

Review of Garbhini Paricharya According to Ayurveda Classics

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Abstract-

Antenatal care is a preventive health care system that is mentioned in Ayurveda as Garbhini Paricharya. Acharyas have advised pregnant women on Garbhini Paricharya in classical Ayurvedic texts for thousands of years. This study aimed to analyze the Masanumasika Garbhini Paricharya, to understand its clinical importance, and to promote the health of the mother and the fetus. A literature review was carried out in Brihatrayee (Charak Samhita, Susruta Samhita, and Ashtanga Hridaya Samhita) and in important Ayurvedic classics on Prasuti Tantra (Kashyapa Samhita, Harita Samhita, and Ayurveda Prasuti Tantra and Stree Roga). Searched keywords were Garbhini Paricharya, Masanumasika Pathya, Garbhopaghatakara Bhavas, and Garbhasthapaka Dravyas. These data were categorized and analyzed under the diet management (Ahara), behavioral management (Viharana), clinical importance of psychological support, clinical importance of Garbhini Paricharya, and prevention of Garbha Vikriti through Garbhini Paricharya. Thus, it was concluded that Garbhini Paricharya, which was described thousands of years ago in classical texts of Ayurveda for pregnancy, is totally scientific and has clinical importance for maintaining the health of the mother and the healthy growth and development of the fetus. Further research is necessary with the application of these Garbhini Paricharya in clinical practices.

Keywords - Garbhini paricharya; Pathya; Apathya; Ayurveda

INTRODUCTION:

In a woman's life, pregnancy is one of the most important moments, and Ayurveda suggests a protocol called Garbhini paricharya. A healthy diet is very important during Garbhini paricharya. It ultimately results in fetal growth, maternal health, and post-delivery lactation. Good health of the garbha can be achieved through the health of the mother. The health of the

mother can be maintained by following masanumasik garbhini paricharya. The birth of the baby should not be risky for both mother and child; extra care needs to be taken by women during pregnancy [2]. Diseases of Garbhini are very difficult to treat.[3] Garbhini paricharya is not only about Ahara and Vihara but also about the concept of diet, behaviour, psychic state, and medication during pregnancy.

Garbhini paricharya has been categorized into 3 parts:

1. Masanumasik Pathya(monthly dietary regimen),
2. Garbhopaghatakara bhavas
3. Garbhasthapak dravyas

MATERIAL AND METHOD – Materials related to this article have been collected from different Ayurvedic Samhita and authentic literature.

For the authentic data in Ayurveda literature, seven ancient Ayurveda texts were selected and searched. Literature review was carried out in Brihatrayee (Charak Samhita, Susruta Samhita, and Ashtanga Hridaya Samhita) and important Ayurveda classics for Prasuti Tantra (Kashyapa Samhita, Harita Samhita, Ayurveda Prasuti Tantra, and Stree Roga).

विशेषतस्तुगवभिणी प्रथमवितीयतृतीयमासेषु मधुरशीतद्रिप्रायमाहारमुपसेित विशेषतस्तु तृतीये षविकौदनं पयस भोजयेत्; चतुथे दध्ना पंचमे पयसा षष्ठे सवपिषा चेत्येके ॥३॥ सु. शा. १०/३

: Monthly Dietary Regimen (Pathya Ahara) mentioned in Ayurveda classics

2 Milk medicated with

Months	Charaka	Shusharuta	Vagabhata
1)	Non-medicated milk in the desired quantity	Sweet, cold, and liquid diet	Medicated milk
2)	Milk medicated with Madhura Rasa drugs	Sweet, cold, and liquid diet	Milk medicated with Madhura Rasa drugs
3)	Milk with honey and Ghrita	Sweet, cold, liquid diet, Shashti rice cooked with milk	Milk with honey and Ghrita

4)	Navneeta (Butter) extracted from milk or milk with butter	Shashti rice with curd, Pleasant food mixed with milk and butter, Mansa (meat)	Milk with one tola of butter.
5)	Ghrita with butter extracted from milk	Shashti rice with milk, Pleasant food mixed with milk and Ghrita, Meat of wild animals	Ghrita is prepared with butter extracted from milk.
6)	Ghrita is taken from milk, medicated with the Madhur drugs	Ghrita or rice gruel medicated with the Gokshura	Ghrita prepared from milk medicated with Madhura drugs
7)	Ghrita is taken from milk, medicated with Madhura drugs	Ghrita medicated with Prithakparnyadi group of drugs	Ghrita prepared from milk medicated with Madhura drugs
8)	Madhura drugs Yavagu are prepared with milk and mixed with ghee		Yavagu is prepared with Dugdha mixed with Ghrita.
9)		Unctuous gruels and meat soup of wild animals	

Garbhopaghatakara bhavas: Garbhopaghatakara bhava means certain factors should not be done during pregnancy because they harm the foetus. In Ayurveda, different Acharyas explained the Garbhopaghatakara bhavas are as follows –

Charak samhita - In Charak Samhita, Acharya Charak has explained that the pregnant woman should avoid Tikshna aushadha, Vyavaya (excessive coitus), and Vyayama (excessive exercise). Use of Atiguru, Atitikshna(excessive Punget), Atiushna (excessively hot), Darun cheshta, etc. Pregnant women should not wear red colored clothes, should not consume alcohol, should not travel in fast vehicles, should not eat meat, and should avoid from a distance the

spirit that are that are inimical to the senses. Pregnant women should avoid ahitkar ahar and vihar

Sushruta Samhita - According to Acharya Sushruta, women should completely abstain from Vyavay (coitus), Vyayam (exercise), and Atitarpan (excessive drinking) starting on the day of conception. Pregnant women should avoid Vyavay (coitus), Vyayam (exercise), Atitarpan (excessive sanitation), Atikarshan (excessive emesis), Diwaswapna, and Ratrijagaran. Yanavrohan(vehicle riding), Bhaya, avoid untimely use of Snehana, and veg Dharana. She should not touch malin, hina,vikruta, gatra, should avoid Durgandha (foul-smelling), Dudarshan, Udaveg katha(exciting stories), should not eat sukha (dried up), Paryushit(stale), Kutitha (Putrified). Loudly speaking, laughing, anger, etc., are all things likely to harm the fetus. Repeated excessive massage of the tail abhyanga should be avoided.

Garbhashthapak dravyas - Garbhashthapaka dravyas counteract the effect of the garbhopaghatakara bhavas and help in the proper maintenance of the garbha. They can also be used in the treatment and prevention of abortion. Some Garbhashthapaka dravyas are Aindri (Bacopamonnieri), braahmi (Centellaasiatica), Shatavirya (Asparagus racemosus), Sahastravirya (Cynodondactylon), Amogha(Stereospermumsuaveolens), Avyatha (Tinosporacardifolia), Shiva (Terminaliachebula), Arishta (Picrorhizakurroa), Vatyapushpi (Sidacardifolia), Vishwaksenkanta (Callicarpamacrophylla) etc. Drugs of the jeevaneeya gana can also be used similarly. These should be taken orally as preparation in milk and ghee.

CONCLUSION –

Garbhini Parichrya, which contains dietetic and other regimens advocated in Samhitas for pregnant women, is of great significance. These Garbhini Paricharya were broadly discussed as Masanumasika Pathya (month-wise dietary regimen), Garbhopaghatakara Bhavas (activities and substances which are harmful to the fetus), and Garbhashthapaka Dravyas (substances beneficial for the maintenance of pregnancy) in Ayurveda classics. Data were collected from Brihatrayee (Charak Samhita, Susruta Samhita, and Ashtanga Hridaya Samhita) and important Ayurveda classics for Prasuti Tantra (Kashyapa Samhita, Harita Samhita, and Ayurveda Prasuti Tantra and Stree Roga). These data were categorized under the diet management (Ahara), behavioral management (Viharana), clinical importance of psychological support, clinical importance of Garbhini Paricharya, and prevention of Garbha Vikriti through Garbhini Paricharya. The woman, by her nature, is delicate and soft. During pregnancy, her conditions become more delicate. Acharya Charaka compared this condition to a pot filled with oil; the

slightest disturbance in handling causes spilling of oil (premature delivery). The woman who desires a healthy and beautiful child (Praja Sampat) should take Ahara and Vihara (Sharma, 1998). According to Acharya Susruta, from the very first day of pregnancy, women should remain happy (Prahrishta), clean (Suchi), wear ornaments (Alankara), wear a white dress (Shukla Vasana), be peaceful (Shanti), engage in auspicious activities (Mangala), and worship the Guru, Devata, and Brahmanas. She should take Ahara having tasty (Hridya), liquid (Drava), sweet (Madhura), Snigdha, and Deepaniya (Murthy, 2002). Monthly Dietary Regimen (Pathya Ahara) mentioned by Charaka Samhita, Susruta Samhita, Astang Sangraha, and Haarita were analyzed and identified prominently mentioned monthly dietary regimen in month wise. Rasa Dathu, which is formed from the diet of pregnant women, helps to nourish the mother. To avoid any complications related to pregnancy, follow a nine-month specific diet explained in various Samhita. According to Masanumasik paricharya, Milk and Madhur dravya have been advised in the whole 9 months of pregnancy, and also they are safe. Milk is a wholesome diet; it provides nutrition and stability to the foetus.

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