

TRADITIONAL WISDOM FOR MODERN CHALLENGES: GARBHINI PARICHARYA IN RECURRENT MISCARRIAGESAnusha M¹, Pratheeksha M², Ankitha M³¹ Associate Professor,^{2,3} II Year M.S Scholar,

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Article Received: 08/02/2025 - **Peer Reviewed:** 29/03/2025 - **Accepted for Publication:** 11/04/2025.**ABSTRACT**

Motherhood is a blessing and is a stage cherished by every woman. A healthy lifestyle from preconception to the intranatal phase is a key to healthy offspring, where nutrition plays a significant role in fetal organogenesis and maternal well-being. Maternal malnutrition leads to increased maternal morbidity and mortality and fetal outcomes like early miscarriages or preterm deliveries. In Ayurveda, the concept of *Garbha Samskara*, *Garbhini Paricharya* involves following rules and regimens coined under the term *Pathya-apathya*. The role of *Ahara rasa* begins from the time of conception as explained in *Garbha sambhava samagri*, *Rasaja bhava* in *Garbhakarashad Bhavas*, and in *Garbhini avastha* as *Garbhini paricharya*. Any *Apathya* in the form of *Ahara- vihara* followed by *Garbhini* can cause *Garbhopaghata*, which acts as *Garbhasrava nidana*. The motive is to attain a ‘*Shreyasi praja*, ‘*Paripurnata*, *Anupaghata*, and *Sukhaprasava*. Hence, following the proper *Pathya-apathya* and *Nidana parivarjana* helps to avoid complications and achieve a fruitful pregnancy and progeny. Acharyas explain *Masanumasika Pathya*, *Garbhopaghatakara Bhavas* and *Garbhashtapaka Dravyas* that are crucial in antenatal care and involve various regimens to be used and avoided. During pregnancy, the nutrient demand increases; thus, the concept is “to eat better, not more”. During pregnancy, medications act as *Garbhopaghataka*; hence, supplementing necessary nutrition through *Ahara* should be the first preference.

Keywords: Garbhini paricharya, Ahara, Pregnancy nutrition

INTRODUCTION

A safe pregnancy and a healthy child are the outcome desired by every couple. Pregnant women are exposed to factors that cause *Garbha srava*. *Garbha srava* is one of the *Garbha vyapads* explained as loss of *Garbha* within the *Chaturtha masa* or the 4th gestational month^[1]. The causes are *Apatyakara ahara* and *Vihara*, *Garbhopaghatakara Bhavas* and *Garbhasravakara Nidanas*. This can be understood as early pregnancy loss or abortions defined as the expulsion or extraction from its mother of an embryo or fetus weighing 500 grams or less when it is not capable of independent survival (WHO)^[2]. The incidence rate of miscarriages is about 75% before the 16th week^[3]. The causes are genetic, anatomical, immunological, infections or trauma, which can be understood as *Beeja dosha*, *yonivyapat*, *Garbhashaya Dosha*. *Garbha srava*, or Early pregnancy loss, can be prevented by following *Garbhini Paricharya*. It includes avoiding *Garbhopaghatakara Bhavas*, *Masanumasika Garbhini pathya*, and *Garbhasthapaka dravya* and using *Garbha*

chalana Chikitsa if necessary. *Garbhini Paricharya* includes *Dravyas*, predominantly *Madhura*, *Tikta* and *Kashaya Rasa*, *Laghu*, *Ruksha Guna*, *Madhura Vipaka* and *Sheeta Veerya*. They act as significant neuroprotective, anti-inflammatory, anti-bacterial, and anti-oxidative in property.

Garbhini paricharya

The regimens a pregnant woman must follow are called *Garbhini paricharya*. It includes *Ahara*, *Viharas*, and *Vicharas*, which are to be followed as well avoided and can directly affect the health of the mother and fetus. It can be studied under three parts:

1. *Garbhopaghatakara Bhavas/ Ahara-Vihara* (Activities and substances harmful to the fetus)
2. *Masanumasika Garbhini Pathya* (Monthly dietary regimen)
3. *Garbhasthapaka Dravya* (*Dravyas* for the maintenance of pregnancy)

Garbhopaghatakara Bhavas/ Ahara-Vihara^[4]:

Various *Acharyas* have described activities and things *Garbhini* should avoid, as in Table 1.

Table No. 1

	<i>Ahara</i>	<i>Vihara</i>	<i>Vichara</i>
Charaka samhita	<ul style="list-style-type: none"> • <i>Teekshna</i>, <i>Ushna</i>, <i>Guru Ahara</i> and <i>Aushadha</i> • Intoxicating substances • Excessive meat consumption 	<ul style="list-style-type: none"> • <i>Vyayama</i> (excessive exercise) • <i>Vyavaya</i>(sexual intercourse) • Trekking 	<ul style="list-style-type: none"> • Wearing red garments • Things contrary to <i>Indriyas</i>
Sushruta Samhita	<ul style="list-style-type: none"> • Food causing <i>Ati tarpana</i> or <i>Ati karshana</i> • Excess consumption of <i>Sneha</i> • Avoid stale, dried up, putrefied food 	<ul style="list-style-type: none"> • <i>Vyayama</i> • <i>Vyavaya</i> • Day sleeping • Awakening at night • Travelling • <i>Utkatukasana</i> • Visiting lonely places • Talking on a high pitch 	<ul style="list-style-type: none"> • Grief • Fear • <i>Vegadharana</i> (controlling of natural urges) • Touching dirty, foul-smelling, disfigured substances
Ashtanga Sangraha	Similar to Charaka samhita	Similar to Charaka samhita <ul style="list-style-type: none"> • Fasting • Sitting and sleeping in unusual postures. • Falling in pits or wells. 	Similar to Charaka samhita <ul style="list-style-type: none"> ▪ Looking or hearing disliked/unpleasant things.

Masanumasika Garbhini pathya^[5]:

Pregnancy requires additional dietary requirements to nourish both the mother and fetus. The fetus gets necessary nutrition from the mother through the placenta. Hence, malnutrition due to various causes before and during pregnancy can also cause early abortions. Table No. 2 mentions the monthly diet until the fourth month according to different Acharyas.

Table No. 2

Month	Charaka Samhita	Sushruta Samhita	Ashtanga Sangraha	Harita Samhita
1 st Month	Non-medicated milk	<i>Madhura, Sheeta, Dra- va</i> (liquid) diet	Milk medicated with <i>Shaliparni</i> and <i>Palasha</i> . Water boiled in <i>Ka- naka</i> (Gold) or <i>Ra- jatha</i> (Silver)	<i>Madhuyashti, Parushaka, Madhukapushpa</i> with but- ter and honey. Sweetened milk.
2 nd month	Milk medicated with <i>Madhura dravyas</i>	Same as the first month	Milk medicated with <i>Madhura dravyas</i>	Sweetened milk with <i>Kakoli</i>
3 rd month	Milk with honey and <i>Ghrita</i>	Same as the first month <i>Shastika shali</i> rice with milk	Milk with honey and <i>Ghrita</i>	<i>Krishara</i>
4 th month	Milk with butter in the quantity of 1 <i>Aksha</i>	Cooked <i>Shastika shaali</i> with curd. Pleasant food mixed with milk, butter and <i>mamsa</i> rasa	Milk with one <i>Aksha</i> matra butter	<i>Krita odana</i> . (Medicated cooked rice)

Garbhasthapaka dravya:

Acharyas explained that Garbhasthapaka dravyas counteract the harmful effects of *Garbhopaghatakara Bhavas*. Acharya Charaka and Ashtanga Sangraha-kara call the same drugs *Prajasthapana dravyas*.

गर्भस्थापनानि... ऐन्द्री ब्राह्मी शतवीर्या सहस्रवीर्याऽमोघा
ऽव्यथा शिवाऽरिष्टा वाट्यपुष्पी विष्वक्सेनकान्ता चेत्यासा
मोषधीनां... (Ch. Sha. 8)

The drugs are *Aindri*(*Centella asiatica*), *Brahmi*(*Bacopa monnieri*), *Shatavirya*(*Asparagus racemosa*), *Sahasravirya*(*Cynodon dactylon*), *Amogha*(*Stereospermum suaveolens*), *Avyatha*(*Tinospora cordifolia*), *Shiva*(*Terminalia chebula*), *Arishta*(*Picrorhiza kurroa*), *Vatyapushpi*(*Sida cordifolia*), *Vishwaksenkanta*(*Callicarpa macrophylla*)^{[6][7]}. They can be taken orally with water or ghee^[8]. Bath with a decoction of these drugs is to be done in *Pushya Nakshatra*.

Jeevaniya gana dravyas can also be used. Acharya Charaka has advised to tie amulets of these drugs to the head or right arm of the mother.

Acharya Kashyapa has told pregnant women to wear a *Trivrut* amulet tied to their waists^[9].

MATERIALS AND METHOD:

Literary data will be collected from classical texts of Ayurveda, textbooks of modern medical science, journals, studies conducted on related works, and internet sources.

DISCUSSION**Garbhopaghatakara Bhavas/ Ahara-Vihara:**

The probable understanding of the mode of action is pregnant women, on exposure to physical and psychological trauma, can undergo sudden shock, and extensive physical exercise and strain can cause a sudden increase in intra-abdominal pressure, precipitating *Garbhasrava*. Prolonged squatting and sitting in abnormal posture may influence placental and uterine blood flow, thus causing abortion or other abnormalities. Non-congenial diets, such as excessively dry, hot, pungent, and stale and under or over-cooked food, provide improper nutrition. Malnutrition causes deficiency

of vitamins and minerals leading to anemia, hyper emesis gravidarum which are the abortion causes^[10].

Masanumasika Garbhini pathya:

Probable mode of action is mentioned in Table No. 3.

Table No.3

MONTH	MODE OF ACTION
FIRST	<ul style="list-style-type: none"> ▪ <i>Ghrita</i> and <i>Ksheera</i> are rich in fat and water-soluble proteins that cause rapid cellular growth. ▪ Milk, butter, and ghee are lipophilic molecules and cross the blood barrier. ▪ <i>Navaneeta</i> contains vitamins A, E, D, K, zinc, Iodine, Copper, etc., which prevents zinc deficiency and fetal loss through spontaneous abortions. ▪ Nanoparticles in the form of <i>Kanaka- rajata kwathita udaka</i> in <i>Prathama masa</i> enhance the uteroplacental supply. ▪ Majorly, a Liquid diet helps women with emesis gravidarum by enhancing nourishment and preventing dehydration. ▪ <i>Parushaka</i> is rich in iron, calcium, potassium, sodium, Vitamin C and B2, and carbohydrates. Iron is helpful in anemia^[11]. ▪ <i>Madhuka</i> contains albumin; saponin acts as a galactagogue.
SECOND	<ul style="list-style-type: none"> ▪ Osteogenesis begins on the 7th week. <i>Madhura dravyas</i> are rich in corticosteroids, thus helping in bone and cartilage formation. ▪ <i>Kakoli</i> is a <i>Jeevaniya gana</i> dravya which is <i>Balya</i>, <i>Brimhaniya</i> and <i>Stanyajanana</i> in action. ▪ Milk is a complete diet and can be taken throughout the pregnancy.
THIRD	<ul style="list-style-type: none"> ▪ The <i>Yogavahi</i> property of drugs helps nutrients reach minute channels. ▪ <i>Madhu</i> is a saturated aqueous sugar, Vitamin K, and minerals solution. ▪ <i>Grita</i> regulates DNA products, helping in CNS development ▪ <i>Krishara/Rice</i> is an easily digestible cereal rich in carbohydrates, with high amino acid content.
FOURTH	<ul style="list-style-type: none"> ▪ Milk and <i>Navaneeta</i> help in the <i>Brumhana</i>. ▪ High amount of dietary fat helps myelination of neurons in the 13th week ▪ <i>Kritodana</i> is a rich source of carbohydrates. This helps nourish the fetus and provides energy for the mother. ▪ The hypertrophy or growth of muscle tissue occurs from the 4th month. Hence, <i>Mamsa rasa</i> supplies the protein to the fetus.

Garbhasthapaka dravya:

The drugs are predominantly *Madhura*, *Tikta*, *Kashaya rasa*, *Laghu*, *Ruksha guna*, *Madhura vipaka* and *Sheeta veerya*. *Garbhasthapaka ganas* are *Sthira*, *Sthambana property* and possess flavonoids, ascorbic acid, and phytoconstituents, which supplement progesterone, helping in implantation and maintenance of pregnancy. In Early pregnancy loss, fetal death is accompanied by hemorrhage into the decidual basalis, followed by adjacent tissue necrosis that stimulates uterine contraction and expulsion^[12]. *Garbhasthapaka dravyas*, by their

neuroprotective, anti-inflammatory, cardio tonic, anti-bacterial, and anti-oxidative properties, thus prevent abortions.

CONCLUSION

Garbhini paricharya involves inculcating changes in the mother's daily activities, diet, and social and mental behavior, which may otherwise lead to *Garbha srava*. Given that medications are often discouraged during pregnancy, it is essential to focus on diet and lifestyle that can support and maintain a healthy pregnancy. Acharyas explain *Masanumasika Paricharya*,

Garbhashtapaka Dravyas, and avoiding Garbhopaghatakara Bhavas that are crucial in antenatal care to fulfill the motive of attainment of a 'Shreyasi Praja'^[13].

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