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Role of *Garbhini Paricharya* in preventing complications of ANC

Divya Rajpurohit¹, Sushmita Rajpurohit², Malika Choudhary³

^{1,2,3}Post Graduate Scholar, Department of Prasuti Tantra evam Stri Roga, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan, India.

ABSTRACT

Ayurveda, the most ancient science of healthcare has laid colossal significance on safe parenthood, Woman, being the precious creation of the world is the only source for new creation and the esteem wish of a woman is to procreate a healthy progeny. To assure a safe motherhood as well as a healthy progeny in her womb, special care of a pregnant woman is required which is elucidated as antenatal care. The *Ayurvedic* Classics have given lot of emphasis on both Pre-conceptual (*Garbhadhan Sanskara*) and Prenatal Care (*Garbhini Paricharya*). The diet of pregnant woman after proper digestion, eventually leads to nourishment of women's body, formation of breast milk, nutrition to the fetus. Though common food and medications have been recommended depending on *Desh, Kala, Ritu*. Life Style of mother has a pivotal role in the growth and development of fetus. Hence appropriate *Vihar* in a pregnant mother should be incorporates as per the principles of *Ayurveda*. Prenatal *Yoga* can be very helpful in maintaining normal healthy pregnancy and preparing for labour as it teaches the mother to take cues from her body and maximize its natural potential. *Ayurveda* will give new avenue in obstetrics care through proper care with wholesome approach.

Key words: *Supraja, Garbhadhan, Prenatal, Mortality, Upsnehana*

INTRODUCTION

In the context of the high health burden due to Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR), there is a focus on preventing such a burden. India has 2.6 billion births annually, and the MMR was 113 per lakh live births in 2016–18.^[10] Maternity mortality is mostly preventable provided enough care is taken in managing pregnant women that can be had by providing effective Antenatal care.

Address for correspondence:

Dr. Divya Rajpurohit
Post Graduate Scholar, Department of Prasuti Tantra evam Stri Roga, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan, India.

E-mail: divyabarwa1997@gmail.com

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Ayurveda approaches for this can enhance the quality of prenatal care.^[11] *Ayurveda* classics mentioned *Garbhini Paricharya* which is divided into three categories such as *Masanumasik Pathya Ahara* and *Vihara* (monthly dietary regimen and lifestyle), *Garbhasthapak Karma* (diet and activities for maintenance of pregnancy and better progeny) and avoidance of *Garbhopaghatakar Bhavas* (diet and activities which are harmful to fetus). We always say “you are what you eat” it may also be true that “you are what your mother ate”. Additionally, according to contemporary medical knowledge, a pregnant woman's nutrition and lifestyle choices affect her fetal growth. Organogenesis is the time when a fetus's vital organs are growing. It lasts 6 to 10 weeks inside the womb. The foetus is most susceptible to birth abnormalities brought on by outside influences at this time. Prenatal exposure to hormone disrupting substances is thought to be associated to a number of diseases and foetal developmental abnormalities (EDC). The physical, mental, social, and spiritual well-being during pregnancy and practice of a wholesome

regimen, play a prime role in achieving a healthy progeny.^[7]

AIM AND OBJECTIVE

To present an in-depth analysis of what is known about Ayurvedic pregnancy care. A contrast of classical literature and current systems

METHODOLOGY

An integrated approach which uses multidimensional care like Healthy diet, Medication, Lifestyle *Yogasana* and Meditation during pregnancy trimester wise and child Birth to bring about profound benefits for the mother and the new creation.

Pregnancy related symptoms mentioned in Ayurveda classics

Sadyagruhita Garbha - *Nisthivika* (Salivation), *Gaurav* (heaviness), *Angasada* (malaise), *Tandra* (sleepiness), *Praharsha* (horripilation), *Hrida-Vyatha* (discomfort in chest region), *Tripti* (contentment), *Shrama* (Fatigue), *Glani* (languor), *Pipasa* (excessive thirst), *Sakthisadan* (lassitude of thigh), *Yoni Sphuran* (quivering in vagina), *Praseka* (excessive salivation), *Hridaya-spandanam* (Palpitation)^[12-15]

Vyakta Garbha - *Artavaadarshan* (Amenorrhoea), *Asyasansravan* (excessive salivation), *Ananabhilasha* (dislike for food), *Chhardi* (vomiting), *Arochaka* (anorexia), *Amlakamata* (craving for sour substances), *Shraddha Pranayama Uchavachesubhavesu* (alternate desire for high and low articles), *Gurugatrata* (heaviness in body), *Chakshuglani* (languor of eyes), *Stanasthanoustha Stanamandala Karshnyam* (milk secretion in breast, darkening of lips and areola), *Shwayathupadayoh* (slight edema of feet), *Lomaraji -Udgama* (development of linea nigra), *Yonya-Chatalatwam* (dilatation of vagina), *Gandhatu-Dvijataeshubhat* (Aversion from good smells), *Angasadan* (malaise), *Kshyam-Netratwa* (Depression in eyes), *Kukshi-Gaurav* (heaviness in abdomen), *Nidra* (sleepiness), *Jrumbha* (yawning), *Balakshya* (weakness), *Vidaha* (hyperacidity)^[12-15]

First month of pregnancy

Development - In first month, *Garbha* is in *Kalal* form and it gets nutrition by *Upsnehana*. So *Garbhini* should take proper diet to make balance of *Rasa* and *Rakta Dhatu*.^[1]

Diet - Non medicated milk^[2], *Madhur*, *Sheet*, Liquid Diet^[3] *Madhuyashti*, *Madhukapuspa* with butter, honey and sweetened milk^[4]

Medicine - *Jeshthamadhu* with white sandalwood power, red sandalwood powder in cow's milk, *Jeshthamadha*, *Saagbee*, *Ksheerkakoli*, *Devdaru* (*Cedrus deodara*) milk^[5], *Shatavari*, *Bala*, *Drakshadi Leha*, *Kushmanda Rasayana*, *Phala Ghrita*, *Jeevaniya/Brimhniya Gana*^[6]

Second month of pregnancy

Development - In second month, *Garbha* starts to take compact form with limb and head. *Madhur Rasa Dravyas* provide nutrition to *Garbha*.^[1]

Diet - Milk medicated with *Madhura Rasa* (sweet taste) drugs^[2], Same as first month^[3], Sweetened milk treated with *Kakoli*^[4]

Medicine - *Ashmantaka* (*Apta*) *Tila*, *Pippali* (*Piper longum*), *Manjishtha* (*Rubia cardifolia*) *Shatavari* (*Asparagus recemosus*). 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^[5] and also like first month.

Third month of pregnancy

Development - In third month, different body parts start to differentiate, heartbeat initiate with sensory and motor reaction. In this period *Garbha* express its desire through mother's craving. Fulfilling this craving is helpful for proper growth. If one neglects *Vata* get vitiated and deform *Garbha*.^[1]

Diet - Milk with honey and *Ghrita*^[2], Same as first month^[3], *Krisara*^[4]

Medicine - *Vrikshadani*, *Ksheerkakolki*, *Priyangu*, *Sariva*, Sugar, *Nagakeshar* Milk, Sandalwood powder,

Khus, lotus, cold water with milk^[5] and also like first month.

Fourth month of pregnancy

Development - In the fourth month *Garbha* stabilised and *Chetna Dhatu* get manifested.

Diet - Milk with butter^[2], Cooked *Sasti* rice with curd, dainty and pleasant food mixed with milk & butter and *Jangal Mansa*^[3], Medicated cooked rice^[4]

Medicine - *Sariva*, *Rasna*, *Bharangi* or *Jeshthamadhu* decoction, *Shunthi*, *Mustha*, Sandal wood Powder (For Thirst)^[5], *Phala Ghrita*, *Dadimadi / Shatawari Siddha Ghrit*, *Mulethi / Vidari Churna*, *Punarnava Mandura*, *Dhatri Lauha*, *Praval /Muktashukti Pishti*, *Kukkutanda Twak Bhasma*^[6]

Fifth month of pregnancy

Development - In the fifth month *Rakta* [blood] and *Mamsa* [muscle] are formed. Mind becomes clearly manifest. *Mamsa Dhatu* gets nourished in *Garbha*, so *Garbhini* is advised to eat *Jangal Mamsa*.^[1]

Diet - *Ghrita* prepared with butter extracted from milk^[2], Cooked *Shastika* rice with milk, *Jangalmansa* along with dainty food mixed with milk and *Ghrita*, *Payasa*^[4]

Medicine - Ground pomegranate leaves, sandal wood paste should be mixed with curd and honey, *Kantakari (Solanum xanthocarpum)* *Laghu Kantakari (Gmelina arborea)* leaves of *Ksheeri* trees (like Pipal - *Ficus religiosa*) banyan, *Udumbar (Ficus glomerata)*, *Plaksha (Ficus lactora)* powder with milk, Ground blue lotus, *Renukbeej*, *Nagkeshar*, pumpkin with water^[5], *Amrita (Tinospora Cordifolia) / Mulethi Kshira Paka*, *Kushmanda (Benincasa Hispida) Paka*, *Kasis Bhasma*, *Swamridu Abhyanga with Bala / Tila Taila*.^[6]

Sixth month of pregnancy

Development - In the sixth month, *Meda Dhatu* is formed. Fatty tissues of *Garbha* is formed.^[1] *Bala*, *Varna*, *Buddhi* is developed.

Diet - *Ghrita* prepared from milk medicated with *Madhura* (sweet) drugs^[2], *Ghrita* or rice gruel medicated with *Gokshura*^[3], sweetened curd^[4]

Medicine - *Prishniparni (Uraria picta)*, *Bala*, *Gokharu*, Drum stick, *Jeshthamadhu* decoction.

Balya (Strengthening) - *Endri*, *Gorakshakarkati (Papaya)*, *Vidarikanda*, *Shatavari*, *Ashwagandha*, *Mashparni*, *Bala*, *Atibala*, *Swamridu Abhyanga with Bala/Tila Taila*^[6]

Varnya (for complexion) - Sandalwood power, lotus, *Ushir*, *Sariva*, *Jeshthamadha*, *Manjishtha*, *White Durva*, *Vidarikanda*.

Medhya - *Shankhapushpi / Brahmi Churna*^[6]

Seventh month of pregnancy

Development - In the seventh month, around the seventh month fetal growth is practically complete after which only refining work remains. Most of *Garbhini* suffers from oedema of feet. This may be due to increase pressure on lower limb and water retention. To get relief from this *Gokshur* is advised as it is good diuretic. In seventh month, *Madhura Ksheer* and *Ghrit* is advised which help in proper development of foetus.^[1]

Diet - Same as in sixth month^[2], *Ghrita* medicated with *Prithakaparnyadi* Group of drugs, *Asthapana Basti* with decoction of *Badara* mixed with *Bala*, *Atibala*, *Satapuspaa*, *Patala* etc., honey and *Ghrita*. *Asthapan* is followed by *Anuvasan Basti* of oil medicated with milk, *Madhura* drugs^[3], *Ghritakhanda* (a sweet dish)^[4]

Medicine - *Bala*, *Gokharu*, *Musta*, *Lajjaluu*, *Nagkeshar* powder, Water Chestnut (*Trapa Bispinosa*) lotus, grapes^[5] *Musta*, *Dadimadi / Balamooladi / Sukumar / Prithkaparnyadi / Vidaryadi Ghrita*, *Praval Pishti*, *Punarnava Mandur*, *Swamridu Abyanaga with Bala / Tila Taila*.^[6]

Eighth month of pregnancy

Development - In the eighth month, *Ojas* becomes unstable; if *Garbha* born in this month does not survive firstly because of the absence of 'Ojas' and secondly because of the *Nirritih* (demons)

Diet - *Kshira Yawagu* mixed with *Ghrita*^[2] same as seventh month^[3], *Ghritapuraka*^[4]

Medicine - Anuvasan Basti with Madhura Aushadh Siddha Taila, Punarnava Mandur, Swamridu Abyanaga with Bala/Tila Taila^[6]

Nine-month of pregnancy

Development - nine-month mentioned as *Prasava Kala*.

Diet - Unctuous gruels and *Jangal Mansa Rasa* upto the period of delivery^[3], Different varieties of cereals.^[4]

Medicine - Anuvasan Basti with Madhura Aushadh Siddha Taila, Punarnava Mandur, Swa-Mridu Abyanaga with Bala / Tila Taila, Yoni Pichu with Madhura Aushadh Siddha Taila.^[6]

Yogasana & Pranayama, Dhyana

- **First to ninth month** - Katichakrasana, Tadasan, Tiryak-Tadasan, Vajrasana, Ardhatitliyan, Shawasana, Bhramari, Sheetali, Sheetkari, Anuloma-Viloma, Om Meditation & Mantra chanting.
- **Third to ninth month** - Vakrasana

Garbhopaghathakara Bhavas (Activities and substances which are harmful to fetus)

Garbhini should avoid use of *Teekshna, Rooksha, Ushna Dravyas*.^[8] Should give up foul smelling articles and should not eat dried up, stale, putrefied or wet food, *Vistambhi* (hard to digest), *Vidahi* food as these are harmful for the foetus. She should avoid heavy exercises, coitus, harsh or violent activities, ride over vehicles^[9], excess satiation, *Ati-Langhan* (excess emaciation), sleeping in day and awakening in night, *Ati-Vyayama* (physical activities or exercise in excess), *Vegavidharana* (suppression of natural urges) and not fulfilment *Dauhrida* desires, sitting in uneven places and should avoid fasting, grief, anger, visiting lonely places, cremation ground, prolonged stay near fire or hot sun etc. Her sleeping and sitting place should be covered with soft cushion/mattress.^[9] All these psychological and physical strains like carrying heavy weight or vehicle riding may precipitate abortion due to sudden increase in intra-abdominal pressure.

DISCUSSION

Garbhini should consume a sweet, liquid, nutrient-rich diet that includes plenty of milk, recently cooked rice, meat and meat soup, milk cooked with *Madhura* group of drugs and other congenial diet, butter, and other agreeable foods. The first trimester of pregnancy is a time of development for the fetus. During the first three months fetal growth organ are only in stage of formation and maternal *Rasa* and *Rakta Dhatu* are used for nourishing the uterine bed. During this stage, the embryo is nourished by a process called *Upasnehan*. Therefore, more *Jaleeya* [liquid] substances is advised. The advice to use milk constantly 9 months and particularly first 3 months indicates the emphasis laid on supplementing the essential nutrients. Milk is considered as the best *Jeevaneeya Dravya*. To treat common conditions like constipation and heartburn that occur during the first trimester, milk has the antacid and mild laxative properties. It contains a lot of fat, lactose, and calcium. Constipation, a common complaint during pregnancy, is eased by milk. Because lipids are necessary for the absorption of vitamins A, D, E and other nutrients, the use of butter and ghee is also justifiable. Ghee increases the intellectual capacity of the child and also with its antitoxin property helps in eliminating any form of toxins produced in the body. It even helps in controlling convulsions (*Murcha*), and prevents unconsciousness (*Apasmara*). Use of cold and liquid diet along with milk prevents dehydration during first trimester as most of the women experience nausea & vomiting hampering the intake. *Madhura* indicates the substances rich in glucose content which helps to reduce vomiting. Meat consumption aids in achieving pregnancy and gives nourishment to fetus, suppresses *Vata* of pregnant women and is also one of the best sources of folic acid. In Second trimester, the formation of fetal *Dhatu* starts and thus *Ayurved* suggested diet to boost this *Dhatu* formation which is the origin of the next chain of *Dhatu*, the majority of pregnant women experience foot edema and other complications of water accumulation by the end of the second trimester. Use of *Gokshur* a good diuretic in sixth month will prevent retention of water. The drugs of *Vidarigandhadi* group

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. Most women experience constipation in late pregnancy due to pressure of gravid uterus over bowels and effect of progesterone. Use of enema in eighth month⁴³ will relieve this constipation, besides this may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour.^[5] *Garbhini Paricharya* aims at excellence in the formation of the fetus, its development without anomalies, a secure full term normal delivery and maintenance of the health of the fetus.

Yogasana increases flexibility and strength of pelvic muscles, relieves pain & physical strain. it increases blood circulation in pelvic region, improves digestion & relieves constipation and also improve blood pressure. *Pranayama* Alleviates mental strain and anxiety and improves heart and lung working capacity it also improves bearing down capacity during labour. *Mantras* bring calmness in body and helps in easy parturition. *Yogasana* and *Pranayama* is very effective in high-risk cases of pregnancy also such as hypertension, asthma, Gestational Diabetes Mellitus, cardiac diseases diabetes and thyroid disorders.^[7]

CONCLUSION

In Ayurvedic *Garbhini Paricharya*, diet, exercise and mental status are very important because due to development of fetus many changes occur in the mother's body with increase of *Kapha Dosh* which further results into *Agnimandya* (indigestion) which is a major causative factor in number of diseases. Hence, in order to maintain a healthy gestation and conduct a pleasant parturition dietary changes and life style modifications should be inculcated keeping both sciences in mind.

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