

GARBHINI PARICHARYA: A BRIEF REVIEW¹Dr. Richa Saxena, ²Dr. Manohar Ram and ³Dr. Ramnihor Tapsi Jaiswal¹M.D. Scholar (Dept. of Samhita Siddhanta) Govt. P.G. Ayurveda College & Hospital Varanasi.²Reader & HOD (Dept. of Samhita Siddhanta) Govt. P.G. Ayurveda College & Hospital Varanasi.³Lecturer (Dept. of Samhita Siddhanta) Govt. P.G. Ayurveda College & Hospital Varanasi.***Corresponding Author: Dr. Ramnihor Tapsi Jaiswal**

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ABSTRACT

Even today, the desire of offspring /progeny is one of the basic desires /pursuit of an individual starting from the existence of human civilization. Upnishad (one of the most religious scripture of Indian culture) also describes it under the three basic pursuits/desires named as Triaishna are Vittaishna, putraaishna and lokaishna. Charak describes the importance of offspring as: A person earns Dharma (righteousness), Artha(wealth), Preeti(love), Yash(fame) through his progeny. Hence has utmost desire to procreate children.(ch. Chi.2/1/3)

KEYWORDS: Garbhini, Mother, Healthy baby, Antenatal care, Suprajajanam.**INTRODUCTION**

In order to get a healthy progeny, first of all we have to care about mother, because mother is the precious creation of the world that is the only source of new creation. The importance of mother is also described in Mahabharat as

“नास्ति मातृ समाच्छायाः, नास्ति मातृ समागति |

नास्ति मातृ समं त्राणं, नास्ति मातृ समाः प्रिया ||”

- म. भा./शान्ति पर्व /मोक्षधर्म उपपर्व/२६६/३१

Means there is no shelter like mother, there is no refuge like mother, there is no defence like mother, there is no one so dear as the mother.

Our Acharyas narrated all the way to be healthy from Womb to tomb, Very exiguously regarding the birth of a healthy progeny. The most important thing is the mother should be physically, mentally, socially and spiritually healthy. So far this Garbhini Paricharya has been described with monthly diet and regimen and living style for whole pregnancy, specific water for bathing during pregnancy amulet for pregnant woman etc. All of these advices are done with the aim to ensure normal pregnancy and uncomplicated labour with delivery of a healthy baby from a healthy mother. Deities and modes of life which are contraindicated during pregnancy are known as Garbhopaghatkarbhavas, these bhavas should be avoided as well as uses of Garbhasthapak drug are beneficial for the foetus.

Importance of garbhini paricharya

Systematic supervision (examination and advice) of a woman during pregnancy is called Garbhini Paricharya (antenatal care). Supervision should be of a regular and periodic nature and according to the need of an individual. The care should be started from the beginning of pregnancy and till the birth of the child.

The proper Garbhini Paricharya would result in the proper development of the foetus, its delivery, the health of the mother and thus her ability to withstand the strain of labour and have an eventless post natal phase.

Ayurveda has a holistic approach. In Garbhini Paricharya along with Aahar Vihar and Aasan, psychological care also plays a vital role.

For Suprajajanam pre conceptual care is more important rather than post-conception care. Preconception care includes specific epochs of woman's life, changes before and after rajodarshan, Rajashwalacharya, Ritumatcharya, contraindicated conditions of woman for coitus and their effects, normal and abnormal postures for coitus and their effect, factors essential for conception, days of coitus for having a desired baby, effect of impregnation on different days of Ritu kala, specific acts for achieving conception etc.

Need of study

Maternal death or Maternal Mortality Rate (MMR) is defined by the WHO as “The death of a woman while pregnancy or within 42 days of termination of pregnancy irrespective of the duration and site of the pregnancy from any cause related to or aggravated by the pregnancy

or its management but not from accidental or incidental causes."WHO, UNICEF & CIA WORLD FACTBOOK: Data of November 2015 shows the Maternal mortality rate of India is 174 per 1, 00,000 live birth.

High rates of Maternal Mortality Rate still exist in India. So reduce this MMR, the proper Garbhini Paricharya is the need of study in today's life.

AIMS AND OBJECTIVES

The aim of the study is to reduce maternal mortality rate with the help of pre conception care and post conception care and Supraja Janam(Designer baby). This Supraja Janam (Designer baby) as conceptualized in Ayurveda involves a good state emotionally, mentally, physically and spiritually for the sake of growing foetus which helps in generation of healthy progeny.

MATERIAL AND METHODS

Source of study

The literary sources for the present work will be collected from Charaksamhita, Sushrutasamhita, Astangsamgraha, Astanghridaya, Bhavprakashsamhita, Kashyapsamhita, Bhelsamhita, Haritasamhita, and available commentaries on it, Ayurvediya prasuti tantra evum stri roga by Dr. P. V. Tewari, journals, Websites, research papers and as per the need of study.

Methods

To get a healthy progeny, first of all we have to care about mother, because mother is the precious creation of the world and only source of new creation.

To fulfill above objectives my study is divided in three headings

1. Pre-conceptional care
2. Method of impregnation
3. Post-conceptional care

Preconception care

1. Factors essential for Conception
2. Specific acts for achieving conception
3. Rajashwalacharya
4. Ritumaticharya

Method of impregnation

1. Proper age
2. Normal and abnormal postures for coitus and their effect
3. Days of coitus for desired baby
4. Effect of impregnation on different days of Ritukala

Post-conception care

1. Masanumasikpathya
2. Pumsawanakarma
3. Garbhsthapakaushdhiya

CONCLUSION

In Charaksamhita Sharirsthan eighth chapter it is described that after following the above mentioned

points the process of labour is done without any complications and birth of the desired baby.

यदिदं कर्म प्रथमं मासं समुपादायोपदिष्टमानवमान्मासात्तेन गर्भिण्या गर्भसमये गर्भधारिणीकुक्षिकटीपार्श्वपृष्ठं मृदूभवति, वातश्चानुलोमः सम्पद्यते, मूत्रपुरीषे च प्रकृतिभूते सुखेन मार्गमनुपद्यते, चर्मनखानि च मार्दवमुपयान्ति, बलवर्णौ चोपचीयेते; पुत्रं चेष्टं सम्पदुपेतं सुखिनं सुखेनैषा काले प्रजायत इति ॥३२॥

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