



ROLE OF MASANUMASIKA GARBHINI PARICHARYA DURING GARBHAVASTHA

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ABSTRACT

Women have special dietary needs during each stage of her lives, including adolescence, pregnancy, breast feeding and menopause. 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 cause increased the workload on the maternal Dhatus so she needs extra nutrition during Garbhavastha. Ayurveda has described a systemic and planned programmed for Garbhini i.e., Garbhini Paricharya. Garbhini Paricharya prescribes Ahara as these have a direct effect on the health of mother & child. Milk and ghee stand out as the most common in the pregnant diet that Ayurveda advises. The idea of this is to provide optimum amount of protein and fat to the body. In addition, it provides right amount of calcium and vitamins for the pregnant mother helping in sustaining a comfortable lactation. In this review article a designed protocol of the month wise diet advised by various ancient Ayurvedic physicians, which can be modified according to the age, season, place, constitution and the digestive fire of the pregnant woman has been presented.

KEYWORDS : Ayurveda, Garbhini Paricharya, Ante Natal Care, Ahara, Food Regimen, Maternal Mortality

INTRODUCTION:

In Women's life, pregnancy is a special event & community should treat a pregnant woman with specific care. If that does not happen it shows failure of a society (families and communities) and a crisis in healthcare system. Going by the number of maternal deaths related to childbirth, it appears that India as a civilization has failed her women when it comes to ensuring their survival and safety in the most basic act of procreation. What is even more miserable is the fact that mother and child health (MCH) care is one of strength of Traditional Indian Medical System.[1]

India has accounted for a third of global maternal deaths, at 19% (56,000). The Indian Maternal Mortality Rate (MMR) in 2009 was 212 maternal deaths per 100,000 live births, down from 398 maternal deaths per 100,000 live births in 1997.[2]

Needs of the pregnant women are not the sum of the needs of growing foetus added to those of a mature woman, maternal health is a complex, influenced by various genetic, social and economic factors, infection and environmental conditions, many of which may affect the foetal growth. Physiological increased absorption, increased excretion or alterations in metabolism.[3]

In many developing countries, these physiologic changes can be aggravated by under-nutrition, leading to micronutrient deficiency states, such as anemia, that can have disastrous consequences for both mothers and new born infants. Keeping this view in mind ancient Ayurvedic physicians had planned a regimen for pregnant woman known as *Garbhini Paricharya*. [4]

Ayurvedic text states that, "If a pot filled with oil right up to the brim is to be carried without spilling even a single drop, every step has to be taken with care", the texts emphasis that a similar care and attention is required in taking care of a

pregnant woman.[5]

In classical Ayurvedic texts an extensive study of food articles, food preparations, diet regimens, specific diets for surgical procedures and prenatal as well as postnatal dietetic cares etc. can be seen. Since food is the cause for health as well as disease, Authorshave described the signs and symptoms of the disease and its management with respect to the properties and actions of *Ahara* (diet) and *Ahara Vidhi* (dietetics) which was prevalent during their period. Here in this review article a glimpse of the time tested regimens of various ancient Ayurvedic physicians, described for antenatal care, which can give us promising results towards lowering MMR, IMR and healthy mothers and children in the country.

METHODOLOGY:

The matter related to Antenatal care, scattered in various Ayurvedic classics were critically examined, evaluated and probable modifications that can be included in traditional practices which suits today's lifestyle without altering the principles of care of pregnant woman is suggested.

Masanumasika Garbhini Paricharya

Ayurveda is a highly developed philosophy. Concepts floated belonged to a very highly evolved civilization. Ayurveda conceptualized a vibrant society, which is made of healthy population. This they called as *Supraja* (healthy citizens). In order to achieve this eugenic goal they advocated a regime for pregnant woman, called *Garbhini Paricharya*.

"Evam Kurvati Hi Arogarogya Bbala Varnasamvahana Sampadam Upetam Inatinam Shreshtam Apatyam Janayati" (Charaka Samhita).

If a pregnant woman is taken care of as advised she will give birth to a child, who is without any disease, healthy, physically strong, radiant and well nourished.[11]

Month Wise Diet Advised by Various Ancient Ayurvedic Physicians

Month	Charak ^[12]	Sushrut ^[13]	Vagbhat ^[14]	Harita ^[15]
1	Non medicated milk	Sweet, cold and liquid diet	Medicated milk	Madhuyashti, madhukpushpa with Butter, Honey and sweetened milk.
2	Milk medicated with madhura rasa dravya	Same as 1st month	Same as Charaka	Sweetened milk treated with kakoli

3	Milk with honey and ghrita	Same as 1st month	Same as Charaka	Krishara (a dish prepared with rice & pulses)
4	Butter extracted from milk (12 gm) Or Milk with butter	Cooked Shashti rice with curd, food mixed with milk and butter, meat of wild animals	Butter extracted from milk (12 gm) Or Milk with butter	Medicated cooked rice
5	Ghrita prepared with butter extracted from milk	Cooked Shashti rice with milk, meat of wild animals	Same as Charaka	Payasa (rice cooked with milk & sweetened)
6	Ghrita prepared from milk medicated with madhuradravyas	Ghrita or Yavagu (rice gruel) medicated with gokshura	Same as Charaka	Sweetened curd
7	Ghrita prepared from milk medicated with madhuradravyas	Ghrita medicated with prithakparnyaadi group of drugs	Same as Charaka	Ghritakhandā
8	Yavagu (rice gruel) prepared with milk and mixed with Ghrita	Āsthapanabasti (decoction of badari mixed with bala, atibala, shatapushpa, patala, milk, curd, mastu, oil, salt, madanphala, honey and ghrita) followed by AnuvasanaBasti (oil medicated with milk & decoction of madhuradravyas)	Yavagu (rice gruel) prepared with milk and mixed with Ghrita, Āsthapanabasti, Anuvasanabasti	Ghritapuraka
9	Ānuvasanabasti (oil medicated with milk & decoction of madhuradravyas), Vaginal tampon of oil	Āsthapanabasti, Madhura, snigdhadravyaahara	Same as Charaka	Different varieties of cereals

Foetal Nourishment:

Acharya Charaka explains the point that whatever diet the pregnant women consumes, the *Ahara Rasa* (digested food) formed from this performs three functions, [16]

1. Nourishment of women's body.
2. Formation of milk.
3. Nourishment of the foetus.

Acharya Charaka also says that *Garbha* (foetus) is an amalgam of various factors: *Mata* (maternal), *Pita* (paternal), *Rasa* (dietary), *Satmya* (factors agreeable to the body), *Satva* (mental) and *Atma* (soul), with the normalcy of all six factors of conception and use of congenial diet and regimen by the pregnant women, the foetus obtains its nourishment. [17]

Effect of Unwholesome food on Foetal development:

Acharya Charaka also knew the ill effect of improper nutrition, He has mentioned it in *Garbhopaghatakara Bhavas* i.e., factors responsible for the damage to the foetus, along with other factors, the food articles that are very heavy, hot and irritant, intoxicating wines and the excessive intake of meat is responsible for the damage to the foetus. [18]

Further Charaka says the diet and management mentioned in the chapter on the principles of procreation (*Jatisutriya Adhyaya*) prevents disorders and promote the growth of foetus, if these two are not properly observed the offspring dies immediately after birth as the newly planted tree with unstable roots are destroyed by the wind and the sun. [19] In *Jatisutriya Adhyaya*, Charaka has described the factors responsible for damaging the foetus. In short the pregnant women give birth to a child suffering mostly from the respective disorders, hence the women desiring excellent progeny should particularly abstain from non-congenial diet and regimen. [20]

DISCUSSION:

The Pregnant woman should use palatable, liquid, sweet and unctuous substances treated with appetizing things, congenial diet should be continued till the delivery. Whatever the food the pregnant woman takes that food becomes homologous to the foetus. The pregnant woman desirous of producing a healthy- and good-looking child should give up no congenial diet and regimen and protect herself by doing good conduct and use congenial diet and regimen [21] Charaka says that by following this regimen the woman remains healthy and delivers the child possessing good health, energy, strength, voice, compactness and much

superior to other family members. [22] A single blind clinical study conducted by Dr. Jayashree KS., here all the registered pregnant women received the regimen described in the classics, and all the phases of pregnancy were incidence free. Commonly observed simple deviations like indigestion, aches and pains were not observed. All the cases had onset of labour pain in the appropriate time and had normal delivery. [23]

Use of milk, ghee, honey, sweet, cold, liquid diet and *Shashtika Shali* rice mixed with the milk or *Krushara* (soft rice) has been prescribed. Generally, milk is sweet in taste. It is unctuous (it has oiliness). It promotes growth of tissues and is cooling to the body. Cow's milk especially, improves intelligence, sustains life and acts as a rejuvenator. Milk cures fatigue, excessive thirst and hunger. It is an ideal food for persons suffering from emaciation. It helps in preventing bleeding. It increases strength and breast milk. For these reasons milk is the ideal food for pregnant mothers. It provides nutrition and stability to the foetus.

The drugs of sweet group like *Yasthimadhu*, *Parushaka*, *Madhukapushpi* are having anabolic, memory enhancing, *pitta* decreasing and Anti emetic property. As in the first trimester of pregnancy, most women experience nausea and vomiting and thus cannot take proper diet. The use of cold, sweet liquid diet and milk will prevent dehydration and supply required nourishment, besides the drugs of sweet groups being anabolic will help for proper maintenance of mothers' health and the foetus, and the advice of memory promoter drugs in therapy may be because of the role of environmental factors causing stress as important factors affecting both physical and mental development of the foetus in uterus. Hence, the use of these drugs will help in maintenance of proper health of pregnant women and development of foetus.

Fourth month onwards muscular tissue of fetus grows sufficiently requiring more protein which is supplied by use of meat and meat soups. Meat possesses many good properties. Meat in general, is the best food for controlling the *Vayu* in the body. Meat soup bestows stoutness, strength and nourishment to the body. It also gives contentment (*Preenanam*). It is good for improving vision and is an aphrodisiac. Meat in general, is heavy to digest. Properties of different meats differ slightly from one another. Among the meats, which are commonly available in the market, soup of goat's meat is preferable. Goat's meat prepared as a fat-free soup is easy to digest. This fourth month period is called *Daurhuda Avastha*, means the

possessing of two hearts. One of her own and other of foetus. As per Ayurveda, desires of the foetus is expressed through the mother. Hence *Dauhruda* should always be fulfilled, except which cause harm to foetus. Fulfilment of desires result in birth of child possessing high qualities and longevity, very handsome, valiant, intelligent and well behaving child. For ex: Pregnant lady experiences a desire of tasting sour substances like mango, tamarind etc.

because sour substances satiate the desire of overcoming nausea. In addition, there is marked demand of extra iron during pregnancy. Thus there always remains a physiological state of iron deficiency during pregnancy and iron is best adsorbed in sour media. If there is calcium deficiency, she will crave to drink milk. If it is provided, bones and foetus can grow well otherwise they may become defective. Non fulfilment may cause intra uterine growth retardation (IUGR), underweight child etc. and number of consequential health problems.

In fifth month, ghee, *Shastik Shali* rice with milk, meat of wild animals, pleasing food with milk, ghee should be given, because there is marked increase in foetal muscular tissue and blood. So, the pregnant woman becomes emaciated due to lack of nourishment of maternal tissues or the *nutrition* is driven to nourish more and more muscular tissue and blood. Butter and Ghee helps in building up the muscle tissue. Butter is sweet in taste and very cold (cooling) in potency. It has the property of preventing bleeding during pregnancy. Butter improves strength, digestion and complexion. It helps cure cough, consumption, piles and disorders of *Vata*, *Pitta* and blood. It is very good for improving eyesight. During pregnancy it is an ideal food and it helps to create softness of body parts. Ghee possesses a very special property that enhances intellect, memory and other mental faculties. Even though it is a fat, it improves the power of digestion, unlike other fats. Ghee increases life span and fertility. It also improves sight, voice and complexion. It is a good tonic for children and the elderly. It gives softness to the body. Ghee is also an ideal tonic for persons suffering from emaciation, injuries etc. Butter and ghee are having a high caloric value that is the reason to give butter or ghee.

In sixth month i.e., by the end of the second trimester most women suffer from oedema of foot and other complications of water accumulation. Use of *Tribulus terrestris* that, it is an excellent herb in all problems related to the urinary system. It cleanses the urinary bladder, removes urinary stones, controls diabetes and relieves difficulty in urination in sixth month and will prevent retention of water as well as its complications.

In third trimester it is *Vata* dominant stage, but vitiation of *Vata Dosha* causes premature labour, prolonged labour, intra-labour complication, postpartum complication. Therefore, the *Garbhini Paricharya* mentioned for third trimester should be strictly followed. The *Vidarigandhadhi* groups of drugs are indicated in the seventh month, these drugs are diuretic, anabolic, relieve emaciation and suppress *Pitta* and *Kapha*. The regular use in this month might help in maintaining health of mother and foetus. Most women experience constipation in late pregnancy due to pressure of gravid uterus over the bowels, use of enema in eighth month will relieve this constipation besides this may also affect the autonomous nervous system (ANS) governing myometrium and help in regulating their function during labour. Tampon of oil may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis, besides this tampon may also soften vaginal passage, thus help in normal labour. It is just possible that the regular use of tampon might influence autonomic fibres governing myometrium and helps in regulating their functions. Besides, this might soften the perineum and help in its relaxation during labour.

By following this regimen from first to ninth month the foetal

membrane and Vaginal canal, Abdomen, sacral region, flanks and back become soft, *Vayu* moves into its right path, faeces, urine and placenta are excreted easily by their respective passages, skin and nails become soft, women gain strength and complexion and she deliver easily at proper time desired, excellent, healthy child possessing all the qualities and long life.

CONCLUSION:

Ancient scholars of *Ayurveda* were very much aware about the need of maternal care during pregnancy. 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 of *Garbhini*, her *Garbha* and helpful in production of milk. It is also helpful for proper functioning of *Vayu* (*Apan Vayu*) which is necessary for *Sukhaprasav*.

Use of milk and other liquid diet in first trimester of pregnancy is essential to avoid dehydration and malnutrition and other complications of pregnancy. *Gokshura* and drugs of *Prithakapanyadi* group help in preventing oedema which is very common after second trimester. This holistic regimen advised during various stages of pregnancy and childbirth comprising of thoughts, action, dietary modifications and herbs aims to ensure a healthy and smooth childbirth and at the same time sustain the overall health, nutrition and wellbeing of both the woman and the baby. The measures are simple, easy to follow by women and families at the household level since the emphasis is on the use of locally available resources, and *Ayurveda* can contribute very effectively to the health of the mothers and children, locally as well globally.

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