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Scientific applicability in day-to-day practice on *Granthokta Garbhini Paricharya*

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ABSTRACT

Achievement of motherhood is the cherished desire of every woman, as fetus depends upon mother for its nourishment, so health of pregnant women is most important as motherhood represents the bearing capacity of fetus inside the womb and delivery in a healthy status. There are many physiological and psychological changes occur in different stages of pregnancy in which some of them may ends up in discomfort and trouble. *Acharyas* have described *Masanumasika Garbhini Paricharya* in classical texts of *Ayurveda* for pregnant women that help in the development of fetus, healthy growth of fetus and care to mother. *Garbhini Paricharya* is nothing but the care given to pregnant women mostly through *Ahara* and *Vihara*. It is the daily regimen one should have to follow in the most delicate days of their life. The nine monthly diets are singularly unique in *Ayurveda*. This *Paricharya* changes in accordance to the growth of fetus in the womb and at the same time ensures health of mother. One can find remnants of dietetics (*Paricharya*) with older women and midwives but detailed and comprehensive diet plan as *Paricharya* is being practiced only by *Acharyas*. The main intension of advising *Garbhini Paricharya* is *Paripurnatya* (providing growth to fetus and mother), *Anupaghata* (pregnancy without complications) and *Sukhaprasava* (for normal delivery and healthy progeny). In this paper we are giving a broad expanse of the month wise diet as *Garbhini Paricharya* which can be modified according to the season, age, place, and digestive fire of pregnant woman.

Key words: *Garbhini Paricharya, Ayurveda, Pathya, Apathya, Masanumasika*

INTRODUCTION

Pregnancy is one of the most important normal physiological processes in women's life. Pregnancy is a period of transition with physical & emotional changes. Even in uncomplicated cases, these changes can affect

the quality of life in pregnant women and affect the health of both mother and fetus. 2.7 million Neonatal death and 2.6 million stillbirths were reported in the world from 1990 to 2015 (WHO).^[1] Additionally, near 99% of maternal death occurred in low and middle-income countries. If women can assess quality medical care during pregnancy, childbirth and postpartum then maternal death can be reduced (WHO). Though, health of *Garbhini* is very important. During the period of pregnancy mother's body undergoes numerous changes to create and support the development of fetus. Since, health of fetus completely depends on its mother. So, caring of the mother before, during and after pregnancy is very much important.

According to *Ayurveda*, health of *Garbhini* was maintained through proper *Garbhini Paricharya*. These *Paricharya* maintained from conception till delivery.

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AIM AND OBJECTIVES

To study *Masanumasika Garbhini Paricharya* as per *Ayurveda* and to understand clinical importance of *Masanumasika Garbhini Paricharya*.

MATERIALS AND METHODS

All the information regarding *Garbhini Paricharya* was collected from ancient *Ayurvedic* literature (*Brihatrayee* and *Laghutrayee*), related journals, and research and review articles.

Garbhini Paricharya

This *Garbhini Paricharya* can be studied into three parts:

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)

Masanumasika Pathya

During pregnancy fetus gets its nutrition from mother through placenta. Adequate nutrition is needed for proper growth of fetus. The requirement of nutrition varies according to developmental stage of fetus month wise (*Masanumasika Vrudhi*). Pregnancy imposes the extra nutrients requirement thus, the dietetic requirements of mother also changed month wise. By following these dietetic regimens, the pregnant woman remains healthy and delivers a baby having good health, energy, strength, complexion and voice. The baby would also be well-built.

In *Ayurvedic* literature, 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 Dosha* (*Vata anulomana*) - which is needed for the normal delivery.

Month	Charaka ^[2]	Sushruta ^[3]	Vagbhata ^[4]	Harita ^[5]
1.	Non medicated milk	<i>Madhura, sheet</i> and liquid diet	Medicated milk	<i>Madhuyashti, Madhukpushpa</i> with butter, honey and sweetened milk
2.	Milk medicated with <i>Madhura Rasa Dravya</i>	Same as 1 st month	Same as <i>Charaka</i>	Sweetened milk treated with <i>Kakoli</i>
3.	Milk with honey and <i>Ghritha</i>	Same as 1 st month	Same as <i>Charaka</i>	<i>Krishara</i> (a dish prepared with rice and pulses)
4.	Butter extracted from milk or milk with butter	Cooked <i>Shashti</i> rice with curd, food mixed with milk and butter, meat of wild animals	Butter extracted from milk or milk with butter	Medicated cooked rice
5.	<i>Ghritha</i> prepared with butter extracted from milk	Cooked <i>Shashti</i> rice with milk, meat of wild animals	Same as <i>Charaka</i>	<i>Payasa</i> (rice cooked with milk and sweetened)
6.	<i>Ghritha</i> prepared from milk medicated with <i>Madhuradravyas</i>	<i>Ghritha</i> or <i>Yavagu</i> (rice gruel) medicated with <i>Gokshura</i>	Same as <i>Charaka</i>	Sweetened curd
7.	<i>Ghritha</i> prepared from milk medicated with <i>Madhura Dravyas</i>	<i>Ghritha</i> medicated with <i>Prithakparnyaadi</i> group of drugs	Same as <i>Charaka</i>	<i>Ghrithapuraka</i>

8.	<i>Yavagu</i> (rice gruel) prepared with milk and mixed with <i>Ghrita</i>	<i>Asthapanabasti</i> (decoction of <i>Badari</i> mixed <i>Bala</i> , <i>Atibala</i> , <i>Shatapuspa</i> , <i>Patala</i> , milk, curd, <i>Mastu</i> , oil, salt, <i>Madanphala</i> , honey and <i>Ghrita</i>) followed by <i>Anuvasana Basti</i> (oil medicated with milk and decoction of <i>Madhuradravyas</i>)	<i>Yavagu</i> (rice gruel) prepared with milk and mixed with <i>Ghrita</i> , <i>Asthapanabasti</i> , <i>Anuvasanabasti</i>	<i>Ghritapuraka</i>
9.	<i>Anuvasana Basti</i> (oil medicated with milk and decoction of <i>Madhuradravyas</i>), Vaginal tampon of oil	<i>Asthapanabasti</i> , <i>Madhura</i> , <i>Snigdhadravyahara</i>	Same as <i>Charaka</i>	Different varieties of cereals

Clinical Importance of *Garbhini Paricharya*

First Trimester

- Embryogenesis takes place in the first trimester of pregnancy hence an increased amount of energy is required during this period. The energy will be provided by *Kshira*, *Ghrita*, *Krusara*, *Payasa*, *Kshira* medicated with *Madhura Ausadhi*.
- Most women experience nausea and vomiting during first trimester, thus cannot take proper diet which results in dehydration and loss of nutrients. Use of cold, sweet, liquid diet and milk will prevent dehydration and supply required nourishment.
- Drugs of *Madhura* group being anabolic will help in maintenance of proper health of mother and fetus.

Second Trimester

- Fourth month onwards muscular tissue of foetus grows sufficiently thus requiring more protein which is supplied from animal sources such as meat, milk, cheese, butter etc.
- Milk provides nourishment and stability to foetus.
- Cooked *Shasti* rice advised in *Garbhini Paricharya* is rich in carbohydrate and provides energy to body.
- Meat provides nourishment to the foetus and helps in muscular growth of the foetus.
- By the end of second trimester most women suffer from oedema of feet and other complications of

water retention so, *Ghrita* medicated with *Guksura* is used which is a good diuretic. It will prevent retention of water as well as its complications.

Third Trimester

- Ghrita* medicated with *Prithakparnayadi* group of drugs are diuretic, anabolic, relieve emaciation and suppress *Pitta* and *Kapha Dosha*. Their regular use in seventh month might help in maintaining health of both mother and foetus.
- Yavagu* consumption in eighth month which is *Balya* and *Brimana* provides nourishment to mother and foetus.
- Most women suffer from constipation in late pregnancy, *Asthapana Basti* administered during eighth month which is best for *Vata Anulomana* relieves constipation. Besides this it may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour.
- Tampon (*Yoni Pichu*) of medicated oil in vagina provides lubrication of cervix, vaginal canal and perineum thus help in normal labour. This tampon may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis. Regular use of tampon might influence autonomic fibers governing myometrium and in regulating their functions.
- Milk and drugs of *Madhura* group have been advised for entire period of pregnancy. Milk is the

complete food and the drugs of *Madhura* group are anabolic, thus use of these will help in maintenance of proper health of mother and growth and development of fetus.

1. *Garbhopaghatakara Bhavas*^[6]

Garbhopaghatakara Bhava means certain factors should not be done during pregnancy because they harm the foetus. In *Ayurveda* different *Acharyas* have explained the *Garbhopaghatakara Bhavas* are as follow:

Charaka Samhita

In *Charaka Samhita*, *Acharya Charaka* has explained that the pregnant woman should avoid *Tikshna Aushadha*, *Vyavaya* (excessive coitus) and *Vyayama* (excessive exercise), use of *Atiguru*, *Atitikshna* (excessive pungent), *Atiushna* (excessive 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, should avoid from a distance the spirit that are inimical to senses. Pregnant women should avoid *Ahitkar Ahar* and *Vihar*.

Sushruta Samhita^[7]

According to *Acharya Sushruta*, women should completely abstain from *Vyavaya* (coitus), *Vyayam* (exercise), and *Atitarpan* (excessive drinking) starting on the day of conception, *Atikarshan* (excessive emaciation), *Diwaswapna*, *Ratrijagaran*, *Yanavrohan* (vehicle riding), *Bhaya*, avoid untimely use of *Snehana*, and *Vega dharana*. She should not touch *Malin*, *Hina*, *Vikruta Gatra*, should avoid *Durgandha* (foul smelling), *Dudarshan*, *Udaveg Katha* (exciting stories), should not eat *Suskha* (dried up), *Paryushit* (stale), *Kutitha* (Putrified). Loudly speaking, laughing, anger etc. all things likely to harm the fetus. Repeated excessive massage of *Tail Abhyanga* should avoid.

Vagbhata Acharya^[8]

According to *Acharya Vagbhata*, she should avoid *Tiksna Ausadh*, *Vyavaya*, *Vyayama*.

Acharya Kashyap

According to *Acharya Kashyap*, *Garbhini* should not look at declining moon, setting sun and both the *Rahus*.

She should not remain for long time in acutely erect or flexed posture and carry heavy weight for long. She should avoid tremoring, excessive laughing and trauma, use of cold water and garlic.^[9]

2. *Garbhasthapak Dravyas*

- *Acharya Charaka* and *Kashyapa* prescribed certain drugs during pregnancy without specifying their indication, period or method of use. *Acharya Chakrapani* has clarified that *Garbhasthapana* drugs are those which after counteracting the harmful factors for foetus help in its proper maintenance, thus these can be considered even as a treatment for abortion.
- *Acharya Vagbhata* has indicated use of *Prajasthapana* drugs described in *Sutrasthana* after *Pumsawana Karma*.
- *Tikakar Indu* says that these *Garbhasthapana* drugs prevent abortion.
- *Acharya Kashyapa* has advised these to be used as a routine by pregnant woman. Routine use of these drugs might be beneficial for maintenance of growth and development of mother and foetus respectively. Drugs mentioned by *Acharyas* are following:
 - *Aindri* (*Centella asiatica*)
 - *Brahmi* (*Bacopa monieri*)
 - *Satavirya* (*Asparagus recemosus*)
 - *Sahastravirya* (*Cynodon dactylon*)
 - *Amogha* (*Stereospermum suaveolens*)
 - *Avyatha* (*Tinospora cordifolia*)
 - *Shiva* (*Terminalia chebula*)
 - *Arista* (*Picrorhiza kurroa*)
 - *Vatyapuspi* (*Sida cordifolia*)
 - *Vishwasenkranta* (*Callicarpa macrophylla*)

DISCUSSION

Garbhini Paricharya to be used in routine by *Garbhini*, routine use of these drugs might be beneficial for maintenance of proper health, growth and

development of mother and fetus respectively. With the help of *Garbhini Paricharya* the health of woman remains good and delivers healthy child having good energy, strength and voice. Life of baby begins with conception even nine months prior to the delivery. Entire gestational period is very important for the 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 expresses dietary and behavioral desires. These longings are the desires of fetus, fulfillment of which is beneficial for proper gestation period, whereas non fulfillment or ignorance of which causes various developmental anomalies.

CONCLUSION

All the discussions about the dietary, behavioral and medicinal regimen prescribed by all *Ayurveda* classics aims at the healthy progeny and avoiding pregnancy induced complications. These regimens help in the known cases of secondary infertility and cases of recurrent abortions. Dos 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. For avoiding complications related to pregnancy and obtain healthy outcome, should consider nine months specific diet explained in various *Samhitas*. The ancient *Ayurvedic* Literature is not only unique but also scientific with Modern sciences so, Antenatal care should be done as per *Ayurveda*.

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