

**GARBHINI PARICHARYA W.S.R TO MASANUMASIKA PARICHARYA  
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**ABSTRACT**

*Ahara* plays a crucial role in the maintenance of health of a woman throughout different stages of her life and given more important role during their Growth , Pregnancy , Lactation and Menopause . In women's life , *Sagarbhavastha* ( pregnancy ) is the most important stage and pregnant woman should treat with specific care . According to *Ayurveda* , *Ahara* is considered to be the best source of nourishment as well as medication for *Garbhini* . *Garbhini Paricharya* refers to care of *Garbhini* in aspects of *Ahara* , *Vihara* , *Yoga & Pranayama* etc., to attain *Paripurnatva* ( proper growth of fetus & mother ) , *Anupaghata* ( non-complicated pregnancy ) & *Sukha prasava* ( normal delivery ) and to prevent any further adverse effects / complications to both . *Garbhini Paricharya* describes *Masanumasika Paricharya* , *Garbhopaghatakara bhavas* , *Garbha sthapaka dravyas* ., by which they have direct effect on the health of mother & Child . So , in this article we have given importance to *Masanumasika Paricharya* of *Garbhini* according to various *Acharya's* and should be discussed in detail .

**Keywords:** *Ayurveda* , *Garbhini* , *Ahara* , *Masanumasika Paricharya*

## INTRODUCTION

According to *Ayurveda*, *Garbhini* (Pregnant) should be protected as **Oil Filled Pot** पूर्णमिवतैलपात्रमसङ्कोभयताऽन्तर्वत्नीभवत्युपचर्या (Ch.Sa.8/22). Pregnancy brings about specific physiological and anatomical changes in the body, so extra nutrition is needed for the developing fetus and mother. *Ayurveda* has described a systemic and planned program for *Garbhini*, i.e., *Garbhini Paricharya* dealing with *Masanumasika Paricharya*, *Garbhopaghatakara Bhavas*, and *Garbhasthapaka Dravyas*, which have a direct effect on the health of mother and child.

### AIMS:

- For proper growth and development of the fetus
- To protect the fetus from known / unknown hazards
- To conduct normal labor without any fetal and maternal complications

### IMPORTANCE OF MASANUMASIKA PARICHARYA:

शुक्रासृगात्माशयकालसम्पद्यस्योपचारश्चहितस्तथाऽत्रैः।  
गर्भश्चकालेचसुखीसुखंचसज्जायतेसम्परिपूर्णदिहः॥  
(Ch.Sa.2/6)

By following *Garbhini Paricharya*, a Pregnant woman has normal development of the fetus, remains healthy and delivers a healthy child with a complexion, good health & strength .

The information about the *Masanumasika paricharya* by different *Acharyas* are as follows:

मासि Month	चरकोक्त According to Charaka (Ch.Sa.8/32)	सुश्रुतोक्त According to Susruta (Su.Sa.10/4)	वाग्भटानुसारा According to Vagbhata I (A.S.Sa.3/2-8)	हारितानुसारा According to Harita (H.S.III.49/2)	भेलोक्त According to Bhela (Bh.Sa.8/6)	वाग्भटानुसारा According to Astanga Hridaya According to Vagbhata – II (A.H.Sa.1/64-66)
३	From conception to the 1 <sup>st</sup> month of pregnancy, <i>Garbhini</i> was advised to take non-medicated	<i>Madhura</i> , <i>Sita</i> , <i>Drava Ahara</i> is advised to <i>Garbhini</i> from 1 <sup>st</sup> -3 <sup>rd</sup> month	She should take twice daily medicated milk in the required quantity, according to <i>agni</i> , so that it does not	<i>Madhuyasti</i> , <i>Parusaka</i> , <i>Madhupuspa</i> with butter/honey followed by sweet-	-	1 <sup>st</sup> to 7 <sup>th</sup> month has not been explicitly mentioned by <i>vagbhata</i> .

- ✓ Softening of placenta (*Apara*), *Shroni*, *Kukshi*, *Prsta* and *Parshvodara*.
- ✓ Downward movement of *vata* (*vata anulomana*) - this is needed for the normal expulsion of the fetus during delivery.
- ✓ *Mala*, *Mutra* & *Apara* are expelled quickly by their respective passage.
- ✓ Promotion of *Bala* (strength) and *Varna* (complexion).
- ✓ Delivery with ease of a healthy child endowed with excellent qualities in proper time.

### *Masanumasika Paricharya* according to various *Samhitas* :

*Garbhini Paricharya*, described by our *Acharyas* in total, is difficult to practice due to its vastness; some *Paricharya* used in day-to-day practice are advised to gravid women.

According to *Ayurveda*, most of the *Acharyas* explained about *Vishistata of Ahara* and of which *Brhatrayees* (*Charaka*, *Sushruta* & *Vagbhata-AS&AH*) mentioned the importance of *Garbhini paricharya* too, especially *Masanumasika paricharya* i.e., *Ahara-Vihara* in their *Samhitas*, other *acharyas* like *Kasyapa*, *Harita*, and *Bhela* emphasised *Gharbhini paricharya*. *Laghutrayee* mentioned about *Garbhini pathya ahara – vihara*.

	milk, according to <i>Bala</i> and <i>Agni</i> . <i>Satmya Ahara</i> taken in morning and evening		cause indigestion. First 12 days – <i>Ghrta</i> medicated with <i>saliparni</i> and <i>palasa</i> boiled with water and cooled in gold /silver. <i>Madhura, Sita,</i> and <i>Drava Ahara</i> are advised in the morning and afternoon. <i>avoid abhyanga and Udvartana.</i>	ened milk.		
२	Milk medicated with <i>madhura varga dravyas</i>	Same as 1 <sup>st</sup> month	Milk medicated with <i>madhura varga dravyas</i>	Sweetened milk with <i>kakoli</i>	-	-
३	Milk with <i>Madhu</i> and <i>Ghrta</i>	<i>Madhura, Sita,</i> <i>Drava dravya</i> cooked with <i>sastika dhanya</i> and milk	Milk with <i>Madhu</i> and <i>Ghrta</i>	<i>Krsara</i> prepared with rice and <i>pulses</i> is the best.		
४	1 <i>Aksa</i> (2 <i>tola</i> ) of butter extracted from milk	Cooked <i>sastika</i> rice with <i>dadhi, satmya ahara</i> with milk, butter, and meat of wild animals	Milk with one <i>aksa</i> of butter	Medicated cooked rice	Milk mixed with butter	
५	<i>Ghrta</i> is prepared from butter extracted from milk.	Cooked <i>sastika</i> rice with milk, <i>Jangala mamsa</i> with food mixed with milk and ghee	<i>Ghrta</i> is ready from butter extracted from milk	Rice cooked in sweetened milk ( <i>payasa</i> )	Milk and <i>yavagu</i>	
६	Ghee medicated with <i>madhura varga dravyas</i>	Ghee/rice gruel medicated with <i>Goksura.</i>	Ghee is medicated with <i>madhura varga dravyas.</i>	Sweetened curd	Ghee prepared with butter extracted from milk	
७	Same as 6 <sup>th</sup> month	Ghee is medicated with <i>prthak-parnyadi (vidarigandadhi) dravya,</i> which helps the fetus grow and develop.	Same as 6 <sup>th</sup> month	<i>Ghrtamanda</i> (a sweet dish)		

८	Rice gruel is prepared with milk and ghee and causes <i>Pingala varna</i> . gives <i>bala, varna, sattva</i> to the child. <i>Kshira yavagu</i>	For <i>vata anulomana</i> , <i>Asthapana vasti</i> is given with <i>badara</i> mixed with <i>bala, atibala, patala, satapuspa, kshira, dadhi, taila</i> , etc., followed by <i>anuvasana vasti</i> with oil and medicated milk & <i>madhura, varga dravya kashaya</i> . <i>Snigdha yavagu</i> <i>Mamsa</i> rasa of wild animals	<i>Kshira yavagu</i> <i>Asthapana vasti</i> with <i>kashaya of badara, mamsa, kshira, oil, salt, madana phala, ghrita</i> and <i>madhu</i> used for <i>vata anulomana</i> . <i>Anuvasana vasti</i> with <i>madhura varga dravya</i> <i>Vasti</i> is given in the knee-elbow position, followed by <i>yavagu</i> with fat, <i>mamsa</i> rasa, and <i>prasava kala</i> .	<i>Ghrtapuraka</i> or <i>ghevar</i> is a dish that is used.		<i>Drava ahara</i> is processed with <i>ghrita</i> and <i>kshira</i> . <i>Anuvasana vasti</i> with <i>madhura dravya varga</i> and then <i>niruha vasti</i> with <i>kashaya</i> of <i>suska Muli, badara</i> , and <i>amla</i> mixed with <i>satapushpa, ghrita, taila</i> and <i>saindhava</i> .
९	<i>Anuvasana vasti</i> with oil prepared with <i>madhura gana dravya</i> and the same oil used as <i>yoni pichu</i>		<i>Madhura gana dravya</i> processed oil used as <i>yoni pichu</i> for <i>snehana</i> of <i>yoni marga</i>	Different types of cereals are used	For <i>vata anulomana</i> , <i>Anuvasana vasti</i> with <i>kadamba masha taila</i> After <i>vasti</i> , rice gruel was given.	<i>Anuvasana vasti</i> with <i>madhura dravya varga</i> <i>Mamsa rasa</i> with <i>sneha, yavagu</i> with fat. If a woman is very <i>ruksha</i> , <i>anuvasana</i> is given only after <i>sneha pana</i> .

### Maintenance of Sadvritha by Garbhini:

तस्मादहितानाहारविहारान्प्रजासंपदमिच्छन्तीस्त्रीविशेषेणवर्णयेत्।

साध्वाचाराचात्मानमुपचरेद्धिताभ्यामाहारविहाराभ्यामिति।।

(Ch.sa. 8/21)

- *Sadavachara*
- *Devata, Brahmana pujana, Shoucha, Achara, Hitorata.*
- *Krodha, Shoka, Asuya, Irshya, Bhaya samkshobha varjana.*
- *Saumya, Manonukula katha Sravana.*
- *Vatsalyadibhitwam (Jalpakalpataru).*
- *Exposure to Brahma & Suvadya ghosha.*

*Acaryas* says that from the first day of pregnancy (i.e., conception), she should be advised to follow a

friendly diet and regimen, always be cheerful, wear ornaments and clean, white clothes, perform religious rites, bed should be soft and cushioned and not very

high, looked carefully with pleasant things, and always use butter, *ghrita*, and milk.

*Vagbhata* mentions the external and internal use of *jivaniya gana dravya*.

*Acarya kasyapa* mentions that what is consumable/congenial for pregnant women is for the fetus and should be consumed after considering *desha, kala, rutu*, and *agni*.

She must use auspicious and sacred clothes/ornaments, and clothes/ornaments with feminine / *napumsaka* names should not be used.

*Garbhini* wishes a child should take a bath daily, be cheerful /happy, wear white clothes, worship god and

should use warm water, *kshira* – nourishment and stability of fetus, *mamsa rasa* – helps in achieving conception, nourishment & *vata samaka* and sound during pregnancy.

*Harita* mentions using *Surana*, non-constipating articles, a congenial diet and behaviour, performing ritual rites in the 5th and 8th months, and offering food to *Brahmanas* and family members.

*Bhavamisra* mentions that *garbhini* should always be happy, dress well, stay pure, and take *drava*, *laghu ahara* processed by *dipaneeya*, *hrdya*, *snigdha*, and *madhura dravyas*.

*Yoga ratnakara* mentioned that *dravyas* are beneficial for *garbhini* as *Sali*, *sastika dhanya*, *mudga*, *godhuma*, *laja sattva*, *navaneeta*, *ghrita*, *kshira*, *dadhi* mixed with sugar, *Madhu*, *panasa*, *kadala*, *Amalaki*, *draksha*, *madhura* and *amla dravyas*, *lepa* with *sita dravyas* like *Kasturi*, *Chandana*, *karpura*, wearing white clothes, garlands, moonlight bath, *brahmana dravyas*, beloved and another pleasing mode of life along with desired food.

#### **Garbhini snanartha vishista jala:**

बिल्वकार्पासीफम्फणापाटलीपिचुमन्दाग्निमन्थमांसीवर्धमान  
कपत्रभङ्गकाथेन, शीतेनसर्वगन्धोदकेनवागर्भिण्याःप्रत्यहंसान्न  
मुपदिशेत्' II(A.S.Sa.3/14)

वातघ्नपत्रभङ्गाम्भःशीतंसानेऽन्वहंहितम्' || (A.H.Sa. 1/68)  
*Vagbhata* I – cold decoction made from *kalka* of *bilwa*, *karpasa*, *phamphana* (*rosepetals*), *Picumarda*, *agnimantha*, *Jatamamsi* and *eranda patra* or water prepared with *sarvagandha dravyas* used.

*Vagbhata* II – cold decoction of pounded leaves of *vatahara dravya*.

त्रैवृतुमणिकृत्वातंश्रोण्यागर्भिणीसदा' I (K.Khil. 10/181)

- ✓ According to *Kasyapa*, an amulet made of *trivrut* worn around the waist is beneficial.
- ✓ *Mrdu abhyanga*
- ✓ *Geeta* – *vadyashravana*; exposure to *Brahma ghosha*, *suvadyaghosha*. (K.Sa.5/12)

#### **Reasons for increased need for Ahara during Garbhavastha:**

- For rapid growth and development of the fetus.

- For formation of amniotic fluid.
- For increased maternal blood volumes (by formation of Hb and plasma protein).
- Growth of maternal tissues, such as increased uterus and breast tissue development.
- For proper functioning of muscles and nerves.
- For the development of the placenta.

#### **DISCUSSION**

*Masanumasika paricharya* is unique and specific. It is not only holistic and confined to books but also scientifically explained and accepted by modern science. *Garbhini paricharya* helps promote and establish good health before the birth of a child and during normal labor. By following this *paricharya*, the mother also gets benefits during *Sutika kala*. It is considered *Suputra janana*.

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