Abstract: Pregnancy is a physiological event. For both mother and child, they need special care and attention in the child-bearing period. It is the time when the organs and systems develop within. Extra food is required satisfying the need of the fetus. The energy used to create these systems comes from the energy and nutrients in the mother's circulation. In pregnancy, the diet should be adequate to provide for maintenance of maternal health, needs of the growing foetus, and strength and vitality, also required during labor and for successful lactation. The systemic examination and advice of a woman during pregnancy is known as antenatal care. In pregnancy, increased calorie requirements to the extent of 300 over the non-pregnant woman. She should eat adequate to gain the optimum weight 11kgs. In pregnancy, ideal diet should be nutritious, easily digestible, rich in protein, minerals and vitamins. Ayurveda emphasizes the importance of proper attention during pregnancy in garbhiniparicharya for 9 months. But due to lack of postnatal care, sometimes we put the life of mother in danger. The world figure of the maternal mortality ratio (MMR) is estimated to be 400 per 100,000 live births. There is a need to find solutions to incorporate the knowledge of all health systems to overcome this problem. Proper adherence to postnatal regimen prescribed by Ayurveda results in faster recuperation and restoration of the health of the mother. Prescribed regimen ensures mother’s physical charm, maintains a beautiful figure and retains health similar to her pregnancy days. The woman becomes weak or emaciated due to development of foetus and also empty bodied due to unsteadiness or languor of all tissues, labour pains and excretion of kleda (moisture) and blood. With this regimen she attains all the lost tissues and reaches her approximate pre-pregnancy states. This study is a step in the efforts to improve prenatal as well as postnatal health for women by wisdom of Ayurveda. Dietetic advice should be reasonable and realistic with due consideration of socio-economic condition, food habits and taste of individual.

Keywords: Prenatal Care, Garbhiniparicharya
Introduction: Garbha:

The union of _sukra_ (sperm) _artava_ (ovum) and _atma or jiva_ inside the _kuksa_ (uterus) is known as _garbha_ (zygote, embryo or foetus). Besides _atma_ , the association of _prakriti_ and _vikaras_ are also essential.

Further the garbha is defined as presence of _matrijadigarbhakarabhavas, sukra, artavas, prakriti_ and its _vikaras_ in _garbhasaya_ and associated with _jeeva_. The embryo is the seat of soul (jeeva). Even though a combination of semen and ovum is present in the uterus, it cannot be developed into a _garbha_ unless the _ativahikasukshmabhutasharira_ enters itself into this combination.

The _vayu_ along with _kala_ (time factor) differentiates and associates the various structural unites, to that these changes consequently leads to formation of different organs and system. The parts of the body are innumerable; their conjunctions and disjunctions depend on the _vsta_ and on the natural phenomenon.

Garbhini-paricharya-

Care of the pregnant women in the form of _ahara, vihara, oushada_& _Paramarsha_. With Preparing pregnant women for _sukhaprasava_, both mentally and physically. And care should start, right from conception till delivery.

Importance of _garbhini paricharya:

- To avoid hazardous effects on fetus.
- To promote normal growth and development of fetus.
- To conduct normal delivery without any fetal and maternal complications.

Month wise development:

### Interpretation:

**1st month:**

In our classics says that in the first month the shape resembling the _slesma_ (mucoid character) in which all the body parts though present are not

<table>
<thead>
<tr>
<th>MONTH</th>
<th>REGIMEN</th>
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<tbody>
<tr>
<td>1st month</td>
<td>Plain milk, Sweet, Cold Liquid diet &amp; Congenial diet.</td>
</tr>
<tr>
<td>2nd month</td>
<td>Milk medicated with <em>Madhuradravyas</em>.</td>
</tr>
<tr>
<td>3rd month</td>
<td>Milk with Honey &amp; <em>Ghrita</em>, Specially <em>Shasti</em> rice with milk.</td>
</tr>
<tr>
<td>4th month</td>
<td>Milk with Butter &amp; <em>Jangalamamsa rasa</em>.</td>
</tr>
<tr>
<td>5th month</td>
<td>Food with Milk and <em>Ghrita, Yavagu, Paayasa</em> &amp; <em>Jangalamamsa rasa</em>.</td>
</tr>
<tr>
<td>6th month</td>
<td><em>Ghrita</em> or <em>Yavagumedicated with Goksura</em>.</td>
</tr>
<tr>
<td>7th month</td>
<td><em>Ghritamedicated with Prithakparnyadi</em> group of drugs.</td>
</tr>
<tr>
<td>8th month</td>
<td><em>Aasthapanabasti</em> than use of <em>Anuvasanabasti</em>.</td>
</tr>
<tr>
<td>9th month</td>
<td><em>Anuvasanabasti</em> , <em>Yoni pichu</em>.</td>
</tr>
</tbody>
</table>
conspicuous. It has also referred to this morula as a solid mass before one week and it has identified morula with *kalala* and blastocyst with *budbuda*. So the development of foetus Acharyas recommended Sweet, cold, liquid diet & milk which helps Prevent dehydration and Supply required optimum nourishment and also *Madhura* group of drugs helps maintenance of proper health of mother and fetus and also it has an anabolic properties.  

2nd month:  

In this month embryo becomes a solid mass. If the solid mass is oval (*pinda*) shape the born child would be a male, if elongated (*pesi*) the female and with rounded (*arbuda*) mass the hermaphrodite. In these accumulated mahabhutas get processed by the combined action of slesma, pitta and vayu and become solid. So recommended diet is milk act as a *Brisya*, *balya*, *brihana*, *rasayana*. It is source of all vitamins except vit C and rich in lactose and vitamin D.  

3rd month:  

All the extremities are already well evident just at 6th week, hence it is difficult to explain the shape of embryo of 2nd month as described in ayurved classics. At third month onwards due to formation of bag of membrane and complete placenta with all its intact extremities might have developed in this month so prescribed diet ghee builds up strength and stamina of the mother & develops mental abilities of both mother and the baby, it crosses placental barrier and is rich source of fat soluble vitamin A, D, E & also good source of sodium, pottasium, calcium. Honey it act as a *Tridoshasak*, *yogabahi*, *Shasti rice* it ensures longevity & Ideal for anaemic mother to increase the blood generation. It considered as health tonic and effective for removing general fatigue.  

4th month:  

Various body parts become more conspicuous and stability to the fetus comes in this month. Manifestation of heart and
consciousness are observed in this month so recommended diet is butter which provides strength, increases appetite, adds glow to mother & baby’s skin texture. Along with prevents constipation & keeps away from the complications like piles & fissure etc. Payasam which increases mother’s milk, highly nutritious & through mamsa rasa sufficient amount of protein is supplied by use of meat soup.

**5th month:**

According to ayurvedic phylosophy the knowledge or perception is the result of interaction between mana and indriyas. since by 5th month auditory reflexes & peripheral sensory reflexes develop to certain extent. By our ancient acharyas refferes that , during this month accumulation of flesh and blood is relatively more & the mana becomes more enlightened & also consciousness develops in this month and fetus becomes more sujiva (capable to live independently); so Valya, dipaniya, medhya, hridya, rasayana diet is recommended.

**6th month:**

As by 24 to 25 th weeks sensory and motor organs attain some maturity and skin becomes pink so the description of budhi and complexion is given though lanuga appear in fifth month , these are more conspicuous in sixth month, deposition of calcium also starts in this month , so the classis have described formation of hair and bone. During development of foetus it compress the urinary bladder & retention of urine occurs which is so unhealthy for mother thus acharyas says that, use of goksura as a good diuretic, will prevent retention of water as well as its complications.

**7th month:**

All the features (muscle,blood & bone) etc, get proper nourishment. All the major & minor body parts are more conspicuous or are fully developed and whole body gets complete associated with vata, pitta, kapha Prithakparnyadi helps in proper growth and development of fetus along with vata-anulomoka, which is regularise the dafication in advance pregnancy.

**8th month:**

Due to immaturity of foetus the ojus becomes unstable. It moves from mother to foetus & from foetustomother through rasa carring channels, asthapano basti will relieve
the constipation, may also affect the autonomous nervous system which may be correlated with ojus; governing myometrium with helps in regulating their function during labour. Acharyas says that instability of ojus has mentioned that child born in this month dies due to absence of ojus, in other word says that under development of nervous system congenital anomalies will be occur.\textsuperscript{19}

9\textsuperscript{th} month:

In advance pregnancy retention of urine & faeces is the common complication, so Anuvasa\textit{na basti} helps Anuloma of apana vayu\textsuperscript{20}. For clearing the retained feces & with these, relief from vaginal infection, irritation itchng \textit{yoni pichu} is recommended which destroys pathogenic bacteria of vaginal canal it may also soften vaginal passage thus help in normal labour it may influence autonomic fibers governing myometrium & help in its relaxation during labour, prevent puerperal sepsis.\textsuperscript{21}

\textbf{Sutika paricharya:}

Sutika:A women who has just given birth to a child followed by expulsion of the placenta is called as \textit{sutika}. The acharyas have mentioned the specific management of \textit{sutika} only after the expulsion of placenta. It means, a women who recently delivered. She is also called as \textit{navaprasuta, prasutika, prasuta, sadyapr asuta, janayitri.}\textsuperscript{22}

Anatomic changes occurring in reproductive organs during pregnancy reach their almost pre-pregnancy stage after about six weeks, however, in resumption of pre-pregnancy physiology, i.e., ovarian and menstrual cycle great individual variation occurs; as some women restart their menstruation from the second month of delivery, while others may not women get it even for one or two years. The limits of six months probably reflects the idea about reappearance of menstrual cycle, while four month period is probably given keeping in view the \textit{mudhagarbha} (still birth) or other abnormal labour.

Duration: Acharya Charak has not given any definite duration. Sushruta\textsuperscript{23} & Vagbhata\textsuperscript{24}, the time period for sutika is said to be 1.5 month or until she gets her first menstrual cycle after labour. Kasyapa, Bhavaprakasha and Yogaratnakar describes either after 1.5 month or after restoration of menstrual cycle. According to Kasyapa, the
sutika kala is said to be 6 months as the dhatus like rakta will resume to their original state. 25

Sutika paricharya:

Nyubja sthiti: Women should be encouraged to lie down in (nyubja) hunch back position.

Patta-bandhana:

Abdomen all around should be wrapped with big clean cloth.

Bala taila abhyang:

It used in kshinavata, specially in aakhepa type vataroga and also it gives aphrodisiac power.

Pippali, chitrak, pippalimula, hastipippali, sringaber churna: until clotted blood are eliminated:

It pacify vata doshas by using usna & tikhna ousadhi, used as agni vardhak, Excretion of vitiated blood, as well as It helps in contraction of uterus leads to minimum loss of blood.

Vidarigandhadi taken as yavagu:

Stanayajanana, shonitasthapana, balya, brimhana, and Yavagu act as vastisodhana, raktavardhak, Balya, srotasodhana, sulaharana vataanulomoka

After asses of agnibala: yava, kula, kulatha with jangala mamsa rasa or sali anna intake:

Sasthik Sali annatridoshghna, vrinhna, sthirakara. After delivery, the women should follow snehana, swedana and use of hot water with full cognizant for about one month. this regimen varies as per tradition and place as well as family background.

Avoid ahara:

Teeksna, rooksaa, usna dravyas with Dried, stale, putrified, vistambhi, vidah food & also fasting & alcohol.

Avoid vihara:

Heavy exercise, coitus, harsh or violent activities, sleeping in day & awaking in night wearing tight clothes and belts, visiting lonely places, cremation ground, prolonged stay near fire etc. With avoid grief, anger Sitting on a hard surface for a long time & Carrying heavy weight.

Discussion:

Describing the benefits of this dietetic regimen prescribed for the women having normal development of foetus. charak says that by this the women remains healthy and delivers the child processing good health, energy or strength, voice, compactness and much superior to other family members. vagbhat use of this regimen from first to ninth month her garbhadharini (foetal membranes or vaginal canal), kuks (abdomen), sacral

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region, flanks & back become soft, *vayu* moves into its right path or direction. Feces, urine and placenta are excreted or expelled easily by their respective passage, skin and nail become soft, women gains strength and complexion and she delivers easily at proper time a desired, excellent, healthy child processing all the qualities and long life. *Susruta* has not described benefits separately, however, some of them mentioned here and there in between the month wise regimen are – that by this the fetus attains good growth, *vayu* moves in its right direction, women becomes unctuous, strong and delivers the child easily without complication.

**Conclusion:**
Proper follow up of this GarbhiniParicharya will avoid hazardous effects on fetus; promote normal growth and development of fetus. It may help to conduct normal delivery without any fetal and maternal complications. Hence proper GarbhiniParicharya should be followed throughout pregnancy.

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