Garbhini Paricharya for Sukhaprasava

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ABSTRACT
Pregnancy is a beautiful phase in every women’s life. Maintenance of health of a pregnant women and wellbeing of the foetus is the aim of antenatal care. Ayurveda the science of life believes in prevention of disease than cure, Swastasya Swaastya Rakshana Aaturasya Vikaraprashamana. To avoid the morbidities associated with pregnancy our acharyas have explained Garbhini paricharya; the regimen to be followed during pregnancy. Antenatal care in Ayurveda involves ahara, vihara and modification in psychological behavior. Acharyas have described monthly dietary regimen or maasanumasika Garbhini paricharya and demeanor to be followed during pregnancy. Subsequently Garbhini paricharya would result in proper development of foetus and proper movement of apanavayu and prepare pregnant woman for sukhaprasava physically and psychologically.

KEYWORDS
Garbhini, Garbhini paricharya, Apanavayu, Sukhaprasava
INTRODUCTION

The term Garbhniparicharya is a compound of two separate words i.e., Garbhini & Paricharya. According to Amarkosha, Garbhini means a lady in which Garbha is present\(^1\). In Ayurvedic science ‘char’ or ‘charya’ refers to the ‘service’ or ‘nursing’ & Paricharya as the caring in all aspect.

Systematic supervision (examination and advice) of a woman during pregnancy is called antenatal care (prenatal care)\(^2\). Acharyas have described monthly dietary regimen in order to meet increased calorie requirements of the pregnant women. They have also described many behavioral changes to enhance mental and spiritual status of the pregnant women. Many ancient treatise have also described herbal medication & procedures to treat complications during pregnancy. Garbhini Paricharya provides the needs of the growing fetus, the maintenance of maternal health, the strength and vitality required during labour and for successful lactation\(^3,4\).

Charaka has compared a pregnant women to a pot filled with oil as the minimal oscillation of such a pot can cause spillage of oil similarly slight excitement in the pregnant women can initiate Garbhapata (abortion), hence our Acharyas have given a detailed Systematic regimen for the pregnant women\(^5\).

Labour is a physiological process which is defined as series of events that take place in the genital organs of a pregnant women in an effort to expel the viable products of the conception out of womb through vagina into the outside world. Labour is termed as normal when it is spontaneous in onset, vertex presentation, at or near term, without any undue prolongation, termination with minimal intervention and leaving behind a healthy baby and a healthy mother\(^6\).

OBJECTIVES

The main aim of this present article is to study regarding garbhniparicharya for sukhaprasava.

MATERIALS & METHODS

Classical Text books, Various published articles, website data, articles on Garbhini Paricharya and antenatal care were studied and used as material to highlight the subject.

The whole Garbhini Paricharya can be discussed under three main headings.

1. **Masanumasika Pathya**: month wise dietary regimens
2. Garbhopaghatakarabhavas: regimens and articles that is harmful
3. Garbhasthapakadravyas: substances which help in continuation of pregnancy

**Masanumasikapathya (month wise dietary regimen):**

During pregnancy fetus starts to get nutrition from mother through placenta. Adequate nutrition is needed for monthly constant and proper development of embryo. The requirement of nutrition varies according to development of fetus. Thus there will be month wise changes in the dietary requirements of the mother. By following these prescribed monthly dietetic regimens, the pregnant woman will be healthy and delivers a baby having good health, strength, complexion, voice and energy.

The monthly regimen helps in:

1. Softening of pelvis, waist, sides of the chest and back
2. Downward movement of vata (vataanulomana) - this is needed for the normal expulsion of fetus during delivery.
3. Proper evacuation of urine and stool.
4. Promotion of strength and complexion
5. Delivery with ease of a healthy child endowed with excellent qualities in proper time.

The mother's food habits and nutritional status before conception as well as during pregnancy influences the outcome of pregnancy.

1st month: - plain milk as much as one can consume at intervals.
2nd month: - milk medicated with madhura drugs
3rd month: - milk with honey & ghrita
4th month: - milk with Navneeta
5th month: - milk with ghrita
6th month: - ghrita medicated with madhura group,
7th month: - Same as 6 month ,
8th month: - ksheerayavagu with ghrita
9th month: - Anuvasanabasti with oil prepared with madhura drugs&yoni pichu.

AcharyasushruthaadvisedGhrita or Rice Gruel medicated with gokshurain 6th month and prithakaparnyadiGhrita in 7th month.

Aacharyacharak has indicated anuvasanabasti and yoni pichu in 9th month of pregnancy during garbhiniparicharya in sharirsthana adhyaya ie direction to use Anuvasanabasti and Pichu:

- **AnuvasanaBasti:** From the first day of 9th month twice a week till delivery.
- **Yoni Pichu:** At night daily from 9th month till delivery.

**Effect of Basti and Pichu on Prasava:** Basti is considered as the best treatment forvata disorders. In case of pregnant woman, basti is indicated to prevent the pathogenicity of
vayu. Apanavayu plays an important role in act of contraction and relaxation of uterus, and in expulsion of foetus. During prasavakala, the vyanavayu stimulates the act of contraction and relaxation in the uterine muscles and due to it, apanavayu becomes active to expel the Garbha from garbhashaya.

**Garbhopaghathakarabhavas** (Activities and substances which are harmful to fetus): Garbhopaghathakarabhavas are the ahara and vihara which causes harm to the garbha (fetus). These may cause some congenital defects in the child and are not conducive to the birth of a healthy child. These can be classified under two different headings namely ahara (diet) and vihara (behavior).

**Contraindicated diet for pregnant women:**
Consumption of excessive heavy, hot, pungent substances like wine and vishtambiahara (hard to digest). A bath with cold decoction of these drugs should be given during pushyanakshatra. These should be kept in close contact with the mother and can be used as amulets around the right arm and on the head. Drugs mentioned in the jeevaneeyagroup can also be used. Kasyapa has advised that the pregnant women should have amulet of trivrit (Operculinaterpethum) tied in their waist.

**Contraindicated life style for pregnant women:**
Coitus, exercise such as lifting heavy weight, squatting, abnormal sitting, vehicle ride, sleeping in supine position, misdeeds of indriya.

**Garbhasthapakadravyas** (Substances beneficial for maintenance of pregnancy): Garbhasthapakadravyas are the substances which act against garbhopaghatakaratravyas and help in the proper maintenance of the garbha. These are to be used on a regular basis as they are very useful for the continuation of proper health and development of the mother and fetus. Few of the garbhasthapakaaushadhis are Aindri (Bacopamonnieri), braahmi (Centellaasiatica), Amogha (Stereospermums uaveolens), Sahasravianya (Cynodontactylon), Satavirya (Asparagus racemosus), Avyatha (Tinosporacardifolia), Vatapushpi (Sidacardifolia), Shiva (Terminaliachebulia), Vishwasenkanta (Callicarpamacrophylla), Arista (Picrorhizakurroa) etc. These should be taken orally as preparations in milk and ghee. A bath with cold decoction of these drugs should be given during pushyanakshatra. These should be kept in close contact with the mother and can be used as amulets around the right arm and on the head. Drugs mentioned in the jeevaneeyagroup can also be used. Kasyapa has advised that the pregnant women should have amulet of trivrit (Operculinaterpethum) tied in their waist.

**DISCUSSION**
Starting from samhita period Garbhiniparicharya is very well...
documented in Ayurvedic classics. Scholars have prescribed monthly dietary regimen and life style practices for whole pregnancy according to the need of mother’s health, fetal growth and development. Nausea and vomiting are the main complications experienced by majority of women during pregnancy. Due to this, there is a possibility in pregnant women to get dehydrated and malnourished. Scholars have advised liquid diet instead of heavy and solid food in first trimester to avoid such type of complications. Ahara rasa produced in pregnant women is utilized for, nourishment and growth of baby and formation of stanya, hence monthwise dietary regimen is to be followed\textsuperscript{15}.

Gokshura (Tribulusterestris) advised in sixth month has diuretic and nephroprotective properties which in turns reduce the pedal oedema. Ghrita prepared with Prithakparnyadi (Vidarigandhadi) group of drugs helps in mitigating vata and pitta and gives bala to both mother and fetus. SnigdhaYavagu gives strength to the body, nourishes the body tissue and pacifies the VataDosha. Ushnodak (luke warm water) has dipana, pachana, trishnasamana and aruchihara properties thus it is advised throughout the pregnancy.

Owing to snehana property of Anuvasnabasti, the abdomen, flanks, sacrum and all the genital organs becomes snighda. The snigdha property removes the rukshta of vayu and thus it controls exaggerated vata.

**CONCLUSION**

The child birth should be an event of joy and satisfaction. Maintenance of health of the women and wellbeing of the foetus is the aim of antenatal care. Garbhiniyaricharya is very well documented in Ayurvedic classics. Scholars have prescribed monthly dietary regimen and life style practices for whole pregnancy according to the need of mother’s health, fetal development and its well being, and promotes for sukhaprasava.

Labour should be natural and spontaneous in onset. When the foetus is expelled out through vagina with less duration and intensity of pain to mother, it is called prakrita and sukhprasava. Hence to get the fruitful outcome of nature, Acharyas have advised garbhiniyaricharya from conception till delivery, which includes administration of anuvasanabasti and use of yonipichu in navamamasa and month wise dietary regimen. This ayurvedic regimen improves the physical and psychological condition of pregnant women and makes her body suitable for sukhaprasava.
REFERENCES


