

A REVIEW ARTICLE ON MASANUMASIK GARBHINI PARICHARYA**Deepak Kumar¹, Pasupati Nath², Arti Alankar Rajhans³, Subhash Upadhayay⁴**

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Article Received: 18/09/2020 - **Peer Reviewed:** 22/09/2020 - **Accepted for Publication:** 24/09/2020**ABSTRACT**

Ayurveda considers food to be the best source of nourishment as well as medication for the pregnant woman. The nine monthly diets are singularly unique to *Ayurveda*. It changes in accordance with the growth of the fetus in the womb and at the same time ensures health of the mother. The woman is considered as 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 fetus requires more nutrition from mother. This causes increased workload on the maternal *Dhatu*s, so she needs extra nutrition during *Garbhavastha*. *Ayurveda* has suggested a very good protocol *Masanumasik Garbhini Paricharya* i.e. *Ahara* (diet), *Vihara* (lifestyle), *Vichara* (psychological aspect) to be followed during pregnancy with respect to each month. This article describes an *Ayurveda* perspective of *Ahara Vihar W.S.R* to *Masanumasik Garbhini Paricharya*.

Keyword: *Garbhini, Garbhini Paricharya, Aahar, Vihar, Vichara*

INTRODUCTION

Ayurveda is a science of life and basic principle of *Ayurveda* is *Swasthasya Swasthya Rakshanam Athurasya Roga Prasamanam*"⁽¹⁾.

To maintain *Swasthya* of pregnant lady *Garbhini Paricharya* is most important. Fetus is dependent on mother for its nourishment and oxygen. The care of the pregnant lady reflects on the quality and health of the offspring. Health of the pregnant women is maintained through proper *Garbhini Paricharya* right from the conception till delivery. *Garbhini Paricharya* includes all aspects of care of pregnant lady like *Ahar* (diet), *Vihar* (exercise), *Apathya* (don'ts) Yoga and Meditation etc. Food is called life of living being. Even if drugs are introduced to a diseased person he cannot get cured without proper food. Hence food is called as great medicine. Food can be adjusted in such a fashion that it fulfils the need of body and brings about homeostatic condition⁽²⁾. Diseases of *Garbhini* are very difficult to treat⁽³⁾. The health of baby completely depends on mother therefore it is better to take care that pregnant lady is getting adequate care and nutritious and proper food so that she delivers a healthy baby without complications. This can be achieved with the help of *Gabhini Parichaya*. In the present review prime focus is given on monthly Regimen for Pregnant woman described in *Ayurvedic* classics so as to achieve healthy baby to healthy mother.

The classic *Ayurveda* mentioned *Ahara* and *Vihara* as tool for the management of pregnancy and for achieving above mentioned goal. *Ahara* and *Vihara* play significant role towards the health of pregnant women and development of fetus. The *Ayurveda* described special dietary counselling for pregnant women having other clinical symptoms such as obesity, diabetes, liver disease, hypertension, metabolic disease, intestinal disease and anorexia. *Ayurveda* mentioned specific *Ahara* and *Vihara* for pregnant women.

The care of pregnancy mainly involves:

1. Month wise dietary regimen (*Masanumasika Pathya*)
2. Consideration of activities and substances which may cause harm (*Garbhopaghathakara bhavas*)

3. Consideration of substances which are beneficial during pregnancy (*Garbhasthapaka Dravyas*)

Month wise *Ahara Vihara* as per *Ayurveda* during pregnancy

For 1st month

Milk processed in *Shaliparana* and *Palasha* twice a day. *Ghee*, sweet, cool liquid and light food stuffs.

For 2nd month

Medicated sweetened milk and cold liquid diet.

For 3rd month

Milk processed with *Madhu* and *Ghee*, *Shasthishali*, sweet, cold and liquid diet.

For 4th month

Milk and butter (approx. two *Tola*), curd rice specially *Shasthishali* rice and meat.

For 5th month

Ghee, rice with milk, *Khichadi* and *Payasa*.

For 6th month

Medicated *ghee*, *Khichadi* and sweetened curd.

For 7th month

Ghritha medicated with *Vidarikandadi* drugs for proper development of fetus and *Ghritha Khanda*.

For 8th month

Yavagu prepared in milk with *ghee*, *Asthapana basti* (*Bala*, *Atibala*) and *Anuvasana Basti* (use of *Madhura Dravas*).

For 9th month

Yoni Pichu, *Anuvasana Basti* and *Vataghana Drava Yukta Snana*; these all help for normal delivery.⁽⁴⁻¹⁰⁾

Ayurveda suggests use of nutrients and herbal medicines for nourishment and wellbeing of mother and fetus. *Ayurveda* prescribes balanced and nutritional diet during pregnancy period. The *Ahara* for pregnant women must be *Hridya*, *Dravam*, *Madhuraprayam*, *Snigdham*, *Deepaniyam*, and *Samskritam*. This type of balance diet during pregnancy boosts maternal health, fulfill needs of the growing fetus, improve lactation and offer normal delivery.^(11,12)

Aim and Objectives:

1. To collect and analyze the *Masanumasik Garbhini paricharya*.
2. To study the role of *Ahara Vihara* in *Masanumasik Garbhini Paricharya*.

The main aim of *Ayurveda* towards the care of pregnant women resides around three main objectives:

1. *Paripurnatva* (proper growth of the fetus and mother)
2. *Anupaghata* (non-complicated pregnancy)
3. *Sukhaprasava* (normal delivery)

Materials and Methods

Literature: *Brihatrayee*, all available *Ayurvedic* classics, Modern available texts, Magazines, Journals & Research papers.

Masanumasik Garbhini Paricharya

Garbhavastha is a state in which all physiological functions are stimulated in order to meet demand of growing fetus. The growth and development of fetus need more nutrition from mother. This causes extra workload on maternal *Dhatu*s so she needs extra nutrition during *Garbhavastha*.⁽¹³⁾ *Charaka* says that *Garbhini* is fit for the use of *Bruhana* (anabolic) therapy. *Vagbhata* suggested external (for preparing water for bathing or irrigation etc.) and internal (powder, cold percolation, decoction etc.) use of *Jiwaniya* group of drugs. Affectionate and good Behaviour of husband and servants helps in maintenance of pregnancy. Milk provides nourishment and stability to the fetus; meat helps in achievement of pregnancy, provides nourishment to the fetus, suppresses *Vata* of pregnant woman, meat soup is superb medicine for her. *Yogaratanakara* has enlisted following food stuffs beneficial for pregnant woman i.e. salt and Swastika rice, *Mudga* (green gram), wheat, flour of parched rice, butter, *Ghruta*, milk, *Rasala* (curd mixed with sugar and condiments), honey, sugar, jack-fruit, banana, fruit of *Amalaki*, *Draksha*, sour and sweet substances; anointment with cooling agents, musk, sandal and camphor; wearing of garlands; moonlight bath, massage, soft bed, cool air, anabolic or gratifying edibles, embracing beloved and other pleasing mode of life along with desired food.

The month wise *Paricharya* helps in proper development of fetus and gives health to mother. By following the timely regimen described gives benefits to, the mother and her body parts like abdomen, flanks, back and genital organs become *Mrudu* and *Anulomana* of *Vayu* occurs. The natural urges are expelled out easily,

through their respective passages. The skin and nails become smooth and *Garbhini* attains high degree of *Bala*, *Varna* and *Oja*. All these factors contribute in the full development and delivery of a child with all qualities and health. Contrary to this, if a *Garbhini* does not follow the above said *Paricharya* that may result in many problems regarding health of both mother and fetus and also result in such complications which may need immediate attention. Our ancient Acharyas knew well that not only the food and environment play a vital role in the development of fetus but also maternal psychic impressions have their impact on a growing fetus. Hence, they have given equal importance to all factors.

Ayurveda has suggested a wholesome diet during the period of *Garbhavastha*. This result in fetal growth, maternal health and post-delivery lactation. In first month *Garbha* is in *Kalal* form and it get nutrition by *Upsnehana*. So *Garbhini* should take proper diet to make balance of *Rasa* and *Rakta Dhatu*. In second month *Garbha* start to take compact form with limb and head. *Madhur Rasa Dravyas* provide nutrition to *Garbha*. In third month, different body parts start to differentiate, heartbeat initiate with sensory and motor reaction. In this period *Garbha* express its desire through mother's craving. Fulfilling this craving is helpful for proper growth. If one neglects *Vata* get vitiated and deform *Garbha*.⁽¹⁴⁾ During the first three months fetal growth organ are only in stage of formation and maternal *Rasa* and *Rakta Dhatu* are used for nourishing the uterine bed. Hence more *Jaleeya* [liquid] substances are advocated. In fourth and fifth month *Mamsa Dhatu* gets nourished in *Garbha*, so *Garbhini* is advised to eat *Jangal Mamsa*. In sixth month, fatty tissues of *Garbha* is formed. In Second trimester, the formation of fetal *Dhatu* starts and thus *Ayurved* suggested diet to boost this *Dhatu* formation which is the origin of the next chain of *Dhatu*, in the fifth month *Rakta* [blood] and *Mamsa* [muscle] are formed, in sixth month *Meda Dhatu* is formed. In seventh month, most of *Garbhini* suffers from oedema of feet. This may be due to increase pressure on lower limb and water retention. To get relief from this *Gokshur* is advised as it is good diuretic. Around the

seventh month fetal growth is practically complete after which only refining work remains. In seventh month *Madhur Ksheer* and *Ghrit* is advised which help in proper development of foetus. In last trimester *Yavagu* is advised and in nine-month *Asthapana*, *Anuwasana Basti* is advised for *Sukhaprasav*. Following *Garbhini Paricharya* the woman remains healthy and delivers the child possessing good health, energy, voice, compactness and much superior to other family members. ⁽¹⁵⁾

DISCUSSION

From above literature it is clear that milk and drugs of *Madhura* group have been advised for entire pregnancy period. Milk is a wholesome diet. It provides nutrition and stability to the fetus. The drugs of *Madhura* group are having anabolic property. Hence, the use of these drugs will help in maintenance of proper health of *Garbhini* and development of fetus. During 1st trimester of pregnancy, most women have the complaints of nausea and vomiting. So, they cannot take proper diet. Use of cold, sweet, liquid diet and milk will prevent dehydration and supply required nourishment. From 4th month onwards, muscular tissues of fetus grow sufficiently. According to the principle *Mamsa Dhatu* gets well-nourished with its *Svayoni Vardhana Dravyas* i.e. *Jangala Mamsa*. Hence, *Sushruta* might advise the pregnant woman to take *Jangala Mamsa*. *Kashyapa* says that the meat soup which is taken by pregnant woman not only helps in achievement of pregnancy, but also provides nourishment to the fetus. It also suppresses *Vata* of pregnant woman. By the end of 2nd trimester, most of the pregnant women suffer from such complications of water accumulation as oedema over feet; use of *Gokshura* may prevent these disturbances, as it is a good diuretic. *Yavagu*, is advised by *Charaka* in 8th month, the *Garbhini* remains free from diseases and delivers the child possessing best health, energy, complexion, voice, compactness of the body. *Asthapana* and *Anuwasana Basti* help in *Shodhan* of *Pureesha* and *Anulomana* of *Vayu* which in turn leads to *Sukha* and *Nirupadrava Prasava*. So, the *Garbhini* who follows the above said *Upakramas* becomes *Snigdha*,

gains strength and delivers normally and easily without any complication. Concept of *Garbhini Paricharya* is programmed with an objective of the birth of “*Shreshtamapatyam*”. The benefits of these entire regimen, ensures the procurement of a “*Supraja*” ⁽¹⁶⁾

CONCLUSION

In *Ayurveda* a scientific protocol is given for *Garbhini Paricharya*. It should be followed by *Garbhini* as it is necessary for formation of qualitative *Rasa Dhatu* which nourishes *Garbhini*, her *Garbha* and helpful in production of milk. It is also helpful for proper functioning of *Vayu* (*Apana Vayu*) which is necessary for *Sukhaprasav*.

The consideration of *Masanumashika Paricharya* for woman from first month to the ninth month of pregnancy play significant role towards the health of mother and new-born. The consideration of concept of *Ahara* and *Vihara* helps as follow:

1. Softening of *Apara*, pelvis and waist
2. *Vataanulomana* for the normal delivery
3. Detoxification
4. Promotion of strength

Ayurveda prescribed specific *Ahara* and *Vihara* for pregnancy period, milk along with liquid diet for first trimester of pregnancy to avoid malnutrition. *Basti* is also helpful in last period of pregnancy to strengthen myometrium and also boost labour functioning.

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