

Garbhini Paricharya according to various Samhita

Shital Rahul Rasane^{1*}, Kirti Tushar Bhangale²

{¹Assistant Professor, Department of Ayurved Samhita Siddhant} {²Assistant Professor, Department of Agadtantra & VyavaharAyurved}
College of Ayurved and Research centre, Sector No. 25, Nigdi, Pune, Maharashtra INDIA.

Email: shitalrasane@gmail.com

Abstract

Pregnancy is the most important and critical part of every woman's life. So systematic Examination, Dietary and other advice are very important; this systematic supervision is called as *Garbhini Paricharya* (Anti Natal Care). Supervision should be regular and periodic in nature and according to need of Garbhini (ANC Mother). Ayurveda considers food to be the best source of nourishments as well as medication for the pregnant woman. The nine monthly diet is unique concept in Ayurveda. It changes in accordance with the growth of the foetus in the womb and at the same time ensures health of the mother. The things which are contraindicated in pregnancy are known as Garbhopaghatakara Bhavas and avoidance of these things is necessary for wellbeing of foetus. In this paper we have described monthly dietary regimen and Living style for whole pregnancy according to Samhita. **Conclusion:** The ancient Ayurvedic Literature described in Various Samhita; is not only unique but also scientific as Modern Medical sciences. So Antenatal Care should be done in integrated way i.e. as per Modern science and as described in Ayurveda.

Key Words: *Garbhini Paricharya*, ANC (Ante Natal Care), Charak Samhita, Sushruta Samhita, Astanga Sangraha, Harita Samhita.

*Address for Correspondence:

Dr. Shital Rahul Rasane, Pentagon Harmony, Flat No – 7, Plot 184+185, S.No. 96/2, Right Bhusari Colony, Paud Rd, Kothrud, Pune.

Email: shitalrasane@gmail.com

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INTRODUCTION

In any community, mothers and children constitute a priority group in sheer numbers they comprise approximately 71 % of the population of developing country. In India women of the child bearing age (15 to 44 Yrs.) constitute 22.2 % and children under 15 Yrs. Age 35.3 % of the total population, together they constitute nearly 57.5 % of total population¹. Mother and child must be considered as one unit it is because during Antenatal period foetus is part of mother the period of development of foetus is about 280 days. During this period, the foetus obtain all the building material and oxygen from mothers blood.² Child health is closely related to maternal health, a healthy mother brings forth a healthy baby, there is less chance for a premature birth, still birth or Abortion³, Most important phase of life of mothers and child is Antenatal period it is also known as *Garbhini Paricharya in Ayurveda*.

Garbhini Paricharya

This *Garbhini Paricharya* can be studied into three parts i.e. 1. Masanumasika Pathya (Monthly Dietary Regimen). 2. Garbhopaghatakara bhavas (Activities and substances which are harmful to foetus) 3. Garbhasthapaka dravyas (Substances beneficial for maintenance of pregnancy)

1. Masanumasika Pathya: (Month Wise Dietary Regimen):

During pregnancy foetus starts to get nutrition from mother through placenta. Adequate nutrition is needed for monthly constant and proper growth of embryo. The requirement of nutrition varies according to developmental stage of foetus month wisely (Masanumasika vrudhi). Pregnancy imposes the extra nutrients requirement. Thus the dietetic requirements of the mother also changes month wise. By following these dietetic regimens prescribed, the pregnant woman remains healthy and delivers a baby having good health, energy, strength, complexion and voice. The baby would also be well-built. Having importance of this; in Ayurvedic samhitas, the month wise dietetic regimen is given in details known as masanumasika paricharya (monthly regimen) for woman right from the first month up to the ninth month of pregnancy. The monthly regimen is necessary to make pelvis, waist, sides of the chest, back, healthy & flexible and downward movement of vata (vata anulomana) - this is needed for the normal delivery, Normalization of the urine and stool and their elimination

with ease, Promotion of strength and complexion, excellent qualities in proper time (280 days).
Delivery with ease of a healthy baby, endowed with

Table 1: Month wise regimen as per the Samhita

Months	Charak Samhita	Sushruta Samhita	Astanga Sangraha	Harita Samhita
1 st Month	Non medicated milk ⁵	Madhur, Sheet, Liquid Diet ⁶	Medicated milk ⁷	Madhuyashti, madhukapuspa with butter, honey and sweetened milk ⁸
2 nd Month	Milk medicated with madhura rasa (sweet taste) drugs ⁹	Same as first month ¹⁰	Same as Charaka Milk medicated with madhura rasa (sweet taste) drugs ¹¹	Sweetened milk treated with kakoli ¹²
3 rd Month	Milk with honey and ghrita ¹³	Same as first month ¹⁴	Astanga Sangraha-Milk with honey and ghrita ¹⁵	Krisara ¹⁶
4 th Month	Milk with butter ¹⁷	Cooked sasti rice with curd, dainty and pleasant food mixed with milk & butter and Jangal mansa ¹⁸	Milk with one tola (12gm) of butter ¹⁹	Medicated cooked rice ²⁰
5 th Month	Ghrita prepared with butter extracted from milk ²¹	Cooked shastika rice with milk, jangal mansa along with dainty food mixed with milk and ghrita ²²	Same as Charaka ²³	Payasa ²⁴
6 th Month	Ghrita prepared from milk medicated with madhura (sweet) drugs ²⁵	Ghrita or rice gruel medicated with gokshura ²⁶	Same as Charaka ²⁷	Sweetened curd ²⁸
7 th Month	Same as in sixth month ²⁹	Ghrita medicated with prithakaparnyadi group of drugs ³⁰ Asthanabasti with decoction of badari mixed with bala, atibala, satapuspa, patala etc., honey and ghrita. Asthanabasti is followed by Anuvasana basti of oil medicated with milk, madhura drugs ³⁴	Same as charaka ³¹ Kshirayawagu mixed with ghrita, asthanabasti with decoction of badari, anuvasana basti with oil medicated with Madura drugs ³⁵	Ghritakhandra (a sweet dish) ³²
8 th Month	Kshirayawagu mixed with ghrita ³³			Ghritapuraka ³⁶
9 th Month	Anuvasanabasti with oil prepared with drugs of Madhura (sweet) group, vaginal tampon of this oil ³⁷	Unctuous gruels and jangal mansa rus up to the period of delivery ³⁸	Same as Charaka ³⁹	Different varieties of cereals ⁴⁰

2. Garbhopaghathakara bhavas (Activities and substances which are harmful to foetus):

Garbhini should avoid use of teekshna, rooksha, ushna dravyas. Should give up foul smelling articles and should not eat dried up, stale, putrefied or wet food⁴¹, vistambhi⁴² (hard to digest), vidahi food as these are harmful for the foetus. She should avoid heavy exercises, coitus, harsh or violent activities, ride over vehicles⁴³, excess satiation, excess emaciation, sleeping in day and awakening in night, sitting in uneven places and should avoid fasting, grief, anger, visiting lonely places, cremation ground⁴⁴, prolonged stay near fire or hot sun etc. Her sleeping and sitting place should be covered with soft cushion/mattress⁴⁵. All these psychological and physical strains like carrying heavy weight or vehicle riding may precipitate abortion due to sudden increase in intra-abdominal pressure. Susruta in 8th month of pregnancy has indicated asthanabasti with decoction of badari mixed with bala, atibala, sathapushpa, pestled sesamum seeds, milk, curd, mastu, oil, salt, madhanaphala, honey and ghrita, followed by anuvasana

basti of oil medicated with milk and decoction of madhura group of drugs for clearing the retained faeces and anulomana of vayu. Due to the movement of vayu in right direction the lady delivers without difficulty and remains free from complications.⁴⁶ Whereas charaka⁴⁷ and vagbata⁴⁸, in 9th month has advised anuvasana basti with oil medicated with madhura group of drugs and vaginal tampons with the same oil used for sthana and garbhamarga (vaginal canal and perineum). Charaka⁴⁹ and vagbata⁵⁰ have advised aindri, brahmi, satavirya, sahasravirya or durva, amogha, avyatha, siva, arista, vatyapuspi, viswakshena for oral use with milk or ghrita prepared with these drugs. These drugs can also be kept in close contact of body or used in the form amulets to be tied in head or right arm. Anuvasanavasti for lubrication of garbha.

3. Garbhasthapaka dravyas (Substances beneficial for maintenance of pregnancy):

Garbhasthapaka dravyas counter act the effect of the garbhopaghathakara bhavas and help in the proper maintenance of the garbha. They can also be used in the

treatment and prevention of abortion. These are to be used as a routine as they are beneficial for the maintenance of proper health, growth and development of the mother and foetus. Some of the garbhasthapakaushadhis are Aindri (*Bacopamonnieri*), braahmi (*Centellaasiatica*), Satavirya (*Asparagus racemosus*), Sahashravirya (*Cynodondactylon*), Amogha (*Stereospermumsuaveolens*), Avyatha (*Tinosporacardifolia*), Shiva (*Terminaliachebula*), Arista (*Picrorhizakurroa*), Vatyapushpi (*Sidacardifolia*), Vishwasenkanta (*Callicarpamacrophylla*) etc. These should be taken orally as preparations in milk and ghee. A bath with cold decoction of these drugs should be given during pushya nakshatra. These should be kept in close contact with the mother and can be used as amulets around the right arm and on the head. Drugs of the jeevaneeya gana can also be used in a similar way. Kasyapa has advocated that amulet of trivrit (*Operculina Tharpethum*) should be also tied in the waist of pregnant woman.

DISCUSSION

As per the 1. Masanumasika Pathya (Monthly Diatry Regimen). 2. Garbhopaghathakara bhavas (Activities and substances which are harmful to foetus) 3. Garbhasthapaka dravyas (Substances beneficial for maintenance of pregnancy) we have discussed various diets and various Dos and Don'ts in pregnancy similarly the modern medicine also describes Anti natal Care by Describing Antenatal Diet i.e. Extra calorie diet is required, Diet to Prevent Anemia (Garbhini Pandu), Personal Hygiene, Rest and Sleep, Exercise, Light Work, Drugs prohibited and Coitus, etc. is described.¹ So the ancient Knowledge described is not only unique but also scientific with Modern Medical sciences. So Antenatal Care described in Ayurveda is very beneficial.

CONCLUSION

The ancient Ayurvedic Literature described in Various Samhita; is not only unique but also scientific with Modern sciences. So Antenatal Care should be done as per Ayurveda.

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