AN ILLUSTRATION OF THE GARBHNIPARICHARYA AS EXPLAINED IN AYURVEDA

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ABSTRACT

Pregnancy is one of the most beautiful events in women’s life, yet the most complex one. A normal labour can turn pathological any time as rightly described in classics that, at the time of child labour women’s one leg lies in this loka and other in yamaloka. As Vaidyas, having the wisdom of knowledge it is our responsibility to make this process of labour smoother and happier. The classics have in detail explained the month wise regimen stated as the maasanumasikagarbhini Paricharya to facilitate smooth labour. This paper intends to summarize the regimen explained for the complete antenatal care as per Ayurveda.

Keywords: Garbhini paricharya, Maasanumasikagarbhini paricharya, Pregnancy

INTRODUCTION

Motherhood is the essence of being a woman. It is state which is rewarded and worshipped even by the Gods. Childbirth is the period from the onset of regular uterine contractions until expulsion of the placenta. The process by which this normally occurs is called labour because she has to struggle a lot to expel the foetus. Labour is a physiological event and may be the most painful experience in the women’s life. Out of sheer love, affection and compassion, the would-be mother bears all to bring the child in this world with grace and dignity. The first journey in life to the earth needs a smooth passage and should have sufficient power so that the passenger can come out easily without undue prolongation. Ayurveda has given prime importance to antenatal care &labour process. For Prasava, proper functioning of ApanaVata is highly essential. For achieving this, various formulations and treatment modalities are described in our classics, right from the preconception period to the Garbhini Paricharya. Regarding description of Prasava, importance of Vayu in accom-
plishing delivery, descent of fetus by its movement, Jarayu expulsion with fetus etc is available in detail in the classics. Also, All Ayurvedic texts from the earliest Samhita to late Sangrahās have dealt with importance of ApanaVata in Prasava. One of the functions of ApanaVata is GarbaNishkramanakriya. To ensure the process to be Sukhaprasavavata is the prime factor.

Dietary regimens for pregnant women are mentioned in Garbhini Paricharya, which involves samanya and vishesha i.e. month wise paricharya. It emphasizes on the requirement for proper growth and development of foetus, for keeping good health of the mother, for normal labour, and making mother and child free from postnatal complications too. As per the development of the embryo/foetus, the requirements of food and nutrition will be different hence the needs and desires of the mother will also be changed. It is mentioned that if the pregnant woman follows the Garbhini Paricharya, she will be benefited with arogya, bala, varna, swara, samhanana and also will help in the attainment of shreshthapraja. At the time of labour the garbhapadini, kukshi, kati, parshwa, prushta will become mrudu in nature, vataanulomana will be attained and also it helps in the proper expulsion of placenta at the right time and finally results in the birth of a healthy progeny.

The classics have quoted detailed description of rules and regulations to be followed during prenatal, antenatal and postnatal period for the betterment of mother and foetus. Prime importance has been given for the food habits and activities of a pregnant woman as it has got long term effect on an individual’s entire life.

Garbhini Paricharya:
“Nahimatuhu vinagarbhotpati syat”1.

Without mother there is no possibility of conception. Stree plays an important role in producing and bringing up a healthy child from womb to world. As the child is a Paratantra-Jeevi, all its activities are dependent on mother so her health is very important for upcoming sukumara from hazardous effect’s like garbhapata, garbhasrava etc.

Garbhini – Nirukti:
- Garbha+ Ata Inithanau2
Which is further elaborated as, Stree,Garbho Asti AsyamIti36 which means Garbhi is a lady who is bearing Garbha

Paricharya – Nirukti:
- Pari+ Char3
- ParicharyateParicharanamityarthah4
Thus the Garbhini Paricharya is nothing but the antenatal care, highlighted in “Ayurvedic Science”. Garbhini Paricharya, involves samanya and vishesha i.e. month wise paricharya.

SamanyagarbhiniParicharya:
While describing samanyagarbhiniParicharya, more importance is given upon satvika type of food like ksheera, ghrita, navaneeta etc. The pregnant woman is suitable for bruhmana therapy. Jivaniya group of drugs are also indicated during this period. Milk and drugs of Madhura group (Anabolics) have been advised for entire pregnancy period. Milk is a wholesome diet. It provides nutrition and stability to the fetus. It is sweet, unctuous, cold,
galactogogue, refreshing, body promoting, intellect promoting, strength promoting, mind promoting, fatigue-alleviating, cures dyspnoea, cough and internal haemorrhage, wholesome for all living beings, pacifies vitiated doshas, reliever of thirst and appetizer. This is most useful in kshina (weakness), anaemia, gastritis, emaciation; burning sensation and oedema. For that reason ksheera is indicated as sarvada hitam or in other words can be used throughout the pregnancy. She should follow hrdaya, dravapraya, madhurapradhana, snigdhaveepaniyasamskritaahara till the time of delivery.

Table 1: Vishesha or Maasanumasikagarbhiniparicharya:

<table>
<thead>
<tr>
<th>Month</th>
<th>Paricharya -Caraka</th>
<th>Paricharya - Sushruta</th>
<th>Paricharya - Vagbhata</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Asamskrutaksheera in desired quantity, satmyaahara</td>
<td>Madhura, Sheeta, Dravaahara</td>
<td>Asamskrutaksheera in desired quantity, satmyaahara</td>
</tr>
<tr>
<td>2</td>
<td>Madhuraoushadhasidhaksheera</td>
<td>Madhura, Sheeta, Dravaahara</td>
<td>Madhuraoushadhasidhaksheera</td>
</tr>
<tr>
<td>3</td>
<td>Ksheerasarpi with madhu &amp; ghrity</td>
<td>Madhura, Sheeta, Dravaahara, Shashtikashaali &amp; Ksheera</td>
<td>Ksheera with madhu &amp; ghrity</td>
</tr>
<tr>
<td>4</td>
<td>Ksheera with navanita</td>
<td>Shashtika shaali with curd, Ksheera, Jangalamamsa, Navanita</td>
<td>Ksheera (Milk) with navanita</td>
</tr>
<tr>
<td>5</td>
<td>Ksheerasarpi(ghee prepared with butter extracted from milk)</td>
<td>Shashtikashaali with curd, Ksheera, Jangalamamsa &amp; Shashtikashaali, ghrity</td>
<td>Ksheerasarpi(ghee prepared with butter extracted from milk)</td>
</tr>
<tr>
<td>6</td>
<td>Madhuraoushadhasidsidhaksheera &amp; ghrity</td>
<td>Gokshura sidha ghrity or Yavagu</td>
<td>Madhuraoushadhasidsidhaksheera &amp; ghrity</td>
</tr>
<tr>
<td>7</td>
<td>Gokshura sidha ghrity or Yavagu</td>
<td>Prithakparnyadi sidha ghrity</td>
<td>Madhuraoushadhasidhaksheera &amp; ghrity</td>
</tr>
<tr>
<td>8</td>
<td>Ksheera yavagu with ghrity</td>
<td>Asthapanavasti, Anuvasanavasti, Snigdhayavagu &amp; Jangalamamsa rasa</td>
<td>Asthapanavasti done in hump backed position and till labour, snigdhayavagu &amp; jangalamsa rasa</td>
</tr>
</tbody>
</table>

DISCUSSION

First Month:
In the first month, once having doubt of conception, a female should take satmyaahara preferably Madhura Sheeta and Drava Ahara twice in a day in the morning and evening. In between these two diets, non-medicating milk should be taken repeatedly in desired quantity considering digestive power and strength. For first twelve days she should take ghrity which is extracted out from milk (Ksheerodhrita Ghrita) and medicated with Shalaparni and Palasa (Buteamonosperma), water already boiled with gold or silver and cooled be taken as after drink. Yashti, Parushaka, Madhuka alone or combined with butter and honey followed by Madhura Ksheera or Milk medicated with Garbha Sthapana Dravyas for twice a day.
In the first month, an initial phase of pregnancy, especially in the first month it is said that the embryo takes the form of kalala, get nourishment directly by transudation (upasnehan), therefore the aim should be to take care of the balance of rasa and rakta as well as to stabilize the pregnancy. For that purpose more jaleeya (liquid) substances like snigdha-ravaaharas, milk, liquid diet etc are advocated. Madhura and sheetaveeryadravyas help in the formation of cellular mass and support growth. Moreover Palasha bark (Buteamono-sperma) and Saliparni roots are deepana, pachana, nerve tonic useful in anorexia and dyspepsia, so Ghrita extracted from medicated milk of these drugs acts as a good medicine for excessive nausea and vomiting during first trimester.

The drugs such as madhuyashti (glycyrrhiza glabra), madhuka pushpa (are deepana, pachana, used in vomiting and indigestion. So these drugs improve digestion and appetite in first trimester when taken along with Ghrita.

**Second Month:**

Madhura, Sheeta, Dravapradhanahara, sweetened milk or milk medicated with Madhura group or kakoli is the prescribed as dietetic regimen. During second month the embryo takes a compact form and starts to assume a shape with its limbs and head. Milk medicated with Madhura group of drugs as advised in second month of gestation or milk medicated with KakoliMadhura rasa pradhana drugs like Shatavari (Asparagus racemosus), Madhuyasti (Glycyrrhizaglabra), Vidari (Pueraria tuberose), Bala (Sidacordifolia), Ashwagandha (Withaniasomnifera), Punarnava (Boerhaaviadiffusa) by their four mode of actions (Neutraceutical, Immunomodulatory, Antioxidant and Adaptogenic) provides healthy growth of foetus in womb and prevents the foetus from teratogenic agents in the period of organogenesis.

**Third Month:**

Milk with honey, ghee, Shashtika shaali (a variety of rice) prepared in milk, Krishara - prepared with rice and pulses are indicated. In third month, placenta gets developed and motor and sensory faculties of foetus start to develop. By the end of the third month, the body parts of the foetus become differentiated, sensory perceptions and motor reactions start developing, the initiation of heart beat occurs, and is said to express its desires through the mother’s blood. This is the period when woman craves for certain desires. The needs of both the foetus and the mother are identical. Hence, Acharyas recommend that pregnant women’s cravings should be fulfilled as far as possible, if not contraindicated. Dauhrida is a unique concept put forward by the classics. Dau means two and hrida means the heart. But such desires, if, expressed by the woman - are to be fulfilled with some modifications by neutralizing their injurious effects through processing or adding wholesome things. As this desire is indicative of deficiency of that property of the material inside the body of the foetus, hence fulfilment of the dauhrida is helpful for the proper growth of the foetus in utero. By suppression of longings, vata gets
vitiated, moves inside the body and destroys or deforms the foetus in the formative stage.

Fourth Month:
Butter$^{14}$ extracted from milk in the quantity of one aksha (approximately 10 g) or milk with the same amount of butter should be given. Processed shasti with curds, pleasant food mixed with milk, butter and meat should be given to the pregnant women.

During the fourth month there is solidification and the development of the limbs, foetus becomes compact and gets stabilized and this adds to the weight of the fetus, as a result there is more need of solids, and more of solid food is advised. From 4th month onwards, muscular tissues of foetus grow sufficiently. According to the principle MamsaDhatu gets well-nourished with its SvayoniVardhanaDravyas i.e. with JangalaMamsa. For this reason, the pregnant woman was advised to take JangalaMamsa. Acharya Kashyapa mentioned that the meat soup$^{15}$ which is taken by pregnant woman not only helps in achievement of pregnancy, but also provides nourishment to the foetus and vataanulomana. Meat is a rich source of vitamins and having ten essential amino acids. Brahmi (Bacopa monnieri) helps in calming the nerves and is also a good prajasthapan (sustainer of pregnancy).

Fifth Month
Ghrita extracted from milk or Ghrita with milk, Shashti rice with milk and Hridya Ahara with adequate quantity of KsheeraSarpi, Yavagu, Payasa and food similar to that of the fourth month should be given except that, ghee is given (mixed with milk) instead of butter.

Sixth month:
Ghrita or rice gruel medicated with gokshura$^{16}$ (Tribulusterrestris), KsheeraSarpi, Madhura Dadhietc are indicated. During the sixth month that the fatty tissue is formed, in comparison to other months, there is further increase in the strength and complexon of the foetus during sixth month of gestation. By the end of 2nd trimester, most of the pregnant women suffer from complications such as oedema of feet etc.

Use of Gokshura (Tribulusterrestris) may prevent these disturbances, as it is a good diuretic. It has got the properties like madhura rasa, madhuravipaka, sheethaveerya, vedanasthapa, brhumana, balya, rasayana, sothahara and prajasthapan. It also has a significant antihypertensive effect and may prevent pre-eclamptic toxaemia of pregnancy.

Seventh Month:
Madhuraushadha siddha KsheeraSarpi, Ghrita medicated with Prithakparyayad group of drugs is indicated. Drugs of vidarigandhadi$^{17}$ gana, like Shaliparni, Vidari (Ipomoea paniculata), Mahabala (Sidarhombifolia), Nagbala (Grewia hirsute), Gokshura (Tribulus terrestris), Prishniparni (Urariapicta), Satavari (Asparagus racemosus), Sariva (Hemidesmus indica), Krishna Sariva, Punarnava (Boerhaaviadiffusa), Kapikachchhu (Mucunapru- riens), etc. are Bacteriostatic, Antifungal, antibacterial, diuretic, anti-inflammatory, carminative, appetizer, anti -hypertensive, rejuvenating and tonic. They relieve emaciation and renal disturbances, their regular use in seventh month helps in maintaining the health of mother and in proper development of the foetus. There is an all-round development of
the foetus during the seventh month of gestation. The diet given in the seventh month should be the same as in the sixth month. This would help in the proper development of the foetus. In second trimester muscular tissue of the foetus grows sufficiently, so more calories and proteins are required for healthy growth. So, diet rich in Madhu (honey), Ghrita (Ghee), Butter, Milk and Shashti rice are given.

**Eight Month**

*Yavagu* prepared with milk and mixed with *Ghrita* (*SnigdhaYavagu*) and *JangalaMamsarasa, KsheeraPeya* along with *Ghrita* is also indicated.

**Ninth Month**

*SnigdhaMamsarasa* with *Ahara of BahuSnehayuktaYavagu* should be given as diet. In this last crucial stage lighter food is advised like rice soup with ghee. *Snigdhayavagu* gives strength to the body, nourishes the body tissues and pacifies *vatadushti*. The meat is a rich source of protein, vitamin, iron and other minerals, fat and good amount of calories. It also supplies good nourishment to the foetus and mother. All the Acharyas have directly or indirectly mentioned the importance of internal or external *sneha*. *Satavariksheerakasha*vantam can be taken in ninth month.18

**CONCLUSION**

Thus concept of *garbhiniparicharya* is programmed with an objective of the birth of “*shreshtamapatyam*”. The benefits of these entire regimen, ensures the procurement of a “*supraja*” and in the mother it also promises less intensified maternal difficulties though physiological which are agonising the pregnant women.

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