

CONCEPT OF GARBHINI PARICHARYA AND ITS EFFECT ON GARBHA

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<https://doi.org/10.46607/iamj08062020>

(Published online: June 2020)

Open Access

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Article Received: 10/05/2020 - Peer Reviewed: 13/06/2020 - Accepted for Publication: 13/06/2020



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, Garbhasthapaka 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, it 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 *Masanumasika 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 child¹. 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} *Maasanumasika Pathya*, 2} *Garbhopaghatakara Bhavas*, 3} *Garbhasthapaka Oushadha Dravya*

1] *Maasanumasika Pathya* (nine months dietary regimen for pregnant woman):

Maasanumasika 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 *Maasanumasika 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.

Masa, Acharya	Charaka ²	Sushruta ³	Vagbhata ⁴
Prathama Masa	Anupasamskrita Ksheera (plain milk)	Madhura, Sheeta Drava Aahara	Upasanskrita Dugdha, Gritha extracted from Dugdha & Medicated with Shalaparni, Palasha. Madhura, Shita, Drava Aahara
Dwitiya Masa	Madhuroushadha Siddha Ksheera	Madhura, Sheeta Drava Aahara	Madhuroushadha siddha ksheera treated with kakoli
Trutiya Masa	Dugdha with Ghrita and Madhu	Madhura, Sheeta Drava Aahara	Dugdha with Ghrita and Madhu
Chaturtha Masa	Navaneeta in Akshamaatra	Shashtika Shali with Dadhi, Navaneeta Samskarita Jangala Prani Mamsa	Dugdha with one Akshpramana Navaneeta
Panchama Masa	Ksheera with Sarpi	Cooked Shashtishali with Dugdha, Mamsa along with Ghrita	Ksheera with Sarpi
Shashthama Masa	Ksheerasarpi Madhuroushadha Siddha Aahara	Gokshura Siddha Gritha or Yawagu	Madhuroushadha Siddha Ahara
Saptama Masa	Ksheerasarpi Madhuroushadha Siddha Aahara	Pruthakparnyadi Siddha Gritha	Madhuroushadha Siddha Ahara
Ashthama Masa	Yawagu prepared with Ksheera and Sarpi	Asthapana Basti with Badari, Anuvāsana Basti with Madhura Gana Dravyas	Yawagu prepared with Ksheera and Sarpi
Navama Masa	Madhura Gana Siddha Anuvāsana Basti, Yoni Pichu Dharana	Snigdha Yawagu, Jangala Mamsarasa Sevana	Madhura gana Siddha Anuvāsana Basti, Yoni Pichu Dharana

Benefits of Masanumasika 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 Prakruta-wastha, 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 Garbasthanamarga (vagina)^{2,4}; 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, Atiyana, other harmful substances; the thing should be given up as instructed by old ladies⁵. Acharya Vagbhata also explained as that of Charaka.

Sushruta has mentioned that from the day of conception the woman should avoid Vyavaya, Vyayama, Atitarpana, Atikarshana, Raatrijagarana, Shoka, Yaana, Bhaya, Utkutasana, Ekanta, Akala Snehadikriya, Vegadharana, should not go to the Smashana, Uchhabhashana, and she should not fatigue herself⁶.

3] GARBHSTHAPAKA OUSHADHA DRAVYA (Drugs which help to maintain pregnancy):

Garbha Sthapaka 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 Garbhashthapaka Dravya are those which maintain the pregnancy by counteracting on the Garbhopaghataka bhavas.

Charaka and Vagbhata have enumerated Aindri, Brahmi, Shataveerya, Sahasraveerya, Amogha, Avyatha, Shiva, Arishta, Vatyapushpi, and Vishwakshena under garbhashthapaka gana⁷ 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 Masanumasika 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 Garbhopaghatakara 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. Garbhashthapaka 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.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Shweta Sirasangi & Shankar Saradagi: Concept Of Garbhini Paricharya And Its Effect On Garbha. International Ayurvedic Medical Journal {online} 2020 {cited June, 2020} Available from: http://www.iamj.in/posts/images/upload/3730_3733.pdf