

AYUSCRIPT

International Journal for Empirical Research in Ayurveda

www.ayuscript.com

Volume 1, issue 4

Oct - Dec 2022

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REVIEW OF GARBHINI PARICHARYA AND ITS CLINICAL IMPORTANCE

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ABSTRACT

Ayurveda has given great emphasis on garbhini paricharya (prenatal care) which has dual goal of easy parturation and healthy progeny. There is specific food regimen prescribe for pregnant women throughout nine months. Supervision should be regular and periodic in nature and according to need of garbhini (ANC mother) the whole nine month diet is unique stratigy 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 Ayurveda garbhini paricharya ahara, vihara and vichara has direct effect of mother and child. all of these are aim to ensure normal pregnancy and uncomplicated labour with delivery of healthy baby, healthy mother. Dietetic and mode of the life which are harmful or contraindicated during pregnancy are known as Garbhupghatkar bhavas and uses of Garbhsthapak Aushadhi in nine months of pregnancy, diet pattern applied in chronological order that is 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 and supportive to garbhini also various measure components of garbhini paricharya such as ashwasana (psychological assurance, vihara, milk and madhur group drugs and modern measure of prenatal care like investigations medication and routing checkup has been advice for entire pregnancy period.

KEYWORDS: pregnancy, garbhini paricharya antenatal care , garbh upaghatkar bhava

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How to cite article: Shelare R., Shah A. Review of Garbhini Paricharya and its Clinical Importance. AYUSCRIPT 2022;1(4):26-32

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 Aneamia. 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 Parichaya* 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

- ❖ Ayurvedic *Masanumasik Garbhini Paricharya*⁽³⁾
- ❖ *Samanya Aahara* and *Pathya*
- ❖ Prenatal care, nutrition and Preconceptual counseling
- ❖ *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 |

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.

Prenatal care nutrition and preconceptional 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

1. Rest and Sleep – 8 hr at night and 2 hr at noon.
2. Bowel – Plenty of liquid & vegetable
3. Dental Care – Good dental hygiene
4. Avoid travelling, smoking, coitus

5. Immunization should be done

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.

RESULTS:

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 Puerperal 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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Source of Support : None declared

Conflict of interest : Nil

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The Publication of **AYURVEDA RESEARCH & CAREER ACADEMY(ARCA)**.