



ROLE OF AYUVODAKT PRICHARYA IN PREVENTING COMPLICATIONS OF ANC

Apurva Joshi¹, Rashmi Sharma²

PG Scholar (Batch2020)¹, Associate Professor², PG Department of Prasuti Tantra Evum Stri Roga, Dr. Sarvepalli Radhakrishnan Ayurved University, Jodhpur, Rajasthan

Corresponding Author: purvajsh93@gmail.com

<https://doi.org/10.46607/iamj1711052023>

(Published Online: May 2023)

Open Access

© International Ayurvedic Medical Journal, India 2023

Article Received: 18/04/2023 - Peer Reviewed: 26/04/2023 - Accepted for Publication: 09/05/2023.

**ABSTRACT**

Ayurveda is a science of life. *Ayurveda* is a traditional medicine system from India that addresses the whole person: mind, body, and spirit. *Garbhini Paricharya* has described monthly dietary regimen and living style for the whole pregnancy, specific water for bathing during pregnancy, amulet for pregnant women, etc. All of these advices are done to ensure a normal pregnancy and uncomplicated labor with delivery of a healthy baby from a healthy mother. The woman is considered one of the most essential factors for the continuity of the human race. During *Garbhavastha*, she experiences lots of anatomical as well as physiological changes at the level of *Dosha*, *Dhatu*, and *Mala*. These changes are nothing but maternal adaptation to the increasing demand of the growing fetus. The Growth and development of a fetus require more nutrition from the mother. This causes an increased workload on the maternal Dhatu, so she needs extra nutrition during *Garbhavastha*. Dietetics and modes of life which are contraindicated during pregnancy are known as *Garbhopaghatakara bhavas*. *Garbhopa -ghatakara bhavas* should be avoided as well as the use of *Garbhashthapakadravya* is beneficial for the fetus.

Keywords: *Ayurveda*, Pregnancy, *Garbhini paricharya*, *Garbhashthapakadravya*

INTRODUCTION

Ayurveda is a holistic science that gives knowledge of life. It benefits health by providing factors re-

sponsible for its maintenance and promotion. The main motive of *Ayurveda* is the maintenance of the

health of healthy individuals and treating the diseased one Growth of the *Garbha* (foetus) depends upon the food and actions of the mother. The food taken by a pregnant woman nourishes and helps the growth of the foetus, nourishes the mother's own body, and nourishes the breasts by which the breast milk formed maintains a new-born baby. *Garbhini paricharya* is a way of living of a pregnant woman it highlights the *ahar & vihar* during pregnancy so *Ayurvedic Garbhini paricharya* can be correlated with antenatal care.

In our classic detailed description of the *maasanu-masikapathya*. During the first month, *kalala* formation, in the second month *Ghana*, and in the third month there will be the development of *sarvaan-gapratyanga* and *indriyas*. In order to satisfy all the needs for the development process, acharyas mentioned the usage of *ksheera*, *madhurasheetadra-vaaahara*, and *saatmya foods*.

The main aim of *Garbhini paricharya* is:-

1. To protect the fetus from known /unknown hazards.

2. To promote normal growth and development of the fetus.
3. To conduct normal delivery without any foetal and maternal complications. Thus, great importance has been given to *Garbhini Paricharya* in our classics.

Aims And Objectives

- To collect and analyze the month-wise *Ayurvedic Garbhini paricharya*.
- To understand the clinical importance of *Garbhini paricharya* as described in Ayurveda classics.

Method & material

In our classic detailed description of the *maasanu-masikapathya*. During the first month, *kalala* formation, in the second month *Ghana*, and in the third month there will be the development of *sarvaan-gapratyanga* and *indriyas*. In order to satisfy all the needs for the development process, acharyas mentioned the usage of *ksheera*, *madhurasheetadra-vaaahara*, and *saatmya foods*.

Month	Sushruta Samhita	Charaka Samhita	Astang sangraha
1 st	Madhur, sheet drava ahara (Sweet, cold, and liquid Diet]	Plane milk & satmya ahara	Madhur, sheet drava ahara, medicated milk & satmya ahara
2 nd	Madhur, sheet drava ahara	Milk medicated with madhur gana dravya	Same as charak
3 rd	Madhur, sheet drava ahara, shasti rice & milk	Milk with honey and Ghrita	Same as charak
4 th	shasti rice, milk & Mansa (meat) of wild animals with milk and butter	Navneet (Butter) extracted from milk or Milk with butter	Milk with one tola of butter (12 gms]
5 th	shasti rice, milk & food mixed with	ghrita and milk	Same as charak
6 th	shasti and yavagu medicated with Gokshur	Medicated milk ghrita with Madhur gana drug, rice, ghrita	Same as charak
7 th	Ghrita medicated with Prithakparni	Same as fifth month	Same as charak
8 th	Asthapan basti (bala, atibala, etc). Anuvasan Basti (medicated oils of milk and madhur gana dravya).	Kshir Yavagu mixed with ghee Kshir yavagu mixed with ghee	Asthapan basti with beer, Madan-phala, etc. Anuvasan Basti of medicated oil
9 th	Anuvasanbasti (oil medicated with milk & decoction of madhura dravyas), Vaginal tampon of oil	Anuvasan Basti with oil prepared with madhur-gana drugs, Yonipichu (vaginal tampon) of this oil	Same as charak

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

Garbhopaghathakara bhavas are the ahara and vihara which are harmful to the garbha (fetus). These may cause some congenital defects in the child and are not conducive to the birth of a healthy child, with all the good qualities. These can be grouped under two different headings namely ahara (diet) and vihara (be-

havior). If the garbhini is exposed to garbhopaghathakara bhavas, this may cause the following complications-

- Intrauterine death
- Pre-mature labour
- Abortion
- Intrauterine growth retardation

Samhita	Garbhopaghathakara Bhavas	
	Ahara (diet)	Vihara (behaviour)
Charaka	Pungent drugs, tobacco/smoking, cocaine, alcohol intake, meat, inadequate calorie intake, caffeine (tea, coffee, chocolates)	High pitch voice, suppression of natural urges, exercise, coitus, strenuous work, going outside alone to lonely places, visiting haunted trees, entering into shades of the tree, use of blood-stained clothes.
Sushrut	Dry, food kept overnight, boiled food, wet or moistened food	Coitus, exercise, night awakening, day sleeping, prolonged squatting & abnormal postures, travelling, suppression of natural urges, bloodletting, excessive emaciation
Ashtanga san-graha	Intake of dry food travel,	Indigestion, anger, grief, fear, fasting, abnormal & difficult postures, night awakening, day sleeping
Ashtanga hridaya	Meat, alcohol intake, intake of food which is hard to digest (vishtambhi)	Excessive coitus, exercise, carrying heavy weight, untimely sleep, squatting, grief, anger, excitement, suppression of natural urges, fasting, excessive walking, use of red garments, sleeping in the supine position, bloodletting
Kashyap	Excessive use of garlic in food, use of cold water	Looking at the declining moon & setting sun, excitement, exposure to the solar or lunar eclipse, excessive laughing, staying for longer periods in erect or flexed posture, wearing tight garments, viewing the filled pots, garlands, pots filled with ghrita or curd.

Garbhasthapaka Dravya (Drugs beneficial for the maintenance of pregnancy):

Garbhasthapakadravyas counter act the effect of the garbhopaghathakara bhavas and help in the proper maintenance of the garbha. They can also be used in the 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 fetus.

- 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*)
- Vishwasenkanta (*Callicarpa macrophylla*)

These dravyas should be taken orally as preparation in milk and ghee. Dravyas of the Jeevaniya gana can also be used in a similar way.

DISCUSSION

In Ayurveda, food is considered the best source of nourishment and medication for the pregnant woman. In *Garbhini Parichaya* the nine monthly unique diets are mentioned by acharyas so *Garbhini paricharya* can be correlated with antenatal care.

First trimester:-

During the first trimester, the lady will be suffering from *shrama, glani, pipasa, and chardhi*. Thus, for these ailments, milk is the ideal source, and it prevents dehydration due to nausea and vomiting. Milk is mentioned as a complete diet that can be taken throughout the period of pregnancy. It is a natural source of folic acid, vitamins, minerals, and enzymes which are essential for fetal and maternal nourishment. Adequate calcium supplementation through milk can produce proper development of the fetus. From the third month onwards, mentioned the importance of *ghrita*. It is *vata pitta prashamana*. Ghee is rich in antioxidants and acts as an aid in the absorption of vitamins and minerals from other foods. According to modern science, the most important event during the first trimester is embryogenesis. In this stage, the embryo requires an increasing amount of energy. Medicated milk with *Madhura Rasa* acts like a rich source of energy. *Vata* is responsible for cell division during embryogenesis. In the first-trimester *vata dosha* is alleviated in pregnant women so *ghrita, milk, and madhura dravyas* are suggested which have *Vatashamak* properties.

Second trimester: -

According to *Ayurveda* from the fourth month onwards, *Mamsadhatu* development mostly occurs in the foetus. The muscular tissue of the foetus develops, so more proteins are needed. Thus, it can be attained by the usage of *jangalamamsa, shashtikodana, dhadhi, ksheera, and navaneeta*. In the fourth month, *mamsashonitopachaya* occurs to *garbha* and the lady feels emaciated. It is due to the lack of nourishment of maternal *dhathus*, as the *aahara rasa* is driven to nourish the fetus so cooked *shashtik shaali* rice advised in *Garbhini paricharya* is rich in carbohydrates and provides energy to the body. During the last month of second trimester pedal oedema

is observed, so *ghrita* medicated with *gokshura* (*Tribulus terrestris*) is used. It helps to reduce oedema and other complications of water accumulation by the gravid uterus in the later months of pregnancy. *Gokshura* may also prevent pre-eclamptic toxemia during pregnancy.

Third trimester:-

In the seventh month by the usage of *madhuroushadha siddhasarpi, prithakparnyadi siddha ksheerasarpi* has the *brimhana* property which helps in fetal development. From eight months up to delivery *snigdha yavagu, jangalamamsa rasa, ksheera yavagu* with *sarpi*, etc mentioned all these acts in subsiding the *vata*. During the last three months, the fetus drains about two-third of total calcium, three-fifth of total protein, and four-fifth of total iron from the mother, thus the usage of *vididhaannani* meets the nutrient demands In the *Samhita's acharyas* gives references regarding the usage of *vasti* and *yoni pichu*. Most women experience constipation in late pregnancy due to the pressure of the gravid uterus and also by the effect of hormones. Thus, *Anuvasana vasti* helps in *anulomana* of *Apanavata*. It helps in bringing normalcy to *Apanavata* and thus facilitates unobstructed labor. *Yoni pichu* helps in softens the vaginal passage, facilitates relaxation during labor then prevents perineal tears.

CONCLUSION

Garbhini paricharya acharyas explained the diet and lifestyle of pregnant women in a scientific way which helps in the formation of the fetus, its development without anomalies, secure full-term delivery, and maintenance of the health of the mother. By the usage of regimens from the first to the ninth month, women gain strength, and she delivers easily at the proper time as desired, with an excellent healthy child possessing all qualities and long life. During early pregnancy, *Acharyas* have given more emphasis on using highly nutritious *madhur aushadhi* and milk products which give more energy to a pregnant woman and hydrate her. In the 2nd trimester, the diet mentioned is useful in meeting energy and protein requirements and *vata anulomana*. In 3rd trimester,

diet and drugs are used to relieve oedema and constipation, and support full-term labour. So, *Garbhini paricharya*, which was advised thousands of years ago in classical texts of *Ayurveda* for pregnant women is totally scientific and can be proven on scientific parameters.

REFERENCES

1. Vaidya Yadavji Trikamaji Acharya Editor (Reprint ed.). Sushrut Samhita of Sushruta, Sutrasthan: Chapter 24, Verse 8. Varanasi: Chaukhamba Orientalia, 2014; p. 115.
2. Vaidya Yadavji Trikamaji Acharya Editor (Reprint ed.). Charak Samhita of Charaka, Sutrasthan: Arthe dashamuliya Chapter 30, Verse 26. Varanasi: Chaukhamba Orientalia, 2015; p. 187.
3. Dr. Ambikadatta Shastri Editor (Reprint ed.). Sushruta Samhita of Sushruta, Sutrasthan: Chapter 15, Verse 48. Varanasi: Chaukhamba Orientalia, 2014; p. 84.
4. Dr. Ambikadatta Shastri Editor (Reprint ed.). Sushruta Samhita of Sharirasthan: Chapter 3, Verse 14. Varanasi: Chaukhamba Sanskrit sansthan, p. 24.
5. Yadavji Trikamaji, editor, Commentary: Ayurveda Tatva Sandipika Hindi Commentary of Acharya Ambikadattashastri on Sushruta Samhita of Sushruta, Sharira Sthana, chapter 10, verse no.3-4, 13th edition, Varanasi: Chaukhambha Sanskrit Sansthan; 2002.
6. Yadavji Trikamaji, editor, Commentary: Ayurveda Tatva Sandipika Hindi Commentary of Acharya Ambika Datta Shastri on Sushruta Samhita of Sushruta, Sharirasthan, chapter 3, verse no.19-26, 13th edition, Varanasi: Chaukhambha Sanskrit Sansthan; 2002
7. Vagbhata, Commentary, Indu Commentary of Vaidya Anant Damodar Athavale on Astanga Sangraha, Sharirasthan, chapter 3, verse no.2-9, 1st edition, Pune, Shree Mada Atreya Prakashana; 1980
8. Charaka Samhita, edited by Kasinath Sastri and Dr. Gorakhanath Chaturvedi with Hindi Commentary Vidyotini, Reprint sutra 13/34
9. Vagbhata, Commentary, Indu Commentary of Vaidya Anant Damodar Athavale on Astanga Sangraha, Sharirasthan, chapter 2, verse no. 36, 1st edition, Pune, Shree Mada Atreya Prakashana; 1980
10. .Tiwari P.V, Ayurvediya Prasutitantra, and Stri Roga, 1st Part, 2nd edition, Varanasi: Chaukhambha Orientalia; 1999.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Apurva Joshi & Rashmi Sharma: Role of Ayuvodakt Pricharya in Preventing Complication of Anc. International Ayurvedic Medical Journal {online} 2023 {cited May 2023} Available from: http://www.iamj.in/posts/images/upload/1120_1124.pdf