

**REVIEW ARTICLE ON GARBHINI PARICHARYA (ANTENATAL CARE) IN AYURVEDA****Kaklij P. Vivek\*<sup>1</sup>, Pednekar Madhuri<sup>2</sup>, Kinage Pradip<sup>2</sup> and Vasudevan Asokan<sup>3</sup>**<sup>1</sup>PG Scholar Dept. of *Prasuti Tantra Evum Stri Roga*.<sup>2</sup>PG Scholar Dept. of *Prasuti Tantra Evum Stri Roga*, Asso. Prof. Dept. of *Prasuti Tantra Evum Stri Roga*,<sup>3</sup>Prof. & Hod Dept. of *Prasuti Tantra Evum Stri Roga*, Parul Institute of *Ayurved*, Parul University, Vadodara 391760 (India).Article Received on  
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Tantra evum Stri Roga*.**ABSTRACT**

Systematic supervision (examination and advice) of a woman during pregnancy is called Garbhini Paricharya (Antenatal care). Supervision should be of a regular and periodic nature and according to the need of an individual. The care ought to begin from the establishing of pregnancy and till the birth of child. Antenatal care comprises of careful history taking and examinations and after that, proper advice given to the pregnant woman according to the need and complaint. The proper Garbhini Paricharya would result in the proper development of the fetus, its delivery, the health of the mother and thus her ability to

withstand the strain of labour and have an eventless post-natal phase. Garbhini Paricharya has represented monthly dietary plan and living vogue for whole gestation, specific water for bathing throughout gestation, amulet for pregnant women etc. All of those advices are through with the aim to make sure ensure normal pregnancy and uncomplicated labour with delivery of a healthy baby from a healthy mother. Dietetics and mode of life which are contraindicated during pregnancy are known as Garbhopaghatakara Bhavas, Garbhopaghatakara Bhavas ought to be avoided in addition as use of Garbhashthapaka medication is helpful for the fetus.

**KEYWORDS:** *Garbhini, Garbhopaghatakara Bhava*, fetus, nutrition, pre natal care.

## INTRODUCTION

Pregnancy is a stunning phase in women's life. Life of female is not whole until and until she gets pregnant and gives birth. Birth must not be risky both for mother and child; however, extra care needs to be taken by way of women for the duration of pregnancy. Additional care has to be taken by women throughout maternity. Adequate medical aid and awareness of the society concerning importance of healthy maternity may also check maternal morality and new born deaths. Woman should not undergo maternity if she is poorly nourished, physically weak, encircled by myths and misconception.

Aim of *Garbhini Paricharya* described in *Ayurved* is to achieve a healthy baby of best qualities as well as to ensure a healthy mother or foetus during pregnancy, during labour and after labour. If proper care is not provided to a pregnant woman, she may lead into complications which can be resulted into morbidity or mortality of mother and foetus. As per recent W.H.O report, it suggests that everyday approximately 830 pregnant women die from preventable causes related to pregnancy and child birth. To reduce this rate, proper *Garbhini Paricharya* (Antenatal care) is the need of the day. Maternal mortality ratio in India having with 254 per 100,000 live birth & maternal mortality rate 120 per 100,000 women of reproductive age per year.<sup>[1]</sup>

This article is published to spread basic knowledge of antenatal care through *Ayurveda* which is term as *Garbhini Paricharya*. This is already been explained by *Acharyas* in ancient time which reduces the incidence of uneventful period of Ante natal care and labour and successfully manage it through *Ayurveda*.

Conception should take place at proper age which is explained in *Ayurveda*. According to *Acharya Sushruta* and *Vagbhata* Male at the age of 25 years and female at the age of 16 years are fully matured.<sup>[2]</sup> So along with age other factor are also equally important i.e. *Ritu*, *Kshetra*, *Ambu*, *Beeja*. *Ritu* means fertile period of female i.e. 6<sup>th</sup> to 16<sup>th</sup> day after menstruation. *Kshetra* denotes well primed, disease free secretary endometrial bed, *Ambu* is sufficient, unobstructed blood circulation and lastly *Beeja* refers both in male and female as quality spermatozoon and quality ovum respectively.<sup>[3]</sup>

### *Garbhini Paricharya*

The monthly regimen is broadly discussed under three headings:

1. *Masanumasika Pathya* (month wise dietary regimen)

2. *Garbhopaghathakara Bhavas* (Activities and substances which are harmful to fetus)
3. *Garbhasthapaka Dravyas* (Substances beneficial for maintenance of pregnancy)

### **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 in accordance to improvement of fetus. Thus the dietetic requirements of the mother also changes 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* scholar have given in detail the month wise dietetic regimen recognized as *Masanumashika Paricharya* (monthly regimen) for women proper from the first month up to the ninth month of pregnancy.

The monthly regimen helps in.<sup>[4]</sup>

1. Softening of placenta, pelvis, waist, sides of the chest and back
2. Downward movement of *Vata* (*Vataanulomana*) - 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.

**Table 1: Showing the monthly dietary regimen described by classics.**

<b><i>Samhita</i> Texts</b>	<b>Dietary Regimen</b>
<b>During 1<sup>st</sup> month</b>	
<i>Charaka Samhita</i>	Non medicated milk <sup>[5]</sup>
<i>Sushruta Samhita</i>	Sweet, cold and liquid diet <sup>[6]</sup>
<i>Astanga Sangraha</i>	Medicated milk <sup>7</sup>
<i>Harita Samhita</i>	<i>Madhuyashti</i> ( <i>Glycyrrhiza glabra</i> ), <i>Madhuka Pusp</i> ( <i>Madhuca longifolia</i> ) with butter, honey and sweetened milk <sup>[8]</sup>
<b>During 2<sup>nd</sup> month</b>	
<i>Charaka Samhita</i>	Milk medicated with <i>Madhura Rasa</i> (sweet taste) drugs <sup>[9]</sup>
<i>Sushruta Samhita</i>	Same as first month. <sup>[10]</sup>
<i>Astanga</i>	Same as <i>Charaka Samhita</i> . <sup>[11]</sup>

<i>Sangraha</i>	
<i>Harita Samhita</i>	Sweetened milk treated with <i>Kakoli</i> . <sup>[12]</sup> ( <i>Lilium polyphyllum</i> )
<b>During 3<sup>rd</sup> month</b>	
<i>Charaka Samhita</i>	Milk with honey and <i>Ghrita</i> <sup>[13]</sup>
<i>Sushruta Samhita</i>	Same as first month <sup>[14]</sup>
<i>Astanga Sangraha</i>	Milk with honey and <i>Ghrita</i> <sup>[15]</sup>
<i>Harita Samhita</i>	<i>Krisara</i> (Khichadi) <sup>[16]</sup>
<b>During 4<sup>th</sup> month</b>	
<i>Charaka Samhita</i>	Milk with butter <sup>[17]</sup>
<i>Sushruta Samhita</i>	Cooked <i>Sasti</i> rice with curd, dainty and pleasant food mixed with milk and butter and meat of wild animals <sup>[18]</sup>
<i>Astanga Sangraha</i>	Milk with one <i>Tola</i> (12gm) of butter <sup>[19]</sup>
<i>Harita Samhita</i>	Medicated cooked rice <sup>[20]</sup>
<b>During 5<sup>th</sup> month</b>	
<i>Charaka Samhita</i>	<i>Ghrita</i> prepared with butter extracted from milk <sup>[21]</sup>
<i>Sushruta Samhita</i>	Cooked <i>Shastika</i> rice with milk, meat of wild animals along with dainty food mixed with milk and <i>ghrita</i> <sup>[22]</sup>
<i>Astanga Sangraha</i>	Same as <i>Charaka Samhita</i> <sup>[23]</sup>
<i>Harita Samhita</i>	Payasa <sup>[24]</sup> (Kheera/Rice pudding)
<b>During 6<sup>th</sup> month</b>	
<i>Charaka Samhita</i>	<i>Ghrita</i> prepared from milk medicated with <i>Madhura</i> (sweet) drugs <sup>[25]</sup>
<i>Sushruta Samhita</i>	<i>Ghrita</i> or rice gruel medicated with <i>Gokshura</i> <sup>[26]</sup> ( <i>Tribulus Terrestris</i> ),
<i>Astanga Sangraha</i>	Same as <i>Charaka Samhita</i> <sup>[27]</sup>
<i>Harita Samhita</i>	Sweetened curd <sup>[28]</sup>
<i>Charaka Samhita</i>	Same as in sixth month <sup>[29]</sup>
<b>During 7<sup>th</sup> month</b>	
<i>Charaka Samhita</i>	<i>Ghrita</i> prepared from milk medicated with <i>Madhura</i> (sweet) drugs <sup>[25]</sup>
<i>Sushruta Samhita</i>	<i>Ghrita</i> medicated with <i>prithakaparnyadi</i> group of drugs <sup>[30]</sup>
<i>Astanga Sangraha</i>	Same as <i>Charaka Samhita</i> <sup>[31]</sup>
<i>Harita</i>	<i>Ghritakhanda</i> (a sweet dish) <sup>[32]</sup>

<i>Samhita</i>	
<b>During 8<sup>th</sup> month</b>	
<i>Charaka Samhita</i>	Kshira Yawagu mixed with Ghrita <sup>[33]</sup>
<i>Sushruta Samhita</i>	<i>Asthapana Basti</i> with decoction of <i>Badari</i> mixed with <i>Bala</i> , <i>Atibala</i> , <i>Satapuspa</i> , <i>Patala</i> etc. honey and <i>Ghrita</i> . <i>Asthapan</i> is followed by <i>Anuvasana Basti</i> of oil medicated with milk <i>Madhura</i> drugs <sup>[34]</sup>
<i>Astanga Sangraha</i>	<i>Kshira Yawagu</i> mixed with <i>Ghrita</i> , <i>Asthapana Basti</i> with decoction of <i>Badari</i> , <i>Anuvasana Basti</i> with oil medicated with <i>Madhura</i> drugs <sup>[35]</sup>
<i>Harita Samhita</i>	Ghritapuraka <sup>[36]</sup>
<b>During 9<sup>th</sup> month</b>	
<i>Charaka Samhita</i>	<i>Anuvasana Basti</i> with oil prepared with drugs of <i>Madhura</i> (sweet) group, vaginal tampon of this oil <sup>[37]</sup>
<i>Sushruta Samhita</i>	Unctuous gruels and meat-soup of wild animals up to the period of delivery <sup>[38]</sup>
<i>Astanga Sangraha</i>	Same as <i>Charaka Samhita</i> <sup>[39]</sup>
<i>Harita Samhita</i>	Different varieties of cereals <sup>[40]</sup>

### **Garbhopaghathakara Bhavas (Activities and substances which are harmful to fetus)**

*Garbhopaghatha Kara Bhavas* are the *Ahara* and *Vihara* which are harmful to the *Garbha* (fetus). These may cause some congenital defects in the child and are not conducive to the birth of a healthy child, with all the good qualities. These can be grouped under two different headings namely *Ahara* (diet) and *Vihara* (behavior).

**Table 2: Showing the *Garbhopaghatakara Bhavas* described by classics.**

S. N.	Samhita Texts	Garbhopaghathakara Bhavas
1.	<i>Charaka Samhita</i>	Pungent drugs, Exercise, Coitus <sup>[41]</sup>
2.	<i>Sushruta Samhita</i>	Coitus, Exercise, Excessive satiation, Excessive emaciation, Sleeping in day and awakening in night, Grief, Riding on vehicle, fear, Squatting, Oleation, Bloodletting, Suppression of natural urges <sup>[42]</sup> etc.
3.	<i>Astanga Sangraha</i>	Pungent drugs, Exercise, Coitus, <sup>[43]</sup> Emaciation, trauma, Conveyance causing excessive jerks, night awakening, day sleeping, Suppression of natural urges, Indigestion, prolonged stay in hot sun or near fire, Anger, grief, fear, terror, fasting, squatting, looking or hearing disliked things, <sup>[44]</sup> etc.
4.	<i>Astanga Hridaya</i>	Excessive coitus, Exercise, carrying heavy weight, covering herself with heavy sheet, untimely sleep, squatting, grief, anger, excitement, suppression of natural urges, fasting, excessive walking, use of pungent, hot, heavy, hardly digestible food, use of red garment, use of wine and meat, sleeping in supine position, bloodletting, purifying measures and enemas, <sup>[45]</sup> etc.

5.	<i>Kashyapa Samhita</i>	Erect or flexed posture for long, shaking, excessive laughing, and trauma, cold water, garlic, looking declining moon, setting sun, seeing solar or lunar eclipse, misbehave with guests, rough behavior with beggars, perform oblation of <i>Ghrta</i> for pacification, oppose full ewer, <i>Ghrta</i> , garland, and pot filled with curd or <i>Ghrta</i> , tie anything from thread or rope, wear tight garments, <sup>[46]</sup> etc.
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### ***Garbhashthapaka Dravyas* (Substances beneficial for stability of *Garbha*/Fetus)<sup>[47]</sup>**

*Garbha Sthapaka Dravyas* counter act the impact of the *Garbhopaghatakara Bhavas* and help in the suitable protection of the *Garbha*. They can additionally be used in the cure and prevention of abortion. These are to be used as a movement as they are really helpful for the maintenance of appropriate health, growth and improvement of the mother and fetus. Some of the *Garbhashthapaka Aushadhis* are *Aindri* (*Bacopa monnieri*), *Braahmi* (*Centella asiatica*), *Satavirya* (*Asparagus racemosus*), *Sahashravirya* (*Cynodon dactylon*), *Amogha* (*Stereospermum suaveolens*), *Avyatha* (*Tinospora cardifolia*), *Shiva* (*Terminalia chebula*), *Arista* (*Picrorhiza kurroa*), *Vatyapushpi* (*Sida cardifolia*), *Vishwasenkanta* (*Callicarpa macrophylla*) etc. These should be taken orally as preparations in milk and Ghee. These should be taken orally as preparations 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 on the head. Drugs of the *Jeevaneeya Gana* can also be used in a comparable way. *Kasyapa* has advocated that amulet of *Trivrit* (*Operculina Tharpethum*) ought to be also tied in the waist of pregnant woman.<sup>[48]</sup>

### **DISCUSSION**

*Garbhini Paricharya* is very nicely documented in *Ayurvedic* classics beginning from *Samhita* period. Ancient *Ayurvedic* scholars knew the importance of women health for a hale and hearty progeny. In this regard scholars have prescribed month-to-month dietary regimen and life-style practices for total pregnancy in accordance to the need of mother's health and fetal development and nicely being. Nausea and vomiting are the important issues experienced with the aid of majority of women in the course of pregnancy. Due to this, there is a possibility in pregnant women to get dehydrated and malnourished. Scholars have advised liquid diet instead of heavy and solid food in first trimester to avoid such type of complications.

Use of cold and sweet liquid food plan and milk will forestall dehydration and supply required nourishment. In addition to this, the drugs of *Madhura* group being anabolic will help in maintenance of proper health of mother and fetus. *Garbhini Paricharya* considers milk an ideal constituent of diet for pregnant women as it is a source of calcium, lactose and butter fat<sup>51</sup>. Milk also has moderate amounts of protein with anabolic properties that give strength. Pregnant women should not get constipated. Therefore, mild laxatives and enema is recommended, if there is a tendency to constipation, it is found that usually, milk alone is sufficient to cope with the constipation. 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 women suffer from edema of feet and other complications of water retention. Use of *Gokshura (Tribulus Terrestris)*, a good diuretic, in sixth month will prevent retention of water as well as its complications. Being diuretic, *Gokshura (Tribulus Terrestris)* is also helpful in pregnancy induced hypertension and related other complications. The drugs of *Prithakaparnyadi* group are also diuretic, anabolic, relieve emaciation and suppress *Pitta* and *Kapha*, their regular use in 7<sup>th</sup> month might help in maintaining health of mother and fetus. Most women experience constipation in late pregnancy due to pressure of engaged head in pelvis over the bowel and rectum. Use of *Basti* (enema) in eighth month will relieve this constipation, besides this may also affect the autonomous nervous system governing myometrium and helps in regulating their function during labour.<sup>[50]</sup> Tampon of oil may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis, besides this tampon may also soften vaginal passage so that delivery of baby becomes easy in comparatively less effort as well as there is minimum possibility of tear of birth canal. It is just possible that the regular use of tampon might influence autonomic fibers governing myometrium and help in its relaxation during labour. *Garbhoghatakaras Bhavas* (diets and mode of life both) are resulting either in abortion or intrauterine death of fetus.<sup>[52]</sup> *Garbhoghatakaras Bhavas* also cause congenital anomalies in fetus. So, these are absolutely avoided during pregnancy from starting. *Charaka* and *Kasyapa* have described certain *Garbhashthapaka* drugs which are mainly considered as treatment for abortion and maintenance of pregnancy successfully.

## CONCLUSION

Ancient scholars of *Ayurveda* were very much aware of preconception care i.e. *Garbha Sambhav Samugri* and the need of maternal care during pregnancy. *Garbhini Paricharya* prescribed during *Samhita* period is very much coping with Antenatal care set by modern

gynecologists. Use of milk and other liquid diet in first trimester of pregnancy is essential to avoid dehydration and malnutrition and other complications of pregnancy. *Gokshura* and drugs of *Prithakapanyadi* group help in preventing edema which is very common after second trimester. Use of *Basti* (Enema with medicated oils or decoctions) in last trimester is essential to relieve constipation, strengthen myometrium and helps in regulating their function during labour. *Garbhsthapaka* drugs are used during pregnancy to counteract any etiology of abortion or intrauterine death if present and results in healthy baby.

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