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Importance Of Garbhini Paricharya – Review

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Abstract:-

Ayurveda is a science of life. The basic principle of Ayurveda is “Swaasthasyaswastharakshanamaathurasyarogaprasamanam.” To maintain theswastharakshanam Ayurveda has emphasized the need of Dinacharya, Rutucharya, etc. Hence, to get healthy and prosperous child, Ayurveda tells the concept of GarbhiniParicharya. GarbhiniParicharya is defined as systemic supervision (examination & advice) of a woman during pregnancy. Regular and periodic checkup should be started from beginning of pregnancy and continued till the birth of child. The proper garbhiniParicharya would result in the proper development of fetus, its delivery, health of the mother and her ability to withstand the strain of labour and post natal phase. In Ayurveda, GarbhiniParicharya have described monthly dietary regimen and lifestyle with medications for whole pregnancy. Therefore all this is to be achieved to fulfil the aim i.e. ensure normal pregnancy and uncomplicated labour with delivery of healthy child from a healthy mother. Garbhashtapakadravyas are beneficial for the fetus so its importance is mentioned in Ayurveda.

Keywords:- Garbha, GarbhiniParicharya, Garbhashtapakadravyas.

Introduction:-

In women's life, Pregnancy (garbhini) is most joyful and happiness phase. Life of women is not complete unless she becomes pregnant and gives birth to child. Wellbeing of garbha can be achieved only through the wellbeing of garbhini. So garbhiniParicharya is being described to maintain health and wellness of pregnant women right from confirmation of pregnancy till up to the birth of child. GarbhiniParicharya means caring for pregnant women in the form of aahara (diet), vihara (lifestyle), aushadhi (medicines), avoid garbhopaghatkarbhavas and use of garbhashtapakadravyas. Acharya Kasyapa says that what so ever eatables or drinkables are consumed by the pregnant women same becomes congenial to the fetus¹. So garbhini should take care of her diet and should never be neglected.

The main aims of garbhiniparicharya are-

- a) To protect fetus from known/unknown hazards.
- b) To promote normal growth and development of fetus.
- c) To conduct normal delivery without any fetal and maternal complications.

Garbhini Paricharya:-

It is broadly discussed under following sub titles. They are as follows-

- 1.Masanumasikapathya (aahar, vihar,aushadhimonth wise regimen).
- 2.Garbhasthapakadravyas (beneficial for pregnancy and fetus).

Masanumasikapathya-

*Aahar =>

During pregnancy, fetus gets nutrition from mother through placenta. So adequate nutrition is needed for proper development of fetus. Thus dietetic requirement of the mother also changes month wise. Acharyas have given all dietetic regimen in detail month wise so called as Masanumasikaparicharya, from first month up to nine month of pregnancy.Importance of pregnant women’s diet which she takes and from that Rasa uttpatioocursthat serves-

- i. Nourishment of her own body.
 - ii. Nourishment of the fetus.
 - iii. Nourishment of the breast2.

Role of monthly regimen3-

1. Softening of apara (placenta), pelvis, waist, sides of chest and back.
2. Vata anulomana- need for expulsion of fetus during delivery.
3. Promotes strength and complexion.
4. Delivery of healthy child.

Dietary regimen according to Acharyas

<i>Samhita</i>	<i>Charaka Samhita⁴</i>	<i>Susruta Samhita⁵</i>	<i>Astanga Sangraha⁶</i>	<i>Harita Samhita⁷</i>
Month				
During 1st month	Non medicated milk	Sweet, cold and liquid diet	Medicated milk	<i>Madhuyashti, madhukapushpa</i> with butter, honey and sweetened milk.
During 2nd month	Milk medicated with <i>madhura rasa dravyas</i>	Sweet, cold and liquid diet	Milk medicated with <i>madhura rasa dravyas</i>	Sweetened milk treated with <i>Kakoli</i> .

During 3rd month	Milk with honey and <i>ghrita</i>	Sweet, cold and liquid diet	Milk with honey and <i>ghrita</i>	<i>Krisara</i>
During 4th month	Milk with butter	Cooked <i>sastirice</i> With curd,dainty & pleasant food Mixed with curd.	Milk with one <i>Tola</i> (12gms) of butter	Medicated cooked rice
During 5th month	<i>Ghrita</i> prepared with butter extracted From milk.	Cooked <i>sastirice</i> with milk, meat of wild animals,etc.	<i>Ghrita</i> prepared with butter extracted from milk.	<i>Payasa</i>
During 6th month	<i>Ghrita</i> prepared from milk medicated with <i>madhuradravyas</i> .	<i>Ghrita</i> or rice gruel medicated with <i>Gokshura</i> .	<i>Ghrita</i> prepared from milk medicated with <i>madhuradravyas</i> .	Sweetened curd
During 7th Month	<i>Ghrita</i> prepared from milk medicated with <i>madhuradravyas</i> .	<i>Ghrita</i> medicated with <i>prithakparnyadi</i> group of drugs	<i>Ghrita</i> prepared from milk medicated with <i>madhuradravyas</i> .	<i>Ghritakhanda</i> (a sweet dish)
During 8th Month	<i>Kshirayawagu</i> mixed with <i>grita</i>	<i>Asthanabasti</i> , followed by <i>Anuvasanabasti</i> with oil medicated <i>madhura</i> drugs	<i>Kshirayawagu</i> mixed with <i>grita</i> , <i>Asthanabasti</i> , <i>Anuvasanabasti</i> .	<i>Ghritapuraka</i>
During 9th month	<i>Anuvasanabasti</i> oil prepared by <i>madhura</i> drugs, vaginal <i>pichhu</i> of this oil.	Unctuous gruels and meat soup of wild animals up to delivery.	<i>Anuvasanabasti</i> oil prepared by <i>madhura</i> drugs, vaginal <i>pichhu</i> of this oil.	Different variety of cereals

Table No.1: Monthly dietary regimen described by Acharyas.

***Vihar=>**

Susruta advised that women from first day of pregnancy should remain in high spirit, decorated with ornaments, wear clean garments and perform religious rites⁸. She should avoid heavy exercises, coitus, harsh or violent activities, ride over vehicles⁹, excess satiation, sleeping in day, awaking at night, and should avoid fasting, anger, grief, visiting lonely places, cremation ground¹⁰. Abnormal positions and postures may influence placental and uterine blood flow causing abortion, IUD or other abnormalities, so one should take care of it. Affectionate and good behavior of husband and servants¹¹, listening to songs, instrumental music helps in maintenance of pregnancy. Cold decoction of bilwa pulp, karpasa, rose petals, jatamamsi, pounded leaves of erandi or water prepared with sarvagandha drugs¹² or drugs that suppresses vata¹³ is advised to use for bath which relieves exhaustion.

***Aushadhi=>**

Susruta advised Asthapanabasti in 8th month with decoction of badari mixed with bala, atibala, sathapushpa, milk, curd, mastu, oil, salt, madhanaphala, honey and ghrita followed by Anuvasanabasti of oil medicated with milk and madhura rasadravyas for anulomana of vayu¹⁴. Whereas Charaka¹⁵ and Vagbhata¹⁶, in 9th month advised Anuvasanabasti with oil medicated with madhura group of dravyas and vaginal tamponade for lubrication of garbhasthana and garbhamarga.

Garbhashthapaka Dravyas 17-

The dravyas which help in proper maintenance of garbha and which decrease the effect of garbhopaghatkarabhavas is known as garbhashthapakadravyas. They are used to prevent abortion. They are used as a routine because it is beneficial for proper health, growth and development of fetus (garbha). Some of dravyas described by Charaka and Vagbhata are Aindri (Bacopamonnieri), Braahmi (Centellaasiatica), Satavirya (Asparagus racemose), Sahashravirya (Cynodondactylon), Amogha (Stereospermum suaveolens), Avyath (Tinosporiacordifolia), Shiva (Terminaliachebula), Arista (Picrorhizakurroa), Vatyapushpin (Sida cordifolia), Vishwasenkanta (Callicarpamacrophylla), etc. These drugs should be taken orally with milk and ghrita. Drugs of Jeevaneeyagana can also be used in the same way. Kasyapa advocated amulet of Trivrit (Operculinatharpethum) should be also tied in waist of pregnant woman¹⁸.

Conclusion:-

To get fruitful outcome of nature, our Acharya's has advised garbhini paricharya from the day of conception till delivery. Ancient Ayurvedic acharyas were very much aware about the need of maternal care during pregnancy. Ayurvedic principles through the concept of garbhini paricharya improve the physical and psychological condition of the pregnant woman and makes their body suitable for sukhaprasava and help sustain the exhaustion of prasava. Use of milk and other liquid diet in 1st trimester of pregnancy is essential to avoid dehydration, malnutrition and other complications of pregnancy. Gokshura and drugs of the Prithakparnyadigana help in preventing edema which is common after 2nd trimester. Use of basti (enema) in last trimester is essential to relieve constipation, strengthen myometrium and helps in regulating their function during labour. Garbhashthapakadravyas are used during pregnancy to counteract any etiology of abortion or intrauterine fetal death if present and results in healthy baby.

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