

A REVIEW ARTICLE ON MASANUMASIKA GARBHINI PARICHARYA ACCORDING TO DIFFERENT ACHARYA'S

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ABSTRACT

Ayurveda means 'Science of Life'. It places great emphasis on prevention and encourages the maintenance of health through close attention to balance in one's life, right thinking, diet, lifestyle and the use of herbs. *Ayurveda* considers food to be the best source of nourishment as well as medication for the pregnant woman. *Garbhiniparicharya* 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 woman in the form of *Ahara*(diet), *Vihara* (lifestyle), *Oushadha*(medication), *Paramasha* (counselling) and *Sambhashana* preparing her for *Sukha Prasava* (safe delivery), both mentally and physically. Proper *Garbhini Paricharya* would result in the proper development of the baby and safe delivery.

KEYWORDS: *Ayurveda, Garbhini Paricharya, Ahara, Vihara, Oushadha, Paramarsha.*

INTRODUCTION

The WHO reported that in 2025 around 830 women died every day from problems in pregnancy and childbirth. Only 5 lived in high income countries. The rest lived in low income countries. A study examined the differences in early and low weight birth deliveries between local and immigrant women and saw the difference caused by prenatal care received. The study between 1997 and 2008, looked at 21,708 women giving birth in a region of Spain. The results indicated that very preterm birth (VPTB) and very low birth weight (VLBW) were much more common for immigrants than locals. The study showed the importance of

prenatal care and how universal prenatal care would help people of all origins get proper care before pregnancy.

Ayurveda firmly believes that Development of a good offspring depends upon daily and monthly regimen of the mother. Hence, *Ayurveda* has given prime importance to 'ANTENATAL CARE' which is described under '*GARBHINIPARICHARYA*'. Includes diet regimen along with certain *Ayurvedic* herb formulations to be consumed for nine months of pregnancy.

According to *Acharya Caraka* that the pregnant woman desirous of producing a thorough (healthy and good looking) child should give up non congenial diet and mode of life and protect herself by doing good conduct and using congenial diets and mode of life.^[1]

Acharya Susruta had advised that the woman from the very first day of pregnancy should remain in high spirit, pious, decorated with ornaments, wear clean white garments and perform religious rites, do auspicious deeds and worship deity, *Brahmanas* and priest. Her sleeping and sitting place should be covered with soft cushion or mattress, not be very high, process elevated upper portion for head – rest and should be perfect and very comfortable. She should use palatable, liquid, sweet and unctuous substances treated with appetizing things. This mode of life should be continued till delivery.^[2]

According to *Acharya Vagbhata 1* that since welfare and contraindication of mother and foetus are identical, hence the pregnant woman should use desired congenial diet and proper mode of life, avoiding factors likely to harm the foetus. The pregnant woman is fit for the use of *Vrmhana* (anabolic) therapy.^[3]

Vagbhata 2 had advised external (for preparing water for bathing or irrigation etc) and internal (powder, cold percolation, decoction etc) use of *Jivaniya* group of drugs. Affectionate and good behaviour of husband and servants help in maintenance of pregnancy. She should always use butter, *Ghrta* and milk etc.^[4]

Kasyapa says that what-so- ever eatables or drinkable are consumed by the pregnant woman, same become congenial to the foetus, diet should be taken considering place of living, time or season and digestive capacity, it should never be neglected.^[5]

Harita has advised use of *Surana* (an edible tuber) and constipating articles alongwith their juice and all other congenial and beneficial diets and behaviours. In fifth and eighth months after performing auspicious rites, she should offer food to *Brahmanas* and family members.^[6]

Yogartnakara has enlisted following articles beneficial for pregnant woman i.e. *Sali* and *Sastika* rice, *mudga*, wheat, flour of parched rice, butter, *Ghrta*, milk, *Rasala* (curd mixed with sugar and condiments), honey, sugar, jack-fruit, banana, fruit of *Amalaki*, sour and sweet substances; anointment with cooling agents musk, sandal and camphor; wearing of garlands, moonlight bath, massage, soft bed, cool air, anabolic or gratifying edibles, embracing beloved and other pleasing mode of life alongwith desired food.^[7]

Monthwise dietary regimen for pregnant woman and its effect

1. Regimen for the first month of pregnancy

Dietetics advised by various authors in this month are as follows;

CarakaSamhita – Having doubt of conception from the first month itself she should take non-medicated milk repeatedly in desired quantity (considering her digestive power and strength). Congenial diet should be taken in morning and evening.^[8]

Susruta Samhita – sweet, cold and liquid diet should be taken from first to third month.^[9]

Vagbhata 1 – During first month the pregnant woman should take medicated milk, timely in specific quantity (the quantity which does not produce indigestion and the time or twice i.e. morning and evening). Even in those days for first twelve days she should take *Ghrta* extracted from milk and medicated with *Saliparni* and *Palasa*, water already boiled with gold or silver and cooled be taken as a after drink. Sweet, cold, liquid and congenial diet should be taken twice i.e. morning and evening. Massage of oil and rubbing of unguent should be avoided.^[10]

Harita Samhita- During first month out of *Madhuyasti*, *Parusaka* and *Madhukapuspa* available drugs should be taken with butter and honey followed by use of sweetened milk.^[11]

2. Regimen for second month

Caraka Samhita and *Vagbhata 1* – Milk medicated with *Madhura* drugs.

Susruta Samhita- Sweet, cold and liquid diet.

Harita Samhita- Sweetened milk treated with *Kakoli*.^[12]

3. Regimen for third month

Caraka Samhita and *Vagbhata 1* – Milk with honey and *Ghrta*.

Susruta Samhita- Sweet, cold and liquid diet, specially cooked *Sasti* rice with milk.

Harita Samhita- *Krsara*(olio prepared with rice and pulse).

4. Regimen for fourth month

Caraka Samhita- Butter extracted from milk in the quantity of one *Aksa* or milk with butter.

Susruta Samhita- Cooked *Sasti* rice with curd, dainty and pleasant food mixed with milk and butter and meat of wild animals.

Vagbhata 1 –Milk with one *Aksa* of butter.

Bhela Samhita – Milk with butter.^[13]

Harita Samhita- Medicated cooked rice.

5. Regimen for fifth month

Caraka Samhita and *Vagbhata 1* – *Ghrta* prepared with butter extracted from milk.

Susruta Samhita– Cooked *Sasti* rice with milk, meat of wild animals along with dainty food mixed with milk and *Ghrta*.

Bhela Samhita- *Yawagu* (rice gruel)

Harita Samhita- *Payasa* (rice cooked with milk and sweetened).

6. Regimen for sixth month

*Caraka Samhita*and *Vagbhata 1*- *Ghrta*(prepared from milk) medicated with the drugs of *Mdhura* group.

Susrut Samhita- *Ghrta* and rice gruel medicated with *Goksuru*.

Bhel Samhita- *Ghrta* prepared with butter extracted from milk.

Harita Samhita- Sweetened curd.

7. Regimen for seven month

*Caraka Samhita*and *Vagbhata 1*- Same as in sixth month.

Susrut Samhita-*Ghrta* medicated with *Prthakparnyadi* group of drugs. This helps in proper growth and development of foetus.

Harita Samhita- *Ghrtakhanda* (a sweet dish)

8. Regimen for eighth month

Caraka says that in this month rice gruel prepared with milk and mixed with *Ghrta* should be given. *Bhadrakapya* opines that it should not be given, because by use of this the child may become tawny in complexion. *PunarvasuAtreya* agrees that it does produce tawny complexion, however, it is not useless, because by use of this the pregnant woman remains free from diseases, and delivers the child possessing best health, energy, complexion, voice, compactness of the body and much superior to other family members. *Cakrapani* explains that since the side effect are negligible and benefits much more hence it should be used.

Susruta has indicated that in this month for clearing the retained faeces and *Anulomana*(regulation or putting in right direction) of *Vayu*, the *Asthapana Basti*(evacuative enema) should be given with decoction of *Badari* mixed with *Bala*, *Atibala*, *Satapuspa*, *Palala*(pestedsesamum seeds), milk, curd, *Mastu*(sour butter), oil, salt, *Madanaphala*, honey and *Ghrta*. This should be followed by use of *Anuvasana Basti*(uncting enema) of oil medicated with milk and decoction of drugs of *Madhura* group. Due to movement of *Vayu* in its right direction the lady delivers without difficulty and remains free from complications. After this she should be given unctuous gruels and meat soup of wild animals. The body of woman thus treated becomes unctuous, she gains strength and delivers normally without complication.

Vagbhata I has incorporated the description of both *Caraka* and *Susruta* with only replacement of name of *Bhadrakapya* to *Khandakapya* and achievement of *Satwa*(vitality) also in the description of *Caraka* and deletion of three drugs i.e. *Satapuspa*, *Bala* and *Atibala* from the list of drugs for *Asthapana Basti*advised by *Susruta*.

He has advised that the enema should be given to the woman in bent or humpbaked position because in this position the passage becomes dilated and the medicine enters properly.

Vagbhata 2 has advised use of liquid diet prepared with *Ghrta* and milk and *Anuvasana* enema prepared with *Ghrta* and drugs of *Madhura* group for cleaning the collected faeces. After this, the *Niruha Basti* (anema) should be given with the decoction of *Suskamuli*, *Badari* and sour substances mixed with pestle *Satapuspa*, *Ghrta*, oil and rock salt.

Harita has advised use of *Ghrtapuraka*(a kind of sweet preparation).

9. Regimen for nine month

Caraka and *Vagbhata* I have advised use of *AnuvasanaBasti* with oil prepared with the drugs of *Madhura* group or the same as used in eighth month. Vaginal tampon of this very oil should be given for lubrication of *Garbhasthana* (uterus but here cervix) and *Garbhamarga* (vaginal canal perineum).

Vagbhata 2 has prescribed meat-soup with cooked rice and fat (preferably *Ghrta*) or rice gruel mixed with good quantity of fat. *Anuvasana basti* as advised in eighth month and vaginal tampon of the same oil should be given. Daily bath with cold decoction of pounded leaves of drugs capable of suppressing *Vata* should be given. To the woman having absence of unctuousness in the body *Anuvasana Basti* should not be given for whole ninth month or in other words unctuous *Anuvasana Basti* should be given only after use of fat.

Harita opines that in ninth and tenth month different varieties of cereals should be used.

Bhela says that *Anuvasana Basti* with *Kadambamasa* oil should be given, by use of this the accumulated faeces goes in the lower passage, thus delivery of child becomes normal. After this use of *Basti* rice gruel should be given.

Though *Susruta* has not prescribed and specific dietetic regimen specifically for nine month, however, in the regimen of eighth month after use of enema continuous use of unctuous gruels and meat soup of wild animals upto the period of delivery is advised. This indicates that *Susruta* has advised use of unctuous gruel and meat soup of wild animals in ninth month also.

GARBHOPAGHATAKARA BHAVAS

Following factors are harmful for foetus such as – use of excessive heavy, hot and pungent substances, harsh or violent activities and others as instructed by elder persons, she should not wear red garments for protection from the effect of gods, demons and their followers, should not use intoxicating substances and wine, ride over vehicle (running on uneven path), use excessive meat and give up the things contrary to *Indriyas* and other harmful articles, the things should also be given up as instructed by old ladies.^[14]

Acharya Susruta has mentioned that from the day of conception the woman should totally give up coitus, exercise, excessive satiation (*Samtarpana*), excessive emaciation (*Apatarpana*), sleeping in day and awakening in night, riding on vehicle, fear, squatting or

the posture of sitting on the harm with the soles of feet touching the ground (*Utkatukasana*) and avoid untimely use of *Snehana*, bloodletting and suppression of natural urges. The coitus troubles the foetus. She should not touch dirty or disfigured persons possessing less body parts, should give up foul smelling, awful looking substances and exciting stories, should not eat dried up, stale, putrified or wet food. She should avoid outing, visit of lonely place, *Chaitya*, cremation ground or shade of a tree, acts likely to promote anger and disgrace, talking in high pitch etc, all the things likely to harm the foetus. Repeated excessive massage of oil and unguents should not be done and she should not fatigue herself.^[15]

Kasyapa has given entirely different type of contraindication i.e. she should not look at declining moon, setting sun and both the *Rahus* (*rahu* and *ketu*). Knowing solar or lunar eclipse, she should go in the middle of house and perform religious rites and offer oblation to free the planets from the clutches of *Grahas*. She should not have spite with guests, offer alms to beggars instead of turning them out, perform oblation of *Ghrta* in burning fire for pacification, should not oppose full moon, *Ghrta*, garland and pot filled with *Ghrta* or curd, should not tie anything from thread or thin rope and loosen her all the bonds or wear very loose garments. She should not remain for long in acutely erect or flexed posture and carry heavy weight for long, avoid tremoring, excessive laughing and trauma etc, use of cold water and garlic is also contraindicated.^[16]

GARBHASTHAPAKA DRUGS

Charaka and *Kasyapa* have prescribed certain drugs during pregnancy without specifying their indications, period or method of use. *Cakrapani* has clarified that Garbhashthapana drugs are those which after counteracting the effect of harmful factors (*Garbhopaghatakara Bhavas*) for foetus help in its proper maintenance, thus these can be considered even as a treatment for abortion.

Vagbhata 1 has indicated use of *Prajasthapana* drugs described in *Sutrasthana* after *Pumsawana Karma*. *Indu* says that these drugs prevent abortion.

Kasyapa has advised these to be used as routine by pregnant woman. Routine use of drugs like *Bahuputra*, *Ananta*, *Iswari*, *Mudita* etc might be beneficial for maintenance of proper health, growth and development of mother and foetus respectively.^[17]

Caraka and *Vagbhata* have enumerated *Anidri*, *Brahmi*, *Satavirya*, *Sahasravirya* or *Durva*, *Amogha*, *Avyatha*, *Siva*, *Arista*, *Vatyapuspi*, *Viswaksenakata* or *Viswaksena* in the list and have advised the oral use of milk or *Ghrta* prepared with these drugs. The bath with these drugs during *Pusya Naksatra* should also be taken. These drugs should also be kept in close contact of mother and Amukets of these be tied in head of right arm. Similarly the drugs of *Jivaniya* group should also be used.^[18]

DISCUSSION

Emphasizing the importance of woman's diet, the *rasa* derived from the diet taken by

The pregnant woman serves three purposes-

- 1.) Nourishment of her own body
- 2.) Nourishment of the foetus and
- 3.) Nourishment of breast or formation of milk which has already been discussed under foetal nourishment.

During first trimester of pregnancy most women experience nausea and vomiting, thus can't take proper diet. Use of cold and sweet liquid diet and milk will prevent dehydration and supply required nourishment, besides the drugs of *Madhura* group being anabolic will help in maintenance of proper health of mother and foetus. Fourth month onwards muscular tissue of foetus grows sufficiently requiring more protein which is supplied by use of meat-soup. By the end of second trimester most women suffer from oedema of feet and other complication of water accumulation. Use of *Goksuru* a good diuretic in sixth month will prevent retention of water as well as its complications. The drugs of *Vidari Gandhadi* group are diuretic, anabolic, relieve emaciation and suppress *Pitta* and *Kapha*, their regular use in seventh month might help in maintaining health of mother and foetus. Most women experience constipation in late pregnancy due to pressure of gravid uterus over the bowels and effect of progesterone. Use of enema in eighth month will relieve this constipation, besides this may also effect the autonomous nervous system governing myometrium and help in regulating their function during labour. Tampon of oil may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis, besides this tampon may also soften vaginal passage thus help in normal labour. It is just possible that the regular use of tampon might influence autonomic fibres governing myometrium and help in regulating their functions. Besides, this might soften the perineum and help in its relaxation during labour. Milk and drugs of *Madhura* group have been advised for entire pregnancy period. Milk is a whole diet. 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 foetus.

Reason for contraindicating some factors during pregnancy are -

- 1.) Those which produce psychological or physical strain such as grief, exercise etc. Though normal coitus and exercise are beneficial, however, their excessive use or psychological trauma may precipitate abortion especially in ladies prone for the same.
- 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 posture and supine position may influence placental and uterine blood flow (due to pressure of gravid uterus on iliac vessels) thus cause abortion, intrauterine death of the foetus or other abnormalities.
- 4.) Dietetic regulations- Diet of pregnant mother is very important for maintenance of her own health, proper nourishment and growth of the foetus. Text have contraindicated use of meat, while it is already advised by Susruta in fourth and fifth month, thus here excessive use of meat of aquatic animals should be taken. Wine in little quantity is not harmful, its excessive use harms the foetus. It is difficult to explain contraindication for use of pulses, garlic and onion etc, it is just possible that their excess use may produce digestive abnormalities.
- 5.) Use of over satiation may excessively increase the body weight of mother and foetus, over eating is one of the cause of pregnancy toxemia. Over weight of foetus may cause difficulty in labour.
- 6.) Specific rays emitted during eclipse may produce abnormalities of foetus.
- 7.) Emesis etc, purifying measures can also precipitate abortion due to reflex stimulation of the myometrium.

CONCLUSION

This dietetic regimen prescribed for the woman having normal development of foetus. The woman remains healthy and delivers the child possessing good health, energy or strength, voice, compactness and much superior to other family members. Use of this regimen from first to ninth month her *Garbhadharini*(foetal membranes or vaginal canal), *Kuksi*(abdomen), sacral region, flanks and back become soft, *Vayu* moves into its right path or direction, faeces, urine and placenta are excreted or expelled easily by their respective passages, skin

and nail become soft, woman gains strength and complexion and she delivers easily at proper time a desired, excellent, healthy child possessing all the qualities and long life.

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