

AN ILLUSTRATION OF THE GARBHINIPARICHARYA AS EXPLAINED IN AYURVEDA

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ABSTRACT

Pregnancy is one of the most beautiful event 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: *Garbhiniparicharya, Maasanumasikagarbhiniparicharya, 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 *Sangrahas* 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 *garbhadharini, 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:

“*Nahimatuhvinagarbhotpati 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 Inithanau*²

Which is further elaborated as, *Stree, Garbho Asti AsyamIti*³⁶ which means *Garbhini* is a lady who is bearing *Garbha*

Paricharya – Nirukti:

- *Pari+ Char*³
- *Paricharyate Paricharanamityarthah*⁴

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*.

Samanyagarbhini Paricharya:

While describing *samanyagarbhini paricharya*, 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,

galactagogue, 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 *hrdya*, *dravapraya*, *madhurapradhana*, *snigdhadheepaniasamskritaahara* till the time of delivery.

Table 1: *Vishesha or Maasanumasikagarbhini paricharya:*

Month	Paricharya -Caraka ⁵	Paricharya- Sushruta ⁶	Paricharya-Vagbhata ⁷
1	Asamskrutaksheerain desired quantity, <i>satmyaahara</i>	<i>Madhura, Sheeta, Dravaahara</i>	Asamskrutaksheerain desired quantity, <i>satmyaahara</i>
2	<i>Madhuraoushadhasiddha ksheera</i>	<i>Madhura, Sheeta, Dravaahara</i>	<i>Madhuraoushadha siddha ksheera</i>
3	<i>Ksheerawithmadhu & ghrita</i>	<i>Madhura, Sheeta, Dravaahara, Shashtikashaali & Ksheera</i>	<i>Ksheera with madhu & ghrita</i>
4	<i>Ksheera with navanita</i>	<i>Shashtika shaali with curd, Ksheera, Jangalamamsa, Navanita</i>	<i>Ksheera (Milk) with navanita</i>
5	<i>Ksheesarpi</i> (ghee prepared with butter extracted from milk)	<i>Shashtikashaali with curd, Ksheera, JangalamamsaNavanita,ghrita</i>	<i>Ksheesarpi</i> (ghee prepared with butter extracted from milk)
6	<i>Madhuraoushadha siddha ksheera & ghrita</i>	<i>Gokshura siddha ghrita or Yavagu</i>	<i>Madhuraoushadha siddha ksheera & ghrita</i>
7	<i>Madhuraoushadha siddha ksheera&ghrita</i>	<i>Prithakparnyadi siddha ghrita</i>	<i>Madhuraoushadha siddha ksheera&ghrita</i>
8	<i>Ksheera yavagu with ghrita</i>	<i>Asthapanavasti, Anuvasanavasti, Snigdhayavagu & Jangalamamsa rasa</i>	<i>Asthapanavasti</i> done in hump backed position and till labour, <i>snigdhayavagu & jangalamamsa rasa</i> . ⁴³

DISCUSSION

First Month:

In the first month, once having doubt of conception, a female should take *satmyaahara* preferably *Madhura*⁸*Sheeta* and *Drava Ahara* twice in a day in the morning and evening. In between these two diets, non-medicated milk should be taken repeatedly in desired quantity considering digestive power and strength. For

first twelve days she should take *ghrita* which is extracted out from milk (*Ksheerodhrita Ghrita*) and medicated with *Shalaparni*⁹ 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 *MadhuraKsheera* or Milk medicated with *GarbhaSthapanaDravyas* 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 kalala¹⁰, 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 *snigdhad-ravaaharas*, milk, liquid diet etc are advocated. *Madhura* and *sheetaveeryadravyas* help in the formation of cellular mass and support growth. Moreover *Palasha* bark (Butea monosperma) and Saliparni roots are *deepana*, *pachana*, nervine 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*¹¹ (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 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 prad-hana* drugs like *Shatavari* (Asparagus racemosus), *Madhuyasti* (Glycyrrhizaglabra), *Vidari* (Pueraria tuberosa), *Bala* (Sidacordifolia),

Ashwagandha (Withaniasomnifera), *Punar-nava*

(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*¹² (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*¹³ 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:

Butter¹⁴ 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 soup¹⁵ 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 Dadhi* etc 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 complexion 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*, *vedanasthapanana*, *brhumana*, *balya*, *rasayana*, *sothahara* and *prajasthapanana*. It also has a significant antihypertensive effect and may prevent pre-eclamptic toxemia of pregnancy.

Seventh Month:

Madhuraushadha siddha KsheeraSarpi, *Ghrita* medicated with *Prithakparnyadi* group of drugs is indicated. Drugs of *vidarigandhadi*¹⁷gana, 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 *vata dushti*. 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*. *Satavariksheerakashayam* can be taken in ninth month¹⁸.

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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