



AYURVEDA CONCEPT OF GARBHINI PARICHARYA AND ITS CLINICAL IMPORTANCE: A REVIEW

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Article Received on 15/2/2023

Article Revised on 06/3/2023

Article Accepted on 26/3/2023

ABSTRACT

The woman who carries *Garbha* is referred to as a *Garbhini*, another word "*Paricharya*" comes from the root "*Chara-gatau*" and the prefix "*Pari*". The term "*Garbhini Paricharya*" resembles care provided to pregnant women in a required and appropriate manner. The Ayurvedic month-by-month *Paricharya* helps the fetus to grow and develop in a healthy way. *Garbhini paricharya* involves prenatal care which includes all conducts like *Vichara*, *Vihara* and *Ahara*. The religious fasting, regular daily activity, specialized nutritional regimen and psychological activities, etc offers several health benefits to the mother as well as fetus. The medical care and psychological support from conception to completion of pregnancy gives birth of healthy baby and also restore health of mother. The basic elements of *Garbhini Paricharya* are *Masanumasik Pathaya*, *Garbhopaghatakar Bhavas* and *Garbhasthapak Dravyas*, etc. The *Ahara*, *Yoga* and medicine, etc. are planned in coordinated ways for improving health of mother as well as fetus.

KEYWORDS: *Ayurveda*, *Garbhini*, *Garbhini Paricharya*, *Pregnant*, *Fetus*.

INTRODUCTION

The pregnancy is considered as major event for the life of every married woman, it is a physiological state where the fetus develops in the womb, during this period of metamorphosis, incredible changes observe in the physical and mental status of women. *Charak* has noted that the woman will be more likely to develop *Vikrutis* as a result of the *Prachalita dhatus* and *Doshas*. So, the pregnant woman must be handled with extreme care. The prenatal period is a particularly important time in a woman's life since the embryo or foetus continues to grow and has changing dietary and nutritional needs.^[1-4]

The medical science suggested ensuring that pregnant women receive appropriate care, nourishment, and right diet so that they can give birth to healthy babies without experiencing any issues because the health of the infant entirely depends on the mother. With the aid of *Garbhini Paricharya*, this is possible, as per the concept of *Garbhini Paricharya* the woman should not engage in uncongenial food and regimen, or in other words, she must adopt decent conduct, congenial diet and regimen.^[4-7] The major conducts of *Garbhini Paricharya* is depicted in **Figure 1**:

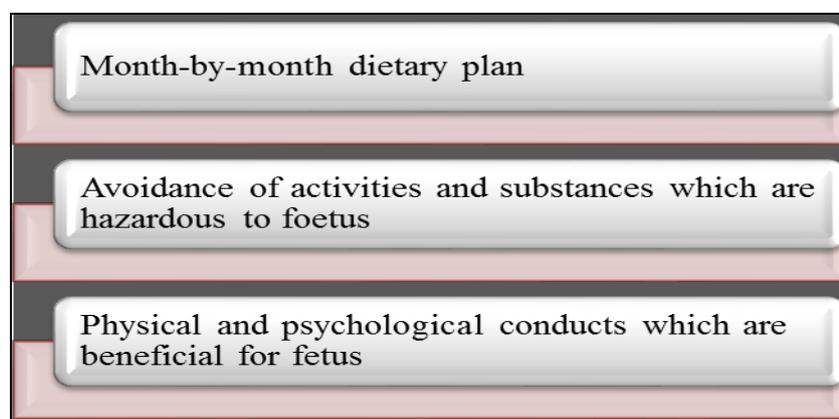


Figure 1: Conducts of *garbhini paricharya*.

The objects of *garbhini paricharya's* are as follows

- ❖ *Paripurnatya*: To ensure good growth of the mother and foetus
- ❖ *Anupaghata*: To ensure an easy pregnancy
- ❖ *Sukhprasava*: To achieve healthy delivery and desired qualities.

Garbhini paricharya

Paricharya Garbhini can be broken down into three sections: *Garbhopaghatakarabhavas*, *Masanumashika Pathya* and *Garbhashthapaka dravyas*. *Garbhopaghatakarabhavas* includes activities and substances that are harmful and need to be avoided, *Masanumashika Pathya* include monthly dietary routine, and *Garbhashthapaka dravyas* includes drugs or substance that are good for maintaining pregnancy.^[6-8]

***Pathya masanumashika* (Month wise dietary regimen)**

- ✓ Milk is processed twice daily in *Shaliparana* and *Palasha* for the first month.
- ✓ Cold liquid diet and sweetened milk for the second month of treatment.
- ✓ Milk processed with *Madhu* and *Ghee*, *Shathishali* and watery diet recommended for the third month.
- ✓ Milk, butter, *Shasthishali* rice and meat considered good for the fourth month.
- ✓ *Ghee*, *Khichadi*, *Payasa* and rice with milk for the fifth month.
- ✓ Medicated *Ghee*, *Khichadi* and curd advises for the sixth month.
- ✓ For the seventh month *Ghrita* is given, *Vidarikandadi* medications to ensure the healthy development of the foetus also used in this month.
- ✓ *Yavagu* for the eighth month with milk with *ghee*, as well as *Asthapana basti* and *Madhura Dravas*.
- ✓ *Anuvasana Basti*, *Vataghana Drava* and *Yoni Pichu* are advises for a normal delivery in the ninth month.

Ayurveda advises nutrients and herbal remedies to nourish and ensure the health of the mother and foetus, during pregnancy, Ayurveda recommends a healthy and balanced diet which may includes *Madhuraprayam*, *Snigdham*, *Deepaniyam*, *Hridya* and *Dravam Ahara*. This kind of balanced diet during pregnancy improves lactation, promotes proper delivery, and improves maternal health.^[8-9]

Psychological approach

- It is best to avoid all forms of mental stress.
- Everyone who interacts with the pregnant woman demonstrates care, affection, and moral support.
- She needs to be encouraged to think positively.
- Be hopeful, happy and away from anger, Grief and Sadness

Clinical Importance of *Garbhini Paricharya*

As embryogenesis occurs throughout the first trimester, more energy is needed during this time. *Krusara*, *Payasa*, *Kshira* and *Ghrita* treated with *Madhur ausadhi* supply required energy. Most pregnant women

experience nausea and vomiting throughout the first trimester, which prevents them from eating properly and causes them to become dehydrated and lose nutrients. Milk and other cold, sweet liquid diets will provide the necessary nutrition while preventing dehydration. The anabolic properties of *Madhura* group of drugs will assist in maintaining the mother's and fetus optimal health.

From the fourth month on, the fetus's muscles develop enough to require additional protein, which is obtained from animal sources including meat, milk, cheese, and butter, among others, milk gives nutrition and stability. The *Ggarbhini paricharya* recommends cooked *Sasti* rice since it is high in carbohydrates and gives the energy. Meat provides nutrition and helps in the development of muscle. By the end of the second trimester, the majority of women experience foot edema and other problems related to water retention. *Ghrita*, as diuretic, is used to treat the condition and prevent water retention.^[8-10]

In trimester *Ghirts* treated with the *Prithakparnayadi* group of medicines offers benefit of being diuretic and anabolic effect. These all gives *Pitta* and *Kapha*-suppressing properties. Their continued use during the seventh month may contribute to the mother's and fetus's health. *Yavagu* intake, which includes *Balya* and *Brimhana* throughout the eighth month, nourishes both the mother and the fetus.

Asthapana Vasti which is beneficial for *Vata anulomana*, is suggested throughout the eight-month period when most women experience constipation in late pregnancy. Oil in the vaginal tampon lubricates the cervix, vaginal canal, and perineum, help in proper labour. This could eliminate harmful germs in the vaginal canal and avoid puerperal sepsis.

Madhura group medications and milk have been recommended for the duration of pregnancy. Milk is a complete food and the medications from the *Madhura* group are anabolic, using them will support the mother's good health as well as the growth and development of the foetus. The recommended dietary ingredients act as a great source of niacin, calcium, fibre, vitamin D, thiamine, riboflavin and iron, etc.

***Bhavas garbhopaghatkar* (Factors to be avoided)**

- Excessive use of heavy, hot and pungent drugs.
- *Vyayama*, *Atikarsan*, *Divaswapna*, *Atitarpan*, *Ratrijagaran*, *Yanaavarohana*, *Shoka*, *Bhaya*, *Vegadharan* and *Tiksna Ausadh*.
- Should avoid gazing at the waning moon and exposure to sunlight.
- One should avoid extended posture for long period of time, erect or contracted position and carrying a heavy load trembling.
- Should also avoid using cold water and garlic.

Garbhashthapak (Substances beneficial for healthy pregnancy)

Centella asiatica, *Brahmi*, *Satavirya*, *Sahastravirya*, *Tinospora cordifolia*, *Terminalia chebula* and *Callicarpa macrophylla*, etc. These drugs offer utero-relaxant and CNS activator properties. The *Bacopa's* calcium antagonistic properties can be employed as a vascular relaxant and muscle relaxant. *Satavari* has an oestrogenic impact, controls uterine haemorrhage, strengthens uterine muscles, promotes foetal growth and prevents abortion. These drugs also possess antioxidant activity thus prevent oxidative damage of biological tissue. Muscle cramps and other urogenital problems can be treated with fresh *Cynodon dactylon* juice. Antibacterial and antifungal activities of *Terminalia chebula* prevent infection and fever during pregnancy. *Sida cordifolia* offers analgesic and anti-inflammatory properties.^[9-11]

CONCLUSION

Nature has given us the gift of pregnancy and childbirth. Pregnant ladies receive similar care to a foetus. Hence, pregnant women should be properly cared for with pleasant and appropriate things, safeguarding her from all circumstances which result in foetal defects. *Acharya* has advised *Garbhini paricharya* from conception to delivery in order to receive the productive results of nature. *Garbhini paricharya*, an idea from Ayurveda that helps pregnant women to achieve better physical and mental health and prepares their bodies for *Sukha prasava*. Since the needs of the developing embryo vary depending on the month, the *Acharya* mentions *Paricharya* in accordance with those needs. Similar to how most pregnant women feel nausea and vomiting in the first trimester, they are unable to consume a balanced meal. Milk and other cold, sweet liquid foods can help to stay hydrated and get the nutrition required in pregnancy. During the fourth month the foetus grows, its muscles need more protein, which is provided by protein rich diet. Most women develop pedal edoema by the end of the second trimester; therefore using *Goksuru* in the sixth month prevents edema. The *Vidarigandhadi* medication acts as diuretic and anabolic, these drugs suppress *Pitta* and *Kapha* thus helps to maintain health of mother as well as fetus.

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