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Garbhini Paricarya : Antenatal Care in Ayurveda**Dr. Sable Sonal Shivaji**

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Abstract:

Systemic supervision (examination and advice) of a women during pregnancy is called garbhini parichaya. Women have special dietary need during pregnancy. During pregnancy the mother's nutrition bears great impact on fetus growth. In Ayurveda classics there are certain aahara (diet) and vihar for antenatal care for healthy pregnancy in which Masanumasika paricharya is one of them. It also stress on the healthy state of mind and body to beget healthy pregnancy. Antenatal care in ayurveda includes medicated milk preparation along with basti , pathyapathya also advice to women throughout pregnancy. In this article antenatal care advice in different samhita of pregnant women, month wise regimen has been presented.

Introduction:

A female is not only beautiful but also one of the most important creation of the God especially for her ability to reproduce. Pregnancy is a beautiful phase of women life. Life of women is not complete until and unless she got pregnant and give birth. Giving birth to child also called as a second life of mother because of maternal mortality in India. Due to many factors of maternal mortality need of antenatal care is important in today's era. Garbhini paricharya is important aspect in Prasutitantra because healthy mother and healthy birth of child is important part of society. Maternity period includes five main phases a) fertilization, b) prenatal, c) antenatal, d) intranatal, e) postnatal . In this motherhood is very often appositve and fulfilling experience. In ayurvedic text all this phases and suggestion for good health of women in this phases are well described. Ayuveda prescribes specific nutritional measures for growth and health of women during pregnancy. Ayuveda compares human conception to germination and sprouting of the seed and transformation into a sapling.1 Ayuveda gives great importance to the quality of seed i.e ovum and spearm, in addition guideline for correct sexual intercourse outlined. Child bearing age for male and female explained. Prenatal care are given in Ayurvedic classics. General supervision in pregnancy is described in charaka and sushrut samhita. There are separate chapters of general management specific management and diseases regarding the pregnancy. Ayuveda advice same degree of care and awareness as taken by moden science in the management of the pregnant women.

Obectives of Garbhini Paricharya:

1. Healthy growth and development of fetus.
2. To maintain the mental and physical health of mother.
3. To minimize the complication during labour.

Garbhini Paricharya:

Garbini paricharya (antenatal care) means systemic examination and advice of women during pregnancy. Garbhini paricharya starts from the beginning of pregnancy till birth of child.

Ayurveda has described two type of management for garbhini.

1. General management (samanya aahar vihar)
2. Specific management (masanumasik garbhini paricharya)

Samanya Aahar Vihar in Garbhini :

- Mansa (meat) – It provides more nutrition to fetus.
- Milk – provides pushti and drudhatva .
- vata doshahar aahar vihar.

Along with the diet Kashyapa says that all the diet should be taken considering the place of living,time, season (rutukal) and digestive capacity of pregnant women.²

According to Yogratnakara shalith shashtik (rice) , mudga (gram), wheat, butter, ghee , milk, curd, honey, sugar, banana, jackfruit, amalaki, grapes, sweat and cold substances are healthy for pregnant women.³

Vagbhata says that pregnant women with recurrent abortion should take Phalaghrita. It is advantageous to fetus.⁴

VIHAR – first thing in the vihar of the pregnant women advice by Acharya is she should be blessed with happiness she should involve in spiritual activity worship diety. Wear a clean and white garments. Avoid red color garments she should decorated with ornaments. Take bath daily with perfumed and incense water.

Contraindicated Aaharvihar in pregnancy –

Avoid spicy , heavy , pungent substances , wine and all alcohols , excessive meat , intoxicating substances. Avoid coitus , ride over a vehicle , night awakening , day sleep , carrying heavy weight , abnormal sitting position.

Specific management (month wise regimen) :

In different Samhita acharya described different monthly regimen .

From all the samhitas collected month wise regimen described in above table.this helps in reducing the symptoms related to pregnancy and healthy fetal growth.^{5,6}

Month	Chikitsa	Benefits of regimen
1 Month	Plane milk	In 1 trimester nausea , vomiting , fatigue , dehydration this all symptoms prevented by sweet and liquid diet.
2 Month	Milk medicated with madhura drugs.	
3 Month	Milk with ghee and honey.	
4 Month	Milk and butter, meat of wild animal.	In 2 trimester fetal growth occurs proteins are required which are more in meat.
5 month	Milk and ghee , meat.	
6 month	Madhura drugs medicated milk with ghee. Gokshura siddha ghruta / yavagu	In 6 month mother suffers from edema on feet so Gokshura act as diuretics .
7 month	Pruthakparnyadi siddha ghruta	Fetal weight gain starts in 3 trimester ghee helps in the weight gain of fetus.
8 month	Ksheer yavagu with ghee. Asthan basti with badaraushadhi siddha, anuvasan basti medicated with madhura drug.	Symptoms of constipation occurs in pregnancy basti helps to relieve it.
9 month	Anuvasan basti	Medicated oil tampons helps to soften vaginal passage thus helps in normal labour.

Discussion:

Garbhini paricharya is well documented in ayurvedic period to samhita period. Garbhini paricharya prescribed during samhita period are very much cope with antenatal care according to modern gynecologist. Nausea and vomiting are the main complication experienced during first trimester of pregnancy due to this there is possibility of dehydration and malnourished. For that in

samhita liquid diet and milk is advice in first trimester instead of heavy and solid food. Madhura drug will help in maintenance of proper health of mother and fetus. In garbhini paricharya milk is ideal component of diet it is the main source of calcium, lactose and butter fat and protein. In six month and onward pregnant women suffer from edema on feet so in sixth month gokshura siddha ghruta is advice which act as a good diuretic hence it prevent water retention and its complication like PIH. Prithakparnyadi ghruta also act as diuretic hence it is prescribed in seven month. Most women experience constipation in late pregnancy. Use of asthapan basti siddha with badara, shatpushpa, atibala, patala etc. with honey and ghruta which relieve the symptoms of constipation and this may affect the autonomus nervous system which help in regulating the function of myometrium during labour. Tampon of medicated oil may destroy pathogenic bacteria of vaginal canal prevent puerperal sepsis. It also soften and relax the vaginal passage so vaginal delivery of baby become easy.

Conclusion:

Garbhini paricharya mentioned in samhita period is very much scientific and useful for maternal care. Ancient Ayurveda knew the importance of women health for healthy pregnancy. For that they prescribed monthly dietary regimen and lifestyle practice in whole pregnancy. in first trimester milk and milk product are advice to reduce dehydration. In second trimester gokshura and pruthakparnyadi siddha ghruta which helps in preventing edema, improve strength and immunity. Basti in third trimester relieve constipation and smothern the birth passage it helps in easy vaginal birth and prevent tear of birth canal. Garbhasthapaka drugs are also using during pregnancy to work against any etiology of abortion or IUD (intrauterine death) and result in healthy pregnancy.

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1. Charak samhita sharir sthana 8/18
2. Kashyapa samhita
3. Yogratnakara
4. Ashtang hridayam
5. Charak samhita sharir sthana 8/31
6. Sushrut samhita sharir sthana 10/5-9

