

CONCEPT OF GARBHINI PARICHARYA – A REVIEW

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ABSTRACT

Ayurveda is a science of life. The basic principle of Ayurveda is “*swaasthasya swastha rakshanam aathurasya roga prasamanam*”. To maintain *swastha rakshanam* Ayurveda has emphasised the need of *Dinacharya*, *Ruthucharya* etc. In the same manner to get a healthy and prosperous child, Ayurveda advocates the concepts of *Garbha Dhana Vidhi*, *Pumsavana*, *Garbhini Paricharya*, *Sootika Paricharya*., Mother's diet and activities performed during the period of pregnancy, reflect on the fetus. 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 *Garbhini Paricharya*. Proper *garbhini paricharya* would result in proper development of fetus and natural delivery. Hence, an attempt is made through this article to highlight the importance and review the concept of *garbhini paricharya*.

Keywords: *Ayurveda, garbhini paricharya, garbha dhana vidhi, soothika paricharya.*

INTRODUCTION:

Wellbeing of *garbha* can be achieved only through of the wellness of the *garbhini*. Wellness of the pregnant women is maintained through proper *garbhini paricharya* right from the confirmation of pregnancy till delivery. *Garbhini Paricharya* means caring for the pregnant women in the form of *ahara*(diet), *vihara*(life style), *oushada*(medications) and *paramarsh* (counselling).and preparing her for *sukha prasava*, both mentally and physically. Kasyapa says that what-so- ever eatables or drinkables are consumed by the pregnant woman, same become congenial to the fetus¹. So pregnant woman should take care of her of diet and should never be neglected. The main aims of *garbhini paricharya* are 1) to protect fetus from known / unknown hazards..2) to promote normal growth and development of fetus.3) to conduct normal de-

livery without any foetal and maternal complications Thus, great importance has been given to *garbhini paricharya* in our classics.

AHARA

Ayurveda considers food to be the best source of nourishment. Emphasising the importance of pregnant woman's diet authors have mentioned that the *rasa* derived from the diet taken by the pregnant woman serves three purposes 1) nourishment of her own body 2) nourishment of the fetus and 3) nourishment of the breast or formation of milk².

First trimester –

Charaka and *vagbahata* has advised non-medicated³ and medicated milk⁴ in the first month respectively, with congenial diet in the morning and evening. Milk medicated with *madhura oushada dravyas*³, in 2nd month and milk with honey and *ghrita*³, in

3rd month. Susruta advised *madhura, seetala and drava ahara* in the first three months⁵.

During first trimester of pregnancy, most women experience nausea and vomiting, and fail to get proper nourishment. Thus, the use of milk and *madhura, seetala, drava ahara* is prescribed. It will prevent the dehydration produced due to vomiting and supply required nourishment. Milk medicated with honey and *ghritha* gives instant energy. Drugs of *madhura* group being anabolic will help in maintenance of proper health of mother and foetus.

Second trimester

Charaka and Vagbhata has advised milk with butter, *ghritha* and *ghritha* medicated with *madhura oushada dravyas*³. Susruta has prescribed cooked *sasti* rice with curd and milk in 4th and 5th months respectively, along with pleasant food mixed with milk, butter, *ghritha* and meat of wild animals. For 6th month, he has advised *ghritha or yavagu* medicated with *gokshura*⁵. Fourth month onwards muscular tissue of fetus grows sufficiently, requiring more protein which is supplied by the use of meat soup and *ghritha*. By the end of 2nd trimester, most women suffer from oedema of feet and complications of water accumulation. Hence, *gokshura* is recommended. *Gokshura* being a good diuretic helps in prevention of water retention as well as related complications and a *rasayana* improves the general condition of the pregnant women.

Third trimester

In 7th month Charaka and Vagbhata has advised *ghrita* medicated with *madhura varga dravyas*³, whereas Susruta has advised *ghrita* medicated with *prthakparnyadi* group⁵ (*vidari gandhadi dravyas*). In 8th month Charaka has advised *yavagu* prepared with milk and mixed with *ghrita*³. Susruta

says, that after the procedures of *asthapana vasti* followed by *anuvastana vasti* in 8th month, *snigdha yavagu* and meat soup of wild animals should be given till delivery.⁵

In the 3rd trimester the abdominal cavity is mostly occupied by the growing fetus so less space is available for the stomach and intestines to accommodate even moderate quantity of food and it also takes long time for its digestion and absorption. Peristaltic movements are decreased causing constipation, so easily digestible and easily absorbable *yavagu* is advised. The drugs of *vidargandhadi* group are diuretic, anabolic, relieve emaciation and suppress *pitta* and *kapha*. *Mamsa rasa* helps in suppressing *vata* and provides nourishment to the foetus, and hence are considered ideal for this period.

Yogarajnanakar has enlisted the following articles beneficial for pregnant women- *Salisastika rice, mudga, wheat, flour of laja, butter, ghritha, milk, rasala* (curd mixed with sugar and condiments), jack fruit, banana, *amalaki, draksha*.

Do not's

She should avoid use of *teekshna, rooksha, ushna dravyas*. Should give up foul smelling articles and should not eat dried up, stale, putrefied or wet food⁶, *vistambhi*⁷ (hard to digest), *vidahi* food as these are harmful for the fetus.

VIHARA

Susruta has advised that woman from the very first day of pregnancy should remain in high spirit, pious, decorated with ornaments, wear clean garments and perform religious rites⁸. All these things are meant to maintain the pregnant woman's peace of mind and calm which in turn reflects on the growth of the foetus. She should avoid heavy exercises, coitus, harsh or violent activities, ride over vehicles⁹, excess satiation, excess emaciation, sleeping in day and awakening in

night, sitting in uneven places and should avoid fasting, grief, anger, visiting lonely places, cremation ground¹⁰, prolonged stay near fire or hot sun etc. Her sleeping and sitting place should be covered with soft cushion/mattress⁸. All these psychological and physical strains like carrying heavy weight or vehicle riding may precipitate abortion due to sudden increase in intra-abdominal pressure. Abnormal postures and positions may influence placental and uterine blood flow causing abortion, IUD or other abnormalities, so one should take care of it. Over satiation may excessively increase the body weight of both mother and foetus, may lead to difficulty in labour. Affectionate and good behaviour of husband and servants¹¹, listening to songs and instrumental music helps in maintenance of pregnancy. Pregnant women should take daily bath and avoid massages. Cold decoction of pulp of *bilwa*, *karpasa*, rose petals, *agni mandha*, *jatamamsi* and pounded leaves of *eranda* or the water prepared with *sarva gandha* drugs¹² or drugs capable of suppressing *vata*¹³ is advised. Bath with this water suppress *vata* and relieves exhaustion. Pregnant women should always wear comfortable and loose garments.

OUSHADA

Susruta in 8th month of pregnancy has indicated *asthapana vasti* with decoction of *badari* mixed with *bala*, *ati bala*, *sathapushpa*, pestled sesamum seeds, milk, curd, *mastu*, oil, salt, *madhanaphala*, honey and *ghrita*, followed by *anuvastana vasti* of oil medicated with milk and decoction of drugs of *madhura* group for clearing the retained faeces and *anulomana* of *vayu*. Due to the movement of *vayu* in right direction the lady delivers without difficulty and remains free from complications.¹⁴ Whereas Charaka¹⁵ and Vagbata¹⁶, in 9th month has advised *anuvastana vasti* with oil medicated with *madhura* group of drugs and vaginal tampons with the same oil used for *anuvastana vasti* for lubrication of *garbha*

sthana and *garbha marga* (vaginal canal and perineum).

Charaka¹⁷ and Vagbata¹⁸ have advised *aindri*, *brahmi*, *satavirya*, *sahasra virya* or *durva*, *amogha*, *avyatha*, *siva*, *arista*, *vatyapuspi*, *viswakshena* for oral use with milk or *ghrita* prepared with these drugs. These drugs can also be kept in close contact of body or used in the form amulets to be tied in head or right arm.

Benefits of following Garbhini Paricharya

By following garbhini paricharya from first month till delivery her *garbha dharini*, *kuksi*, sacral region, flanks and back become soft; *vayu* moves in right direction; Faeces, urine, placenta are expelled easily by their respective passages; Women gain strength and complexion and deliver easily at proper time a desired, excellent, healthy child possessing all the qualities and long life.^{19,20}

CONCLUSION

Pregnancy and child birth are nature's gift, if proper dietary regimen and life style 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's has advised *garbhini paricharya* from the conception till delivery. Ayurvedic principles through the concept of garbhini paricharya improve the physical and psychological condition of the pregnant woman and makes their body suitable for *sukha prasava* and help sustain the exhaustion of *prasava*. Hence, proper *Garbhini Paricharya* should be followed throughout pregnancy.

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