

## PHYSIOLOGICAL STUDY OF GARBHINI PARICHARYA

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### ABSTRACT

Every woman should be ensured free from complication during gestation period with a safe delivery and a healthy offspring. *Ayurveda* is a science which offers a peculiar routine to a pregnant woman known as *Garbhini Paricharya*. It reschedules the pattern of woman's life to ensure proper diet and nutrition. God has blessed the females with most valuable gift of motherhood. Antenatal Care being the most concerned issue, our *Acaryas* also gave utmost importance to *Garbhini Paricharya* or Antenatal care. This scheme of *Ahara* and *Vihara* is recommended to provide a safe motherhood and a healthy progeny by an easy delivery. *Garbhini Paricharya* bestows benefits to mother as well as the growing fetus by lying down do's and don'ts of pregnancy. *Garbhini Paricharya* aims to make a mother physiologically and psychologically fit and also improves parental skills.

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

### INTRODUCTION

*Ayurveda*, the oldest system of medicine has laid enormous importance on safe motherhood. The aims and objectives of safe motherhood bestows upon the creation of healthy progeny following an easy delivery and good health of the mother, which, in other words termed as *Garbhini Paricharya*. Pregnancy is not a disease condition, but a state of physical and mental stress. During pre and post-natal period, common problems challenged by the woman are nausea, vomiting, anemia, constipation, abortion, low birth weight baby, still birth, Eclampsia, Pre-Eclampsia etc. One of the happiest moments of a female's life is at the time of child birth. Since the evolution of life in the universe women have been placed on extreme worship, due to her power of '*Janani*'.

The aim of ANC visit is to create awareness about the care during delivery and after delivery also. *Garbhini Paricharya* gives information about personal hygiene and good healthy food habits. It has been estimated that 25% of maternal deaths occur during pregnancy, depending upon some other factors like status of a country, prevalence of unsafe abortion, diseased area etc. But maximum maternal deaths happen because of hypertension (Pre-Eclampsia and Eclampsia) and anti-partum hemorrhage which are further directly or indirectly related to inadequate care or carelessness during pregnancy. Ultimately that affects the fetus in the form of still birth, preterm labor, low birth weight baby, IUGR etc. It may also affect the baby's growth and development. With the progression in pregnancy the need of nutrients increases day by day due to

increased demand by growing fetus inside the mother's womb. These needs have to be fulfilled with proper nutrition and diet. This diet schedule has been mentioned by *Samhitas* for every month to accomplish the proper fetal growth and to support the placenta further helping in easy delivery. So the main aim and objective of *Garbhini Paricharya* is:

- ❖ To facilitate a healthy progeny
- ❖ To promote, protect and maintain the health of the mother
- ❖ To relieve anxiety related to delivery
- ❖ To minimize the complications during labor.

#### Discussion:

The *Garbhini Paricharya* is broadly discussed under three topics:

- *Maasaanumasika pathya*: Month-wise dietary regimen.

➤ *Garbha sthaapaka dravyaas*: Substances which are beneficial to pregnancy.

➤ *Garbha upaghaatha kara bhaavas*: Activities and substances that is harmful.

A scientific validation on classical references gives an appropriate interpretation of *Garbhini Paricharya*. All the *Acharyas* describe the diet for a pregnant woman with a very fine calculation according to the need of the pregnant woman. This month wise plan ensures proper nutrition according to the increasing demand with the progressive stages of a fetus during Pregnancy. *Acharya Charka* says that the pregnant woman who desires of producing a healthy and good looking child should give up non-congenial diet and mode of life and protect herself by doing good conduct and using congenial diets and mode of life.

**Table 1:** Allowances for a pregnant lady Recommended Dietary:

S. No.	RDA	Requirement level
1	Energy	300 k cal. extra i.e. total 2000 -2100 k cal./day
2	Protein	15 g i.e. 60-65 g / day
3	Fat	10 g i.e. 30 g / day
4	Calcium	600 mg i.e. 1000 mg / day
5	Fe	8 mg i.e. 38 mg / day
6	Folic acid	300 µ g i.e. 400 µ g / day
7	Vitamin A	200 I.U i.e. 1000 I.U / day
8	Ascorbic acid	60 mg / day

**Table 2:** Ayurvedic diet chart for pregnant lady:

S. No.	Ayurvedic diet	Requirement level
1	Old rice / <i>Sasti Sali</i>	200 g
2	Wheat flour (Whole)	200 g
3	Milk	500 ml
4	Curd	250 g
5	Pulses (green gram dal)	40 g
6	Green vegetables	40 g
7	Fruits (Banana/mango)	2 pieces
8	Grapes/ <i>Amla</i>	30-50 g
9	<i>Draksha</i>	4-5 pieces
10	Butter	20 g
11	<i>Ghrit</i> (cow's)	10 g
12	Oil	5-10 g
13	Honey	30 g
14	Jiggery	10 g

**Table 3:** Table illustrating month-wise dietary regime in pregnancy as per *Ayurvedic Acharyas*:

Months	<i>Caraka</i>	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Harita</i>
1 <sup>st</sup>	<i>Sheeta ksheera and satmya bhojana</i>	<i>Madhura, sheeta, drava Ahara</i>	<i>Upa sumskruta ksheera</i>	<i>Yastimadhu or parusaka or madhupushpa with navneeta with Madhura payoanupana</i>
2 <sup>nd</sup>	<i>Madhura aushadhi siddha ksheera</i>	<i>Madhura, sheeta drava Ahara</i>	<i>Madhuraaushadi siddha ksheera</i>	<i>Kakoli siddha ksheera</i>
3 <sup>rd</sup>	<i>Madhusarpi siddha ksheera</i>	<i>Madhura, sheeta drava Ahara</i>	<i>Madhusarpi siddha ksheera</i>	<i>Krishara</i>
4 <sup>th</sup>	<i>Ksheera and one aksha Navneeta</i>	<i>Shastikaodana with dadhi and dugdha navneeta sigddha jangala mamsa yukta hridya anna</i>	<i>Ksheera Navneeta</i>	<i>Sumskruta odana</i>
5 <sup>th</sup>	<i>Ksheera and Ghrita</i>	<i>Shastika odana with dugdha,ksheera sarpi yukta jangala mamsa yukta hridaya anna</i>	<i>Ksheera and Ghrita</i>	<i>Paayasa</i>
6 <sup>th</sup>	<i>Madhura aushadhi siddha ksheera and sarpi</i>	<i>Swadanshra sidhha sarpi or yavagu</i>	<i>Madura aushadhi siddha ksheera and sarpi</i>	<i>Madura dadhi</i>
7 <sup>th</sup>	<i>Madhura aushadhi siddha ksheera and sarpi</i>	<i>Vidarigandhadi siddha sarpi</i>	<i>Madura aushadhi siddha ksheera and sarpi</i>	<i>Ghrita-khanda</i>
8 <sup>th</sup>	<i>Ksheera yavagu and sarpi</i>	<i>Aasthapana basti followed by Anuvasana basti</i>	<i>Ksheera yavagu and sarpi aasthapana basti followed by Anuvasana basti</i>	<i>Ghrita-puraka</i>
9 <sup>th</sup>	<i>Madhura aushadhi sidhha taila anuvasana basti and yoni pichu</i>	<i>Snigdha yavagu and jangal mamsa rasa till delivery</i>	<i>Madura aushadhi siddha taila yoni pichu</i>	<i>Vividha anna</i>

**Table 4:** Table illustrating month-wise life style regime in pregnancy as per *Ayurvedic Acaryas*:

S.No	Text	<i>Garbha Upagathakara Bhavas</i>
1	<i>Charka Samhita</i>	Pungent drugs , exercise , coitus
2	<i>Sushruta Samhita</i>	Coitus, exercise, excessive satiation, excessive emaciation, sleeping in day and awakening in night, grief, riding on vehicle, fear , squatting, blood-letting , suppression of natural urges, etc.
3	<i>Astanga Sangraha</i>	Pungent drugs, exercise, coitus, emaciation, trauma, conveyance causing excessive jerks, night awakening, day sleeping, suppression of natural urges, indigestion, prolonged stay in hot sun or near fire, anger, grief, fear, terror, fasting, squatting, looking or hearing disliked things etc.
4	<i>Astanga Hridaya</i>	Excessive coitus, exercise, carrying heavy weight, untimely sleep, anger, grief squatting , excitement, fasting , use of pungent hot, heavy food , use of red garment, use of wine and meat, sleeping in supine position, blood-letting, purifying measures and enemas etc.
5	<i>Kashyapa Samhita</i>	Erect or flexed posture for long, shaking, excessive laughing, trauma, cold water, garlic, looking declining moon, setting sun, seeing solar or lunar eclipse etc.

**Table 5:** Table illustrating month-wise growth of *Garbha* in pregnancy as per *Ayurvedic Acaryas*:

Month	<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Harita</i>
1 <sup>st</sup>	<i>Khetbhut</i>	<i>Kalala</i>	<i>Kalala</i>	1 <sup>st</sup> day- <i>Kalala</i> 10 <sup>th</sup> day- <i>Budbuda</i> 15 <sup>th</sup> day- <i>Ghana</i> 20 <sup>th</sup> day-Mass of flesh
2 <sup>nd</sup>	Solid ( <i>ghana</i> ) Oval- <i>Pinda</i> -Male <i>Pesi</i> – Elongated-Female <i>Arbuda</i> : Hermaphrodite	<i>Ghana, Pinda, Pesi, Arbuda</i>	<i>Ghana, Pinda, Pesi, Arbuda</i>	50 <sup>th</sup> day- formation of buds
3 <sup>rd</sup>	<i>Indriyas</i> & Minor body parts become apparent	Five buds : One-head Four-extremities	Five buds originated	<i>Hasta Pada pravardhana</i> <i>Gatra panchak</i>
4 <sup>th</sup>	Stability of <i>Garbha</i>	<i>Sarvaang pratyanga vibhaga</i>	<i>Vyaktaanganam</i>	<i>Loma uttapati</i>
5 <sup>th</sup>	<i>Mamsa Shonita upchaya</i>	<i>Panchame Mana</i>	<i>Chetana ashaya</i>	<i>Sujiva</i>
6 <sup>th</sup>	<i>Bala Varna Upachya</i>	<i>Shashthe Buddhi</i>	<i>Sira, Loma, Bala, Varna, Nakha, Twacha</i>	Quivering
7 <sup>th</sup>	<i>Sarvabhava Utpatti</i>	<i>Sarvaang Pratyanga Vibhaga</i>	<i>Sarvaang Sampoornata</i>	-
8 <sup>th</sup>	Unstable <i>Ojas</i>	Unstable <i>Ojas</i>	<i>Unstable Ojas</i>	<i>Agni Pachaka Agni samyoga</i>
9 <sup>th</sup>	Delivery	Delivery	Delivery	Delivery

**First month**

- As per *Ayurveda Madhura, Sheeta, Drava* and *Samskruta Ahara* are recommended during early pregnancy because they are easy to digest, *agni-deepak* and also prevents dehydration. Since *Madhura rasa* gives excellent performance in the formation of *Dhatus* and maintains the good health of mother as well as fetus it is advised in the first Trimester of Pregnancy.
- *Yastimadhu* has been described in eleven *Mahakashya* by *Acharya Charaka*, also in both *Chardi Nigrahana* (anti-emetics) & *vamanopaga* group, since it act as antiemetic in a controlled dose and emetic in a higher dose.
- *Parushaka* is rich in iron, calcium, potassium, sodium & vitamin. It is useful in anaemia due to the presence of iron.
- *Madhuka* has albumin, saponin and act as a galactagogue.
- *Yastimadhu* when combined with *Parusaka / Madhuka /* both of these with *Navaneeta* (type of butter), *madhu* and *sarkara* helps to relieve

vomiting, dehydration, anaemia that arises in first month.

- *Ghana* stage of *Garbha* is supported by the intake of *Madhura rasa* due to its *Bhautika* dominance of *Jala* and *Prithvi Mahabhuta*.

**Second month**

- In the second month, milk medicated with drugs of *Madhura rasa* is advised. Milk provides nourishment, prevents abortion and also helps in stability of the fetus. *Madhura rasa* also enhances the intellectual status of the baby and also possesses lactogenic properties.
- Milk is a natural source of folic acid, amino acids, calcium, minerals and enzymes. Therefore *Acharya Charka* considers it as a best *Jeevaniya dravya*.
- Milk treated with *Kakoli* is given in the second month of pregnancy. *Kakoli* is a *Jeevaneeya dravya* and is mentioned both in *Jeevaneeya Mahakashya* by *Acharya Charka* as well as in *Jeevaneeya gana* by *Acharya Bhavprakash*.

- Since a pregnant lady is prone to undergo miscarriage in second month, *Jeevaneeya dravya* is advised to the *garbhini*.
- It is also *Balya*, *Bhrumaniya*, diuretic, *Stanyajanana* in action.

### Third month

- *Krishra* acts upon excretory system.
- In addition to that, the formation of excretory system of fetus starts in third month. *Krishra*, being comprised of *Guru Guna* and *Prithvi mahabhuta* may help in the growth and development of the fetus.
- Fruits like *Panasa*, *Kadali*, *Amlaki*, *Draksha* are easily digestible, nutritive and create interest in the food because of their *Amla and Madhura rasa*.
- Sweetened Milk and *Kakoli* acts as *Jeevniya Dravya*, hence recommended in first trimester to prevent miscarriage.

### Fourth month

- In the fourth month of pregnancy, Rice is advised in every form to the pregnant mother.
- *Krutodana* (medicated cooked rice) comprises of carbohydrates which is primarily required for the growth of fetus in second trimester of pregnancy.

### Fifth month

- Payasa acts as *Balya*, *Bhrumaniya* for the growing fetus as well as the mother.
- It is very much necessary in the fifth month as the *Garbhini* becomes *krisha* (weak) in this period as well as for the growth of fetus.
- *Mamsa rasa* pacifies *Vata* and it is one of the best sources of proteins, fats as well as antioxidants. It also helps in development of muscle tissue of the fetus and enhances blood formation.
- Medicated cooked rice is rich in carbohydrates and boost up the growth of fetus with maximum calories in second trimester.

### Sixth month

- *Ghrita* prepared from milk medicated with *Madhura rasa* drugs and also sweetened curd in sixth month of Pregnancy.
- Sweet Curd is rich in vitamin- A, D, calcium, protein and probiotics. It cools down the body

temperature & helps to control anxiety due to its cooling properties.

### Seventh month

- *Acharya Charaka* has emphasized on *ghrita* prepared from milk medicated with *Madhura* drugs in seventh month of pregnancy.
- *Acharya Sushruta* has advised *ghrita* medicated with *prithakparnyadi* group of drugs.
- In *Astanga Sangraha*, *Acharya* has advised *ghrita* prepared from milk medicated with *Madhura* drugs in seventh month of pregnancy.
- In *Harita Samhita*, *Acharya* has described *Ghritakhandanda*. *Ghritakhandanda* is prepared from *ghrita* which contains good fats to create brown fat in order to maintain the body temperature of fetus.

### Eighth month

- *Ghritapuraka* contains *ghrita* which is required for the formation of *ojas* as it become unstable in eighth month. So it is quiet essential in this time.
- *Acharya Harita* has described the formation of *jatharagni* (digestive fire) in fetus as a result of continuous ingestion of *ghritakhandanda* and *ghritapuraka*.
- *Ghrita* is a *Pitta-Vata Hara*, beneficial for the developing *Ojas*.
- It is a rich source of LDL which is being utilized by the placenta as a precursor derived for the production of Pregnenolone. Pregnenolone is an endogenous steroid and precursor intermediate in the bio synthesis of most of the steroid hormones like progesterone, androgen, estrogen, Glucocorticoids and Mineralo-corticoids.

### Ninth month

- Unctuous gruels and meat-soup of wild animals are advised up to the period of delivery.
- Different varieties of cereals has been prescribed as all the organ system of the fetus are formed
- It also helps to generate a wholesomeness of fetus.

## CONCLUSION

From the time of conception till delivery the whole period is very important a crucial for mother as well as baby. Each and every stage of the fetus is totally

dependent and influenced by the appropriate diet schedule of the mother. A condition of malnutrition causes an imbalance in micro and macro nutrients during intra and extra uterine life and also affects after delivery. Our *Acharyas* were well awarded about it, so they explained about the *Garbhini Paricharya* in order to prevent all the complications and consequences of the pregnancy. A well nourished woman is supposed to carry a good progeny (physical, mental and genetic skills). In developing countries due to lack of knowledge, poor economical status, religious backwardness, early *primigravida*, family stress, poor hygiene etc will lead to deprivation of a woman from essential nutrients like iron, calcium, vitamins etc. So, by following the *Garbhini Paricharya* one can save the life of mother as well as fetus by establishing and promoting good health, by facilitating easy normal delivery and also helps like a supporting tool in post-natal period. Finally we conclude that by promoting *Garbhini Paricharya* we can avoid abortions, abnormalities, malnutrition, still birth, IUGR and most important we can take a step to reduce the maternal mortality.

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