

A CONCEPTUAL REVIEW ON GARBHINI PARICHARYA

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INTRODUCTION

During pregnancy foetus starts to get nutrition from mother through placenta. Adequate nutrition is needed for monthly constant and proper growth of embryo. The requirement of nutrition varies according to developmental stage of foetus month wisely (Masanumasika vrudhi). Pregnancy imposes the extra nutrients requirement. Thus the dietetic requirements of the mother also changes month wise. By following these dietetic regimens prescribed, the pregnant woman remains healthy and delivers a baby having good health, energy, strength, complexion and voice. The baby would also be well-built. Having importance of this; in Ayurvedic samhitas, the month wise dietetic regimen is given in details known as masanumasika paricharya (monthly regimen) for woman right from the first month up to the ninth month of pregnancy.

Ayurveda, the oldest system of medicine has laid enormous importance on safe motherhood. The aims and objectives of safe motherhood bestows upon the creation of healthy progeny with devoid of any anomalies following an easy delivery and safe guarding of health of mother, which, in other words termed as garbhini paricharya. It refers to the ante natal care including ahara, vihara for pregnant women for the benefit of both mother and foetus. Ancient scholars of Ayurveda have stated what to do and not to do for a pregnant women in detail, however Acharya Harita has prescribed a month wise dietary schedule in respect to growth and development of foetus too.

Ayurveda gives importance of caring for the mother before, during and after pregnancy. The health of women is especially important because womanhood represents the capacity to bare the fetus in the womb and to deliver it in a healthy status. Moreover, she has to bring up the child properly and then she contributes to the overall health of the society. In the modern world women has to manage the dual role both as house wife and as a professional. Hence health of women is very important. The elegant phase of pregnancy and delivery brings adaptation changes in bio-physiological and psychological parameters in puerperium, which may adversely affect her health if not properly taken care of.

In our classics detailed description about the maasanumasikapathya. During first month, kalala formation, in second month Ghana, and in the third month there will be development of sarvaangapratyanga and indriyas. In order to satisfy all the needs for the

development process, acharyas mentioned about the usage of ksheera, madhurasheetadravaahara and saatmya foods.

During first trimester the lady will be suffering from shrama, glani, pipasa, chardhi. Thus for these ailments, milk is the ideal source and it prevents dehydration due to nausea and vomiting. Milk is mentioned as a complete diet can be taken throughout the period of pregnancy. It is natural source of folic acid, vitamins, minerals and enzymes which are essential for fetal and maternal nourishment. Adequate calcium supplementation through milk can produce proper development of fetus. From third month onwards, mentioned about the importance of ghritha. It is vata pitta prashamana. Ghee is rich in antioxidants and acts as an aid in absorption of vitamins and minerals from other food.

From fourth month onwards, there is rapid growth of fetus. The muscular tissue of foetus develops, so more proteins are needed. Thus it can be attained by the usage of jangalamamsa, shashtikodana, dhadhi, ksheera, navaneeta. In fourth month mamsashonitopachaya occurs to garbha and lady feels emaciated. It is due to the lack of nourishment of maternal dhathus, as the aahara rasa is driven to nourish the fetal mamsaraktaathidhathus.

Thus during this period, indication of ksheerasarpi, hridhyannapaana, mamsa which all supply the nutrients for the development of fetal tissue as well as the mother. As the foetus draws more strength and complexion, the lady feels more tiredness due to increase in demand for nutrients in the sixth month. By the end of second

trimester, the lady will be more prone for oedema of feet or other complication of fluid accumulation. There is also an increased chance of getting UTI. The use of swadhamshttra siddha sarpi and yavagu prevents the above condition as it has the property of mootravirechaniya, shothahara, krimighna.

CONCEPTUAL REVIEW

According to different Acharyas month wise diet regimen for the pregnant women.

1. According to Charakacharya

- First month- she should take non-medicated milk repeatedly in desired quantity
- Second month:- milk medicated with madhura drugs
- Third month :- milk with honey and ghrutam. Dauhruda utpatti should be fulfilled
- Fourth month:- Butter extracted from milk in the quantity of one aksha or milk with butter.
- Fifth month:- ghritam prepared with butter extracted from milk
- Sixth month:- ghritam medicated with the drugs of madhura group
- Seventh month:- ghritam medicated with the drugs of madhura group
- Eighth month:- rice gruel prepared with milk and mixed with ghruta should be given.
- Ninth month:- rice gruel prepared with milk and mixed with ghruta should be given. Vaginal tampon of this very boil should be given for lubrication of garbhasthana(ute rus but here vaginal cervix) and garbhamarg vaginal canal and perineum.

2. According to Sushruta

- First month:- sweet, cold, and liquid diet be taken.
- Second month:- sweet, cold, and liquid diet be taken
- Third month :- sweet, cold, and liquid diet be taken, sweet milk treated with kakoli
- Fourth month:- Cooked shashti rice with curd,dainty and pleasant food mixed with milk and butter and meat of wild animals.

Dauhruda: Specific longings during this period have been elaborately described and should be completed.

- Fifth month:- cooked shashti rice with milk,dainty and pleasant food mixed with milk and ghrutam and meat of wild animals
- Sixth month:- ghrutam or rice gruel medicated with gokshura
- Seventh month:- ghritam medicated with prithakparnyadi g roupvidarigandhadi grp of drug
- Eighth month:- for clearing the retained faeces and anulomana of vayu , the asthapana basti evacuative enema should be given with bala, atibala, satapuspa, palalapestled sesamam seeds , milk, curd, mastu, oil, salt, madanphala, honey and ghritam. This should be followed by use of anuvasana bastiunctuous enema of oil medicated with milk and decoction of drugs of madhura group.
- Ninth month:- not mentioned

3. According to Vagbhata

- First month- Medicated milk, timely in specific quantity. for first twelve days she should take ghruta extracted from milk and medicated with shaliparni and palash.
- Second month:- Not mentioned.
- Third month :- Dauhruda utpatti should be fulfilled
- Fourth month:- milk with one aksha of butter
- Fifth month:- ghritam prepared with butter extracted from milk
- Sixth month:- madhur aushadh sidha ghritam
- Seventh month- ghritam medicated with the drugs of madhura group
- Eighth month:- same basti prescribed by susruta with deletion of three drugs as shatapushpa, bala, atibala
- Ninth month:- rice gruel prepared with milk and mixed with ghruta should be given.

4. According to Harita samhita

- First month- madhuyashti, parushak, madhukpushpa, available drugs should be taken with butter and honey.
- Second month:- sweet milk treated with kakoli.
- Third month :- krishara olio prepared with rice and pulse. Dauhruda utpatti should be fulfilled.
- Fourth month:- medicated cooked rice.
- Fifth month:- not mentioned.
- Sixth month:- sweetened curd
- Seventh month- Ghrutkhanden
- Eighth month:- ghrutapurak/ ghevar- a kind of sweet preparation.
- Ninth month:- different varieties of cereals should be used.

5. According to bhel samhita

- First month:- not mentioned
- Second month:- not mentioned
- Third month :-not mentioned
- Fourth month:- milk with butter
- Fifth month:- ksheeryavagu
- Sixth month:- ksheersarpi
- Seventh month:- not mentioned
- Eighth month:- not mentioned
- Ninth month:- anuvasanba sti with kadambam aasha oil should be given .by the use of this the accumulate d faeces goes in the lower passage, thus the delivery of a child becomes normal.

DISCUSSION

Clinical importance of Garbhini Paricharya

1. First Trimester

- During 1st Trimester pregnant women experiences nausea and vomiting, which results in dehydration and loss of nutrients. So, to prevent this use of cold and sweet liquid diet and milk is beneficial.
- Sufficient amount of energy is required during this period. These energies will be provided by Kshira, Krusara, Ghruta, Payasa, Kshira medicated with Madhura Ausadhi

2. Second Trimester

- During this period muscular tissue of fetus grows and require more protein which is supplied from animal sources such as meat, milk, cheese, butter etc.
- Most of women suffer from oedema of feet and complications of water retention. So, Ghrita medicated with Goksura is used as diuretic and will prevent retention of water.
- Milk provides nourishment and stability to fetus.
- Meat helps in muscular growth of fetus.
- Cooked Sastirice is rich in carbohydrate and provides energy to the body

3. Third Trimester

- Ghrita medicated with Prithakparnyadigroup of drugs are diuretic, and suppress Pitta and Kapha
- In eighth month Yavagu consumption is Balya and Brimhana provides nourishment to mother and fetus.
- Administration of Asthapana Vasti which is best for Vata Anulomana and relieves constipation.
- As milk is a complete food. Milk and drugs of Madhura group have been advised for entire pregnancy period.

By the usage of regimens from first to ninth month, women gains strength and complexion and she delivers easily at proper time as desired, with excellent healthy child possessing all qualities and long life. In the antenatal care, there also gives more emphasis regarding the diet of pregnant lady. Any attempt to restrict the intake of food leads to nutritional deficiency in both mother and child. There is much higher incidence of miscarriage, still birth, premature birth and minor complication in women with poor diet than in others.

Sushruta had described almost similar things under the heading of dauhruda. liv Actually there is no difference between these descriptions, because the pregnant woman will eat only when she has longings for these things, or has dauhruda since these are likely to produce certain abnormalities in fetus, hence can be grouped under harmful category. The woman possessing two hearts (one of her own and other of the fetus) is called dauhrudini. the period of dauhruda and specific longings during this period is elaborately described in ayurved classics. Bhel had advised to examine dauhruda of fetus by congenial diet.

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