



ISSN 2456-3110

Vol 5 · Issue 1

Jan-Feb 2020

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Charaka
Publications

Indexed

Pregnancy Care In Ayurveda

Dr. Danamma Wali¹, Dr. Hussain Miya², Dr. Mahalakshmi³, Dr. Vijayashree MC⁴, Dr. Janaki YS⁵,
Dr. Ananta S. Desai⁶

^{1,2,3}Post Graduate Scholar, Dept. of Roga Nidana & Vikruti Vijnana, ⁴Post Graduate Scholar, ⁶Professor & HOD, Dept. of Panchakarma, ⁵Professor, Dept. of Kayachikitsa, Government Ayurvedic Medical College, Bengaluru, Karnataka, INDIA.

ABSTRACT

Pregnancy is a happy and joyous time of life for many women. It can also be challenging time of life as the mothers body goes through numerous changes in order to create and support the development of new life. Ayurveda is an excellent addition to the care provided by medical doctors and midwives. Ayurveda creates support for the physical, mental/emotional and spiritual bodies of the mother and her baby. Promoting the health of mother and baby during pregnancy using Ayurveda begins with a month by month description of developments during pregnancy. It then covers the topics of apanavata, nutrition, the daily routine, yogaasana, meditation, happiness, challenges, herbs as well as herb examples and herb research, classical month by month regimens, preparing for the baby. Pregnancy and child birth are matters of great importance in a woman's life. A woman needs to be taken care of and made the centre of attention during this phase. The set of rules that are prescribed in Ayurveda are very important for pregnant women. They give you detailed information about the *Vichara* (thought process), *Vihara* (lifestyle) and *Ahara* (Diet) which are recommended to be followed at various stages during the Pregnancy period.

Key words: *Garbhini Paricharya, Pregnancy, Anti natal Care, Pregnancy Care.*

INTRODUCTION

Pregnancy is a happy and joyous time of life for many women. It can also be challenging time of life as the mothers body goes through numerous changes in order to create and support the development of new life.

Ayurveda is an excellent addition to the care provided by medical doctors and midwives. Ayurveda creates support for the physical, mental/emotional and spiritual bodies of the mother and her baby.

Address for correspondence:

Dr. Danamma Wali

Post Graduate Scholar, Dept. of Roga Nidana & Vikruti Vijnana
Government Ayurvedic Medical College, Bengaluru, Karnataka,
INDIA.

E-mail: danuwali1992@gmail.com

Submission Date: 15/01/2020 Accepted Date: 18/02/2020

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka
Ayurveda Organization, Vijayapur,
Karnataka (Regd) under the license CC-
by-NC-SA

Garbhini Paricharya

Garbhini Paricharya deals with the proper growth of the foetus, its delivery, the health of the mother and thus her ability to with stand the strain of labour. The whole *Garbhini Paricharya* can be discussed under three main headings.

1. **Masanumasika Pathya:** Month wise dietary regimens.
2. **Garbhopaghatakara Bhavas:** Regimens and articles that is harmful.
3. **Garbhasthapaka Dravyas:** Substances which are helpful for pregnancy.

Masanumasika Pathya (month wise dietary regimen)

During pregnancy fetus starts to get nutrition from mother through placenta. Adequate nutrition is needed for monthly constant and proper development of embryo. The requirement of nutrition varies according to development of fetus. 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 child having good health, energy, strength, complexion and voice. The child would also be well-built. Having importance of this change in requirements, the Ayurvedic *Aacharyas* have given in detail the month wise dietetic regimen known as *Masanumashika Paricharya* (monthly regimen) for woman right from the first month up to the ninth month of pregnancy. The monthly regimen helps in: Softening of placenta (*apara*), pelvis, waist, sides of the chest and back. Downward movement of *Vata* (*Vata anulomana*) - this is needed.

Table 1: *Masanumasika Garbhini Paricharya* according to various *Acharyas*

Month	<i>Charak Samhita</i>	<i>Sushruta Samhita</i>	<i>Astanga Sangraha</i>	<i>Haritha Samhita</i>
1 st Month	Non medicated milk	Madhur, Sheet, Liquid Diet	Medicated milk	Madhuyashti, Madhukapusa with butter, honey and sweetened milk
2 nd Month	Milk medicated with madhura rasa (sweet taste) drugs	Same as first month	Same as Charaka Milk medicated with madhura rasa (sweet taste) drugs	Sweetened milk treated with kakoli
3 rd Month	Milk with honey and ghrita	Same as first month	Milk with honey and ghrita	Krisara
4 th Month	Milk with butter	Cooked sasti rice with curd, dainty and pleasant food mixed with milk & butter and	Milk with one tola (12gm) of butter	Medicated cooked rice

		Jangal mansa		
5 th Month	Ghrita prepared with butter extracted from milk	Cooked shastika rice with milk, jangal mansa along with dainty food mixed with milk and ghrita	Same as charaka	Payasa
6 th Month	Ghrita prepared from milk medicated with madhura (sweet) drugs	Ghrita or rice gruel medicated with gokshura	Same as charaka	Sweetened curd
7 th Month	Same as in sixth month	Asthapana basti followed by anuvastana basti.	Same as charaka	Ghritakhanda (a sweet dish)
8 th Month	Kshira Yawagu mixed with ghrita	Anuvastana basti	Kshirayawagu mixed with ghrita, asthapana basti with decoction of badari, anuvastana basti with oil medicated with Madura drugs	Ghritapuraka
9 th Month	Anuvastana basti with oil prepared with drugs	Unctuous gruels and jangal	Same as charaka	Different varieties of

of Madhura (sweet) group, vaginal tampon of this oil	mamsa rasa up to the period of delivery		cereals
--	---	--	---------

First month: Take foods which are sweet, cold and more of liquids.

Second month: Lady should take milk medicated with drugs having Madhura Rasa and liquids which are sweet and cold.

Third month: In this month lady should take milk with honey and ghee and Shashtika Shali (a variety of rice) cooked in milk .

Fourth month: Butter extracted from milk in the quantity of one Aksha (approximately 10 grams) or milk with butter should be given in this month. Cooked Shashtika Shali with curd, pleasant food mixed with milk & butter and meat of wild animals can also be given .

Fifth month: Ksheerasarpi - Ghee prepared with butter extracted from milk is given in this month. Food advised in fourth month can also be given but instead of butter, ghee is given in this month.

Sixth month: Lady should take Ksheerasarpi medicated with Madhura oushadhas. Ghee or rice gruel medicated with Gokshura (*Tribulus terrestris*) should be given in this month. In this month in pregnant lady we commonly observe the swelling, retention of urine, Madhura gana drugs.

Seventh month: The regimen of seventh month is same as that of sixth month. Ghee medicated with Vidarigandha etc. drugs can also be given which helps in the proper development of the foetus.

Eighth month: Basti i.e. Medicated enema, is administered during the eighth month. As Vata plays an important role in the whole process of delivery. Sushruta has advised Asthapanabasti (a medicated enema with non unctuous substances like kashaya) with decoction of badari (*Zizyphus jujube*) mixed with Bala (*Sida cardifolia*), Atibala (*Abutilon indicum*), Shatapushpa (*Foeniculum vulgare*), Palala (pasted

Sesamum seeds), milk, curds, masthu (sour buttermilk), oil, salt, Madanaphala (*Randia dumetorum*) honey and ghruta and followed by Anuvasana basti (unctuous enema) with oils medicated with milk and decoction of drugs of Madhura group. These would help in clearing the retained faeces and helps in downward movement of Vata.

Ninth month: In this month, the pregnant lady should be given the Anuvasana basti with the oil medicated with Madhura group of drugs. The Pichu (Vaginal tampons) with the same oil is also administered for the lubrication of the vaginal passage.

Garbhoghagathakara Bhava

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 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, 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 ground, prolonged stay near fire or hot sun etc. Her sleeping and sitting place should be covered with soft cushion/mattress. 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 asthapan basti with decoction of badari mixed with bala, atibala, sathapushpa, pestled sesamum seeds, milk, curd, mastu, oil, salt, madhana phala, honey and ghruta, 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. Whereas charaka and vagbata, 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). Charaka

and vagbata have advised aindri, brahmi, satavirya, sahasravirya or durva, amogha, avyatha, siva, arista, vatyapuspi, viswaksema 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. Anuvasana vasti for lubrication of garbha.

Garbhashtapak Dravyas

Garbhashtapaka Dravyas counter act the effect of the Garbhopaghatakara Bhavas and help in the proper maintenance of the Garbha. They can also be used in the 7 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 Garbhashtapaka Aushadhis are Aindri (*Bacopa monnieri*), Braahmi (*Centella asiatica*), Satavirya (*Asparagus racemosus*), Sahashravirya (*Cynodon dactylon*), Amogha (*Stereospermum suaveolens*), Avyatha (*Tinospora cardifolia*), Shiva (*Terminalia chebula*), Arista (*Picrorhiza kurroa*), Vatyapushpi (*Sida cardifolia*), Vishwasenkanta (*Callicarpa macrophylla*) 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 Diatri Regimen). 2. *Garbhopaghathakara Bhavas* (Activities and substances which are harmful to foetus) 3. *Garbhashtapaka Dravyas* (Substances beneficial for maintenance of pregnancy) we have discussed various diets and various Do's 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. 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

Ayurveda is ultimate science of life focusing every minute aspect of various stages of human life. *Garbhini Paricharya* is one of its concepts explaining the importance of establishment of health of a woman before delivery; directing physicians and *Garbhini* to adapt certain changes in the daily activities, diet, mental and social behavior. The dietetic regimen prescribed for the women having normal developments of foetus, women remains healthy and delivers the child possessing good health. By use of this fetal membranes, vaginal canal, abdomen, sacral region, flanks become soft, *Vayu* moves into its right path: urine, feces and placenta are excreted or expelled easily by their respective passages. Women gains strength, easily delivers at proper time. After a detailed review of various classical texts, it can be concluded that Ayurveda has executed the anti natal care (*Garbhini Paricharya*) in a meticulous fashion with a scientific background, focusing on every aspect required to cherish and replenish the health of woman and avoid complications during delivery.

REFERENCES

1. K Park, Textbook of Preventive and Social Medicine, Jablpur; 21st ed.; Banarasidas Bhanot Publisher; 2011: 481, 484.
2. UNICEF, State of World's Babyren 2009, Special ed.
3. Menon, M.K.K. (1975). J.Obs & Gynae. Of India. XXXV,113.
4. Yadavji Trikamji, editor, Commentary: Vidyotini Hindi Commentary of Acharya Kasinath Shastri and Gorakhnath Chaturvedi on Charaka Samhita of Charaka, Sharira Sthana, chapter 8, verse no. 32, 22th edition, Varanasi: Chaukhambha Bharati Academy; 1996; p.937
5. Yadavji Trikamji, editor, Commentary: Vidyotini Hindi Commentary of Acharya Kasinath Shastri and

- Gorakhnath Chaturvedi on Charaka Samhita of Charaka, Sharira Sthana, chapter 8, verse no. 32, 22th edition, Varanasi: Chaukhambha Bharati Academy; 1996; p.937
6. Yadavji Trikamji, editor, Commentary: Ayurveda Tatva Sandipika Hindi Commentary of Acharya Ambika Datta Shastri on Sushruta Samhita of Sushruta, Sharira Sthana, chapter 10, verse no.3, 13th edition, Varanasi: Chowkhambha Sanskrit Sansthan; 2002; p.73
 7. Vagbhata, Commentary, Indu Commentary of Vaidya Anant Damodar Athavale on Astanga Sangraha, Sharirasthana, chapter 3, verse no. 2, 1st edition, Pune, Shree Mada Atreya Prakashana; 1980; p. 279
 8. Harita, Commentary, Nirmala Hindi Commentary of Acharya Ramavalamba Shastri on Harita Samhita, Tritiya Sthana chapter 49, verse no.2, 1st edition, Varanasi: Prachya Prakashana; 1985; p.86 9.
 9. Yadavji Trikamji, editor, Commentary: Vidyotini Hindi Commentary of Acharya Kasinath Shastri and Gorakhnath Chaturvedi on Charaka Samhita of Charaka, Sharira Sthana, chapter 8, verse no. 32, 22th edition, Varanasi: Chaukhambha Bharati Academy; 1996; p.937.
 10. Yadavji Trikamji, editor, Commentary: Ayurveda Tatva Sandipika Hindi Commentary of Acharya Ambika Datta Shastri on Sushruta Samhita of Sushruta, Sharira Sthana, chapter 10, verse no.3, 13th edition, Varanasi: Chowkhambha Sanskrit Sansthan; 2002; p.73.
 11. Vagbhata, Commentary, Indu Commentary of Vaidya Anant Damodar Athavale on Astanga Sangraha, Sharirasthana, chapter 3, verse no.3, 1st edition, Pune, Shree Mada Atreya Prakashana; 1980; p. 279.
 12. Harita, Commentary, Nirmala Hindi Commentary of Acharya Ramavalamba Shastri on Harita Samhita, Tritiya Sthana chapter 49, verse no.2, 1st edition, Varanasi: Prachya Prakashana; 1985; p.86 13.
 13. Yadavji Trikamji, editor, Commentary: Vidyotini Hindi Commentary of Acharya Kasinath Shastri and Gorakhnath Chaturvedi on Charaka Samhita of Charaka, Sharira Sthana, chapter 8, verse no. 32, 22th edition, Varanasi: Chaukhambha Bharati Academy; 1996; p.937.
 14. Yadavji Trikamji, editor, Commentary: Ayurveda Tatva Sandipika Hindi Commentary of Acharya Ambika Datta Shastri on Sushruta Samhita of Sushruta, Sharira Sthana, chapter 10, verse no.3, 13th edition, Varanasi: Chowkhambha Sanskrit Sansthan; 2002; p.73
 15. Vagbhata, Commentary, Indu Commentary of Vaidya Anant Damodar Athavale on Astanga Sangraha, Sharirasthana, chapter 3, verse no.3, 1st edition, Pune, Shree MadaAtreya Prakashana; 1980; p. 279.
 16. Harita, Commentary, Nirmala Hindi Commentary of Acharya Ramavalamba Shastri on Harita Samhita, Tritiya Sthana chapter 49, verse no.2, 1st edition, Varanasi: Prachya Prakashana; 1985; p.86. Chaukhambha Bharati Academy
 17. Yadavji Trikamji, editor, Commentary: Vidyotini Hindi Commentary of Acharya Kasinath Shastri and Gorakhnath Chaturvedi on Charaka Samhita of Charaka, Sharira Sthana, chapter 8, verse no. 32, 22th edition, Varanasi: Chaukhambha Bharati Academy; 1996; p.937.
 18. Yadavji Trikamji, editor, Commentary: Ayurveda Tatva Sandipika Hindi Commentary of Acharya Ambika Datta Shastri on Sushruta Samhita of Sushruta, ShariraSthana, chapter 10, verse no.4, 13th edition, Varanasi: Chowkhambha Sanskrit Sansthan; 2002; p.73.
 19. Vagbhata, Commentary, Indu Commentary of Vaidya Anant Damodar Athavale on Astanga Sangraha, Sharirasthana, chapter 3, verse no.4, 1st edition, Pune, Shree Mada Atreya Prakashana; 1980; p. 279

How to cite this article: Dr. Danamma Wali, Dr. Hussain Miya, Dr. Mahalakshmi, Dr. Vijayashree MC, Dr. Janaki YS, Dr. Ananta S. Desai. Pregnancy Care In Ayurveda. J Ayurveda Integr Med Sci 2020;1:113-117.

Source of Support: Nil, **Conflict of Interest:** None declared.