

CLINICAL IMPORTANCE OF MASANUMASIKA GARBHINI PARICHARYA – AN AYURVEDIC REVIEW

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ABSTRACT

Pregnancy is most energetic and challenging phase in woman's life. It brings about emotional and physiological changes. To withstand with all these physiological and psychological changes and proper growth and development of growing fetus *garbhini* should consume proper diet and follow *pathya* which are stated by our *acharyas* as *Garbhini paricharya*. *Garbhini paricharya* comprises of *masanumasika pathya* (month wise dietary regimen), *grabhopghatkara bahavas* (activities and substance which are harmful for fetus), *garbhasthapaka drvyas* (substances beneficial for maintenance for pregnancy). The diet during pregnancy should be balanced and should rich in calories, proteins, vitamins and minerals. In this phase the body needs extra nutrition for developing foetus, for pregnant lady herself and for lactation.

KEYWORDS: *Garbhini paricharya, grabhopghatakar bhavas, garbhsthapaka drvayas.*

INTRODUCTION

Every mother wants to give birth a healthy child without any complication. The pregnant women desirous of producing *Uttam Gunayukta* child should give up non congenial diet and mode of life and by doing good conduct and using congenial diet and mode of life.^[1] Ayurveda gives importance of caring for the mother before, during and after pregnancy. *Garbhini* should be treated just like a pot filled with oil, as slightest oscillation of such pot causes spilling of oil, similarly slightest avoiding or not following *pathya* during this *garbhinikal* can cause serous complications. *Garbhini Paricharya* refers to *Ahara, Vihara* and

Vichara along with *Garbhopaghatakar Bhavas* and *Garbhasthapak Dravyas*. To ensure normal pregnancy and uncomplicated labour with delivery of a healthy baby from a healthy mother our *Acharyas* have explained a detailed and systematic and month wise regimen and a list of do's and don'ts to be followed in the antenatal period.

GARBHINI PARICHARYA

The monthly regimen is broadly discussed under three headings:

1. Masanumasik Pathya
2. Garbhopaghatakar Bhavas
3. Garbhasthapak Dravyas

Masanumasika paricharya

	1 st month	2 nd month	3 rd month	4 th month	5 th month	6 th month	7 th month	8 th month	9 th month
Charaka ^[2]	Non medicated milk	Milk medicated with madhur drugs	Milk with honey and gruta	Butter extracted from milk	Gruta prepared with butter extracted from milk	Gruta medicate with drugs of mahura group	Gruta medicate with drugs of mahura group	Rice gruel prepared with milk and mixed with gruta	Anuvasana vasti with the oil prepared with drugs of madhura group and pichu dharana
Susruta ^[3]	Sweet, cold and liquid diet	Sweet, cold and liquid diet	Sweet, cold and liquid diet	Cooked sasti rice with curd, dainty and pleasant food mixed with milk	Cooked sasti rice with milk, meat of wild animals alongwith dainty food mixed with milk and gruta	Gruta or rice gruel medicated with gokshuru	Gruta medicated with prthakparnyadi groups of drugs	Asthapana vasti	
Vagbhata 1 st	Medicated milk ^[4]	Milk medicated with madhur drugs ^[5]	Milk with honey and gruta ^[6]	Milk with one aksh of butter ^[7]	Gruta prepared with butter extracted from milk ^[8]	Gruta medicate with drugs of mahura group ^[9]	Gruta medicate with drugs of mahura group ^[10]	Rice gruel prepared with milk and mixed with gruta ^[11]	Anuvasana vasti with the oil prepared with drugs of madhura group and pichu dharana ^[12]
Harita	Out of madhuyashti, parushaka and madhukapuspa available drugs should be taken with butter and honey followed by use of sweetened milk ^[13]	Sweetens milk treated with madhura drugs ^[14]	Krsara ^[15]	Medicated cooked rice ^[16]	Payasa ^[17]	Sweetened curd ^[18]	Ghrtakhandana ^[19]	Grtapuraka ^[20]	Different varieties of cereals ^[21]
Bhela				Milk with butter ^[22]	Yawagu ^[23]	Gruta prepared with butter extracted from milk ^[24]			Anuvasana vasti with kadamba masha tail ^[25]

2. GARBHOPGHATAKAR BHAVAS

Charak: *Tikshanaushadh Prayoga, ushna, tikshna, guru pradarth sevan, madya sevana, mamsa sevana*^[26]

Susruta- *Shushka, paryushita, kuthita, klinna anna*^[27]

Astanga samgraha- *Ruksha anna, maithuna, vyayam*^[28]

Astanga hridaya- *kathinautkatasana, Vistambhi bhojana, madya*^[29]

Bhavamishra- *Use of rain water, association of woman whose child has died*^[30]

Kashyapa- *carry heavy weight for long Lashuna and cold water*^[31]

Harita- *Dvidala anna sevana, vidahi, amla, guru sevana, mrittika, surankanda, ushna dugdha*^[32]

Yoga ratnakara- *Kshara sevana, dushita vishama anna sevana*^[33]

All these contraindications can be grouped under following headings

1. Those which produce psychological or physical strain such as grief, exercise etc. may precipitate abortion.
2. Avoidance of visit to cremation ground etc. sudden shock may produce abnormality specially abortion.
3. Over weight carrying or vehicle riding 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 the fetus or other abnormalities.
4. Use of over satiation may excessively increase the body weight of mother and fetus, over eating is one of the causes of pregnancy toxemia. Over weight of fetus may cause difficulty in labour.
5. Specific rays emitted during eclipse may produce abnormalities of fetus.
6. Emesis etc. purifying measures can also precipitate abortion due to reflex stimulation of the myometrium.

2. GARBHASTHAPAK DRUGS^[34]

(Substances Beneficial For Maintenance of Pregnancy)

- *Aindri (Bacopa monieri)*
- *Brahmi (Centella asiatica)*
- *Satavirya (Asparagus recemosus)*

- *Sahasravirya (Cynodon dactylon)*
- *Amogha (Stereospermum suaveolens)*
- *Avyatha (Tinospora cordifolia)*
- *Shiva (Terminalia chebula)*
- *Arista (Picrorhiza kurroa)*
- *Vatyapuspi (Sida cordifolia)*
- *Vishwasenkanta (Callicarpa macrophylla).*

DISCUSSION

CLINICAL IMPORTANCE OF GARBHINI PARICHARYA

First trimester

- Embryogenesis takes place in the first trimester hence an increased amount of energy is required during this period. All these energies will be provided by *Kshira, Ghrita, Krusara, Payasa, Kshira* medicated with *Madhura Ausadhi*.
- During first trimester of pregnancy, most women experience nausea and vomiting, thus cannot take proper diet which results in dehydration and loss of nutrients. Use of cold and sweet liquid diet and milk will prevent dehydration and supply required nourishment.^[35]
- Drugs of madhur group being anabolic will help in maintenance of proper health of mother and fetus.

Second trimester

- In second trimester, muscular tissue of fetus grows sufficiently requiring more protein which is supplied from animal sources such as meat, milk, cheese, butter etc.
- Milk provides nourishment and stability to the fetus.
- Meat provides nourishment to the fetus and helps in muscular growth of the fetus.
- Cooked sasti rice advised in *Garbhini Paricharya* is rich in carbohydrate and provides energy to the body.
- By the end of second trimester most women suffer from oedema of feet and other complications of water retention. So ghrita medicated with goksura is used, which is a good diuretic will prevent retention of water as well as its complications.^[36]

Third trimester

- *Ghrita* medicated with *prithakparnyadi* group of drugs are diuretic, anabolic, relieve emaciation and suppress *pitta* and *kapha*. Their regular use in seventh month might help in maintaining health of mother and fetus.
- *Yavagu* consumption 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. Besides this may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour.
- Tampon of oil in vagina provides lubrication of cervix, vaginal canal and perineum thus helps in normal labour. This may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis. Regular use of tampon might influence autonomic fibres governing myometrium and in regulating their functions.
- Milk and drugs of *madhura* group have been advised for entire pregnancy period. Milk is a complete food and the drugs of *madhura* group are anabolic, thus use of these will help in maintenance of proper health of mother and growth and development of fetus.^[37]

GARBHOPAGHATAKAR BHAVAS

1. ***Tikshana padarth sevana***- Contains chemical and nitrates which works adversely with RBC and there by reducing its oxygen carrying role leading reduced utero-placental flow.
2. ***Shushka, Ruksha, Paryushita anna sevana***- Inadequate calories intake before pregnancy appears to magnify the effects of malnutrition during pregnancy and also is associated with lower birth weight in infant's lead to an impaired growth.
3. ***Vidahi anna sevana***- Caffeine found in the beverages such as tea, coffee and chocolates act as stimulants and should be avoided in pregnancy. Caffeine crosses the placenta and enters the fetal circulation and there by leads to adverse effects. in the tea interferes with the iron absorption.

Garbhasthapak Drugs

Helpful for maintenance of pregnancy and also helps in prevention of abortion.

Mode of Action of Garbhastha Pak Drugs

Aindri (Centela asiatica): Aartav ajanan and garbha dharaka^[38]

Brahmi (Bacopa monnieri): Stanya janana, vayasthpska^[39]

Satavirya: (Asparagus recemosas): shukrsl, garbhaposhaka, stanyajanana^[40]

Sahasravirya (Cynodon dactylon):^[41] Garbhposhaka

Amogha (Steriospermum suaveolens): vajikarana, balavardhaka^[42]

Avyatha (Tinospora cordifolia): vrushya, rasayana^[43]

Shiva (Terminalia chebula): vrushya, garbhashayashoth hara, prajasthapana^[44]

Arista (Picrorrhiza kurroa): stanyashodhaka^[45]

Vatyapuspi (Sida cordifolia): Shukral, garbhsthapaka^[46]

Viswaksenkanta (Callycarpa macrophylla): Tridoshara^[47]

Benefits of Garbhini Paricharya

Acharya Charaka says that by *Garbhini Paricharya*, the woman remains healthy and delivers the child possessing good health, energy or strength, voice, compactness and much superior to other family members.^[48]

Further Charaka and Vagbhata say that by the use of these regimen, her *Garbhadharini* (fetal membranes and vaginal canal), *Kuksi* (uterus), sacral region, flanks and back become soft, Vayu moves into its right path; feces, urine and placenta are excreted or expelled easily by their respective passages; skin and nail become soft, women gain strength and complexion and she delivers easily at proper time a desired, excellent, healthy child possessing all the qualities and long life.^[49]

CONCLUSION

The diet and regimens which are described thousands of years ago in classical texts of Ayurveda for pregnancy is totally scientific and are specific to fetus and mother. The concept of prenatal care is now highlighted in modern science, which is mentioned in Ayurveda thousands of years ago. *Garbhini Paricharya* aims at excellence in the formation of the fetus, its development without anomalies, a secure full term delivery and maintenance of the health of the fetus. Following *Garbhini paricharya* the woman remains healthy and delivers the child possessing good health, energy, voice, compactness and much superior to other family members.

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