

A CONCEPTUAL STUDY ON GARBHINI PARICHARYA

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ABSTRACT

Good nutrition is an important component of a healthy lifestyle and a healthy baby. Ayurveda considers food to be the best source of nourishment as well as medication for the pregnant woman. *Garbhini paricharya* (Ahara, vihar) i.e. The nine monthly diet is unique in Ayurveda. It changes in accordance with the growth of the fetus in the womb and its delivery, the health of mother and thus the ability to withstand the strain of labour and postnatal care. A detailed and comprehensive diet plan is being practiced only by the vaidyas of the classical medical tradition. Hence, an attempt is made through this article to highlight the importance and review the concept of *Garbhini Paricharya*.

KEYWORDS: *Garbhini paricharya, Garbha, masanumasic, Pathya, dhatu, Basti, Yonipichu.*

INTRODUCTION

Ayurveda is holistic science which gives knowledge of life.^[1] Its benefit health by providing factors responsible for its maintenance and promotion. The main motive of Ayurveda is maintenance of health of healthy individuals and treating the diseased one.^[2] When there is equilibrium in state of doshas, dhatus and malas healthy state is achieved.^[3] Today considering the demand of healthy diet and lifestyle and measures to prevent the lifestyle disorders we must put a light on basic principles which are still shining and equally applicable in present scenario. Samanya Vishesh Siddhanta has its own importance in every phase of life. This principle of similarity and dissimilarity, helps in attainment of state of

equilibrium among dosha, dhatu and mala of body. Alteration in food habits and lifestyle leads number of disorders.

Growth of the *Garbha* (foetus) depends upon the food and actions of the mother. The food taken by a pregnant woman nourishes and helps the growth of the foetus, nourishes the mother's own body, nourishes the breasts by which the breast milk formed maintains newborn baby. *Garbhini paricharya* is way of living of a pregnant woman it highlights the ahar & vihar during pregnancy so Ayurvedic *Garbhini paricharya* can be correlated with antenatal care.

In our classics detailed description about the *maasanumasikapathya*. During first month, *kalala* formation, in second month *Ghana*, and in the third month there will be development of *sarvaangapratyanga* and *indriyas*.^[4] In order to satisfy all the needs for the development process, acharyas mentioned about the usage of *ksheera*, *madhurasheetadravaaahara* and *saatmya* foods.

AIM AND OBJECTIVES

1. To collect and analyze the monthwise Ayurvedic *Garbhini paricharya*.
2. To study and analyze the effect of monthwise ahar in growth of foetus.
3. To understand the clinical importance of *Garbhini paricharya* as described in Ayurveda classics & its utility in today's context.

MATERIALS AND METHODS

Month	Sushruta samhita ^[5]	Charaka samhita ^[6]	Astang sangraha ^[7]	Haarita ^[8]
1	Madhur, sheet, drava ahar (Sweet, cold and liquid Diet)	Plane milk & satmya ahar	Madhur, sheet, drava ahar, medicated milk & satmya ahar	Yashtimadhu or parushaka or Madhu-pushpa with navaneeta with milk anupana
2	Madhur, sheet, drava ahar	Milk medicated with madhur gana dravya	Same as charak	Kakoli siddha madhura ksheera
3	Madhur, sheet, drava ahar, shasti rice & milk	Milk with honey and Ghrita	Same as charak	Krishara
4	shasti rice, milk & Mansa (meat) of wild animals with milk and butter.s	Navneet (Butter) extracted from milk or Milk with butter	Milk with one tola of butter(12 gms)	Sanskrita odana (rice)
5	shasti rice, milk & food mixed with ghrita	Ghrita and milk	Same as charak	Milk
6	shasti rice, ghrita & ghrita	Medicated milk and	Same as charak	Sweet curd

	and yavagu medicated with gokshur	ghrita with madhurgana drugs		
7	Ghrita medicated with Prithakparni	Same as fifth month	Same as charak	Ghrita khanda (Ghrita and sugar)
8	Asthapan basti (bala, atibala etc). Anuvasan Basti (medicated oils of milk and madhurgana dravya)	Kshir Yavagu mixed with ghee	Kshir yavagu mixed with ghee. Asthapan basti with ber, madan-phala) etc. Anuvasan Basti of medicated oil	Ghritapurana(ghevar)
9		Anuvasan Basti with oil prepared with madhurgana drugs, Yonipichu (vaginal tampon) of this oil	Same as charak	Vividha anna

DISCUSSION

In Ayurveda food is considered as the best source of nourishment and medication for the pregnant woman. In *Garbhini parichaya* the nine monthly unique diet is mentioned by acharyas so *Garbhini paricharya* can be correlated with antenatal care.

First trimester

During first trimester the lady will be suffering from shrama, glani, pipasa, *chardhi*.^[9] Thus for these ailments, milk is the ideal source and it prevents dehydration due to nausea and vomiting. Milk is mentioned as a complete diet can be taken throughout the period of pregnancy. It is natural source of folic acid, vitamins, minerals and enzymes which are essential for fetal and maternal nourishment. Adequate calcium supplementation through milk can produce proper development of fetus. From third month onwards, mentioned about the importance of ghritha. It is vata pitta prashamana.^[10] Ghee is rich in antioxidants and acts as an aid in absorption of vitamins and minerals from other food.

According to modern science most important event during first trimester is embryogenesis. In this stage embryo requires an increasing amount of energy.^[11] Medicated milk with Madhura Rasa acts like rich source of energy.

Vata is responsible for cell division during embryogenesis.^[12] In first trimester vata dosha is alleviated in pregnant woman so ghrita, milk, madhura dravyas are suggested which have vatashamak properties.

Second trimester

According to Ayurveda from fourth month onwards, Mamsadhatu development mostly occurs in foetus.^[13] The muscular tissue of foetus develops, so more proteins are needed. Thus it can be attained by the usage of *jangalamamsa*, *shashtikodana*, *dhadhi*, *ksheera*, *navaneeta*. In fourth month *mamsashonitopachaya* occurs to *garbha* and lady feels emaciated. It is due to the lack of nourishment of maternal *dhathus*, as the *aahara rasa* is driven to nourish the fetus so cooked *shashtik shaali* rice advised in *Garbhini paricharya* is rich in carbohydrates and provides energy to the body. During last month of second trimester pedal oedema is observed, so *ghrita* medicated with *gokshura* (*Tribulus terrestris*) is used. It helps to reduce oedema and other complication of water accumulation by gravid uterus in the later months of pregnancy. *Gokshura* may also prevent the pre eclamptic toxemia of pregnancy.

Third trimester

In seventh month by the usage of *madhuroushadha siddhasarpi*, *prithakparnyadi siddha*^[14] *ksheerasarpi* having the *brimhana* property which helps in fetal development. From *eighthmonth* up to delivery *snigdha yavaagu*, *jangalamamsa rasa*, *ksheerayavagu* with *sarpi* etc mentioned all these acts in subsiding the *vata*.^[15] During last three months the fetus drains about two-third total calcium, three-fifth total protein, four-fifth total iron from mother, thus the usage of *vividhaannani* meets the nutrient demands In the *Samhita's acharyas* give references regarding usage of *vasti* and *yoni pichu*. Most of the women experience constipation in late pregnancy due to the pressure of the gravid uterus and also by the effect of hormones. Thus *anuvasanavasti* helps in *anulomana* of *apanavata*. It helps in bringing normalcy of *apanavata* and thus facilitates unobstructed labor.^[16] *Yoni pichu* helps in softens the vaginal passage, facilitates relaxation during labor then prevents perineal tear.

CONCLUSION

In *Garbhini paricharya* acharyas explained diet and lifestyle of a pregnant women in scientific way which helps in the formation of fetus, its development without anomalies, a secure full term delivery and maintenance of health of the mother.

By the usage of regimens from first to ninth month, women gains strength and she delivers easily at proper time as desired, with excellent healthy child possessing all qualities and long life.^[17]

During early pregnancy, Acharyas have given more emphasis on using highly nutritious madhur aushdhi and milk products which gives more energy to pregnant woman and hydrate her. In 2nd trimester, diet mentioned is useful in meeting energy and protein requirement and vata anulomana. In 3rd trimester, diet and drugs which are used relieves oedema, constipation, and supports in full term labour.

So, *Garbhini paricharya*, which was advised thousands of years ago in classical texts of Ayurveda for pregnant women is totally scientific and can be proven on scientific parameters.

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