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 fetus. 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 delivery 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 milk.

First trimester –
Charaka and vagbahata has advised non-medicated and medicated milk in the first month respectively, with congenial diet in the morning and evening. Milk medicated with madhura oushada dravyas in 2nd month and milk with honey and ghrita in...
3rd month. Susruta advised *madhura, seetala and drava ahara* in the first three months. 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*. 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*. Fourth month onwards muscular tissue of fetus growssufficiently, 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, whereas Susruta has advised *ghrita* medicated with *prthakparmyadi group* (*vidari gandhadi dravyas*). In 8th month Charaka has advised *yavagu* prepared with milk and mixed with *ghrita*. Susruta says, that after the procedures of *asthapana vasti* followed by *anuvasana vasti* in 8th month, *snigdha yavagu* and meat soup of wild animals should be given till delivery.

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 *piita* and *kapha*. *Mamsa rasa* helps in suppressing *vata* and provides nourishment to the foetus, and hence are considered ideal for this period.

Yogaratnakar has enlisted the following articles beneficial for pregnant women- *Sali-sastika 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 food, *vistambhi* (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 rites. 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 vehicles, 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 ground, prolonged stay near fire or hot sun etc. Her sleeping and sitting place should be covered with soft cushion/mattress. 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 servants, 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 drugs or drugs capable of suppressing vata 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 sesame seeds, milk, curd, mastu, oil, salt, madhanaphala, honey and ghrita, followed by anuvasana vasti of oil medicated with milk and decoction of drugs of madhura drugs 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. Whereas charaka and vagbata in 9th month has advised anuvasana vasti with oil medicated with madhura group of drugs and vaginal tampons with the same oil used for anuvasana vasti for lubrication of garbha sthana and garbha marga (vaginal canal and perineum).

Charaka and vagbata have advised ain-dri, brahmi, satavirya, sahasra virya or durva, amogh , avyatha, siva, arista, vatyapusi, viswaksena for oral use with milk or ghritha 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.

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’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 prsava and help sustain the exhaustion of prasava. Hence, proper Garbhini Paricharya should be followed throughout pregnancy.

REFERENCE


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