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Garbhini Paricharya & Its Clinical Significance

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Abstract

Garbhini Paricharya refers to antenatal care which recommends Ahar (specific dietary regimen), Vihar (normal daily activities) and Vichara (psychological and emotional activities). The care of the pregnant lady should start from the month of conception till the birth of the child. The proper Garbhini Paricharya would result in the proper development of the fetus, its delivery, the health of the mother and thus her ability to withstand the strain of labour. Garbhini paricha rya comprises of Masanumasik Pathya (month wise dietary regimen), Garbhopaghatakar Bhavas (activities and sub-stances which are harmful to fetus) and Garbhasthapak Dravyas (substances beneficial for mainte-nance of pregnancy). The main inte nd behind advicing Garbhini Paricharya is Paripurnatya (pro-vide proper growth of the fetus and mother), Anupaghata (uncomplicated pregnancy), Sukhaprasava (for normal healthy delivery and healthy child of desired qualities and longevity).

Keywords: *Garbhini, Garbhopagha takara Bhavas, Garbhasthapak Dravyas, Fetus.*

Introduction

Motherhood is a crowning act for a women's feminine role of life without which her existence is felt as a meaningless one. The act of begetting a child leads to the fulfillment of her maternal instinct and also provides opportunity to project her into next generation. Being pregnant brings enormous changes to a woman's life. In day today's high stress times of modern life, most pregnant women can suffer a variety of pregnancy related complications. Most of which could be avoided if the mother to be had good knowledge of how to lead the correct life during the crucial months of pregnancy. The Ayurveda states the ideal guidelines to be followed during pregnancy. It states the ideal way and the right time of conceiving a baby, which is followed by the mode of life that needs to be followed religiously by the pregnant lady, the objective is to ensure a normal pregnancy with delivery of a healthy baby from a healthy mother, and Ayurveda suggests a very good protocol for this- "***Garbhini Paricharya***"

The pregnant women desirous of producing *Uttam Gunayukta* child should give up non congenial diet and mode of life and by doing good conduct and using congenial diet and mode of life[1]. Ayurveda gives importance of caring for the mother before, durin g and after pregnancy. *Garbhini Paricharya* refers to *Ahara*, *Vihara* and *Vichara* along with *Garbhopaghatakar-Bhavas* and *Garbhasthapak Dravyas*. To ensure normal pregnancy and uncomplicated labor with delivery of healthy baby from a healthy mother, our *Acharyas* have explained a detailed, systematic and month wise regimen and a list of do's and don'ts to be followed in the antenatal period.

Garbhini Paricharya:

The monthly regimen is broadly discussed under three headings:

1. *Masanumasik Pathya* (month wise dietary regimen)
2. *Garbhopaghatakara Bhavas* (activities and substances which are harmful to fetus)
3. *Garbhasthapaka Dravyas* (substances beneficial for maintenance of pregnancy).[2]

MASANUMASIK PATHYA:

Masanumasik Paricharya:-

	1st Month	2nd M.	3rd M.	4th M.	5th M.	6th M.	7th M.	8th M.	9th M.
Charaka	Non medicated milk[4]	milk medicated with *madhur* drugs[4]	Milk With honey and ghrita[4]	Milk with butter[4]	*ghrita* prepared with butter extracted from milk[4]	*ghrita* medicated with drugs of *madhur* groups[4]	same with sixth month[4]	*yavagu* prepared with milk and mixed with ghrita[4]	*Anuvasana vasti* with oil prepared with drugs of *madhur* groups, vaginal tampoon with this oil[4]
Sushruta	sweet, cold and liquid diet[5]	sweet, cold and liquid diet[5]	sweet, cold and liquid diet[5]	Cooked *sasti* rice with curd, dainty and pleasant food mixed with milk and butter and meat of wild animals[5]	cooked *sasti* rice with milk, meat of wild animals along with dainty food mixed with milk and ghrita[5]	*ghrita* medicated with *prithak-parnyadi* Grop of drugs[5]	*ghrita* medicated with *prithak parnyadi* group of drugs[5]	*asthapan vasti* followed by *anuvasan* vasti[5]	
Vagbhata	medicated milk[6]	milk medicated with *madhur* drugs[8]	milk with honey and ghrita[10]	Milk with one *tola* of butter[11]	*ghrita* prepared with butter[12]	*ghrita* medicated with drugs of *madhur* groups[14]		*yavagu* prepared with *dugdha* mixed with ghrita[15]	Same with *Charak* Samhita[16]
Harita	*madhuyasti, madhuka puspa* with butter, honey and sweetened Milk [7]	sweetened milk treated with kakoli[9]	*Krisara* 9	medicated cooked rice[9]	*Payasa*[13]	sweetened curd[13]		*Ghritapurak*[13]	Different varieties of cereals[13]

Garbhopaghatakara Bhavas: (Factors Likely To Harm The Fetus)

Charak	Tikshna ausadh, vyavaya, vyayama.[17]
Susruta	Vyavaya, Vyayama, Atitarpan, Atikarsan, Divaswapna, Ratrijagaran, Shoka, Yanaavarohana, Bhaya, Utkatusana, Sonitamoksan, Vegadharan, Snehan etc.[18]
Vagbhata	Tikshna Ausadh, Vyavaya, Vyayama.[19]
Kashyapa	Should not look at declining moon, setting sun, and both the rahus, she should not remain for long in acutely erect or flexed posture and carry heavy weight for long, avoid tremering, excessive laughing and trauma, use of cold water and garlic.[20]

All these contraindications can be grouped under following headings: [21]

1. Those which produce psychological or physical strain such as grief, exercise etc. may precipitate abortion.
2. Avoidance of visit to cremation ground etc. sudden shock may produce abnormality specially abortion.
3. Over weight carrying or vehicle riding may precipitate abortion due to sudden increase in intra abdominal pressure; prolonged squatting in abnormal postures and supine position may influence placental and uterine blood flow thus cause abortion, intrauterine death of the fetus or other abnormalities.
4. Use of over satiation may excessively increase the body weight of mother and fetus, over eating is one of the causes of pregnancy toxemia. Over weight of fetus may cause difficulty in labor.
5. Specific rays emitted during eclipse may produce abnormalities of fetus.
6. Emesis etc. purifying measures can also precipitate abortion due to reflex stimulation of the myometrium.

Significance of Mode of Action of Diet and Herbs:

Shali- shastik (rice)	➢ It is rich in carbohydrates, provides fuel for body, excellentsource of niacin,vitamin D, Calcium, Fibre, Iron, Thiamine and Riboflavin.[22]
Mudga (green gram or Vigna radiata)	➢ It is rich source of low fat protein. It has a wide amino acid profile, providing at least every type of amino acids. It contains both insoluble and water soluble fibres. Water soluble fibre reduces LDL cholesterol and reduces risk for cardiovascular diseases. It has low glycemic index. It digests slowly and releases glucose into your bloodstream, stabilizing blood sugar which in turn lowers risk of developing diabetes.[23]
Butter	➢ It contains a high amount of saturated fat and provides 7% of recommended dietary allowance of vitamin A based on2000-calorie diet. Vitamin A is important to vision health.[24]

Ghee	➢ It contains 112 calories/tbsp. and 33 mg of cholesterol. The total fat content is 12.7 gm. It provides many essential fatty acids such as omega-3 and omega-6 which provides anti-inflammatory properties, regulate DNA products and assist with cellular communication. Protein content of ghrita 0.04 g/tbsp, which includes 17 amino acids essential for good health. Ịtcontains 3% linoleic acid, an antioxidant. It also contains Vitamin A,D,E,K, Calcium, Potassium and small amount of riboflavin and pantothenic acid.[25]
Rasala (shrikhanda)	➢ It contains 436 calories, total fat 24.5g, sodium 6 mg, totạlcarbohydrate 40.8g, protein 10.1g, calcium 1%, vitamin C 1%, iron 1%.[26]
Milk	➢ It is rich source of proteins and vitamins. Proteins are vital for building and Maintaining tissues such as muscles. It contains Vitamins A, D, B1, B2, B6, B11, B12,minerals, calcium, phosphorus, zinc, lactose provides slow release of energy.[27]
Honey	➢ Energy: 64 calories in 1 tbsp. ➢ Fat: 0 g. ➢ Carbohydrate: 17.3 g. ➢ Protein: 0.06 g.

Garbhasthapaka Drugs: [29] (Substances Beneficial For Maintenance of Pregnancy)

Garbhasthapaka Drugs	Botanical Names
• ***Aindri***	• *Bacopa monieri*
• ***Brahmi***	• *Centella asiatica*
• ***Satavirya***	• *Asparagus recemosus*
• ***Amogha***	• *Stereospermum suaveolens*
• ***Avyatha***	• *Tinospora cordifolia*
• ***Shiva***	• *Terminalia chebula*
• ***Sahasravirya***	• *Cynodon dactylon*
• ***Arista***	• *Picrorhiza kurrora*
• ***Vatyapuspi***	• *Sida cordifolia*
• ***Vishwasenkanta***	• *Callicarpa macrophylla*

Significance of Mode of Action of Garbhasthapaka Drugs:

Garbhasthapaka Drugs	Mode of Action
Aindri (Centela asiatica)	➢ Components isolated from *Centela asiatica* such as Brahmioside and Brahminosideare responsible for CNS activation and leads to uterorelaxant action.[30]
Brahmi (Bacopa monnieri)	➢ A study on mice performed and demonstrated that high dose i.e. 200 mg/kg of bacopa monnieri extract have a stimulatory effect on thyroid function.[31] ➢ Calcium antagonistic activity of Bacopamonnieri can be used as muscle relaxant and vascular relaxant.[32] ➢ Antistress effect of Bacoside found on Bacopa monnieri.[33]
Satavirya (Asparagus recemosas)	➢ Estrogenic effect of *satavari* on femalemammary gland and genital organs of guinepig.[34] ➢ A glycoside Satavarin isolated from root of Asparagus recemosa has been found to be responsible for competitive block of oxytocin induce contraction of rabbit's uteri.35 ➢ The saponin rich fraction of Asparagusracemosas shows inhibition of oxytocin induced uterine contraction in vivo.[3]
Amogha (Steriospermum suaveolens)	➢ Ethanol extract from stem bark of steriospermum suaveolens given orally shows marked analgesic and anti-inflammatoryresponse in comparison to indomethacin, aspirin and morphine.[41]
Avyatha (Tinospora cordifolia)	➢ The antioxidant capacity of Tinospora cardifolia stem methanol extract in dailyoral administration of 500 mg/kg for 40 days.[42]
Shiva (Terminalia chebula)	➢ The use of *Terminalia chebula* in differentfraction from fruit were screened for anti-bacterial and antifungal activity.[43] ➢ Food extract of *Terminalia chebula* againststaphylococcus aurius, s. epidermis, E. coli and pseudomonas.[44]
Sahasravirya (Cynodon dactylon)	➢ The plant extract checks uterine bleeding, strengthen uterine muscle, averts abortion and augments of fetal growth.[37] ➢ Ethanolic extract of aerial parts of Cynodon dactylon has marked antioxidant activity.[38] ➢ Fresh juice of Cynodon dactylon is a remedy for urogenital disorders like rubella infection, muscle cramps.[39] ➢ Methanolic extract of Cynodon dactylon has shown a promising effect in stress induced sexual disfunction and in semenconcentration. It has a potent aphrodisiac and male fertility activity.[40]

Arista (Picrorrhiza kurrora)	➢ The most promising bio-pharmacological activity of biopolymers found in *Picrorrhiza kurrora* shows immunomodulatory effect and hepato-protective effect.[45]
Vatyapuspi (Sida cordifolia)	➢ Ethanolic extract of *Sida cordifolia* whole plant found free radical scavenging and nitric oxide scavenging property.[46] ➢ The analgesic activity was found in acetic acid induced pain in mice, the result indicated that the sample possessed both analgesic and anti inflammatory activity.[47]
Viswaksenkanta (Callycarpa macrophylla)	➢ Ethanolic extract of leaves of *Callycarpamacrophylla* have better anti-inflammatory profile in compare to diclofenac sodium.[48] ➢ Aqueous as well as ethanolic extract of leaves of sida cordifolia shows potent anti- inflammatory potential.[49]

Clinical Importance Of Garbhini Paricharya:

First trimester:

- Embryogenesis takes place in the first trimester hence an increased amount of energy is required during this period. All these energies will be provided by *Kshira, Ghrita, Krusara, Payasa, Kshira* medicated with *Madhura Ausadhi*.
- During first trimester of pregnancy, most women experience nausea and vomiting, thus cannot take proper diet which results in dehydration and loss of nutrients. Use of cold and sweet liquid diet and milk will prevent dehydration and supply required nourishment.[50]
- Drugs of madhura group being anabolic will help in maintenance of proper health of mother and fetus.[50]

Second trimester:

- In second trimester, muscular tissue of fe-tus grows sufficiently requiring more protein which is supplied from animal sources such as meat, milk, cheese, butter etc.[50]
- Milk provides nourishment and stability to the fetus.[51]
- Meat provides nourishment to the fetusand helps in muscular growth of the fetus.[52]
- Cooked sasti rice advised in *GarbhiniParicharya* is rich in carbohydrate and provides energy to the body.[53]
- By the end of second trimester most women suffer from oedema of feet and other complications of water retention. So ghrita medicated with goksura is used which is a good diuretic will prevent retention of water as well as its complications.[50]

Third trimester:

- *Ghrita* medicated with *prithakparnyadi* group of drugs are diuretic, anabolic, relieve emaciation and suppress *pitta* and *kapha*. Their regular use in seventh month might help in maintaining health of mother and fetus.[50]
- *Yavagu* consumption in eighth month which is *balya* and *brimhana* provides nourishment to mother and fetus.
- Most women suffers from constipation in late pregnancy, *asthapana vasti* administered during eighth month which is best for *vata* anulomana relieves constipation. Besides this may also affect

the autonomous nervous system governing myometriumand help in regulating their function during labour.[50]

- Tampoon of oil in vagina provides lubrication of cervix, vaginal canal and perineum thus helps in normal labour, This may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis. Regular use of tempoon might influence autonomic fi-bres governing myometrium and in regu-lating their functions.[50]
- Milk and drugs of *madhura* group have been advised for entire pregnancy period. Milk is a complete food and the drugs of *madhura* group are anabolic, thus use of these will help in maintenance of properhealth of mother and growth and development of fetus.[50]

Garbhopaghatakara Bhavas:

- These are the diets and mode of life which are harmful for fetus resulting in either abortion or intrauterine death of fetus.
- Also cause congenital anomalies in fetus.[54]

Garbhasthapaka Drugs:

- Helpful for maintenance of pregnancy.
- Helps in prevention of abortion.[54]

Benefits Of Garbhini Paricharya:

- Acharya Charaka says that by *Garbhini Paricharya*, the woman remains healthy and delivers the child possessing good health, energy or strength, voice, compactness and much superior to other family members.[55]
- Further Charaka and Vagbhata say that by the use of these regimen, her Garbhadharini (fetal membranes and vaginal canal), *Kuksi* (uterus), sacral region, flanks and back become soft, Vayu moves into its right path; faeces, urine and placenta are excreted or expelled easily by their respective passages; skin and nail become soft, women gain strength and complexion and she delivers easily at proper time as desired, excellent, healthy child possessing all the qualities and long life.[55]

Conclusion

- The diets and regimens which are described thousands of years ago in classical texts of Ayurveda for pregnancy is totally scientific and are specific to fetus and mother.
- *Garbhini Paricharya* aims at excellence in the formation of the fetus, its development without anomalies, a secure full term delivery and maintenance of the health of the fetus.
- The concept of prenatal care is now high-lighted in modern science, which is mentioned in Ayurveda thousands of years ago.
- Following Garbhini paricharya the woman remains healthy and delivers the child possessing good health, energy, voice, compactness and much superior to other family members.

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