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## Review on Ayurvedic concept of *Garbhini Paricharya*

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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*. In Ayurveda food is considered to be the best source of nourishments as well as medication for pregnant woman. Ayurveda described month wise *Paricharya* that helps in the development of foetus, healthy growth and gives health and care to mother. In Ayurveda food is considered to be the best source of nourishments as well as medication for pregnant woman. The main intension of advising *Garbhini Paricharya* is *Paripurnatya* (providing growth of mother and fetus), *Anupaghata* (pregnancy without complications), *Sukhaprasava* (for healthy delivery and healthy child).

**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 haemorrhage, pregnancy induced hypertension, obstructed labour, 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 *Ahara* (diet), *Vihara* (exercise), *Pathya* (do's), *Apathaya* (don't's), Meditation and Yoga etc.

### MATERIALS AND METHODS

*Garbhini Paricharya* is divided into three parts i.e.,

- *Masanumashika Pathya* (Monthly dietary regimen)
- *Garbhopaghatakara Bhavas* (Activities and substance which are harmful to foetus)
- *Garbhasthapak Dravyas* (substances useful for maintenance of pregnancy)

### *Masanumashika Pathya* (Monthly dietary regimen)

Month	Charak Samhita <sup>[1]</sup>	Sushrut Samhita <sup>[2]</sup>	Ashtang Sangraha <sup>[3]</sup>	Haarita <sup>[4]</sup>
1	Milk	Sweet, cold and liquid diet	Medicated milk	<i>Yashtimadhu</i> or <i>Parushaka</i> or <i>Madhupushpa</i> with <i>Navaneeta</i> with <i>Madhura Paya Anupana</i>

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2	Milk medicated with <i>Madhur Rasa</i> drugs	Same as 1 <sup>st</sup> month	Same as Charaka	<i>Kakoli Siddha Ksheer</i>
3	Milk with honey and <i>Ghrita</i>	Same as 1 <sup>st</sup> month and <i>Shashthi</i> rice cooked with milk	Same as Charaka	<i>Ksheera</i>
4	<i>Navneet</i> (butter)	<i>Shashthi</i> rice with milk	Milk with one <i>Tola</i> (12gm) of butter	<i>Sanskrita Odana</i>
5	<i>Ghrita</i>	<i>Ghrita</i> or rice gruel medicated with <i>Gokshur</i>	Same as Charaka	<i>Paayasa</i>
6	<i>Ghrita</i> prepared from milk medicated with <i>Madhura</i> drugs	<i>Ghrita</i> medicated with <i>Prithakparnyadi</i> group of drugs	Same as Charaka	<i>Madhura Dadhi</i>
7	<i>Ghrita</i> prepared from milk medicated with <i>Madhura</i> drugs	<i>Asthapan Basti</i> <i>Anuvasan Basti</i>	Same as Charaka	<i>Ghrita Khanda</i>
8	<i>Ksheer Yavagu</i> mixed with ghee		<i>Kshira Yavagu</i> mixed with ghee. <i>Asthapan Basti</i>	<i>Ghritapurana</i>
9	<i>Anuvasan Basti</i> <i>Yonipichu</i>	Unctuous gruels	<i>Anuvasan Basti</i>	<i>Vividha Anna</i>

### Garbhopaghatkar Bhavas

<b>Kashyapa</b>	Should not observe declining moon, sunset. Should not carry heavy weight for long. Avoid trembling, excessive laughing. Avoid use of cold water and garlic. She should not remain in erect or flexed posture for long <sup>[5]</sup>
<b>Charaka</b>	Should not carry heavy and hot substance Avoid doing harsh and violent activity <sup>[6]</sup>
<b>Sushruta</b>	<i>Vyayam, Vyavay, Atikarshan, Diwaswapna, Ratrijagran, Shoka, Vegadharan, Utkatasan, Raktamokshan, Snehan</i> <sup>[7]</sup>
<b>Vagbhata</b>	<i>Vyavaya</i> <i>Vyayama</i> <i>Tiksna Aushadh</i> <sup>[8]</sup>

### Garbhasthapak Drugs

The maintenance of *Garbha* is done by *Garbhasthapak Dravyas* by counter acting the effect of *Garbhopaghatkara Bhavas*. These drugs are used in the treatment and prevention of abortion.

They help in the proper development, growth and health of foetus. Some of the *Garbhasthapak Aushadhis* are *Aindri* (*Bacopa monieri*), *Bramhi* (*Centella asiatica*), *Satavirya* (*Asparagus racemosus*), *Sahashravirya* (*Cynodon dactylon*), *Avyatha* (*Tinospora cardifolia*), *Amogha* (*Stereospermum suaveolens*), *Shiva* (*Terminalia chebula*), *Vatyapushpi* (*Sida cardifolia*), *Arista* (*Picrorhiza kurroa*), *Vishwasenkanta* (*Callicarpa macrophylla*) etc. These should be taken orally as preparations in milk and ghee.<sup>[9]</sup>

### Mode of action of Garbhasthapak Drugs

#### Aindri

It is CNS activator and acts as utero relaxant<sup>[10]</sup>

#### Bramhi

Its extract have a stimulatory effect on thyroid function<sup>[11]</sup>

Can be used as muscle relaxant and vascular relaxant<sup>[12]</sup>

Having antistress effect<sup>[13]</sup>

#### **Satavirya**

Having estrogenic effect on female mammary gland and genital organs of guinea pig.<sup>[14]</sup>

The saponin rich fraction of asparagus shows inhibition of oxytocin induced uterine contraction in vivo.<sup>[15]</sup>

#### **Sahasravirya**

Its fresh juice is a remedy for urogenital disorders like rubella infection and muscle cramps.<sup>[16]</sup>

The plant extract strengthen uterine muscle, checks uterine bleeding, averts abortion<sup>[17]</sup>

It has a potent aphrodisiac and male fertility activity.<sup>[18]</sup>

#### **Amogha**

Its etanol extract from stem bark given orally shows marked analgesic and anti-inflammatory response in comparison to aspirin and morphine.<sup>[19]</sup>

#### **Avyatha**

Methanol extract of *Tinosporia cordifolia* is having antioxidant property<sup>[20]</sup>

#### **Shiva**

Its fruit is having antibacterial and antifungal activity.<sup>[21]</sup>

#### **Arista**

It is having hepatoprotective effect and immunomodulatory effect.<sup>[22]</sup>

#### **Vatyapuspi**

Having free radical scavenging and nitric oxide scavenging property.<sup>[23]</sup>

Analgesic and anti-inflammatory activity.<sup>[24]</sup>

#### **Viswaksenkanta**

Ethanol extract of leaves have anti-inflammatory property<sup>[25]</sup>

Aqueous as well as ethanolic extract of leaves shows anti-inflammatory potential.<sup>[26]</sup>

### **Clinical importance of Garbhini Paricharya**

#### **First Trimester**

- During 1<sup>st</sup> Trimester pregnant women experiences nausea and vomiting, which 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 Trimester**

- 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.
- 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 *Prithakparnyadi* group of drugs are diuretic, and suppress *Pitta* 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 relives constipation.
- As milk is a complete food. Milk and drugs of *Madhura* group have been advised for entire pregnancy period

#### **Benefits of Garbhini 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* 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.

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