



A review article on “Masanumasik Garbhini Paricharya”

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Abstract

Ayurveda recognizes diet as the main form of nourishment for the pregnant woman and also as a medicine. Ayurveda is singularly unique in the nine- monthly diet. It changes in accordance with the development of the fetus in the womb, even as at same time maintaining mother's health. Woman's diet and activities performed during the period of pregnancy reflects on fetus. Hence Ayurveda has given great emphasis on *Garbhini Paricharya* for nine months by different acharyas. It describes rules about diet. Many changes occur in the body of the mother during pregnancy to create a suitable environment for the growth of the fetus. The nutrient availability for the fetus is determined by maternal body composition, nutritional stores, diet, & ability to deliver nutrients through the placenta.

Key words: *Garbhini, Masanumasika Garbhini paricharya, Ahara, Nutrition*

INTRODUCTION

To maintain *Swasthya* of pregnant lady *Parichaya* is most important. The pregnant lady is responsible for the quality & health of the offspring for its nutrition & oxygen. Pregnant women 's wellbeing is preserved by

adequate treatment from conception up to delivery. *Paricharya* comprises all facets of pregnant lady's wellbeing, such as *Ahar* (diet), *Vihar* (exercise), *Pathya* (Do's), *Apathya* (don'ts), *Yoga* & Meditation respectively.

A comprehensive way of life (psychological aspect) to be practiced would result in the optimal growth of the foetus, the birth of the foetus, the wellbeing of the mother & therefore the capacity to avoid the burden of childbirth and an eventless postnatal treatment. It is necessary to know “why there is specific regimen explained in respective classics?” Hence, an attempt is made through this article to highlight the importance of *Garbhini Masanumasik Paricharya*. *Prayojana of Ayurveda* is “*swasthasya swasthya rakshanam athurasya vikarprashamanam*. To maintain health of pregnant lady and to prevent her from diseases is most important *prayojana* of *Garbhini Paricharya*. Fetus is dependent on mother for its nourishment and oxygen. The pregnant lady's treatment is indicative of the offspring 's efficiency and wellbeing. Security of pregnant women is preserved right from conception until delivery by proper *Garbhini Paricharya*. Food is called being-life. Even if a person with a disease takes medicines, he cannot be healed without proper diet. Therefore, food is considered excellent medication. Food may be balanced in such a manner that it fulfills the body's need and creates homeostatic state. *Garbhini vyadhis* are very difficult to treat. Baby's health depends entirely on Mother, so it's best to be sure the pregnant lady gets adequate care, safe and sufficient food to produce a healthy baby without complications. Primary emphasis is provided in the present analysis on the monthly Regimen for Pregnant woman mentioned in Ayurvedic classics to ensure safe kid to safe mother.

MASANUMASIKA GARBHINI PARICHARYA

First month of pregnancy

According to *Acharya Charaka*, in the first month of pregnancy, the shape of fetus resembles *Sleshma* (mucoïd character) in which all the body parts are present but they are not conspicuous

(1)

Pregnant woman also suffers from fatigue, thirst, etc. in this month.

Regimen for first month of pregnancy - *Madhura* (sweet), *Drava* (liquid) and *Sheeta* (cold) diet consumption.

(2)

Second month of pregnancy

In the second month all the *mahabhuta* (five great elements) necessary in the formation of embryo get processed by the combine action of *sleshma* (mucoïd character), *pitta* and *vayu* and become solid. (3)

Regimen during second month of pregnancy

In this month *Madhur* (sweet), *Sheeta* (cold) and *Drava* (liquid) diet should be taken. (4) Milk medicated with *Madhura* (sweet) drugs(5)

Third month of pregnancy

In the third month all the indriyas (sense organs) and minor body parts become apparent, (6) five buds one for forehead and four for upper & lower extremities develop. (7)

Regimen during third month of pregnancy

Milk with honey & *ghrita* (ghee) (8), *Sasti* rice with milk (4), *Krishara* (olio prepared with rice and pulse). (9)

Fourth month of pregnancy

During this month different body parts become more conspicuous & fetus becomes more stable. Due to stability of fetus women feels more heaviness in the body in this month(10) When body parts are visible, *upasneha* (attracting moisture) & part of the nourishment is acquired from the passage of umbilical cord. According to Acharyas *Dauhridaya utpatti* is also mentioned in this month which means desire of the fetus is expressed by mother's desire. Hence *dauhridaya* should always be fulfilled; negligence can cause abnormalities or even death of fetus.

Regimen during fourth month of pregnancy

Navanita (fresh butter) in the quantity of one *aksha* (10g) (11) Cooked *sasti* rice with curd, Pleasant food mixed with milk & butter or mixed with meat soup (*jangala mamsa rasa*) must be given. (4)

Fifth month of pregnancy

According to *Acharya Charaka*, accumulation of flesh & blood in fetus is relatively more in this month and due to this, pregnant women become emaciated as *rasa* is driven to nourish flesh and blood. (12) *Mana* (consciousness) becomes more enlightened. (13)

Regimen during Fifth month of pregnancy

Fifth month of pregnancy Regime should be offered ghee & milk (8). *Acharya Harita* advised *Payasa* in this month (rice cooked with milk & sweetened). (14)

Sixth month of pregnancy

In sixth month of pregnancy fetus derives relatively more accumulation of energy and complexion hence pregnant women suffers, loss of strength and complexion and feel more tiredness. (15) Enlightenment of *buddhi* also takes place in this month. (13)

Regimen during 6th month of pregnancy

Ghee or *Yavagu* (rice gruel) prepared with *Gokshura* (*Tribulus terrestris*). (4)

Seventh month of pregnancy

In the seventh month all the major and minor body parts are fully developed. As fetus attains over all maturity in this month, the women feel exclusively *klanta* (exhausted).(16)

Regimen during seventh month of pregnancy

Ghee medicated with *Prithakparnyadi Gana* is advised. (4)

Eighth month of pregnancy

According to Ayurvedic philosophy *oja* (essence of dhatus) remains unstable because of immaturity of the fetus in this month. It moves through *rasa* carrying channels from mother to fetus & fetus to mother. Because of this transfer of *ojas*, mother & fetus conversely become happy or sluggish. So, this month is not fit for labour according to classics as the life of fetus and mother both are in danger due to unstable *oja*. (17) According to modern science birth before 36 weeks may be associated with respiratory compromise and failure.

Regimen during eight months of pregnancy

Yavagu (rice gruel) with milk & mixed with *ghrita* (18) for *anulomana of vayu*, the *asthapana basti* (a type of enema) must be given with decoction of drugs like *Badari* (*Zygiophus jujuba*), *Bala* (*Sida cordifolia*), *Atibala* (*Abuliton indicum*), *Satapuspa* (*Antheum sowa*), mixed with curd, *mastu* (expressed part of curd), oil, salt, *Madanphala* (*Randia spinosa*), honey and *ghrita*, after this *Anuvasana basti* with oil medicated with milk & the decoction of *madhura Gana* drugs should be given.(4) Meat soup (Jangal Mansarasa) should be given to pacify vata.

Ninth month of pregnancy

By the end of nine-month baby attains complete maturity and is able to survive in the world on its own. The mother is ready to give birth to the child.

Regimen during 9th month of pregnancy

Anuvasana basti with oil prepare with the drugs of *Madhura gana* should be given, Yoni pichu (cotton balls soaked with medicated oil is kept in the vagina)(19) will help in lubrication of the *Garbhasthan* (uterus and cervix) and *Garbhamarga* (vaginal canal and perineum).

Yavagu (rice gruel) with *ghrita* and *Mansarasa* (meat soup) (20)with cooked rice should be given. Daily bath with cold decoction of pounded leaves of drugs capable of suppressing *vata* should be given.(21)

CONCLUSION

Garbhini Paricharya strives to achieve excellence in fetal formation, its creation without defects, a secure full-term delivery & preservation of fetal health. The ancient Ayurvedic Literature described in Various Samhita; is not only unique but also scientific with Modern sciences, so Antenatal Care must be done as per *Ayurveda*.

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