

REVIEW OF *GARBHINI PARICHARYA* AND IT'S CLINICAL IMPORTANCE

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ABSTRACT

Ayurveda has given great emphasis on *Garbhini Paricharya* (Prenatal care) which has dual goal of easy parturition and healthy progeny. There is specific food regimen prescribed for pregnant women throughout nine months. Supervision should be regular and periodic in nature & according to need of *Garbhini* (ANC mother). The whole nine month diet is a unique strategy of Ayurveda. In this study literature we have describe monthly dietary habit and lifestyle for whole pregnancy and also the contraindicated things in *Garbhini*. In Ayurvedic *Garbhini Paricharya Aahara, Vihara and Vichara* has a direct effect on health of mother and child. All of these are aim to

ensure normal pregnancy and uncomplicated labour with delivery of healthy baby from a healthy mother. Dietetic and mode of the life which are harmful or contraindicated during pregnancy are known as *Garbhapatighatkara Bhavas* and uses of *Garbhsthapaka Aushadhi* in nine month of pregnancy Diet pattern applied in chronological order i.e. liquid to solid diet in order to prevent any complication arising during pregnancy and providing better adopting power with the changing physiological state. Along with the *Aahara*, medication and *Yoga* are useful & supportive to *Garbhini*. Also various major components of *Garbhini Paricharya* such as *Ashwasana* (Psychological Assurance), *Vihara*, Milk & *Madhura* Group drugs & modern measures of Prenatal care like investigations, medication, and routine checkup has been advised for entire pregnancy period.

KEYWORD: Pregnancy, *Garbhini Paricharya*, Antenatal care, *Garbhopathakar bhava*.

INTRODUCTION

Mother and child health forming a major area of concern finds special emphasis in Ayurveda, which uphold a complete caring plan in this regard called as *Garbhini Paricharya*.^[1]

In *Garbhini* life *Sagarbhavstha* (become a mother) is special event and in this period mother take proper care of herself and baby. Because of maternal mortality rate increases in today's era, *Garbhini Paricharya* is important and needful. *Garbhini Paricharya* is around care of pregnant women.

The tremendous growth of baby from the moment of conception to the time of birth depends entirely on nourishment from the mother. Pregnant women should follow a careful regimen is known as *Garbhini Paricharya*. In this study literature we studied month wise regimen according to *Charaka, Shushruta, Harita* and *Kashyapa Samhita*.

We also explained modern antenatal care, Nutrition in pregnancy & Prenatal counseling. Due to Anemia. Viral hepatitis, Hemorrhage (APH & PPH), obstructed labour, malnutrition, elderly primigravida and other abnormalities *Garbhini Paricharya* is important and needful.

In Ayurveda various Acharya explained nine month *Garbhini Paricharya* in which mostly *Madhura rasatmak* (sweet), *Drava* (liquid) and milk products are preferred. Along with *Aahara, Yoga* and *Vihara* are also useful in pregnancy. As per modern view to make sure the pregnancy is intra uterine & not extra uterine, treat complications of first trimester, do laboratory investigations, early diagnosis and treatment of medical disorders.^[2]

AIM

To review the literature of *Garbhini Paricharya* by Ayurvedic and Modern view.

OBJECTIVES

1. To follow proper *Garbhini Paricharya* for overcome *Garbhopadrava* and *Garbhovyapada*.
2. To remove anxiety associated with delivery and minimize complications.
3. To facilitate healthy growth and development of foetus.

MATERIAL AND METHODS

1. Ayurvedic *Masanumasik Garbhini Paricharya*⁽³⁾
2. *Samanya Aahara* and *Pathya*

3. Prenatal care, nutrition and Preconceptual counseling
4. Yoga in Pregnancy

1) Ayurvedic Masanumasik Garbhini Paricharya.

Month	Charaka (Sharirsthana)	Sushruta (Sharirsthana)
Pratham mas	Anupskrut Ksheer (Milk)	Madhura & Sheet Dravya Aahara
Dwitiya mas	Madhur Aushadhi sidhha Ksheer (milk)	Madhura & Sheet Dravya Aahara
Trutiya mas	Madhu + Ghrut +Kheera	Madhura & Sheet Dravya Aahara
Chaturtha Mas	Ksheer + Navneet (Butter)	Shashtikodan, Jangal Mans yukt Aahar + Payonavneet
Panchama Mass	Ksheer + Sarpi	Shashtikodan, Jangal Mans yukt Aahar + Payonavneet
Shashta mas	Madhur Aushadhisidhha Ksheer + Sarpi	Gokshura sidhha Yavagupan (Rice gruel medicated with Gokshura)
Saptam Mass	Madhur Aushadhi sidhha ksheer + Sarpi	Pruthakparnyadi Ghrut (Vidarigandhadi group)
Ashtam Mass	Ksheer Yavagu Sarpi	Anulomana of Vaayu – Asthapan Basti with Badar, bala, Atibala, Shatapushpa, Palash, ksheer, Mastu, Tail saindhava & Madhukadi Ghruta. Anuvasan Basti with oil medicated with milk and Decoction of drug of Madhura group.
Navam Mass	Anuvasan Basti – Tail prepared with the drugs of Madhura group.	Snigdha Yavagu with Jangal mans rasa.
<u>Month</u>	<u>Vagbhata</u>	<u>Harita</u>
Pratham mas	Medicated Ksheer	Yashtimadhu, Parushak sidhha Ksheer or Madhu mixed with Ksheer
Dwitiya mas	Madhur Aushadh sidhha Ksheer	Kakoli sidhha ksheer
Trutiya mas	Madhu + Sarpi +Ksheer	Krushara
Chaturtha Mas	Ksheer with 1 Aksha Navneet	Medicated Rice
Panchama Mass	Ksheer + Sarpi	Payasya (Rice with milk)
Shashta mas	Madhur Aushadh sidhha Ksheer Sarpi	Sweetened Dadhi (Curd))
Saptam Mass	Madhur Aushadh sidhha Ksheer Sarpi	Ghrut Khand
Ashtam Mass	Ghrut mishrita Yavagu	Aahara with Ghruta
Navam Mass	Anuvasan Basti with Yoni Pichu	Different varieties of Aahara

2) Samanya Aahara and Pathya

Following dietic regimen prescribed for the women having a normal development of foetus. During first trimester of pregnancy, most women experience nausea and vomiting, thus she can't take routine diet, use of cold and sweet liquid diet and milk will prevent dehydration.^[3] By the end of second trimester, most women suffer from oedema of feet and other complication of water accumulation, use of Gokshura is a good diuretics and helps to reduce oedema by its Nephroprotective properties.^[4]

Most women experience constipation in late pregnancy due to pressure of gravid uterus over the bowels and effect of Progesterone, use of enema which relieves the constipation. Tampon of oil may destroy pathogenic bacteria.

3) Prenatal care nutrition and preconceptual Counseling

Systemic supervision of women during pregnancy is called Antenatal care. It includes age, gravid, duration of marriage, occupation, history of present pregnancy and obstetrics history. In examination, built, height, weight are measured speculum examination prior to bimanual examination should done.

A. **Diet:** The increase calorie requirement is to the extended of 300 over the non pregnancy state.^[5]

Iron	40mg	Carrot, Beet and Egg
Calcium	1000mg	Dairy product
Folic Acid	400ug	Green Leafy Vegetable
Vit.B12	2.2 ug	Animal Protein
Vit.A	6000 I U	Vegetable, Liver and Fruit
Riboflavin	1.6mg	Meat and Grains

B. Lifestyle

- I) Rest and Sleep – 8 hr at night and 2 hr at noon.
- II) Bowel – Plenty of liquid & vegetable
- III) Dental Care – Good dental hygiene
- IV) Avoid travelling, smoking, coitus
- V) Immunization should be done

4) Yoga in Pregnancy^[6]

Here is a list of poses & *Yogasanas* which are considered safe for pregnant women.

First Trimester	Second Trimester	Third Trimester
<i>Tadasana</i> (Mountain pose)	<i>Virbhadrasana</i> (Warrior pose)	<i>Pranayam</i>
<i>Marjari Aasana</i> (Cat Pose)	<i>Utthanasana</i>	<i>Utkatasana</i>
<i>Uttanasana</i> (standing forward bending)	<i>Vajrasana</i>	<i>Trilokasana</i>
<i>Shavasana</i>		

DISCUSSION

Garbhini Paricharya is a unique concept explained in detail in the classic textbook of Ayurveda for the women health. The classical textbooks have mentioned a strict regimen of a diet, medicine and activities under heading '*Garbhini Paricharya*'. *Garbhini Paricharya* is divided into 3 phases: first, second & third trimester. Their dietic regimen prescribed by

ancient Ayurveda science for pregnant women helps towards delivering a child having good health.^[7] *Aahara & Vihara* helps as a softening of *Apara*, Pelvis & waist, *Vatanulomana*, Detoxification & promotion of Strength. Nausea & vomiting are the main complications experienced by majority of women during pregnancy, scholars have advised liquid diet, use of cold & sweet diet because they prevent dehydration in addition *Madhura* group is have a anabolic property.^[8] In Second trimester, main complaint of women is oedema on legs, so that use of a *Gokshura* being a diuretic, and in third trimester, women suffers the complaint of constipation for that *Acharya Shushruta* explained the *Asthapan Basti* in 8th month, *Anuvasan Basti* by *Acharya Charaka* in 9th month. Some *Asanas* like *Utkatasana*, *Shavasana*, *Virbhadrasana* are useful in pregnancy. According to modern science Iron, Calcium, Protein supplement and immunization provides nourishment of *Garbhini* and foetus.

RESULT

In Ayurveda various *Acharya* specifically mentioned nine month *Garbhini Paricharya* for maternal as well foetal health by using monthly dietary regimen which helps to keep pregnancy in normal state. Along with this various *Asanas* medication, *Pranayama & Omkara* also helps to reduce the mental illness and keep mind calm. By following *Garbhini Paricharya*, we prevent pregnancy related complications like nausea, vomiting, placental abnormalities, pregnancy depression & also *Peurperial psychosis*. In *Garbhini Paricharya*, explained diet is in form of food not a medication so it is easily palatable. It is observed that, along with this Ayurvedic treatment, modern medication like Iron, Calcium, multivitamins, folic acid & protein supplement proves to be helpful to keep pregnant women healthy.

CONCLUSION

Ancient *Acharya* very much aware about the need of maternal care during pregnancy. Monthwise *Garbhini Paricharya* has a greatful scope with modern Antenatal care. The regimen explained in *Garbhini Paricharya* is in the form of food & not in the form of drug so it is *Satmya* to everybody. Month wise diet & *Pathya* is helpful to mother for nourishment, strength of body & overcome the month wise complaint like nausea & vomiting by liquid diet, oedema by *Gokshura* & Constipation by *Asthapan Basti*. Along with these *Yoga & Aasana* are also useful for maternal health of foetus. It improves the chances of normal pregnancy & labour.

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