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REVIEW OF AYURVEDIC LITERATURE ON GARBHINI PARICHARYA (REGIMEN FOR THE PREGNANT WOMAN)

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ABSTRACT

In every women's life pregnancy is the most important and critical part. *Garbhini Paricharya* is nothing but the care given to women during her pregnancy mostly through *Ahara*, *Vihara* and *Vichara*. Ayurveda considers food to be the best source of nourishment as well as medication for the pregnant woman. The nine monthly diet is singularly unique to Ayurveda. It changes in accordance with the growth of the fetus in the womb and at the same time ensures health of the mother. One can find remnants of this dietetics with midwives and older women, but a detailed and comprehensive diet plan is being practiced only by the *vaidyas* of the classical medical tradition. The main intension of advising *Garbhini Paricharya* is *Paripurnatya* (providing growth of mother and fetus), *Anupaghata* (pregnancy with complications), *Sukhaprasava* (for healthy delivery and healthy child).

In this paper we are giving a broad expanse of the month wise diet, which can be modified according to the age, season, place, constitution and the digestive fire of the pregnant woman.

Key words: *Garbhini Paricharya*, *Ahara*, *Vihara*.

INTRODUCTION

Pregnancy is the time of transformation when various changes are experienced. In developing country prevalence of maternal deaths are more than developed one. The common factors that are responsible for maternal death are hemorrhage, pregnancy induced hypertension, obstructed labor, infection, complication of unsafe abortion etc. As the health of baby completely depends on mother, the pregnant lady should get adequate food, care and nutrition so that she will deliver a healthy baby without any complications. During pregnancy for better development of fetus antenatal care is important. From conception to delivery health of pregnant woman can be maintained by *Garbhini Paricharya*, *Garbhini Paricharya* is nothing but taking proper *Ah Vihara* (exercise), *Pathya* (do's), *Apathaya* Meditation and *Yoga* etc.

AHAR (FOOD) *Purusha* (human) is born and grows from *Ahar Rasa*. So *AharRasa* should be maintained healthy. The food and behavior should be such that the *AharRasa* is protected at all cost. As the *Garbha* (foetus) is a small form of *Purusha*, the birth and growth of the child depends upon the food and actions of the mother. The food taken by a pregnant woman: Nourishes and helps the growth of the foetus. Nourishes the mother's own

body. Nourishes the breasts by which the breast milk formed maintains newborn baby .

So the *Garbhini* should follow a careful regimen of food and behavior during pregnancy. This Regimen is known as "*GarbhiniParicharya*". The growth of the foetus is marked by a certain growth pattern. Thus in the 5th month there is a predominant growth of *Mamsa* (flesh) and *Rakta* (blood) *dhatu*s. In 6th month there is predominant development of *Bala*, *Varna*, Nails, hairs, *Roma*, ligaments, bones etc. Accordingly the management changes every month according to '*Charaka Samhita*'.¹

AIMS AND OBJECTIVES

AIM:

To Study *Masikparicharya* in *garbhini* through *Ayurveda*.

OBJECTIVE:

To Study *MasikParicharya* in *Garbhini* by using different *Ayurvedic* Text And Its Clinical Importance.

MATERIAL AND METHOD

Garbhini Paricharya is divided into three parts i.e., *Masanumashika Pathya* (Monthly, Dietary regimen)

Garbhopaghatakara Bhavas (Activities substance which are harmful to foetus)

Garbhasthapak Dravyas (substances useful for maintenance of pregnancy)

Masanumashika Pathya (Monthly, Dietary regimen)

FIRST MONTH OF PREGNANCY

Diet: Cold milk in small quantity but frequently. *madhur* (sweet), *Sheet* (cooling to the body) and liquid diet is preferred in 2nd month for maintenance of foetus.

Medicine: *Jeshthamadhu* with white sandalwood power, red sandalwood powder in cow's milk. *Jeshthamadhya*, *Saagbee*, *Ksheerkakoli*, *Devdaru* (*Cedrus deodara*) milk.²

SECOND MONTH OF PREGNANCY

Diet: Cold milk in small quantity but frequently *Madhur*, *sheet* and liquid diet like milk, coconut water, fruit juices, *peya*, *kanji* which has not become sour. All these should be in small quantity but taken frequently. Fruits to be avoided are Pineapple, Papaya, Sugarcane.

Medicine: *Ashmantaka* (*Apta*) til, *Pippali* (*Piper longum*), *Manjishtha* (*Rubia cardifolia*) *Shatavari*³ (*Asparagus recemosus*)⁴. These are taken in same quantity and a *Kashay* (decoction) is prepared and taken with milk and sugar. Lotus stem, *Nagakeshar* Milk, or butter-milk, lotus, bel fruit, Camphor and Goat milk.

THIRD MONTH OF PREGNANCY

Diet: Rice with milk or *Ghee* (clarified butter) and honey in unequal quantity with

milk and same type of fruit juices that are told in 2nd month.

Medicine: *Vrikshadani*, *Ksheerkakolki*, *Priyangu*, *Sariva*. §Sugar, *Nagkeshar* Milk Sandalwood powder, *Khus*, lotus, cold water with milk.

FOURTH MONTH OF PREGNANCY

Diet: Butter taken out of milk, Rice with curds, fruit juice, coconut water, *Hridya* Fruits viz. Mango, watermelon, white pumpkin, yellow pumpkin, snake gourd (*chichinda*) Berry (*Badar*), pomegranate, *Amratak* (*Ambada*).

Medicine: *Sariva*, *Rasna*, *Bharangi* or *Jeshthamadhu* decoction. If pregnant woman feels thirst, burning and pain in abdomen then milk boiled with banana root, lotus, *Khus* is given in the same quantity. For Thirst: *Shunthi*, *Mustha*, sandalwood powder.

Diet: Meat-soup, rice, chicken

FIFTH MONTH OF PREGNANCY

Diet: Rice and milk, ghee from butter, Rice milk, *Ghee*. *MamsaVardhak* (foods which promote bulk in fetus) – meat soup, back gram; *RaktaVardhak* (which increase blood)– Pomegranate, Chikoo, Apple, spinach, beatroot, Amalki, guava etc.

Medicine – Ground pomegranate leaves, sandal wood paste should be mixed with curd and honey. *Kantakari* (*Solanum xanthocarpum*) *LaghuKantakari* (*Gmelina arborea*) leaves of *Ksheeri* trees (like Pipal

– *Ficus religiosa* banyan, *udumbar* (*Ficus glomerata*), *Plaksha* – (*Ficus factor*) powder with milk. Ground blue lotus, *Renukbeej*, *Nagkeshar*, pumpkin with water.

SIXTH MONTH OF PREGNANCY

Diet: *Ghee*, Rice, *Gokharu* (*Tribulus terrestris*) *Siddhaghee* (processed ghee), *Yavagu* (Rice kanji). Medicine: *Gairik*, cow's dung, black mud heated and put in water and after setting for some time, take upper water only and in that mix sandal powder, sugar and drink it. *Prishniparni* (*Urariapicta*), *Bala*⁵, *Gokharu*, Drum stick, *Jeshthamadhu* decoction. *Balya* (Strengthening): *Endri*, *Gorakshakarkati* (papaya), *Vidarikanda*, *Shatavari*, *Ashwagandha*, *Mashparni*, *Bala*, *Atibala*. *Varnya* (for complexion): Sandalwood power, lotus, *ushir*, *Sariva*, *Jeshthamadha*, *Manjishtha*, White *Durva*, *Vidarikanda*.

SEVENTH MONTH OF PREGNANCY

If there is itching on her *lower abdomen, thigh or breast*, following medicine are used:- *Berry Kashay*: processed in sweet medicines, butter milk. *Kanheri siddha* oil massage *Parishek* of *Jai*, *Jeshthamadhu* decoction. Avoid salt and large quantity of water. Take *bala*, *Gokharu*, *Musta*, *Lajjalu*, *Nagkeshar* powder, Honey. In 7th month all parts of foetus are well developed.

Take – Water Chestnut (*Trapa Bispinosa*) lotus, grapes, *Musta*, sugar, *Jeshthamadhudocoction*.

EIGHTH MONTH OF PREGNANCY

Diet – *Yavagu* in milk.

Medicine: Take *Lodhra*, *pippali* powder with honey and milk. - Milk processed in *Kapittha* (*Eeroniaelephantum*) *Laghu Kantakari* and snake gourd, *Bruhat Kantakari*, Cane Sugar. – *Asthapana Basti* (decoction enema) – *Berry Kashaya*, *Bala*, *Atibala*, Milk, oil, salt, honey and ghee. - After this give *AnuvasanaBasti*(Oil enema) of milk, *madhuraushadhisiddha kashay* (decoction prepared with drugs of sweet taste)oil, so that pregnant woman has got strength and soft vaginal passage and she will deliver easily.

NINTH MONTH OF PREGNANCY

Anuvasan Basti with *madhurashadhi siddha* oil and put oil tampon in vagina. In 8th and 9th month there is pain in abdomen and some time bleeding through vagina also. So use pain killing and *stambhana* (drug to stop bleeding) medicine.

Medicine – *Shunthi*, (*Zigiber officinale*) *Jeshthamadha*, *Deodaru* are pain killers. *Sariva*, *Jeshthamadha*, *KsheerkakoliKashaya* medicines.

If pregnancy continues upto 10th month then only take –

Shunthi, *KsheeridariKashay* or only *Shunthi Siddha milk*

•Sleeping in supine position, lest the cord twists

•around the neck.

•Taking fish in large quantity,

•*Guru- ,Tikshna, Ushna,Diet.*

• Holding of natural urges

•Excessive exercise Predominant use of one taste in large quantity.

If she takes:- •Sweet – Baby will be fat and may develop diabetes.

•Sour – Skin diseases, diseases of eyes and allergies. Salty – Hair become white early, graying hairs, •wrinkles on the skin.

•Pungent – Weak and may cause infertility. Bitter – Weak and dry. The pregnant women were supervised to take

most of the above diet and other regimen to ensure anemia free, pains free and enjoyable pregnancy. Most of the women also had normal, trouble free deliveries.

CLINICAL IMPORTANCE OF GARBHINIPARICHARYA

First Trimester

During 1 Trimester pregnant women experiences nausea and vomiting, this results in dehydration and loss of nutrients.

So, to prevent this use of cold and sweet liquid diet and milk is beneficial.

Sufficient amount of energy is required during this period. These energies will be provided by *Kshira*, *Krusara*, *Ghrita*,

Payasa, *Kshira* medicated with *Madhura Ausadhi*.

Second Trimester⁶

During this period muscular tissue of fetus grows and require more protein which is supplied from animal sources such as meat, milk, cheese, butter etc.

Most of women suffer from oedema of feet and complications of water retention. So, *Ghrita* medicated with *Goksura* is used as diuretic and will prevent retention of water.⁷

Milk provides nourishment and stability to fetus Meat helps in muscular growth of fetus. Cooked *Sasti* rice is rich in carbohydrate and provides energy to the body.

Third Trimester

Ghrita medicated with *Prithakpamyadi* group of drugs are diuretic, and suppress *Pitte* and *Kapha*.

In eighth month *Yavagu* consumption is *Balya* and *Brimhana* provides nourishment to mother and fetus.

Administration of *Asthapana Vasti* which is best for *Vata Anulomana* and relieves constipation.

As milk is a complete food. Milk and drugs of *Madhura* group have been advised for entire pregnancy period.

Benefits of *Garbhani Paricharya*

According to *Acharya Charaka*, with the help of *Garbhini Paricharya* the health of

woman remains good and delivers healthy child having good energy, strength, voice.

As per *Acharya Vagbhat*⁸ and *Charaka*, *Garbhini Kukshi*, sacral region, and back becomes soft Vayu moves in *Anulom* position due to that urine, feces, placenta are excreted or expelled easily by their respective passages; skin and nail become soft, she delivers easily at proper time and gain strength and complexion.

Botanical names of the herbs used in the paper⁹

Jeshtamadhu - *Glycyrrhiza glabra*

Ksheerakakoli - *Lilium polyphyllum*

Devdaru - *Cedrus deodora*

Manjishta - *Rubia cordifolia*

Shatavari - *Asperaguracemose*⁶

Bel - *Aegle marmelos*

Aswagandha - *Withaniasomnifera*

Nagakesar - *Mesua ferrea*

Vrikshadani - *Dendrophthoe falcata*

Priyangu - *Callicarpa macrophylla*

Sariva - *Hemidesmus indicus*

Rasna - *Pluchea lanceolata*

Bharangi - *Clerodendron serratum*

Shunti - *Zingiber officinalis*

Musta - *Cyperus rotundus*

Bala - *Sida cordifolia*

Mashaparni - *Phaseolus sublobatus*

Prsnaparni - *Desmodium gangeticum*

Kantakari - *Solanum xanthocarpum*

Ksheeri trees - *Ficus religiosa*, *Ficus benghalensis*, *Ficus racemose*, *Ficus glomerata*

Atibala - *Abutilon indicum*

Ksheeravidari - *Ipomoea ma*

DISCUSSION

Garbhini Paricharya to be used in routine by pregnant woman, routine use of these drugs might be beneficial for maintenance of proper health, growth and development of mother and fetus respectively, with this idea the drugs are being enumerated here.

Life begins with conception even nine months prior to the delivery. Entire gestational period is important for achievement of healthy baby along with prevention of complications during pregnancy. *Dauhrudavastha* is the special concept of *Ayurveda* affecting fetal growth. It is the period during which pregnant woman (*Dauhrudini*) expresses dietary and behavioral desires. These longings are desires of fetus, fulfillment of which is beneficial for proper gestation, whereas non fulfillment or ignorance causes various developmental anomalies.

CONCLUSION:

All the discussion about the dietary and behavioral and medicinal regimen prescribed by all *ayurved* classics aims at the healthy progeny and avoiding pregnancy induced complications. Do's and don'ts for pregnant lady show the

vigilant aspect of scholars and carefulness about the prevention of any adverse effect of food, drug, its interactions and incompatibility. *Dauhruda* should be completed and prescribed regimen if followed will results in the yield of desirous and happy entity.

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