GARBHINI PARICHARYA AND ITS CLINICAL IMPORTANCE IN CURRENT SCENERIO

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ABSTRACT
Ayurveda considered Aahara to be the best source of nourishment as well as medication for the pregnant women. To get a healthy and prosperous child Ayurveda advocates the concept of Garbhini Paricharya. Mother diet and activities play important role during a period of pregnancy. Garbhini Paricharya means caring for the pregnant women in the form of Aahara (diet), Vihara (life style), Aushadha (medication), Paramarsh (counselling) and preparing her for SukhaPrasava both physically and mentally. Garbhini Paricharya comprises of the MasanumasikPathya (month wise dietary regimen), GarbhopaghatkarBhavas (activities and substances which are harmful to fetus), and GarbhasthpakDravyas (substance beneficial for maintenance of pregnancy). In this paper we are giving broad expanse of the month wise diet, which can be modified according to the age, season, place, constitution and the digestive fire of pregnant women.

Keywords-Garbhiní Paricharya, GarbhopaghatkarBhavas, GarbhasthpakDravya,

INTRODUCTION
The nine month diet is unique in diet, behavior; medication during Ayurveda. It changes in accordance with the growth of fetus in the womb and at the same time ensure health of the mother. Thus our Acharya developed a concept about the type of pregnancy that pregnant women should follow and avoid in the form of Garbhini Paricharya. Proper Garbhini Paricharya would result in proper development of fetus. Garbhini
Paricharya means caring for the pregnant women in the form of Ahara (diet), Vihara (life style), Aushadha (medication), Paramarsh (counseling) and preparing her for Sukha Prasavaboth physically and mentally.

**AIM AND OBJECTIVES**
1. To collect the material and analyze the Masanumasik Garbhini Paricharya.
2. To understand the clinical importance of Garbhini paricharya as described in ancient text & its utility in today's context in co-relation with pre natal care.

**MATERIAL & METHODS**
- **Literature:** Text of Ayurveda, Different Samhitas, Journals which one is related to the subject is reviewed and correlated, magazines, & research paper.
- **Type of study- conceptual study.**

**GARBHINI PARICHARYA**
Garbhini Paricharya is broadly discussed under three headings:
1. Masanumasik Pathya (month wise dietary regimen)
2. Garbhopaghatkar Bhasas (activities and substance which are harmful to fetus)
3. Garbhastapak Dravyas (substances beneficial for maintenance of pregnancy)

### 1. MASANUMASIK PATHYA

<table>
<thead>
<tr>
<th>Month</th>
<th>Charaka</th>
<th>Sushruta</th>
<th>Vagbhata</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Non medicated milk²</td>
<td>Sweet, cold and liquid diet³</td>
<td>milk medicated milk.⁶</td>
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<td>2nd</td>
<td>Milk medicated with Madhur drugs.²</td>
<td>Sweet, cold and liquid diet³</td>
<td>milk medicated with Madhur drugs.⁷</td>
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<tr>
<td>3rd</td>
<td>Milk with honey and Ghrita³</td>
<td>Sweet, cold and liquid diet³</td>
<td>Milk with honey and Ghrita.⁸</td>
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<tr>
<td>4th</td>
<td>Milk with butter²</td>
<td>Cooked Sasti rice with curd, dainty and pleasant food mixed with milk and butter and meat of wild animals.⁴</td>
<td>Milk with one tola of butter.⁹</td>
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<td>5th</td>
<td>Ghrita prepared with butter extracted from milk.²</td>
<td>Cooked Sasti rice with milk and meat of wild animals along with dainty food mixed with milk and Ghrita.⁴</td>
<td>Ghrita prepared with butter.¹⁰</td>
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<td>Month</td>
<td>Treatment</td>
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<tr>
<td>6th</td>
<td>Ghrita medicated with drugs of Madhur groups.</td>
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<td></td>
<td>Ghrita or rice gruel medicated with Gokshura</td>
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<td>Ghrita medicated with drugs of Madhur groups.</td>
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<td>7th</td>
<td>Ghrita medicated with drugs of Madhur groups.</td>
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<td>Ghrita medicated with Pritakaparnayadi group of drug</td>
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<td></td>
<td>Ghrita medicated with drugs of Madhur groups</td>
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<tr>
<td>8th</td>
<td>Kshirayawagu mixed with Ghrita, Asthapanabasti with decoction of Badari,</td>
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<td>Anuvasanabasti with oil medicated with Madhura drugs</td>
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<td>AsthapanBasti with decoction of Badar mixed with Bala, Atibala,</td>
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<td>Satapushpa, Patala etc. honey and ghrita. Asthapan is followed by</td>
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<td>Anuvasanabasti of oil medicated with milk, madhura drug</td>
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<td>Kshirayawagu mixed with ghrita, asthapanabasti with decoction of badari,</td>
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<td>anuvasanabasti with oil medicated with madhura drugs.</td>
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<td>9th</td>
<td>AnuvasanaVasti with oil prepared with drug of Madhur groups, vaginal</td>
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<td>AnuvasanaVasti with oil prepared with drug of Madhur groups, vaginal</td>
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2. GARBHOPGHATAKAR BHAVAS-
(Activity and substance which are harmful to fetus):
Charak\textsuperscript{16}- Garbhnini should avoid use of Teekshna, Rooksha, UshnaDravyas,
Susruta\textsuperscript{15}- Vyavaya, Vyayam, Atitarpan, Atikarshan, Divaswapa, Raavijagarah, Shoka, Yanaavarohana, Bhaya, Utkatasana, Sonitamoksan, Vegadharan, Snehan etc.
Vagbhata\textsuperscript{14}-
TiksnaAushadha, Vyavaya, Vyayama.
Kashyap- should not look at declining moon, setting sun, and both the Rahus, she should not remain for long in acutely erect or flexed posture and carry heavy weight for long, avoid Tremering, excessive laughing and trauma, use of cold water and garlic.

3. GARBHSTHAPAK DRAVYA\textsuperscript{1}-some of the Garbhsthapak Dravya are-
Aindri (bacopamonneri),
Brahmi (centellaasiatica)
Satavirya (asparagusracemosus)
Sahashravirya (cynodontactylon)
Amogha (stereospermussuaveolens.)
Aavyatha (tinosporacardifolia)
Shiva (Terminaliachebula)
Arista (picrorhizakurroa)
Vatyapushpi (sidacardifolia)
Vishwasenkanta (callicarpamacrophylla) Etc. these should be taken orally as preparation in milk and Ghee. A bath with cold decoction of these drugs should be given during PushyaNakshatra. These should be kept in close contact with the mother and can be used as amulets around the right arm and on the head. Drugs of the JeevaniyaGana can also be used in a similar way.

**Mode of action of diet and herb:**

**Milk** - milk is a complex fluid containing protein, fat, carbohydrate, vitamins, and minerals. The important minerals in milk are calcium, phosphorus, sodium, and potassium. Milk is an excellent source of riboflavin and a good source of vitamin A, D, B1, B2, B6, B11, B12.

**Ghee** - it contains 112 calories/tbsp. and 33 mg of cholesterol. The total fat contain is 12.7 gm. it provide many essential fatty acid such as omega-3 and omega-6 which provides anti-inflammatory properties, regulates DNA products and assist with cellular communication. It also contains vitamin A, D, E, K calcium and potassium.

**Butter** - butter contain high amount of calorie and fat and provides 7% of recommended dietary allowance of vitamin A based on 2000 calorie diet. Vitamin A is important to vision health.

**Shali (rice)** - It contains protein, carbohydrate, calcium, phosphorus, vitamin B, E sodium, magnesium, and iodine..

**Mudga** - It is rich source of low fat protein. It contains both insoluble and water soluble fibers. Water soluble fiber reduces LDL cholesterol and reduce risk of cardio vascular disease. It digests slowly and release glucose into your blood stream stabilizing blood sugar which in turn lowers risk of developing diabetes.

**Discussion** -

**First trimester** - Embryogenesis starts in the first trimester hence an increased amount of energy and nutrition are required during this period. To fulfill this increase demands Acharyas has advises regular consumption of Kshira, Ghrita, Krushra, Payasa, medicated with MadhurAushadhi for Garbhini.

During first trimester the pregnant lady will be suffering from Shrama, Ghani, Pipasa, Chardi. Thus for these
ailments, use of cold and sweet liquid diet and milk prevents dehydration due to nausea and vomiting.  

- Milk is mentioned as a complete diet can be taken throughout the period of pregnancy. Adequate calcium supplementation through milk can produce proper development of fetus. Drugs of Madhur group being anabolic will help in maintenance of proper health of mother and fetus.  

**Second trimester**

- In second trimester, muscular tissue of fetus grow sufficiently which require more protein, if these demands not fulfilled it can leads to fetal abnormalities like kubja (kyphosis), kuni (crooked arm), khanja (limp), Jadata (stupidity), Vamanata (dwarfism), Vikruthaksha and Anaksha (absent eye). Above mention abnormalities are related with the nutrition deficiency, which can be prevented by using kshirsarpi (milk and ghee), Hridhyannapaana (desired food), Shashtikodana, Dadhi (curd).  

- Milk which is rich with calcium and other nutrient provide nourishment and stability to the fetus, help in the proper muscular growth of the fetus.  

- Aaharakalpana which is cooked using shastishaali (a variety of rice preparation) is specifically advice in Garbhini Paricharya which is rich source of carbohydrate; provide sufficient energy to the growing fetus.  

- At the end of second trimester, the lady will be more prone for edema on feet or other complication of fluid accumulation. So as a precautionary measure medicated Ghrita with Gokshuras used which is a good diuretic will help prevent retention of water as well as its complications.  

**Third trimester**

- Ghrita medicated with Prithakparnayadi group of drugs are diuretic, anabolic, and suppress Pitta and kapha. Their regular use in seventh month might help in maintaining health of mother and fetus.  

- Consumption of Yavagu in eighth month which is Balya and Brimhana provides nourishment to mother and fetus.  

- Most women suffers from constipation in late pregnancy, Asthapanavasti administered during eighth month which is best for Vata Anulomana, relieves constipation. And help in
regulating their function during labour.\textsuperscript{17}

- Tempoon of oil in vagina provides lubrication of cervix, vaginal canal and perineum thus helps in normal labour.\textsuperscript{17}

**CONCLUSION**- Garbhini Paricharya aims at excellence in the formation of the fetus, its development without Anomaly, full term delivery and maintenance of the health of the fetus. The concept of prenatal care is now highlighted in modern science, which is mentioned in Ayurveda thousands of years ago. Women have special dietary needs during each stage of her life, during adolescence, pregnancy, breast feeding and menopause. During pregnancy the mother’s nutrition bears a great impact on the fetus growth. Garbhini Paricharya helps to improve the physical and psychological strength of pregnant women and make their body suitable for SukhaPrasava.

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11. Gupta Atrideva with hindi commentary on Astanga Samgraha reprint 2011 Shareera Sthan 3/8

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