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

Diksha Paliwal1* and Hridaynath Lad2

1PG Scholar, Streerog even Prasuti tantra, Dr DY Patil College of Ayurved and Research Centre, Pimpri, Pune, India.
2Professor, Streerog evum Prasuti tantra, Dr DY Patil College of Ayurved and Research Centre, Pimpri, Pune, India.

*Corresponding Author: Dr. Diksha Paliwal
PG Scholar, Streerog even Prasuti tantra, Dr DY Patil College of Ayurved and Research Centre, Pimpri, Pune, India.

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 Vikritis 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 garbhi paricharya.](image-url)
The objects of garbhit paricharya's are as follows

- **Paripurnatyaya**: To ensure good growth of the mother and foetus.
- **Anupagatha**: To ensure an easy pregnancy.
- **Sukhaprasava**: To achieve healthy delivery and desired qualities.

**Garbhit paricharya**

Paricharya Garbhini can be broken down into three sections: Garbhaghatakarabhavas, Masanumashika Pathya, and Garbhasthapaka dravyas. Garbhaghatakarabhavas includes activities and substances that are harmful and need to be avoided, Masanumashika Pathya include monthly dietary routine, and Garbhasthapaka 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 Shalipara and Falasha 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, Shastishali 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 Asthapanas 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.\[6-9\]

**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 Garbhi 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 Ggargbhinii 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 Ghirs 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.
- Vayyama, Atikarsan, Divaswapna, Aitarpavan, Ratrijagaran, Yanavcharohana, Shoka, Bhaya, Vagadharan and Tiksha 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.
Garbhasthapak (Substances beneficial for healthy pregnancy)

Centella asiatica, Brahmi, Satavirya, Sahastavirya, 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 edema 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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