

ANTENATAL CARE (GARBHINI PARICHARYA)**¹Dr. Hemant Kumar and ²Dr. Rashmi Sharma**¹PG Scholar, PG Department of Prasuti Tantra and Stree Roga Department, Dr. S. R.

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Pregnancy is a beautiful phase in women's life. Life of women is not complete until and unless she gets pregnant and gives birth. Birth should not be risky both for mother and child however extra care needs to be taken by woman during pregnancy. Garbhini Paricharya or Antenatal care is systematic supervision of a woman during pregnancy for the overall development of mother as well as the baby. It includes caring of pregnant women in the form of Ahara (Diet), Vihara (Lifestyle), Aushadha (Medications) and Paramarsha (Counseling) - preparing her for Sukha Prasava (safe delivery), both mentally and physically. Ayurvedic doctors devised certain herbs and foods to be taken each month of pregnancy. This regime is named as "Masanumasik Paricharya of Garbhini". Importance of this specific

Regime prevents any deformity in the baby, ensures proper growth of baby, health of mother, softens & lubricates the mother's body tissues and normal unobstructed delivery. Goals of antenatal care are reduce maternal and perinatal mortality and morbidity rates, improve the physical and mental health of women and children and prepare the women for labor, lactation, and care of her infant.

KEYWORD: Ayurveda, Garbhini Paricharya, Antenatal care, healthy progeny.**INTRODUCTION**

India's wisdom of Ayurveda complements modern obstetrics, offering advice for a healthy pregnancy, smooth delivery and a blissful, healthy baby. A planned program of observation, education and medical management of pregnant women directed toward making pregnancy

and delivery a safe and satisfying experience. Goals of antenatal care to reduce maternal and perinatal mortality and morbidity rates, improve the physical and mental health of women and children, prepare the women for labor, lactation, and care of her infant, detect early and treat properly complicated conditions that could endanger the life or impair the health of the mother or the fetus. In order to support each developmental phase of the baby, Ayurvedic doctors devised certain herbs and foods to be taken each month of pregnancy. This regime is named as “Masanumasik Paricharya of Garbhini” It is Month-by-month diet & Medicinal Regimes for good, complete growth & development of the baby.

Masanumasik Paricharya of Garbhini

1st Month Pregnancy Care

- Pregnant woman should take medicated/non-medicated milk in proper quantity (as per her digestive power).
- Herbs like Yashtimadhu may be given.

2nd Month Pregnancy care

- Milk medicated with Madhura herbs (Kakoli, Shatavari etc.).

3rd Month Pregnancy care

- Milk with Honey and Ghrita
- Specially cooked Shashti rice with Milk.
- Krsara (Olio prepared with rice and pulse).

4th Month Pregnancy care

- Milk with Butter
- Cooked Shashti rice with curd.
- Medicated cooked rice.

3rd Month Pregnancy care

- Milk with Honey and Ghrita
- Specially cooked Shashti rice with Milk.
- Krsara (Olio prepared with rice and pulse).

4th Month Pregnancy care

- Milk with Butter
- Cooked Shashti rice with curd.

➤ Medicated cooked rice.

5th Month Pregnancy Care

- Milk with Ghrita
- Cooked Shashti rice with Milk
- Yawagu (rice gruel)
- Payasa (rice cooked with milk and sweetened).

6th Month Pregnancy Care

- Ghrita and Milk medicated with the drugs of Madhura group.
- Ghrita or rice gruel medicated with *Gokshuru*.
- Sweetened curd.

7th Month Pregnancy Care

- Ghrita and Milk medicated with the drugs of Madhua group.
- Ghrita medicated with *Prthakpamadi* group of drugs.
- Ghritakhanda(a sweet dish).

8th Month Pregnancy Care

- Rice gruel (Yavagu) (prepared with Milk & Ghrita)
- For Vata Vasti of decoction of herbs like Berries (Badar), Bala, etc. may be given followed by Vasti with medicated oil (Shatavari thailam).

9th Month Pregnancy care

- ‘Anuvasana Vasti’ (Vasti with medicated oil with Madhur herbs)
- ‘Yoni Pichu’ (Cotton ball soaked with medicated oil is kept in the vagina).

General Diet in Pregnancy

Rice (Shashtika), Green gram (Mudga), Wheat (Godhum), Rice pops (Laja), Butter, Ghrita, Honey, Sweetened curd, Banana, Gooseberry (Amala), Grapes, Sweet cool fruits, Food which is pleasant.

Ayurvedic Aushadh Yoga

Garbhpal Rasa, Garbhchintamani Rasa, Hiberadi kwatha, Chandanadi kwatha, Madhukadi kwatha, Kalyanak Avaleha, Dhatri Lauh, Punarnava Mandur, Drakshaavaleha, Pravalpishti,

Kushmandavaleha, Shatawari Churna, Lanvangwadi Churna, Kashervadi Churna, Utpaladi gana Ksheerpak, Tranapanchmoola Ksheer pak, Garbhvinodrasa, Dhatriyavaleha.

Special Care during Pregnancy

Hygiene

- Daily all over wash is necessary because it is stimulating, refreshing and relaxing.
- Warm shower or sponge baths is better than tub bath.
- Hot bath should be avoided because they may cause fatigue & fainting
- Regular washing for genital area, axilla, and breast due to increased discharge and sweating.

Dental care

- The teeth should be brushed carefully in the morning and after every meal.
- Encourage the woman visit her dentist regularly for routine examination & cleaning.
- Encourage the woman to take nutritious foods, such as fresh fruit & vegetables to avoid sugar coming in contact with the teeth.

Dressing

- Woman should avoid wearing tight cloths such as belt because these could impede lower extremity circulation.
- Suggest wearing shoes with a moderate to low heel to minimize pelvic tilt & possible backache.
- Loose and light clothes are the most comfortable.

Travel

- Early in normal pregnancy, there are no restrictions.
- Late in pregnancy, travel plans should take into consideration the possibility of early labor.

Sexual activity

- Sexual intercourse is allowed with moderation, is absolutely safe and normal unless specific problem exist such as: vaginal bleeding or ruptured membrane.
- If a woman has a history of abortion, she should avoid sexual intercourse in the early months of pregnancy.

Exercises

- Exercise should be simple. Walking is ideal, but long period of walking should be avoided.
- The pregnant woman should avoid lifting heavy weights such as: mattresses furniture, as it may lead to abortion.
- She should avoid long period of standing because it predisposes her to varicose vein.
- She should avoid sitting with legs crossed because it will impede circulation.

Sleep

- The pregnant woman should lie down to relax or sleep for 1 or 2 hours during the afternoon.
- At least 8 hours sleep should be obtained every night & increased towards term, because the highest level of growth hormone secretion occurs at sleep.
- A good sleeping position is 'sims' position, with the top leg forward. This puts the weight of the fetus on the bed, not on the woman, and allows good circulation in the lower extremities.
- Avoid resting in supine position, as supine hypotension syndrome can develop.

Immunization

- Live attenuated virus vaccines as measles, rubella, mumps, poliomyelitis are contraindicated.
- Inactivated virus vaccines as influenza, rabies, Inactivated bacterial vaccines as cholera, meningococcus, and typhoid are safe to be given.
- Toxoids as tetanus and diphtheria toxoid are safe to be given.
- Immune globulins as for hepatitis, tetanus and rabies can be given.

Yogas / Asanas poses for Pregnant women

Shavasan, Tadasana, Trikonasana, Viparitkarni, Veerbhadrasana, Anuloma-Viloma, Pranayama.

Importance of Antenatal care (Garbhini Paricharya)

- Prevents any Deformity in the Baby.
- Ensures Proper Growth of Baby.
- Health of Mother.
- Softens & Lubricates the Mother's Body Tissues.

- Normal Unobstructed Delivery.

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