

# A Review Article on Masanumasik Garbhini Paricharya

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## ABSTRACT

The woman who carries *Garbha* is referred to as a *Garbhini*, another word "*Paricharya*" comes from the root "*Chara-gatau*" and the prefix "*Pari*". The term "*Garbhini Paricharya*" resembles care provided to pregnant women in a required and appropriate manner. The *Ayurvedic* month-by-month *Paricharya* helps the foetus to grow and develop in a healthy way. *Garbhini paricharya* involves prenatal care which includes all conducts like *Ahara* and *Vihara*. The religious fasting, regular daily activity, specialized nutritional regimen and psychological activities, etc offers several health benefits to the mother as well as fetus. The medical care and psychological support from conception to completion of pregnancy gives birth of healthy baby and also restore health of mother. The basic elements of *Garbhini Paricharya* are *Masanumasik Pathaya*, *Garbhopaghatakar Bhavas* and *Garbhashthapak Dravyas*, etc. The *Ahara*, *Yoga* and medicine, etc. are planned in coordinated ways for improving health of mother as well as foetus.

**KEYWORDS:** *Ayurveda*, *Garbhini*, *Garbhini Paricharya*, *Ahara*, *Vihara*

## INTRODUCTION

Care during nine months of pregnancy is termed as Antenatal care or *Garbhini Paricharya*. *Ayurveda* classics give importance to caring of mother before, during and also after pregnancy.<sup>1</sup> This refers to care with recommendation of *Ahara* (specific dietary regimen), *Vihara* (normal daily activities) & *Yoga* and *Pranayama*. It can be studied under three sub-headings: *Masanumasika Paricharya*, *Garbhopghatakara Bhava* (Activities and substances which are harmful for foetus), *Garbhashthapaka Dravya* (Substances beneficial for maintenance of pregnancy). Both mother and child are considered as a single unit, because during this Antenatal period, foetus acts as a part of mother for a period of about 280 days. During this span of life, foetus gets all the building material and oxygen from mother's blood.<sup>2</sup> Therefore, it is said that, child health has close relation with maternal health. If a mother is healthy, she brings forth healthy baby, the chances for a premature birth, still birth or Abortion are rare.<sup>3</sup> Antenatal period is very important phase of life of both mother and child and is also known as *Garbhini Paricharya* in *Ayurveda* classics. Birth and growth of *Purusha* occurs from *Ahara Rasa*. Therefore, this should be maintained healthy. *Garbha* (foetus) is considered as a small form of *Purusha*, the birth as well as growth of a child depends upon the diet and deeds of the mother.

The food consumed by a pregnant woman gives:

- Nourishment to foetus and help in growth of foetus.
- Nourishment to the mother's own body.

- Nourishment to the breasts by which the breast milk formed maintains new-born baby. It is very important for pregnant woman to follow a careful regimen of food and also behaviour during the whole course of pregnancy. This whole regimen is termed as “*Garbhini Paricharya*” in *Ayurveda*.

## MATERIALS AND METHODS

References from the literature collected from Ayurveda i.e., classics, commentaries, modern literatures, research journals available in institute library, online portals like Pubmed central, *Ayush* Research Portal, Google Scholar etc. and analysed to frame conceptual work.

### The objects of *Garbhini Paricharya's* are as follows

- *Paripurnatya*: To ensure good growth of the mother and foetus
- *Anupaghata*: To ensure an easy pregnancy
- *Sukhaprasava*: To achieve healthy delivery and desired qualities.

### Clinical Importance of *Garbhini Paricharya*

As embryogenesis occurs throughout the first trimester, more energy is needed during this time. *Krishara*, *Payasa*, *Kshira* and *Ghritha* treated with *Madhura Aushadhi* supply required energy. Most pregnant women experience nausea and vomiting throughout the first trimester, which prevents them from eating properly and causes them to become dehydrated and lose nutrients. Milk and other cold, sweet liquid diets will provide the necessary nutrition while preventing dehydration. The anabolic properties of *Madhura* group of drugs will assist in maintaining the mother's and foetus optimal health.

From the fourth month on, the foetus's muscles develop enough to require additional protein, which is obtained from animal sources including meat, milk, cheese, and butter, among others, milk gives nutrition and stability. The *Garbhini Paricharya* recommends cooked *Shashti* rice since it is high in carbohydrates and gives the energy. Meat provides nutrition and helps in the development of muscle. By the end of the second trimester, the majority of women experience foot oedema and other problems related to water retention. *Ghritha*, as diuretic, is used to treat the condition and prevent water retention.<sup>4-6</sup>

In third trimester *Ghriths* treated with the *Prithakparnayadi* group of medicines offers benefit of being diuretic and anabolic effect. These all give *Pitta* and *Kapha* suppressing properties. Their continued use during the seventh month may contribute to the mother's and foetus's health. *Yavagu* intake, which includes *Balya* and *Brimhana* throughout the eighth month, nourishes both the mother and the foetus.

*Asthapana Vasti* which is beneficial for *Vata anulomana*, is suggested throughout the eight-month period when most women experience constipation in late pregnancy. Oil in the vaginal tampon lubricates the cervix, vaginal canal, and perineum, help in proper labour. This could eliminate harmful germs in the vaginal canal and avoid puerperal sepsis. *Madhura* group medications and milk have been recommended for the duration of pregnancy. Milk is a complete food and the medications from the *Madhura* group are anabolic, using them will support the mother's good health as well as the growth and development of the foetus. The recommended dietary ingredients act as a great source of niacin, calcium, fibre, vitamin D, thiamine, riboflavin and iron, etc.

### ***Bhavas garbhopaghatkar* (Factors to be avoided)**

- ✓ Excessive use of heavy, hot and pungent drugs.
- ✓ *Vyayama*, *Atikarsan*, *Divaswapna*, *Atitarpan*, *Ratrijagaran*, *Yanaavarohana*, *Shoka*, *Bhaya*, *Vegadharan* and *Tiksna Ausadh*.
- ✓ Should avoid gazing at the waning moon and exposure to sunlight.

- ✓ One should avoid extended posture for long period of time, erect or contracted position and carrying a heavy load trembling.
- ✓ Should also avoid using cold water and garlic

**Masanumasika Pathya (Monthwise Dietary Regimen)**

The requirement of nutrition to the foetus varies as the pregnancy progresses, as it imposes extra nutrient requirement. All parts of the foetus organs are made from nutrients in the food that the mother eats. There is a saying; you are what, you eat. In this context, we can say that the foetus is what, the mother eats. Nutrient needs of a woman during pregnancy are higher than at any other times. The better a woman takes care of her diet, psychic status, behavioural activities during pregnancy, the more successful her pregnancies are likely to be. In order to provide proper nourishment and to fulfil the demands of growing foetus in respective stages of development, Ayurvedic classics depicted the role of monthly dietary regimen of pregnant woman known as *Masanumasika pathya*. Monthly dietary regimen as *Acharya Harita* mentioned is described in table 1;<sup>7</sup> and sequential development of foetus is also described in table 2 as well.<sup>8</sup>

**Table 1: Dietary Regimen**

Months	Regimen
1 <sup>st</sup>	<i>Yashtimadhu, Parushaka, Madhuka with Navneeta, Madhu, Sarkara</i>
2 <sup>nd</sup>	<i>Kakoli – Sarkara – Dugdha</i>
3 <sup>rd</sup>	<i>Krishara</i>
4 <sup>th</sup>	<i>Sanskrita odana</i>
5 <sup>th</sup>	<i>Payasa</i>
6 <sup>th</sup>	<i>Madhura dadhi</i>
7 <sup>th</sup>	<i>Ghrita khanda</i>
8 <sup>th</sup>	<i>Ghrita purana</i>
9 <sup>th</sup>	<i>Vividha Anna</i>

**Table 2: Garbha Vikasa Krama**

Days/ Month	Development
First day	<i>Budbud</i>
Tenth day	<i>Sonita</i>
Fifteenth day	<i>Ghana</i>
Twenty day	<i>Mamsapinda</i>
Twenty fifth day	<i>Panchatwa prabhava</i>

One month	<i>Panchabhuta</i>
Fifty day	<i>Ankura</i>
Three month	<i>Hasta, pada</i>
Three and half month	<i>Sira</i>
Fourth month	<i>Loma</i>
Fifth month	<i>Sujiva</i>
Sixth month	<i>Sphurana</i>
Eighth month	<i>Jatharagni</i>
Ninth month	<i>Chesta</i>
Tenth month	<i>Prasava kala</i>

## DISCUSSION

### First month

In the first month, *Acharya Harita* has described the foetus to be formed as a *Ghana* from a liquid stage (*Budbud*), so *madhura Rasa* has been given which is comprised of *Jala* and *Prithvi mahabhuta* which may promote this solidification.

### Second month

As there is more chance of miscarriage in second month, so *Jeevaneeya Dravya* should be added to the diet of *Garbhini*. It is also *Balya* (tonic), *Brihaniya* (nutrients), diuretic, *Stanyajanana* (galactagogue) in actions.

### Third month

In the third month, *Acharya Harita* has described the formation of *Hasta, Pada* and *Sira* in foetus. *Krishra*, being comprised of *Guru Guna* and *Prithvi Mahabhuta* may help in it.

### Fourth month

In fourth month, *Acharya Harita* has described the formation of *loma* in foetus. As there is description of *Sthiratva* in fourth month which is a *Pitrijabhava*.

### Fifth month

In fifth month, *Acharya Harita* has described the foetus will be *Sujiva* (lively).

### Sixth month

In the sixth month, *Acharya Harita* has described that there will be *Sphurana*(quivering) in foetus which may be sign of formation of locomotor and nervous system along with various reflex.

### Seventh month

In the sixth month, *Acharya Harita* has described *Ghritakhanda* (a sweet dish), *Ghritakhanda* itself comprised of *Ghrita* which contains good fats to create brown fat in order to maintain the body temperature of foetus.

### Eighth month

In the eighth month, *Acharya Harita* has described the formation of *Jatharagni* (digestive fire) in foetus as a result of continuous ingestion of *Ghritakhanda* and *Ghritapurana*.

### Ninth month

In the ninth month, *Acharya Harita* has been described appearance of *Chesta* in foetus which may be a sign of a fully formed foetus.

## CONCLUSION

Benefits of dietetic regimen has been described for the woman for the normal development of the foetus, *Charaka* says that by this the woman remains healthy and delivers the child possessing good health, energy or strength, voice, compactness and much superior to other family members. From all above descriptions one would be able to understand the fact that *Rasa* derived from the diet taken by the pregnant lady serves three purposes:

1. Nourishment of her own body.
2. Nourishment of the growing foetus.
3. Nourishment of breast or formation of milk.

Dietetic regimen as mentioned in classical texts is so scientific and applied as during first trimester most women experience nausea and vomiting, thus can't take proper diet. Use of *Parushaka*, *Yashtimadhu*, *Sharkara*, *Krishra* and milk, use of cold and sweet liquid diet and milk prevent dehydration and supply required amount of nourishment, besides the drugs of Madhur group being anabolic will help in maintenance of proper health of mother and foetus. Fourth month onwards muscular tissues of foetus grow sufficiently requiring more proteins which is fulfilled by *Sanskrit odana* as *Acharya Harita* mentioned in 4th month of pregnancy. Milk, ghee and drugs of *Madhura* group have been advised for entire pregnancy period. As earlier said, milk is a wholesome diet throughout the life of human as it provides required amount of essential nutrients for the proper nourishment and growth of foetus and health of the mother too. All the dietary, behavioural and medicinal regimen prescribed in Ayurvedic classics aim at the healthy progeny and avoiding complications during pregnancy. Do's and don'ts for the pregnant ladies show the vigilant observation and scrutiny of our *Acharyas* about the prevention of any adverse effects of food, activities and medicines, its interactions and incompatibility. If prescribed regimen is followed sincerely will result in the yield of desirous healthy and happy entity.

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