



AN ILLUSTRATION OF GARBHINIPARICHARYA AND ITS CLINICAL IMPORTANCE

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ABSTRACT

Pregnancy is one of the most beautiful events in the women's life, although this is most complex one. A normal labour can be turned pathologically any time as rightly described in classics that women's one leg in this loka and another in yamaloka at the time of child labour. As Acharyas, having the wisdom of the knowledge, it is our responsibility to make this process of labour easier and happier. In Ayurvedic classic, there is detailed explanation about month wise regimen stated as masaanumasika garbhini paricharya to facilitate smooth labour. Food regimen during pregnancy is a unique contribution of Ayurveda, focusing at wholesome prenatal care of the pregnant lady and the growing foetus.

KEYWORDS: Garbhini paricharya, Masaanumasik, Pregnancy, Foetus.

INTRODUCTION

Childbirth is the period from the onset of regular uterine contraction until the expulsion of placenta, this is called as labour because she has to struggle a lot to expulse the foetus. Therefore, motherhood is essence of being women so they are rewarded and worshiped by almighty. Ayurveda is dedicated to health and welfare of the mankind through achievement of Purushartha chatustaya (Dharma, Artha, Kama, Moksha).^[1] Shreyasi praja (healthy offspring) is considered as one of the essential for this. For achieving healthy progeny, it is mandatory to select good health of parents, gametes and especially pregnant women.^[2,3] The pregnant women should indulge in prescribed diet and life style as mentioned by Acharya for achieving virtuous child, this is defined as Garbhini paricharya or Garbhopakrama.^[4,5] Ayurveda states that pregnant lady should receive congenial food, balanced status of mind, physical activities and plant base medicines for the maintenance of the pregnancy (Garbhsthapak dravya). If pregnant women oppose the above life style, medicine etc it will be fatal for foetus and defined as Garbhopaghatakar Bhavas.

Garbhini paricharya: "Nahimatuhavinagarbhotpati syat"^[6]

Stree plays an important role in producing and bringing up a healthy child from womb to world. Therefore,

without mother there is no imagination and possibilities of conception. Child is partantra jeevi so all the activities of child is entirely dependent on mother. Therefore, health of mother is very important for upcoming Sukumar from hazardous effect's like garbhapata, garbhasrava etc.

Dietary regimen for pregnant women shows samanya and vishesa i.e. month wise paricharya. It emphasizes on the proper growth and development of foetus, for keeping good health of mother, her normal delivery and also child free from post natal complications.

If pregnant women follow Garbhini paricharya then she will be benefited with Arogya, bala, varna, Swarna, samhanana and also will help in attainment of shresthapraja. At the time of labour, kukshi, kati, parshwa, prista will become mridu in nature and vata anuloman will be attained which help in proper expulsion of placenta and finally results in birth of healthy baby.

In samanya garbhini paricharya, satvik aahar shows very important in pregnant women. Aahar like ksheer, ghrith and Navneet. Jeevaniya group of drugs are also advised during this period. Stanya and Madhura ras are also advised for entire pregnancy period. Stanya (milk) is

wholesome diet during pregnancy period. Stanya (milk) is wholesome diet during pregnancy period. Stanya (milk) is wholesome diet during pregnancy period. Stanya (milk) is wholesome, it provides nutrition and stability to foetus. Milk is sweet, cold, galactogogues, intellect & strength promoting, fatigue alleviating, pacifies vitiated doshas, reliever of thirst and appetizer. For this reason, Ksheera is considered as sarvada hitam or it can be used throughout the pregnancy.

RESULTS

Masaanumasika regimen followed by pregnant women nourishes not only mother but also nourishes to foetus and encourage to the production of breast milk (Stanya).^[7] Masaanumasik pathya transforms aahara into Ras dhatu then later on successively into shukra dhatu.^[8] Masaanumashika pathya has been shown into tabulated form below.

MONTH	DIETIC
1 st Month	Cold, milk, ksheersarpi with Shaliparni and Palashkwatha, with water boiled with Swarna and Rajata.
2 nd Month	Ksheera processed with Madhura Aaushadha e.g. Draksha and Madhuka
3 rd Month	Milk boiled with Madhura Aashudha, Sarpi and Madhu, Rice cooked with Shastika variety with milk.
4 th Month	Rice with boiled milk with Madhura Aaushadha and Navaneeta along with meat of marshy animals.
5 th Month	Rice with Ksheerothasarpi
6 th Month	Yavagu and Sarpi processed with Madhura Aaushadha.
7 th Month	Sarpi processed with Madhura Aaushadha, Kola udaka (Zizphus jujuba) with butter, light diet with little salt, sweet dominant food with little ghrith followed by little water, Ghrith processed by Prithakparnee (Uraria picta & Desmodium gangeticum).
8 th Month	Yavagu with milk.
9 th Month	Ksheera-yavagu richly added with ghee Jangala mamsa ras aahara. Ksheera-yavagu richly added with ghee Jangala mamsa ras aahara.

Nutritional Welfare of Aaharakarma (Food regimen) as per modern sciences has been shown below tables.

Food	Source	Nutritional Welfare
Ksheera ^[9]	Milk	Milk comprises all amino acids to promote growth. Milk constitutes sugar, protein, fat, calcium, Mg, Mn, Zn, S, I, Vit. B12, A, K.
Ghritha ^[10]	Ghee	Ghee is a fat soluble, complex lipid of glycerides, fat soluble vitamins, Phospholipids, sterols. Important fat soluble vitamins in ghee is Vitamin E essential for normal pregnancy, birth and breast milk production.
Shaliparni ^[11]	Desmodium gangeticum	Anticatarhhal, anti-inflammatory, antioxidant, digestive.
Palasha ^[12]	Butea monosperma	Diuretics, Aphrodisiac, Laxative, Antihelminthic, Tonic
Suvarna ^[13]	Gold	Nonspecific immunity booster, Increases level of Sr. esterdiol, Free radicle scavenger, Anxiolytic.
Rajata ^[14]	Silver	Immunity enhancer, Antiviral, Anxiolytic, Hematogenic
Navaneeta ^[15]	Butter	High calorogenic food, rich in vitamin A, Vitamin E, Riboflavin, Niacin, Pantothenic acid, constitutes good source of Na, Zn, Mg, Se,
Madhu ^[16]	Honey	Anti inflammatory, immunity enhancer, Anti-bacterial, Source of high energy carbohydrate food, Easily digestible.
Kola ^[17]	Ziziphus jujuba	Antispastic, Aphrodisiac, Antioxidants, Vitamin C, Polyphenols, Antimicrobial, Tonic.
Yavagu ^[18]	Gruel	Anti colic, Anti dysenteric, Anti pyretic, Gruel permits greater enzymatic digestion by the activity of enzymes i.e. amylase. vity of enzymes i.e. amylase.

DISCUSSION

Madhura Rasa, Sheeta veerya, Brinhana, Ojovardhana and Anuloman types of diet should be predominant in the regimen of Garbhini. In the 1st month of pregnancy, there is necessary for achieving of the stability of foetus by advising the diet and life style of 1st month with the help of Garbhsthapak Aaushadhi. There is avoidance of

taking large quantity of solid food in 1st month. This is the reason why milk is advised to consume by pregnant women which nourishes to her. Garbhsthapak Aaushadhi are helpful in improving Oaj and due to which there is not found any Garbhasrava (abortion).

For proper development of nervous system, there is advised to give Swarn and Rajata in 3rd month of pregnancy for attaining nadi balya (neurotonic).^[19] For ojovardhana, Hridya, Indriyavardhana and Balya, Navaneeta specifically followed by intake of butter is advised in successively from 4th month which is processed with Madhura Aushadha. This both Navaneeta and Ghee help in bone mineralization which directly act as Balavardhana and prevents Karshya in 5th month of pregnancy month of pregnancy.^[20]

In 7th month of pregnancy, there is high possibility of salt and fluid retention due to which mother is prone to develop itching, dry skin termed as Kikkis. Because of Kikkis, there is developed innate hormonal changes and circulatory overload. Therefore, diet with reduced lavan and snehan is advised with Madhur Sheeta aahar^[21] along with this there is also advised to restrict intake of plenty of water.^[22] In 8th month of pregnancy, there is need for Ojovardhana which can be achieved by adding milk and nutritious food.^[23] These would support developing of body defence mechanism. As foetus ascends to thorax of mother, there is small compression felt by mother. Therefore, small quantity of food with increased frequency should be advised.

In 9th month of pregnancy, foetus descends into true pelvis, unctuous and nutritious foods are advised along with Bahusnidha Yavagu and meat soup (Mams Rasa), these ensures for the better development of musculoskelton system of the foetus. Some procedures is very beneficial for easy delivery of foetus i.e. by Abhyang and Vasti to mother.^[23]

CONCLUSION

In first three month of pregnancy (1st trimester), there should be given proper regimen of balanced diet to mother. In 2nd trimester of the pregnancy, there is need to focus mainly to promote physical growth and development of foetus along with essential nutrition needed to mother. However in 3rd trimester of pregnancy, there should emphasize on enhancement of foetal nutrition and facilitation of easy and natural process of delivery.

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