CONCEPT OF GARBHINI PARICHARYA AND ITS EFFECT ON GARBHA

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ABSTRACT
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 demand on the body. In our Ayurveda the concept of Garbhini Paricharya (Antenatal Care), Prasava Paricharya (Intranatal Care) and Sootika Paricharya (Postnatal Care) are explained very nicely for the maintenance of health of both mother and baby. In these Paricharyas the Garbhini Paricharya plays a very important role in maintaining the health of mother and effects the growth of fetus. The food that woman receives during pregnancy has to be rich in calories, proteins, vitamins, minerals and it should be balanced. During pregnancy the developing fetus is completely dependent on its mother only. So, the pregnant woman should consume nutritious food which will nourish both the mother and fetus and also follow proper Vihara. In ancient time only our Aacharyas have explained about the lifestyle of pregnant women to get healthy baby and also to maintain her health condition under the heading of Garbhini Paricharya. These nine monthly diet concepts are very unique concept of Ayurveda. Following this Paricharya during pregnancy will help to maintain the health of pregnant woman and also will help in the proper development of the fetus.

Keywords: Garbhini Paricharya, Garbha, Masanumasika Pathya, Garbhopaghatakara Bhava, Garbhashapaka Oushadha Dravya
INTRODUCTION

The procedures or routine regimens that should be followed by the pregnant woman are considered as Garbhini Paricharya. Ayurveda, being a science of life, is considered as pioneer of all the other sciences. Giving birth is a life changing event, and the care that woman receives during her pregnancy period has the potential to affect her both physically and emotionally the short and longer term. Garbhini Paricharya includes both Aahara, Vihaara and Oushadha that should be followed during pregnancy. The pregnant woman who follows the procedure of Garbhini Paricharya in proper way will have her health in good condition and also there will be proper development of fetus in the uterus. Because the health condition of pregnant woman both physically and mentally will directly affect the physical and mental development of fetus. In Charaka Samhita the importance of Masanumaisaka Paricharya has been explained. Acharya Vagbhata has told that by following the Garbhini Paricharya, the Garbhadharini Kukshi (abdomen), Kati (Sacral region), Parshwa (Flanks), and Prushta (back) of pregnant woman become soft, Vaatanulomana takes place, woman gets energy and strength, she delivers easily with proper time, excellent healthy child. So, by practicing Garbhini Paricharya the health of mother and fetus are maintained and also it will lead to Sukha Prasava.

Garbhini Paricharya-

The Garbhini Paricharya can be studied under the following categories:

1} Maasanumaisaka Pathya, 2} Garbhupaghatakahara Bhavas, 3} Garbhasthapaka Oushadha Dravya

Maasanumaisaka Pathya means the dietary regimen that should be followed by pregnant woman throughout pregnancy for the wellbeing of herself and the developing fetus. In our Ayurveda the concept of Maasanumaisaka Pathya has been explained very nicely. Almost all the Acharyas have explained this in their own way. By following these dietetic regimens, the pregnant woman, having normal development of fetus, remains healthy and delivers a healthy baby and the baby will be much superior to other family members.

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Benefits of Masanumasis Pathya:
Charaka says that by following this the woman remains healthy and delivers the child possessing good health, energy, strength, voice, compactness and much superior than other family members. According to Sushruta, the fetus attains good growth, Vayu will be in Prakrutzastha, and woman become unctuous, strong and will have Sukha Prasava.
Aasthapana basti for eighth month will help in Vatanulomana, relieves constipation, and this will help in easy normal delivery without any complications³. Practicing Yoni Pichu for ninth month does the lubrication of Garbhashathanamarga (vagina)², as this helps in the relaxation of perineum and results in Sukha Prasava.

2] GARBHOPAGHATAKARA BHAVAS (Factors should be avoided during pregnancy):
The word itself says Garbhopaghatakara i.e. Garbha means fetus and Upaghatakara means harmful. So Garbhopaghatakara bhavas are those which will affect the fetus in a harmful way. Charaka says Garbhini should avoid Teekshnoushadha, Vyavaya, Vyayama. The following factors are harmful to the developing fetus: use of Guru, Ushna, Teekshna Dravyas, Daruna Cheshta, intake of Madya, Atiyantha, other harmful substances; the thing should be given up as instructed by old ladies⁶. Acharya Vagbhata also explained as that of Charaka.
Sushruta has mentioned that from the day of conception the woman should avoid Vyavaya, Vyayama, Aittarpana, Atikarshana, Raautijagarana, Shoka, Yaana, Bhaya, Uikutasana, Ekanta, Akala Snehadikriya, Vegadharana, should not go to the Smashana, Uchhabhashana, and she should not fatigue herself⁷.

3] GARBHISTHAPAKA OUSHADHA DRAYA (Drugs which help to maintain pregnancy):
Garbha Shhapaka Dravya means the drugs which help in the maintenance of pregnancy up to the delivery of baby. Acharya Charaka and Kashyapa have mentioned certain drugs during pregnancy. Acharya Chakrapani has clarified that Garbhashchapaka Dravya are those which maintain the pregnancy by counteracting on the Garbhopaghatakara bhavas.

Charaka and Vagbhata have enumerated Aindri, Brahmi, Shataveerya, Sahasraveerya, Amogha, Ayyathya, Shiva, Arishya, Vatayushghi, and Vishwakshena under garbhasthapaka gana³ and have advised to take these drugs orally with Dugdha or Gritha prepared with these drugs. And also explained Snana with the Kashaya prepared with these drugs is also beneficial. Acharya Kashyapa told that amulet of Trivrit should also be tied to the waist of the pregnant woman⁸.

DISCUSSION
In a woman’s life pregnancy, parturition and puerperium are three main stages during her reproductive period. The condition of patient during parturition and puerperium and also the health condition of the baby is dependent on the nutrition, health status of that woman during pregnancy period. So, whatever the pregnant woman receives will directly affect her physical, mental health and also affects the baby. Following Masanumasis Pathya will help the pregnant woman to get the required nutrition, vitamins, minerals, proteins, etc. which are very essential to maintain her health and also for the proper development of the fetus. If there is any variation or malnutrition during pregnancy will cause anemia, preeclampsia, etc. complications to the pregnant woman and also may lead to the fetal complications like IUGR (Intra Uterine Growth Retardation), IUD (Intra Uterine Death), PROM (Premature Rupture Of Membrane), etc.
The Aahara Vihaara which will affect the health of pregnant woman and the growing fetus are considered as Garbhapaghataka Bhavas. These should be avoided during pregnancy. These will hamper the growth of fetus, sometimes may lead to Garbhapata/Srava, Mrutagarbha, etc. conditions. So, to avoid such complications the pregnant woman should take care of her health and avoid these bhavas. Garbhashchapaka Oushadha Dravya are very effective and helpful in the maintenance of healthy condition of both mother and the growing fetus throughout the period of pregnancy and will help in the proper and healthy growth of fetus. So, every pregnant woman who is dreaming about Sukha Prasava must follow the
Garbhini Paricharya for the betterment of her health and also to have healthy baby.

CONCLUSION

The Garbhini Paricharya is a unique explanation by our Acharyas which will help the pregnant woman to maintain her health condition throughout the pregnancy and also it will help in the proper development of the fetus in the uterus. As we know the dream of every pregnant woman is to have healthy baby without any risk to her life. So, it is very much needed to educate every pregnant woman about this Garbhini Paricharya and guide and support her to follow it during her pregnancy which will lead to Sukha Prasava without any complications.

REFERENCES


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