications of water accumulations. Use of Gokshura a good diuretic in sixth month will prevent retention of water as well as its complication. The drugs of vidaryadigandhadi group are diuretic, anabolic, relieve emaciation and suppress pitta and kapha, their regular use in seventh month may help in maintaining health of mother and fetus. Most women experience constipation in late pregnancy due to pressure of gravid uterus over the bowels and effect of progesterone. Use of enema in eighth month will relieve this constipation and also help in regulating the function of myometrium during labour. Tampon of oil may destroy pathogenic bacteria of vaginal canal and prevent puerperal

sepsis. It may also soften and relax vaginal passage thus help in normal labour. Some of the text book like Arogya kalpadruma, a sampurna balachikitsa book explains medicated milk with Shatavari in the ninth month, as it enhances the production of breast milk. Though Sushruta has not specified any particular dietetic regimen for ninth month, on the other hand in the regimen of eighth month after use of enema continuous use of unctuous gruels and meat soup of wild animals' up to the period of delivery is advised. This indicates that the same diet mentioned is indicated in ninth month also. Milk and madhura groups of drugs have been advised for entire pregnancy period. Milk is a wholesome diet, the madhura groups of drugs are anabolic, and thus use of these will help in maintenance of proper health of mother, growth and development of fetus. During anti-natal care, Garbhini has been advised to avoid factors which produce psychological or physical strain such as Vyayama (Exercise), Maithuna (Sexual Intercourse), Krodha (Anger). Though normal Maithuna and vyayama are beneficial, their excessive use or psychological trauma, sudden shock may precipitate abortion especially the women prone for the same. Pregnant women, who carries over weight, riding vehicle may precipitate abortion due to sudden increase in intra-abdominal pressure, prolonged squatting in abnormal postures and supine position may influence placental and uterine blood flow thus cause abortion, intrauterine death of fetus and other abnormalities. Excessive use of meat, wine, pulses and spices should be avoided during pregnancy, as it may cause the digestive abnormalities. Over eating in pregnancy may results in increase body weight of mother as well as fetus. It may cause pregnancy toxemia and difficulty in labour. Panchakarma procedures like emesis, purgation can also precipitate abortion due to reflex stimulation of the myometrium. Summary: Ayurveda is ultimate science of life focusing every minute aspect of various stages of human life. Garbhini Paricharya is one of its concepts explaining the importance of establishment of health of a woman before delivery; directing physicians and garbhini to adapt certain changes in the daily activities, diet, mental and social behavior. The dietetic regimen prescribed for the women having normal developments of foetus, women remains healthy and delivers the child possessing good health. By use of this fetal membranes, vaginal canal, abdomen, sacral region, flanks become soft, Vayu moves in to its right path: urine, feces and placenta are excreted or expelled easily by their respective passages. Women gains strength, easily delivers at proper time. After a detailed review of various classical texts, it can be concluded that Ayurveda has executed the anti-natal care (Garbhini Paricharya) in a meticulous fashion with a scientific background, focusing on every aspect required to cherish and replenish the health of woman and avoid complications during delivery.

Source of Support: Nil

Conflict of Interest: Nil

Copyright © 2024 PDEA'S International Journal Research in Ayurved and Allied Sciences. This is an open access article, it is free for all to read, download, copy, distribute, adapt and permitted to reuse under Creative Commons Attribution Non Commercial-ShareAlike: CC BY-NC-SABY 4.0 license.

Reference:

1. Shashtri K. Chaturvedi G. Agnivesh, Charak Samhita, revised by Charak & Dridhbala, Elaborated Vidyotini Hindi commentary by Part- 1, Sharira Sthana, Chapter-8, Jatisutreeya Shariradhyaya, Verse no 32 , Varanasi,Chaukhamba Bharati Academy, Reprint 2005, page no. 937.
2. Shastri k, Maharshi Sushruta; Sushrut Samhita edited with Ayurveda Tatva Sandipika Hindi Commentary Part-1, Sharira Sthana, Chapter-10, Garbhini Vyakaran Sharira, verse no 4, Varanasi, Chaukhamba Bharati Sanskrit Sansthan, Reprint 2009, page no. 99.
3. Shashtri K. Chaturvedi G.Agnivesh, Charak Samhita, revised by Charak & Dridhbala, Vidyotini Hindi commentary Part-1, Sharira Sthana, Chapter-8, Jatisutreeya Shariradhyaya, Verse no.32, Varanasi, Chaukhamba Bharati Academy, Reprint 2005 ,page no. 937.
4. Shastri K, Maharshi Sushruta; Sushrut Samhita Ayurveda Tatva Sandipika Hindi Commentary Part-1, Sharira Sthana, Chapter-10, Garbhini Vyakaran Sharira, Verse no 4, Varanasi, Chaukhamba Bharati Sanskrit Sansthan, Reprint 2009, page no. 99.
5. Shashtri K. Chaturvedi G. Agnivesh, Charak Samhita, revised by Charak & Dridhbala, Elaborated Vidyotini Hindi Commentary Part-1, Sharira Sthana, Chapter-8, Jatisutreeya Shariradhyaya, Verse no. 32 , Varanasi, Chaukhamba Bharati Academy, Reprint 2005, page no. 937.
6. Shastri K, Maharshi Sushruta; Sushrut Samhita edited with Ayurveda Tatva Sandipika Hindi commentary by Part-1, Sharira Sthana, Chapter- 10, Garbhini Vyakaran Sharira, Verse no.4, Varanasi, Chaukhamba Bharati Sanskrit Sansthan, Reprint 2009, page no. 99.
7. Shashtri K. and Chaturvedi G, Agnivesh Charak Samhita, revised by Charak & Dridhbala, Elaborated Vidyotini Hindi Commentary Part-1, Sharira Sthana, Chapter-8, Jatisutreeya Shariradhyaya, Verse no 32 , Varanasi, Chaukhamba Bharati Academy, Reprint 2005, page no 937.
8. Tiwari p, Ayurvediya Prasutitantra Evam Striroga Vol.- 1, Prasutitantra Obstetrics, Chapter-5, Signs Symptoms of Pregnancy and Antenatal Care, Varanasi, Chaukhambha Orientalia, 2nd Edi. Reprint-2009, page no. 221.
9. Shastri K, Maharshi Sushruta; Sushrut Samhita edited with Ayurveda Tatva Sandipika Hindi commentary by Part-1, Sharira Sthana, Chapter-10, Garbhini Vyakaran Sharira, Verse no.4, Varanasi, Chaukhamba Bharati Sanskrit Sansthan, Reprint 2009 at page no. 99.
10. Shashtri K, Chaturvedi G., Agnivesh, Charak Samhita, revised by Charak & Dridhbala, Elaborated Vidyotini Hindi commentary by Part- 1 , Sharira Sthana, Chapter-8, Jatisutreeya Shariradhyaya, Verse no.32, Varanasi, Chaukhamba Bharati Academy, Reprint 2005, page no. 937.
11. Tiwari P. Ayurvediya Prasutitantra Evam Striroga Vol.- 1, Prasutitantra (Obstetrics), Chapter-5, Signs Symptoms of Pregnancy and Antenatal Care, Varanasi, Chaukhambha Orientalia, 2nd Edi. Reprint-2009, page no. 228.
12. Shashtri K, Chaturvedi G., Agnivesh, Charak Samhita, revised by Charak & Dridhbala, Elaborated Vidyotini Hindi commentary by Part - 1 , Sutra Sthana, Chapter - 4, Shadvirechanashatasritiya Adhyaya, Verse no.18, Varanasi, Chaukhamba Bharati Academy, Reprint 2005, page no. 97.