

THE CONCEPT OF GARBHINI PARICHARYA ACCORDING TO AYURVEDA: A REVIEW

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ABSTRACT

Pregnancy is the most important and critical part of every women's life. Hence it is very necessary to have proper systematic examination dietary and healthy mode of life. In Ayurveda, the systematic supervision is called as "*Garbhini paricharya*" (Antenatal care). Ayurveda considers food to be the best source of nourishment as well as medication for the pregnant women. This nine-month diet regimen is a unique concept in Ayurveda. The nine-month diet regimen is a unique concept in Ayurveda. It changes in accordance with the growth of the foetus in the womb and at the same time ensures health of the mother. The things which are contraindicated in pregnancy are known as *Garbhopaghatakara bhavas* (activities and substances harmful for foetus) and to avoid these things is necessary for the well-being of

foetus. In this paper we have described the monthly dietary regimen and living style for the whole pregnancy according to ayurved *Samhitas* (classics).

KEYWORDS: *Garbhini paricharya*, ANC (antenatal care), *charak Samhita*, *sushrut Samhita*, *ashtang Samhita*, *masanumasik pathya*, *garbhopaghatak bhav*, *garbha sthapak dravya*.

INTRODUCTION

Pregnancy is the most important phase in life. To have healthy progeny it is very necessary to have proper care during the antenatal period, as child health is closely related to maternal health. A healthy mother brings forth a healthy baby. Mother and child must be considered as one

unit it is because during antenatal period foetus is a part of mother for about 280 days. During this period, the foetus obtain all the building material and oxygen from mothers blood. Child health is closely related to maternal health, a healthy mother brings forth a healthy baby, there is less chance for premature birth, still birth or abortion. Most important phase of life of mothers and child is Antenatal period it is also known as *Garbhini Paricharya* in Ayurveda.

Garbhini paricharya

It is divided into 3 phases

1. Masanumasik pathya (month wise regimen)
2. Garbhopaghatak bhav (dietics and mode of life contraindicated for pregnant women)
3. Garbhsthapak dravyas (drugs to maintain pregnancy).

Masanumasika pathya (Monthwise dietary regimen)

During pregnancy foetus starts to get nutrition from mother through placenta. Adequate nutrition is needed for monthly constant and proper growth of embryo. The requirement of nutrition varies according to developmental stage of foetus month wisely. Pregnancy imposes the extra nutrients requirement. 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 baby having good health, energy, strength, complexion and voice. In ayurvedic samhitas, the month wise dietetic regimen is given in details known as *masanumasik paricharya*. The monthly regimen is necessary to make pelvis, waist, back, healthy & flexible and downward movement of *vata*. This is needed for the normal delivery.

Months	Charak	Sushrut	Ashtang
1 st Month	Non medicated milk twice a day	<i>Madhur</i> (sweet), <i>Sheet</i> (cold) Liquid diet.	Medicated milk.
2 nd Month	Milk medicated with <i>Madhura rasa</i> (sweet taste) drugs	Same as first month.	Same as charaka Milk medicated With <i>madhura rasa</i> (sweet taste) drugs.
3 rd Month	Milk with honey and <i>ghrita</i> . (clarified butter)	Same as first month	Milk with honey and <i>ghrita</i>
4 th Month	Milk with butter	Cooked <i>sasti</i> rice with curd, pleasant food mixed with milk&butter	Milk with one <i>Tola</i> (12gm) of butter
5 th Month	<i>Ghrita</i> (clarified butter) prepared from butter extracted milk	Cooked <i>sasti</i> rice with milk, <i>jangal masa</i> along with dainty food mixed with milk and <i>ghrita</i>	Same as <i>charaka</i>
6 th month	<i>Ghrita</i> (clarified butter) prepared from milk medicated with <i>Madhura</i> (sweet) drugs	<i>Ghrita</i> or rice gruel medicated with <i>gokshura</i> (<i>tribulus terrestris</i>)	Same as <i>charaka</i>
7 th Month	Same as in sixth month	<i>Ghrita</i> medicated with <i>prithakparnyadi</i> group of drugs. <i>Asthanbasti</i> with decoction of <i>badari</i> mixed with <i>bala</i> , <i>atibala</i> , <i>satpushpa</i> , <i>patla</i>	Same as <i>charaka</i>
8 th Month	Milk and rice gruel mixed with <i>ghrita</i>	<i>Anuvasan basti</i> of oil medicated with milk, <i>madhura</i> drugs	Same as <i>Charak</i> and <i>sushrut</i>
9 th Month	<i>Anuvasan basti</i> with oil prepared with drugs of <i>madhura</i> (sweet) group, vaginal tampon of this oil	Unctuous gruels and <i>jangal mansa rus</i> up to the period of delivery	Same as <i>charak</i>

Garbhopaghatak bhavas (Activities and Substances which are harmful to foetus)

Acharya charak says that the pregnant women should avoid excessive use of pungent things, exercise and coitus. Excessive use of heavy, hot and pungent substances Harsh and violent activities (beyond owns capacity). Avoid intoxicating substances. Ride over vehicle.

Excessive use of non veg food. Coitus, heavy exercise, lifting of heavy weights, sleeping in day and waking up in night. Suppression of natural urges. Acts likely to promote anger and disgrace, talking in high pitch. All these psychological and phycial strain like carrying heavy weights or vehicle riding may precipitate abortion due to sudden increase in intra abdominal pressure.

Garbhasthapak dravya (drugs to maintain pregnancy)

Garbha sthapak dravyas counter act the effect of *garbhopaghatakar bhavas* and help in the proper maintenance of garbha. They can also be used in the treatment and prevention of abortion. These are to be used as a routine as they are beneficial for the maintenance of proper health, growth and development of mother and foetus. Some of the garbhasthpak medicines are *Aindri* (Bacopamonnieri) *Bramhi* (Centella asiatica) *Shatvirya* (Asparagus racemosus) *Sahastravirya* (Cynodondactyron) *Amogha* (Stereospermum suaveolens) *Shiva* (Terminali chebula) *Arishtha* (Picrorhiza kurroa) These should be taken orally as preparation in milk and ghee. A bath with cold decoction of these drugs should be given during *pushya nakshtra*. Drugs of the *jivaniya gana* can also be used. *Kashypa* has advocated the amulate of *trivrita* (operculina tharpethum) should also be tied in the waist of pregnant women.

RESULT AND DISCUSSION

As per the,

1. *Masanumasik pathya*(Monthly Dietary Regimen)
2. *Garbhopaghatakarabhavas*(Activities and Substances harmful to foetus)
3. *Garbhasthapak dravyas*(Substances beneficial for maintenance of pregnancy)we have discussed various diets and various Dos and Don'ts in pregnancy similarly the modern medicine also describes antenatal care by describing antenatal diet i.e. Extra calorie diet is required, Diet to prevent anaemia (*Garbhini Pandu*), Personal hygiene, Rest and Sleep, Exercise, Light Work, drugs prohibited and coitus etc. is described. So the ancient knowledge described is not only unique but also scientific with modern medical science.

CONCLUSION

The ancient Ayurveda literature given in *samhitas* is not only unique but scientific as modern science. So, *garbhini paricharya* (Antenatal care) should be done as per Ayurveda.

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