Importance Of Garbhini Paricharya – Review

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Abstract:-

Ayurveda is a science of life. The basic principle of Ayurveda is “Swaasthasyasvastharakshanamaathurasyarogaprasamananam.” To maintain theswastharakshanam Ayurveda has emphasized the need of Dinacharya, Rutucharya, etc. Hence, to get healthy and prosperous child, Ayurveda tells the concept of Garbhini Paricharya. Garbhiniparicharya is defined as systemic supervision (examination & advice) of a woman during pregnancy. Regular and periodic checkup should be started from beginning of pregnancy and continued till the birth of child. The proper garbhini paricharya would result in the proper development of fetus, its delivery, health of the mother and her ability to withstand the strain of labour and post natal phase. In Ayurveda, Garbhini paricharya have described monthly dietary regimen and lifestyle with medications for whole pregnancy. Therefore all this is to be achieved to fulfil the aim i.e. ensure normal pregnancy and uncomplicated labour with delivery of healthy child from a healthy mother. Garbhashapakhadravyas are beneficial for the fetus so its importance is mentioned in Ayurveda.

Keywords: - Garbha, Garbhini paricharya, Garbhashapakhadravyas.

Introduction:-

In women’s life, Pregnancy (garbhini) is most joyful and happiness phase. Life of women is not complete unless she becomes pregnant and gives birth to child. Wellbeing of garbha can be achieved only through the wellbeing of garbhi. So garbhini paricharya is being described to maintain health and wellness of pregnant women right from confirmation of pregnancy till up to the birth of child. Garbhiniparicharya means caring for pregnant women in the form of aahara (diet), vihara(lifestyle), aushadhi(medicines), avoid garbhopaghatkarbhavas and use of garbhashapakhadravyas. Acharya Kasyapa says that what so ever eatables or drinkables are consumed by the pregnant women same becomes congenial to the fetus1. So garbhi should take care of her diet and should never be neglected.
The main aims of garbhiniparicharya are-

a) To protect fetus from known/unknown hazards.

b) To promote normal growth and development of fetus.

c) To conduct normal delivery without any fetal and maternal complications.

**Garbhini Paricharya:**

It is broadly discussed under following sub titles. They are as follows-

1. Masanumaskapathya (aahar, vihar, aushadhimonth wise regimen).
2. Garbhashthapakadravyas (beneficial for pregnancy and fetus).

Masanumaskapathya-

* Aahar =>

During pregnancy, fetus gets nutrition from mother through placenta. So adequate nutrition is needed for proper development of fetus. Thus dietetic requirement of the mother also changes month wise. Acharyas have given all dietetic regimen in detail month wise so called as Masanumaskaparicharya, from first month up to nine month of pregnancy. Importance of pregnant women’s diet which she takes and from that Rasa uttpati occurs that serves-

i. Nourishment of her own body.

ii. Nourishment of the fetus.

iii. Nourishment of the breast.

Role of monthly regimen3—

1. Softening of apara (placenta), pelvis, waist, sides of chest and back.

2. Vataanulomana- need for expulsion of fetus during delivery.

3. Promotes strength and complexion.

4. Delivery of healthy child.

**Dietary regimen according to Acharyas**

<table>
<thead>
<tr>
<th>Samhita Month</th>
<th>Charaka Samhita</th>
<th>Susruta Samhita</th>
<th>Astanga Sangraha</th>
<th>Harita Samhita</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>During 1st month</strong></td>
<td>Non medicated milk</td>
<td>Sweet, cold and liquid diet</td>
<td>Medicated milk</td>
<td>Madhuyashhti, madhukapushpa with butter, honey and sweetened milk.</td>
</tr>
<tr>
<td><strong>During 2nd month</strong></td>
<td>Milk medicated with madhura rasa dravyas</td>
<td>Sweet, cold and liquid diet</td>
<td>Milk medicated with madhura rasa dravyas</td>
<td>Sweetened milk treated with Kakoli.</td>
</tr>
</tbody>
</table>
Table No.1: Monthly dietary regimen described by Acharyas.

*Vihar=>

Susruta advised that women from first day of pregnancy should remain in high spirit, decorated with ornaments, wear clean garments and perform religious rites. She should avoid heavy exercises, coitus, harsh or violent activities, ride over vehicles, excess satiation, sleeping in day, awaking at night, and should avoid fasting, anger, grief, visiting lonely places, cremation ground. Abnormal positions and postures may influence placental and uterine blood flow causing abortion, IUD or other abnormalities, so one should take care of it. Affectionate and good behavior of husband and servants, listening to songs, instrumental music helps in maintenance of pregnancy. Cold decoction of bilwa pulp, karpasa, rose petals, jatamansi, pounded leaves of erandi or water prepared with sarvagandha drugs or drugs that suppresses vata is advised to use for bath which relieves exhaustion.
Susruta advised Asthapanabastiin 8th month with decoction of badari mixed with bala, atibala, sathapushpa, milk, curd, mastu, oil, salt, madhanaphala, honey and ghrita followed byAnuvasanabasti of oil medicated with milk andmadhura rasadravyas for anulomana of vayu14. Whereas Charaka15 and Vagbhata16, in 9th month advised Anuvasanabasti with oil medicated with madhura group of dravyasand vaginal tamponade for lubrication of garbhasthanaandgarbhamarga.

Garbhasthapaka Dravyas 17-

The dravyas which helps in proper maintenance of garbha and which decreases effect of garbhopaghatkarabhavas is known as garbhasthapakadravyas. They are used to prevent abortion. They are used as a routine because it is beneficial for proper health, growth and development of fetus(garbha). Some of dravyas described by Charaka and Vagbhata are Aindri (Bacopamonnieri), Braahmi (Centellaasiatica), Satavirya (Asparagus racemose), Sahashravirya (Cynodondactylon), Amogha (Sterospermumsuaveolens), Avyath (Tinosportiacordifolia), Shiva (Terminaliachebula), Arista (Picrorhizakurroa), Vatyapushpin (Sidacordifolia), Vishwasenkanta (Callicarpamacrophylla), etc. These drugs should be taken orally with milk and grita.Drugs of Jeevaneeayagana can also be used insame way. Kasyapa advocated amulet of Trivrit(Operculinatharpethum) should be also tied in waist of pregnant woman18.

Conclusion:-
To get fruitful outcome of nature, our Acharya’s has advised garbhiniparicharya from the day of conception till delivery. Ancient Ayurvedicacharyas were very much aware about the need of maternal care during pregnancy. Ayurvedic principles through the concept of garbhniparicharyaimprove the physical and psychological condition of the pregnant woman and makes their body suitable for sukhaprasava and help sustain the exhaustion of prasava. Use of milk and other liquid diet in 1st trimester of pregnancy is essential to avoid dehydration, malnutrition and other complications of pregnancy. Gokshura and drugs of the Prithakparnyadigana help in preventingedema which is common after 2nd trimester. Use of basti (enema) in last trimester is essential to relieve constipation, strengthen myometrium and helps in regulating their function during labour.
Garbhasthapakadravyas are used during pregnancy to counteract any etiology of abortion or intrauterine fetal death if present and results in healthy baby.

Reference:-