

Garbhini Paricharya: Antenatal Care In Ayurveda**Priyanka Tanaji Memane*, Satish Jalihal (1), Shobha B. Nadagouda(2)**

* P.G. scholar, Dept. of Prasuti Tantra EvumStreeroga

1. Reader Dept. of Prasuti Tantra EvumStreeroga

2. Professor and H.O.D. Dept. of Prasuti Tantra EvumStreeroga

*Corresponding Author; S V M V V Sangha's Shri Vijay Mahantesh Ayurvedic Medical College, Iikal-587125

Abstract

Ayurveda is a science of life. Ayurveda is a traditional medicine system from India that addresses the whole person: mind, body and spirit. It is also having quite a moment in the spotlight right now, as many of us are seeking more balance and traditional healing in our lives. In Ayurveda, pregnancy is viewed as a very special and spiritual time in woman's life. It is often seen that a pregnant woman's aura is particularly luminous and golden- this is Ayurveda's explanation for that intangible "pregnancy glow" that we hear about. Thus our acharyas developed a concept, about the type of diet, behaviour, conduct, medications during pregnancy that a pregnant woman should follow and avoid, in the form of GarbhiniParicharya. The proper GarbhiniParicharya would result in the proper development of the fetus, its delivery, the health of the mother and thus her ability to withstand the strain of labour and have an eventless post-natal phase. GarbhiniParicharya have described monthly dietary regimen and living style for whole pregnancy, specific water for bathing during pregnancy, amulet for pregnant woman etc. All of these advices are done with the aim to ensure normal pregnancy and uncomplicated labor with delivery of a healthy baby from a healthy mother. Dietetics and mode of life which are contraindicated during pregnancy are known as Garbhopaghatakara bhavas. Garbhopaghatakara bhavas should be avoided as well as uses of Garbhasthapakadravya is beneficial for the fetus.

Keywords: Ayurveda, Pregnancy, GarbhiniParicharya, Garbhopaghatakara bhavas, Garbhasthapakadravya**Introduction**

Pregnancy is the most energetic and challenging phase in a woman's life. It brings about emotional and physiological changes as well as poses extra demands on the body. The diet during pregnancy has to be rich in calories, proteins, vitamins and minerals and balanced. In this phase the body needs extra nutrition for developing foetus, pregnant woman herself and the lactation period to follow. Thus, wellness of the pregnant women is maintained through proper GarbhiniParicharya right from the confirmation of pregnancy till delivery. GarbhiniParicharya means caring for the pregnant women in the form of Ahara (diet), Vihara (life style), Oushada (medications) and Paramarsh (counselling) and preparing her for Sukhaprasava, both mentally and physically. So pregnant woman should take care of her diet and should never be neglected.

The main aim of GarbhiniParicharya are

- 1) Toprotect fetus from known /unknown hazards.
- 2) To promote normal growth and development of fetus

- 3) To conduct normal delivery without any foetal and maternal complications.

Thus, great importance has been given to GarbhiniParicharya in our classics.

Garbhini Paricharya:

The monthly regimen is broadly discussed under three headings:

- a. Masanumasikapathya (Month wise dietary regimen)
- b. Garbhopaghathakara bhavas (Activities and substances which are harmful to fetus)
- c. Garbhasthapakadravyas (Substances beneficial for maintenance of pregnancy)

Masanumasika Pathya (Month Wise Dietary Regimen):

During pregnancy fetus starts to get nutrition from mother through placenta. Adequate nutrition is needed for monthly constant and proper development of embryo. The requirement of nutrition varies according to development of fetus. Thus the dietetic requirements of the mother also changes month wise. By following these dietetic regimens prescribed, the pregnant woman

remains healthy and delivers a child having good health, energy, strength, complexion and voice. The child would also be well-built. Having importance of this change in requirements, the Ayurvedic scholars have given in detail the month wise dietetic regimen known as Masanumasikaparicharya (monthly regimen) for woman right from the first month up to the ninth month of pregnancy.

The monthly regimen helps in:

1. Softening of placenta (apara), pelvis, waist, sides of the chest and back
2. Downward movement of vata (vata anulomana) - this is needed for the normal expulsion of foetus during delivery.
3. Normalization of the urine and stool and their elimination with ease
4. Promotion of strength and complexion
5. Delivery with ease of a healthy child endowed with excellent qualities in proper time

MONTH	CHARAK	SUSHRUT	VAGBHAT	HARITA
1	Non medicated milk	Sweet, cold and liquid diet	Medicated milk	Madhuyashti, madhukpushpa with Butter, Honey and sweetened milk.
2	Milk medicated with madhura rasa dravya	Same as 1st month	Same as Charaka	Sweetened milk treated with kakoli
3	Milk with honey and ghrita	Same as 1st month	Same as Charaka	Krishara (a dish prepared with rice & pulses)
4	Butter extracted from milk (12 gm) Or Milk with butter	Cooked Shashti rice with curd, food mixed with milk and butter, meat of wild animals	Butter extracted from milk (12 gm) Or Milk with butter	Medicated cooked rice
5	Ghrita prepared with butter extracted from milk	Cooked Shashti rice with milk, meat of wild animals	Same as Charaka	Payasa (rice cooked with milk & sweetened)
6	Ghrita prepared from milk medicated with madhuradravyas	Ghrita or Yavagu (rice gruel) medicated with gokshura	Same as Charaka	Sweetened curd
7	Ghrita prepared from milk medicated with madhuradravyas	Ghrita medicated with prithakparnyaadi group of drugs	Same as Charaka	Ghritakhanda
8	Yavagu (rice gruel) prepared with milk and mixed with Ghrita	Asthapanabasti (decoction of badari mixed with bala, atibala, shatapushpa, patala, milk, curd, mastu, oil, salt, madanphala, honey and ghrita) followed by AnuvasanaBasti (oil medicated with milk & decoction of madhuradravyas)	Yavagu (rice gruel) prepared with milk and mixed with Ghrita, Asthapanabasti, Anuvasanabasti	Ghritapuraka
9	Anuvasanabasti (oil medicated with milk & decoction of madhuradravyas), Vaginal tampon of oil	Asthapanabasti, Madhura, snigdhadravyaahara	Same as Charaka	Different varieties of cereals

Table No.1: Showing the monthly dietary regimen described by classics

Garbhopaghathakara Bhavas (Activities and substances which are harmful to fetus):

Garbhopaghathakara bhavas are the ahara and vihara which are harmful to the garbha (fetus). These may cause some congenital defects in the child and are not conducive to the birth of a healthy child, with all the good qualities. These

can be grouped under two different headings namely ahara (diet) and vihara (behavior).

If the garbhini is exposed to garbhopaghatakara bhavas, this may cause following complications-

- Intrauterine death
- Pre-mature labour
- Abortion
- Intrauterine growth retardation

SAMHITA	GARBHOPAGHATAKARA BHAVAS	
	AHARA (DIET)	VIHARA (BEHAVIOUR)
CHARAKA	Pungent drugs, Tobacco/Smoking, Cocaine, Alcohol intake, Meat, Inadequate calorie intake, Caffeine (tea, coffee, chocolates)	High pitch voice, Suppression of natural urges, Exercise, Coitus, Strenuous work, Going outside alone to lonely places, Visiting cremation places, haunted trees and entering into shades of tree, Use of blood stained clothes, Peeping into well
SUSHRUT	Dry, Food kept overnight, Boiled food, Wet or moistened food	Coitus, Exercise, Night awakening, Day sleeping, Prolonged squatting & abnormal postures, Travelling, Suppression of natural urges, Bloodletting, Excessive satiation, Excessive emaciation
ASHTANGA SANGRAHA	Intake of Dry food	Travel, Indigestion, Anger, Grief, Fear, Fasting, Abnormal & difficult postures, Night awakening, Day sleeping
ASHTANGA HRIDAYA	Meat, Alcohol intake, Intake of food which is hard to digest (Vishtambhi)	Excessive coitus, Exercise, carrying heavy weight, untimely sleep, squatting, grief, anger, excitement, suppression of natural urges, fasting, excessive walking, use of red garments, sleeping in supine position, bloodletting
KASHYAP	Excessive use of garlic in food, Use of cold water	Looking at declining moon & setting sun, Excitement, Exposure to solar or lunar eclipse, Excessive laughing, Staying for longer periods in erect or flexed posture, Wearing tight garments, Viewing the filled pots, garlands, pot filled with ghrita or curd.

Table No. 2: Showing the Garbhopaghatakara bhavas described by classics

Garbhasthapaka Dravya (Drugs beneficial for maintenance of pregnancy):

Garbhasthapakadravyas counter act the effect of the garbhopaghatakara bhavas and help in the proper maintenance of the garbha. They can also be used in the treatment and prevention of abortion. These are to be used as a routine as they are beneficial for the maintenance of proper health, growth and development of the mother and fetus. Some of the garbhasthapakaushadhis are Aindri (Bacopamonnier), Brahmi (Centellaasiatica),

Shatavirya (Asparagus racemosus), Sahasravirya (Cynodondactylon), Amogha (Stereospermum colais), Avyatha (Tinosporacardifolia), Shiva (Terminalia chebula), Arishta (Picrorhizakurroa), Vatyapushpi (Sidacardifolia), Vishwakshenakanta (Callicarpamacrophylla), Priyangu (Aglaiia elaeagnoidea) etc. These dravyas should be taken orally as preparation in milk and ghee. Dravyas of the jeevaniyagana can also be used in a similar way.

The cold decoction of pulp of Bilva (Aegle marmelos), Karpasa (Gossypiumherbaceum), Agnimantha (Clerodendrumphlomis), Jatamansi (Nardostachysjatamansi) and pounded leaves of Eranda (Ricinuscommunis) or the water prepared with sarvagandha drugs should be used for bathing by the pregnant woman.

Benefits Of Garbhini Paricharya

Woman sustains her healthiness and delivers the child having outstanding virtues in respect of strength, voice and intelligence etc. than other family members. Placenta (apara), Foetal Membrane or Vaginal canal, pelvis, waist, sides of the chest and back, becomes soft. Vata anulomana helps in expulsion of foetus during delivery and in normalization and elimination of urine and stool with ease. Moreover, it facilitates easy removal of placenta. Her skin, nails becomes softer. Woman gains overall boost in strength and complexion. Aahar rasa produced in pregnant woman is utilized in providing nourishment to mother herself, nourishment and growth of baby and formation of Stanya (breast milk), which results into increase in calorie requirement during pregnancy. Pregnancy requires an additional 80000 kcal, most are accumulated in the last 20 weeks. To meet this demand, calorie requirement of 100 to 300 kcal per day is recommended during pregnancy. Calories are necessary for energy and whenever caloric intake is inadequate, protein is metabolized rather than being spared for its vital role in foetal growth and development. In Garbhini Paricharya the concept behind using food articles having madhura rasa predominance might be helpful in meeting the increased caloric needs during pregnancy. After going through Garbhini Paricharya suggested by different Acharyas it is observed that use of milk and madhura drug has been advised in each month. In pregnancy Vata is increased. This may be due to obstruction by Garbha (foetus). Madhura rasa is congenial since birth, excellent for formation of dhatus, vatashamak, pre-eminent in bruhana karma, lactogenic, increases longevity of life and excellent in enhancing complexion. It may cross placental barrier and gives high energy nutrients to the foetus. Milk also increases intellectual level (Medhya), strength (bala), lactogenic, relieves dyspepsia. Iodine is found in milk and dairy products which is essential

for producing hormones made by the thyroid gland which has direct effect on development the foetal brain. Milk is a whole diet and good source of calcium. The drug of madhura group are anabolic, thus use of these will help in maintenance of appropriate health of mother and normal growth and development of foetus.

Nutritional Significance Of Various Dietary Supplements Used In Garbhini Paricharya:

Shali-Shashtik (Rice)

It is rich in carbohydrates, provides fuel for body, excellent source of Niacin, Vitamin D, Calcium, Fibre, Iron, Thiamine and Riboflavin.

Mudga (Green Gram or Vignaradiata)

It is rich source of low fat protein. It has a wide amino acid profile, providing atleast every type of amino acids. It contains both insoluble and water soluble fibres. Water soluble fibre reduces LDL cholesterol and reduces risk for cardiovascular diseases. It has low glycemic index. It digests slowly and releases glucose into your bloodstream, stabilizing blood sugar which in turn lowers risk of developing diabetes.

Wheat

This food is very low in Saturated fat, Cholesterol and Sodium. It is also a good source of dietary fibre and very good source of Manganese and Selenium.

Butter

It contains a high amount of Saturated fat and provides 7 % of recommended dietary allowance of Vit A based on a 2000- Calorie diet. Vit A is important for vision health.

Ghee

It contains 112 calories/tbsp and 33 mg of cholesterol. The total fat content is 12.7 g. It provides many essential fatty acids such as omega-3 and omega-6 which provides anti-inflammatory properties. Regulate DNA products and assist with cellular communication. Protein content of ghrta 0.04 g/tbsp, which includes 17 amino acids essential for good health. It contains 3 % linoleic acid, an antioxidant. It also contains Vitamin A, D, E, K, Calcium, Potassium and small amount of Riboflavin and Pantothenic acid.

Rasala (Shrikhanda) It contains 436 Calories, Total Fat 24.5 g, Sodium 6 mg, Total carbohydrate 40.8 g, Protein 10.1 g, Calcium 1 %, Vit C 1 %, Iron 1 %.

Milk

It is rich source of Proteins and Vitamins. Proteins are vital for building and maintaining tissues such as muscles. It contains Vit A, D, B1, B2, B6, B11, B12, Minerals, Calcium, Phosphorus; Zinc, Lactose provides slow release of energy.

Honey

Energy – 64 calories in 1 tbsp, Fat- 0 g, Carbohydrate -17.3 g (Fibre 0.04, Sugar 17.25) Protein- 0.06 g.

Sugar

It is rich in Carbohydrates.

Jack Fruit

They provides more calories, contains simple sugar like fructose and sucrose that when eaten replenishes energy. They are rich in dietary fibre, so acts as laxatives and relieve constipation. Fresh fruit has small amount of Vitamin A, Flavonoid pigments such as Carotene-B, Xanthine, Lutein. Both these elements together play a vital role in vision function. Vit A, Vit C helps body to develop resistance against infectious agents.

Banana

It contains low fat, no Cholesterol, Sodium dietary fibre 3.1 g, Sugar, Protein 1.3 g, Vit A 2 %, VitC 17%, Calcium 1%, Iron 2% High dietary fibre, high in potassium, very high Vit.B6 and Vit C.

Fruit of Amalaki

It is a rich source of antioxidants, iron, Vit. A, C, Fibre, Potassium, Magnesium, Calcium etc. It prevents ageing, improves vision, prevents constipation, protects and cures diabetes, improves cardiovascular health and prevents anaemia.

Grapes

It has calorie value of 62, Total fat content is 0.3 g, Sodium 2 mg, Total carbohydrate 15.8 g, Dietary fibre 0.8 g, Sugar 14.9 g, Vit A 2 %, Vit C 6 %, Calcium 1 %, Iron 1 %.

Nutrient or Mineral	Daily requirement	Function
Vit. A and Beta Carotene	770 mcg	Improves vision, helps in skeletal growth, helps in immunological defense mechanism
Vit. D	5 mcg	Calcium and Phosphorous absorption. Bones and teeth growth.
Vit. E	5 mg	Helps body to form and use RBC and muscles. Helps in preventing abortion.

Vit. C	80-85 mg	Antioxidant, helps in iron absorption and building immunity, foetus tissue growth
Thiamine B1	1.4 mg	Essential for good appetite & digestion, Essential for utilization of carbohydrate by body, Regulates nervous system
Riboflavin B2	1.4 mg	It acts as co-enzymes for proteins, fats & carbohydrates metabolism.
Niacin B3	18 mg	Promotes healthy skin, nerves and digestion
Pyridoxine B6	1.9 mg	Helps in formation of RBC. Helps in preventing morning sickness.
Cynocobalamin B12	2.6 mcg	Formation of RBC, Proper functioning of nervous system
Folic acid	600 mcg	Supports the placenta, prevents spina bifida and other neural tube defects
Calcium	1000-1300 mg	Development of strong bones and teeth, for proper clotting of blood, for proper functioning of muscles and nerves
Iron	27 mg	For increase in Hb synthesis, for foetus erythropoiesis, for preventing blood loss during pregnancy, prevents anaemia, low birth weight and premature delivery
Carbohydrate	1 st trimester- no extra energy 2 nd trimester- increase of 300 Kcal/day 3 rd trimester- increase of 450 Kcal/day	To supply the increased fuel demanded by the enlarged metabolic work load of both mother and foetus, to spare protein for the added tissue building
Protein	60 gm	For rapid growth of foetus, development of placenta, growth of maternal tissues (uterine & breast tissues), formation of amniotic fluid, increased maternal blood volumes
Iodine	220 mcg	For production of more thyroxin and to control increased metabolic rate during pregnancy
Zinc	12 mg	Proper development of foetus

Table No. 3 Daily requirement of Nutrients and Minerals during pregnancy

Conclusion

Pregnancy and child birth are nature's gift, if proper dietary regimen and lifestyle are not maintained during pregnancy; it may result in many complications to mother as well as to foetus leading to difficult prasava. To get the fruitful outcome of nature, our Acharya has advised GarbhiniParicharya from the conception till delivery. Ayurvedic principles through the concept of GarbhiniParicharya improve the physical and psychological condition of the pregnant woman and make their body suitable for Sukhaprasava and helps to sustain the exhaustion of prasava. Hence, proper GarbhiniParicharya should be followed throughout pregnancy.

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