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Garbhini Paricharya and its Clinical Importance

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ABSTRACT

Ayurveda refers to prenatal care as *Garbhini Paricharya*, a preventive healthcare system. Pregnant women should receive care from the start of their pregnancy until the baby is born. Given that the health of the mother affects the outcome for the fetus, pregnancy and childbirth are among the most important times in a woman's life cycle and require special care. The rising incidence of congenital malformations in infants nowadays is a major source of concern for the medical community. These flaws might be mild, large, anatomical, or physiological in character. Prenatal care known as *Garbhini Paricharya* suggests *Ahar*, or a certain nutrition plan, *Vihar*, or a *Garbhini* way of life, and behavioral changes in the psychological domain. The right *Garbhini Paricharya* would lead to the fetus developing normally, to a healthy delivery, and to the mother's ability to endure the hardship of childbirth. *Garbhini Paricharya* consists of *Garbhasthapak Dravyas* (substances favorable for maintaining pregnancy), *Garbhopaghatakar Bhavas* (activities and substances which are damaging to fetus), and *Masanumasik Pathya* (mouth smart food regimen). The primary goals of advising *Garbhini Paricharya* are *Anupaghata* (simple pregnancy), *Paripurnatya* (ensuring the fetus and mother grow properly), and *Sukhaprasava* (healthy delivery). **Conclusion:** Prenatal care should be provided in an integrated manner, that is, in accordance with both current science and Ayurvedic literature, as the ancient *Ayurvedic* literature detailed in the many *Samhitas* is not only unique but also scientific as modern medical sciences.

Key words: *Masanumasik Garbhini Paricharya, Ahara, Vihar.*

INTRODUCTION

The foundational idea of *Ayurveda*, the holistic science of healthful living, is *Swasthasya Swasthya Rakshanam Aturasya Vikara Prasamanam*. Because *Ayurveda* focuses on illness prevention and treatment, it has helped to promote health. *Ayurveda* places a strong emphasis on methods for restoring women's health in addition to the well-being of the old and young. *Ayurveda* discussed a number of conceptions for prenatal care and notion in this regard. Prenatal care, or *Garbhini Paricharya*, is one such *Ayurvedic* method

that supports the health of expectant mothers and their developing fetus. Even the word *Garbhini Paricharya* suggests that *Garbha* is present in the care given to women. There are other facets of *Garbhini Paricharya*, such as *Ahara, Vihara, Pathya, Apathya, Yoga*, and meditation. The *Garbhini Paricharya* philosophy not only protects the health of expectant mothers but also averts the negative effects of *Garbhapata* and *Garbha Vikriti*.

AIM AND OBJECTIVES

- 1) To protect fetus from known/unknown hazards.
- 2) To facilitate normal growth and development of fetus.
- 3) To promote, protect and maintained the health of the mother
- 4) To remove anxiety associated with delivery.
- 5) To conduct normal delivery, without any fetal and maternal complication.

Scope of *Garbhini Paricharya*

In its broadest meaning, *Garbhini Paricharya* should involve educating girls and women about its possible advantages as well as providing delivery and social

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conditions that promote health so that a woman is already in a state of physical and mental well-being when she becomes pregnant. Therefore, in actuality, *Garbhini Paricharya* ought to start prior to the woman getting pregnant. In actuality, antenatal care starts the moment the woman arrives for her initial pregnancy confirmation visit. Therefore, it is best for the first prenatal checkup to occur during the first trimester of pregnancy.

Clinical Importance *Garbhini Paricharya*

First trimester

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

Second trimester

In second trimester, muscular tissue of fetus grows sufficiently requiring more protein which is supplied from animal sources such as meat, milk, cheese, butter etc. Milk provides nourishment and stability to the fetus. Meat provides nourishment to the fetus and helps in muscular growth of the fetus. Cooked *Shashti* rice advised in *Garbhini Paricharya* is rich in carbohydrate and provides energy to the body. By the end of second trimester most women suffer from oedema of feet and other complications of water retention. So *Ghrita* medicated with *Gokshura* is used which is a good diuretic will prevent retention of water as well as its complications.

Third trimester

- *Ghrita* medicated with *Prithakparnyadi* group of drugs 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.

- *Yavagu* consumption in eighth month which is *Balya* and *Brimhana* provides nourishment to mother and fetus.
- Most women suffers from constipation in late pregnancy, *Asthapana Basti* administered during eighth month which is best for *Vata Anulomana* relieves constipation. Besides this may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour.
- Tampon of oil in vagina provides lubrication of cervix, vaginal canal and perineum thus helps in normal labour. This may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis.

Garbhopaghatakar Bhavas

These are the diets and mode of life which are harmful for fetus resulting in either abortion or intrauterine death of fetus. Also cause congenital anomalies in fetus.

Garbhasthapak Drugs

- Helpful for maintenance of pregnancy.
- Helps in prevention of abortion.

Benefits of *Garbhini Paricharya*

According to *Acharya Charaka*, the mother stays well and gives birth to a child who is far better than other family members in terms of health, vitality, strength, voice, and compactness thanks to *Garbhini Paricharya*. Additionally, according to *Charaka* and *Vagbhata*, by following this regimen, the woman's *Garbhadharini* (fetal membranes and vaginal canal), *Kukshi* (uterus), sacral region, flanks, and back become soft, allowing *Vayu* to move in the correct direction; the placenta, feces, and urine are easily expelled by their respective passages; the skin and nails become soft, the woman gains strength and complexion, and she smoothly delivers a desired.

DISCUSSION

So, after elaboration of *Garbhini Paricharya* it can be said that our *Acharya* has described scientific

description of *Garbhini Paricharya*. A brief regimen of each and every step in *Paricharya* is explained to prevent untoward effect. Continuation of pregnancy till term, provide proper nutrition to growing fetus, Prevention of untimely stimulation of *Vata*, Enhancement of strength and complexion of both mother and baby. *Garbhini Paricharya* is the term for the systematic monitoring (inspection and counseling) of a pregnant woman. Regular and sporadic supervision is appropriate, depending on the needs of the individual. The goal of prenatal care is to get the expectant mother ready, both psychologically and physically, for the ultimate experience of labor so that she can go into it in the best possible health and come out of it with the least amount of trauma to both her and her child. Every woman's greatest and most treasured dream is to become a mother. She feels her life is complete when she achieves it. Women's 'DESIRE' for their 'CHILD' can at times outweigh their own desires for physical attractiveness and may even outweigh their claims to a successful profession.

It's a beautiful thing for both mother and father to plan for a child. It is a necessary component of married life's true fulfillment. For a joyful pregnancy and an easier birth, a woman must emotionally and physically prepare. The health of the *Garbhini* is the sole way to attain the well-being of *Garbha*. From the time a pregnancy is confirmed until delivery, appropriate *Garbhini Paricharya* is used to ensure the wellness of expectant mothers. *Garbhini Paricharya* refers to a pregnant woman's mental and physical preparation for *Sukhaprasava* through *Ahar* (food), *Vihar* (lifestyle), *Aushada* (medicine), and *Paramarsha* (counseling). According to *Acharya Kashyapa*, whatever food or liquids a pregnant lady consumes will become palatable to the fetus. So pregnant woman should take care of her diet and should never be neglected because the care of the pregnant lady reflects on the quality Health.

According to *Acharya Charaka* the pregnant woman should be treated just like a pot filled with oil, as slightest oscillation of such pot causes spilling of oil, similarly slightest excitement to the pregnant woman

can initiate abortion etc. *Brihatraye* described *Garbhini Paricharya*.

CONCLUSION

Every woman's beautiful desire is to have a healthy child of her own. Preconception and management are the first steps towards achieving a healthy pregnancy, according to *Ayurveda*. However, the majority of Indian women visit clinics following childbirth, meaning that pre-conception care and treatment play a very small part. Therefore, during the nine months of pregnancy, a pregnant woman must get intensive care. For this aim, a monthly regimen of *Garbhini Paricharya* as described in different *Ayurvedic Samhitas* is very helpful. Diseases associated with *Garbhini* can be prevented if a pregnant lady adheres rigorously to *Garbhini Paricharya*. Her anticipated child will be fair-skinned, healthy, and active. There won't be any complications throughout the labor process, and the mother's health and ability to nurse will be preserved.

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