

CRITICAL STUDY ON GARBHINI PARICHARYA AND ITS UTILITY IN PRESENT ERA

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Abstract : Pregnancy is the beautiful phase in life of every women. Ayurveda, a holistic way of living, discusses the details of pregnancy under *Garbhini Vyakarana*. Ayurveda has a well-documented description of caring for pregnant women called *Garbhini Paricharya*. *Ahara* (diet), *Vihara* (lifestyle) and *Vichara* (Psychological aspect) with respect to each month is given which should be followed during pregnancy as these have a direct effect on health of both mother and the child. The care of pregnant women reflects by her ability to withstand the strain of labour and health of the child. Nowadays, cesarean section deliveries are gaining more importance as the pregnant ladies have not enough strength to bear labour pain which occur during normal delivery. On the other hand by following proper dietary regimen, pregnant woman become physically and mentally strong to withstand the pain of Normal delivery. In aspect of foetus, chances of congenital anomalies are less if dietary regimen is followed. Hence, an attempt is made through this article to highlight the importance and review the concept of *Garbhini Paricharya*.

Key Words : *Garbhini Paricharya*., Pregnancy

Introduction : The month wise paricharya described in Ayurveda help in proper growth and development of fetus and give health and care to mother. To maintain swasthya of pregnant women garbhini paricharya is most important.

Garbhini Paricharya

It is made up of two words – Garbhini means – a women in which Garbha is present. Paricharya means a service or a nursing. It means all round care of pregnant women.

Health of the pregnant women is maintained through proper Garbhini Paricharya right from the conception till delivery. It includes all aspects of care of pregnant women like Pathya, Apathya. Diseases of garbhini are very difficult to treat. Ayurveda describe many things to be avoided by mother during pregnancy, if those avoidable things indulged by the garbhini then so many abnormalities occur in pregnant women and fetus.

Garbhini Paricharya this can be studied in to three parts i.e.

- Masanumashika Pathya (Monthly dietary regimen)
- Garbhopaghatakarabhavas (Activities and substance which are harmful to foetus)
- Garbhasthapaka dravyas (Substances beneficial for maintenance of pregnancy)

Masanumashika Pathya (Month wise Dietary Regimen)

All aspects of the month wise diet and regimen prescribed by our acharya is difficult to explain. Moreover, in day to day practice we follow and advice only few of them. The requirement of nutrition varies according to developmental stage of foetus month wisely. Pregnancy imposes the extra nutrients requirement. Thus, the dietetic requirements of the mother also change month wise. By following these dietetic regimens prescribed, the pregnant woman remains healthy and delivers the child possessing good health, energy or strength, voice, compactness and much superior to other family members. Further he and Vagbhat say that by the use of this kuksi(abdomen), sacral region, flanks and back become soft, Vayu moves into its right path, feces, urine and placenta are excreted or expelled easily by their respective passages; skin and nail become soft, woman gain strength and complexion and she delivers easily at proper time a desired, excellent, healthy child possessing all the qualities and long life.

Month	Acharya Charaka ^[9]	Acharya Sushruta ^[10]	Acharya Vagbhatta ^[11]
1	Non medicated cold milk	Sweet, cold and liquid diet	Medicated milk
2	Milk medicated with <i>Madhura Gana Dravya</i>	Same as 1 st month	Same as <i>Charaka</i>
3	Milk with Honey and <i>Ghrita</i> (Unequal amount)	Same as 1 st month	Same as <i>Charaka</i>
4	Milk with 1 <i>Aksha</i> (24gm.) of Butter	<i>Shashti</i> rice with curd, food mixed with milk and butter, meat of wild animals	Milk with 1 <i>Tola</i> (12gm.) of Butter
5	Milk with <i>Ghrita</i>	Same as 4 th month	Same as <i>Charaka</i>
6	Milk and <i>Ghrita</i> medicated with <i>Madhura Gana Dravya</i> or <i>Ghrita</i> prepared from milk medicated with <i>Madhura Gana Dravya</i>	<i>Ghrita</i> or Rice gruel mixed with <i>Gokshura</i>	Same as <i>Charaka</i>
7	Same as 6 th month	<i>Ghrita</i> medicated with <i>Prithakaparnyadi</i> group of drugs	Same as <i>Charaka</i>
8	Milk with <i>Yavagu</i> (Rice gruel)	<i>Asthapana Basti</i> (Decoction of <i>Badari</i> mixed with <i>Bala</i> , <i>Atibala</i> , <i>Shatapushpa</i> , <i>Tila</i> , honey and <i>Ghrita</i> . <i>Anuvasana Basti</i> of oil medicated with milk, <i>Madhura</i> drugs	Milk with <i>Yavagu</i> (Rice gruel) mixed with <i>Ghrita</i> . <i>Asthapana Basti</i> and <i>Anuvasana Basti</i>
9	<i>Anuvasana Basti</i> with oil prepared with drugs of <i>Madhura</i> (sweet) group, vaginal tampon of this oil	Unctuous gruels and meat soup of wild animals up to the period of delivery	Same as <i>Charaka</i>

Benefits of following proper dietary regimen are as follows.

- Softening of uterus and pelvic organs which helps to facilitate easy labour.
- Downward movement of *Vata* which helps in expulsion of foetus during labour.
- Faeces and urine comes out with normal ease.
- Softening of skin and nails and *Bala-varna Upchaya* (increase in complexion and strength).
- Full term delivery of health child without any complications

Clinical Importance Of Garbhini Paricharya

First Trimester

- Embryogenesis takes place in the first trimester hence an increased amount of energy is required during this period. All these energies will be provided by Kshira, Ghirta, Krusara, Payasa, Kshira medicated with Madhur ausadhi.
- During first trimester of pregnancy, most women experience nausea and vomiting, thus cannot take proper diet which results in dehydration and loss of nutrients. Use of cold and sweet liquid diet and milk will prevent dehydration and supply required nourishment.
- Drugs of Madhura group being anabolic will help in maintenance of proper health of mother and foetus.

Second Trimester

- Fourth month onwards muscular tissue of foetus grows sufficiently requiring more protein which is supplied from animal sources such as meat, milk, cheese, butter etc.
- Milk provide nourishment and stability to foetus.
- Cooked sasti rice advised in garbhini paricharya is rich in carbohydrate and provide energy to body.
- Meat provide nourishment to the foetus and help in muscular growth of the foetus.
- By the end of second trimester most women suffer from edema of feet and other complications of water retention. so ghirta medicated with goksura is used which is a good diuretic will prevent retention of water as well as its complications.

Third Trimester

- Ghirt medicated with prithakparnayadi group of drugs are diuretic, anabolic, relieve emaciation and suppress Pitta and Kapha. Their regular use in seventh month might help in maintaining health of mother and foetus.

- Yavagu consumption in eight month which is balya and brimhana provides nourishment to mother and foetus.
- Most women suffer from constipation in late pregnancy, asthapana vasti administered during eight month which is best for vata anulomana relieves constipation. besides this may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour.
- Tampon of oil in vagina provides lubrication of cervix, vaginal canal and perineum thus help in normal labour. This may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis. Regular use of tampon might influence autonomic fibers governing myometrium and in regulating their functions.
- Milk and drugs of madhura group have been advised for entire pregnancy period. Milk is the complete food and the drugs of madhura group are anabolic, thus use of these will help in maintenance of proper health of mother and growth and development of foetus.

Benefits of *Garbhini Paricharya*

Garbhini Paricharya is very well documented in Ayurvedic classics starting from *Samhita* period. By knowing the needs of women and for growing foetus without any scientific technology at that time how beautifully Ancient *Acharya* has described the *Masanumashika Paricharya* (monthly regimen) for proper nourishment of foetus and for better health of both mother and child.

Month	Condition of mother and foetus	Benefits of <i>Masanumashika Paricharya</i> (monthly regimen) according to health of mother and foetus
1 st trimester (1 st month–3 rd month)	Nausea, Vomiting, Dehydration to pregnant lady	Cold and sweet liquid diet and milk (easily digested). Also <i>Madhura Rasa</i> drugs help in maintenance of health of mother and foetus.
4 th month - 5 th month	Muscular tissue of foetus grows rapidly	More protein diet in the form of <i>Masarasa</i> .
6 th month	Edema of feet and complications of water retention to pregnant lady	Use of <i>Gokshura (Tribulus Terrestris)</i> which act as a good Diuretic, helpful in pregnancy related hypertension.
7 th month	General weakness to mother	<i>Prithakaparnyadi</i> group of drugs (anabolic, diuretic, relieve emaciation)
8 th month	Constipation to pregnant lady due to pressure of engaged head in pelvis over the bowel & rectum	<i>Basti</i> relieve constipation helps in regulating functions of ANS governing myometrium during labour, <i>Vata Anulomana</i> .
9 th month	Vaginal discharge	<i>Yoni Pichu Dharana</i> and <i>Basti</i> – soften the perineum and help in its relaxation during labour. Also due to softening there is minimum possibility of tear of birth canal during labour.

CONCLUSION

- The pregnancy and child birth are nature's gift. Care of pregnant women is similar to that of foetus. So pregnant women should be looked after carefully with pleasant and suitable things, protecting her from all factors which cause abnormalities of the foetus.
- To get the fruitful outcome of nature, our acharya has advised garbhini paricharya from conception till delivery.
- Ayurvedic principles through the concept of garbhini paricharya improves the physical and psychological condition of the pregnant women and make their body suitable for sukha prasava.

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