



A SYSTEMIC REVIEW STUDY OF RASAYANA IN GARBHINICHARYA

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ABSTRACT

For the treatment of illnesses and the maintenance of good health, Ayurveda has provided a number of therapeutic regimens. One Ayurvedic strategy that aids in maintaining general health and limiting the etiology of several disorders is the Rasayana treatment. In this approach, Rasayana therapy plays a key part in Garbhini Paricharya. Rasayana medications not only give health advantages in sick circumstances, but also promote and restore health in pregnant women and new borns. This treatment offers health advantages for pregnancy-related general health issues such as fatigue, stomach discomfort, pain, and mood changes. Rasayana medicines provide a variety of therapeutic benefits, such as Balya, Jivaniya, Garbha Sthapana, and Brumhana, among others, since they include Sheeta Virya, Madhura Vipaka, and Madhura Rasa. Because nutrition and lifestyle during pregnancy directly affect both the mother and the unborn child, Garbhini Paricharya recommends that these be followed. In Garbhini Paricharya, rasayana is extremely helpful for both the mother and the fetus to receive high-quality nutrition while overcoming the physiological challenges of pregnancy, such as gastrointestinal irritation, fatigue, mood swings, leg and calf discomfort, and pedal edema. Rasayana medications primarily have the qualities Jivaniya, Balya, Brumhana, Garbha Sthapana, Ojas Vardhana, etc. in the form of Madhura Rasa, Sheeta Virya, and Madhura Vipaka. Complete antenatal care can be viewed as providing the pregnant woman with more nutrition that addresses deficiencies as well as the fetus's overall development, including improved immunological status and disease prevention, rather than merely supplementing her with iron, calcium, and vitamins.

KEYWORDS: Garbhini Paricharya, Rasayana, Immunomodulatory

INTRODUCTION

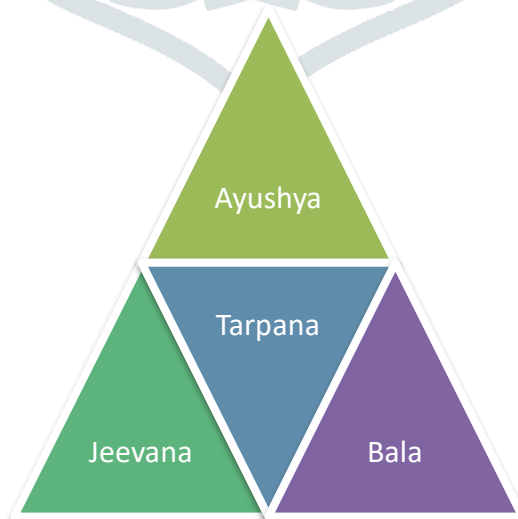
The finest source of nutrition and treatment for pregnant women, according to Ayurveda, is hara. For the embryo to develop continuously and correctly throughout the pregnancy, enough nutrients are required. The notion of

Garbhini Paricharya, which is unique to Ayurveda, explains the addition of various medications and diets with Rasayana qualities throughout the prenatal period. When pregnant women adhere to the dietary guidelines outlined in Garbhini Paricharya, they stay healthy and have healthy babies.¹

Benefits like Dirghayu, Medha, Arogya, Smriti, Prabha, Varna, Deha Bala, Indriya Bala, Kanti, Vyadhikshamatva, etc. are given when various Rasayana medications are administered. Rasayana supports and preserves cellular life, promotes the production of new cells (regenerative), inhibits the spread of infection, flushes out damaged cells (immunomodulatory), clears out harmful metabolites and pollutants (antioxidant), preserves the harmony between the mind and body, regulates physiological processes, and supports homeostasis (adaptogenic). Rasayana-like medications also have anti-inflammatory, anabolic, haemopoietic, nutritional, and neuro-protective characteristics. Rasayana medication therefore definitely affects the mother's and fetus's whole development, including their nutrition, growth, immunity, and general health.²

Recent research and studies have shown that, in poor nutritional conditions, the fetus adapts physiologically in response to environmental changes with limited nutrition supply and gets ready for postnatal life by "programming" the body's metabolism and growth permanently. This period of pregnancy must thus be given the highest significance since, in the long term, both the mother's health and the health of the baby depend on the nourishment provided to the pregnant woman at this time.³ If the mother is supplemented with Rasayana medications throughout the pre-conceptional phase, the early stages of embryogenesis, or even during the prenatal period, it may increase the quality of the developing embryo. Adhyadhatus receive sufficient sustenance in addition to Uttarottara Dhatu's subsequent feeding as Rasayana administers the Prinana of Sarvadhātu, a Rasayana medication addition during this early stage of fetal development. This results in the formation of healthy tissues. The notion of Rasayana in Garbhini Paricharya is summarized in the current review.⁴

FIG 1 -EFFECTS OF RASAYANA WHICH HELPS IN HEALTHY PREGNANCY.



OBJECTIVE OF STUDY

To evaluate the role of Rasayana in Garbhini Paricharya

METHODOLOGY

The material of Rasayana and Garbhini Paricharya has been collected from different articles, literatures, and authentic websites like PubMed, NCBI etc.

CONCEPT OF GARBHINI PARICHARYA

The primary requirement of giving the child in the womb a healthy environment is made possible by the mother's overall health. To accomplish this, Ayurveda has prescribed Garbhini Paricharya, Masanumasika Pathya, and Prajasthapana Aushadhi, which when taken together strengthen the mother's tissues and result in the fetus receiving high-quality nutrition, which has a direct impact on its Bala, Varna, Virya, Arogya, and immunity. The idea has been used in the modern setting of Garbhini, where the particular demands will be met, taking into consideration the relevance of tissue nourishing by the Rasayana.⁵

GARBHINI PARICHARYA OR MASANUMASIK PATHYA:

Month's	Charak Samhita	Sushrut Samhita	Harit Samhita	Ashtanga Sangraha
1 st month	only Milk	Madhurrasatmak, sheet gunatmak, liquid diet	Yashtimadhu Falsa, Madhuk flower with butter, milk & sugar	Unprocessed & cool milk, Ghrut in gold vessel followed by cold water
2 nd month	Milk medicated milk with sweet drugs	Madhurrasatmak, sheet gunatmak, liquid diet ⁸	Kakoli with Honey	Milk processed with drugs of sweet test
3 rd month	Milk with honey and Ghrita	Madhurrasatmak, sheet guna, liquid diet, Shashtik rice with Milk	Krishara	Milk processed with drugs of sweet test along with ghee and honey
4 th month	Milk with butter	Satthisali with curd & food mixed with milk & butter, Jangal mansa	Rice	Sweet milk with one aksh of fresh butter
5 th month	Ghrita prepared with butter extracted from milk	Shashtik shali with milk & clarified butter.	Milk	Milk with ghee
6 th month	Ghrita medicated with madhur rasatmak drugs	Shashtik Shali with clarified butter & decoction of swadanshtra.	Sweet Curd	Milk with ghee processed with sweet drugs

	7th month	Ghrita medicated with madhura rasatmak drugs	Clarified butter with Prukthparnyadi gana drugs.	Ghrita with Sugar	Fresh butter processed with drugs of sweet test.
8th month	Kshir Yavagu with ghrita	Asthapan basti (enema) with decoction of bada (Ziziphus mauritiana) & bala. (Sida cordifolia), Liquid food made up of emollient substances (fats) & soup of flesh of Jangala mamsa.	Ghrita	Gruel of rice & milk with ghee.	
9th month	Anuvasana basti with madhurasiddhataila & pichu (vaginal tempon) of that taila.	Liquid food made up of emollient substances (fats) & soup of flesh of Jangalamamsa.	All type of food which she wants	Gruel of rice mixed with fats and soup of flesh of animals live in desert	

The Vatatapika form of Rasayana is one that may be used in Garbhini and gives her the convenience of carrying on with her regular activities while receiving treatment. To preserve the Garbhini's best health, Ajasrika Rasayana can also be used through regular consumption of healthy foods like milk, ghee, and other dairy products. Additionally, Achara Rasayana should be practiced, including refraining from wrath and aggression, praying to God and elders, engaging in peaceful and pleasant activities, etc. These practices are also listed in Garbhini Paricharya and have a favorable impact on the pregnant woman's mental health.⁶

DRUGS MENTIONED IN GARBHINI PARICHARYA

The Garbhini Paricharya lists medications such as Amalaki, Ksheera, Mamsa Rasa, Ghrita, Navanita, Madhu, and Sharkara alongside medications mentioned in the month-by-month regimen such as Shaliparni, Madhuyashti, Parushaka, Gokshura, Vidarigandhadi Varga, and Jivaniya Gana Dravya and Madhura Gana Dravyas like Bala.⁷

In addition to promoting nutrition at the levels of Rasa, Agni, and Srotas, the majority of these medications also have various pharmacological properties that may be crucial in treating a variety of pregnancy-related disorders, including hypertension brought on by pregnancy, intrauterine growth restriction, gestational diabetes, recurrent abortions, and all conditions with impaired immunologic pathology.⁸

RASAYANA ROLE AS IMMUNOMODULATION

By boosting Bala and Vyadhikshamatva, Rasayana treatment aids in raising the mother's immunity⁶. Rasayana treatment may be used to prevent maternal infections including rubella, CMV, and toxoplasmosis in the first trimester that cause abortions and congenital malformations of the fetus. Since Rasayana enhances the mother's immunity and prevents infections, it is appropriate to provide it because pregnancy is thought to be an immunocompromised condition. Additionally, the placenta passively transmits immunity to the fetus, avoiding infections in the fetus and developing immunity as early as the intra uterine period.⁹ Immuno-modulatory medications, such as Rasayana, may be used during pregnancy to avoid recurring infections, lower occurrences of certain auto-immune diseases, and increase fetal immunity. Immunity is boosted through enhancing immune function and supporting the body's defensive systems, such as raising the WBC count. Additionally, they enhance the quantity of immune cells that fight infections, such as T cells and B cells.¹⁰

Placental insufficiency, which results in intrauterine growth limitation, oligohydramnios, and other conditions, is caused by the placenta's inadequate development and aberrant function. Rasa and Rakta, according to Ayurveda, combine to generate Nabhi Nadi and Aparā.¹³ Rasa Raktadi Dhatus are nourished by Rasayana. Rasayana medication administration may thereby enhance the development and functionality of the placenta and umbilical cord, successfully averting such disorders. In addition, there may be some degree of discordant growth in the fetus in multiple pregnancies, which results in low birth weight and inadequate nutrition in the fetuses, primarily because of placental insufficiency. by acting on Agni and Rasa Raktadi Dhatus and supplying Bala and Pushti to the tissues, Rasayana medications are provided. It effectively distributes nourishment among the fetuses and promotes and boosts placental functioning.¹¹

GENERAL BENEFITS OF RASAYANA IN GARBHINI RASAYANA:

- Rasayana treatment promotes Dhatus quality, which increases a woman's strength throughout pregnancy.
- gives you more illness resistance by boosting your immunity.
- Rasayana promotes the delivery of nutrients and offers nourishment, which normalizes the body's natural physiological function throughout pregnancy.
- Rasayana regulates the body's circulation, preventing fluctuations in blood pressure during pregnancy.
- increases a child's mental and intellectual capacity.
- Rasayana's immuno-modulatory impact prevents a number of illnesses linked to immune response changes during pregnancy.
- Because these medications have antioxidant properties, they limit tissue damage by preventing oxidative stress during pregnancy.

- Rasayana encourages the body's natural detoxifying process, which clears the Srotas and maintains the system's transportation and circulation.
- Rasayana therapy is a thorough and specialized regimen that promotes health, longevity, and improved mental faculties by acting at the level of Rasa (nutrition), Agni (digestion and metabolism), and Srotas (microcirculation), allowing the body to obtain the best qualities of various Dhatus and thereby boosting immunity.
- Nutrition is the main idea behind Rasayana's topic. Rasayana in Garbhini aids in the perfusion of tissues and the circulation of nutrients required to nourish bodily tissues. It supports the promotion of the Dhatus characteristics.
- Longevity, immunity, higher mental and intellectual ability, and other benefits are brought about by the improved nutritional status and superior properties of Dhatus. Additionally, the Rasayana therapy improves the pregnant woman's nutrition and the sustenance of the fetus.
- Immuno-modulators in Rasayana medicines come in a variety of chemical and molecular forms. Antigen-specific and non-specific immune responses to infection are strengthened by immunostimulants.
- Rasayana either lessens the production of free radicals or stops them from damaging delicate biological components. It speeds up the body's detoxification process, slows down aging, and fends against illnesses.
- Rasayana shields cells from xenobiotic and carcinogen side effects.
- Rasayana work by providing the target organs with specialized molecular nourishment.
- According to studies, Rasayana's effects can penetrate all levels of cellular organization, including DNA. Therefore, the administration of the Rasayana can undoubtedly have a good impact on each and every primitive cell of the fetus.

DISCUSSION

RASAYANA FOR FETAL GROWTH

Rasayana has Balya, Brimhana, and Medhya effects, which significantly aid in the fetus's growth and development. Rasayana maintains a nutritional balance that promotes growth and increases a child's birth weight.¹²

RASAYANA FOR FETAL IMMUNITY

Rasayana has immunomodulatory effects via raising fetal IgG levels. Rasayana medications eventually influence fetal immunity by enhancing maternal immunity. After using Rasayana medications, it is thought that the mother's transfer of immunoglobulin to the fetus during pregnancy improves.¹³

RASAYANA IN MAINTAINING THE INTRAUTERINE SITUATION

The primary intrauterine environmental element that modifies fetal genome expression and may have long-term effects is nutrition. Changes in prenatal nutrition may cause developmental changes that permanently alter the offspring's anatomy, physiology, and metabolism, predisposing them to metabolic, endocrine, and cardiovascular disorders as adults. The intrauterine environment also contributes significantly to a number of fetal health risks.

Growing research suggests that the most important factors affecting placental and fetal development are the intrauterine environment and nutrition.¹⁴

The best time for nutritional deficiency in the mother's diet, according to the information currently available, is during the peri-implantation stage and the time of fast placental development. A disease condition is eventually caused by maternal undernutrition during pregnancy and newborns who are subjected to nutritional and non-nutritional stress at several crucial stages of development. The risk of chronic illnesses is decreased by fostering a good intrauterine environment. Rasayana creates a conducive environment in the uterus for the fetus' regular development thanks to its immunomodulatory and nourishing effects.¹⁵

ROLE OF RASAYANA IN THE DEVELOPMENT OF FETAL ORIGIN DISEASES

A major factor controlling fetal development is fetal nutrition. The fetal adaptations caused by the changing intrauterine environment brought on by the altered nutritional status create several difficulties afterwards. Professor David Barker claimed that the illnesses' origins are in the early life environment and that they are caused by poor genes and unhealthy adult lives. By permanently "programming" the body's metabolism and growth, a baby's nutrition from its mother and exposure to infection after birth determines its vulnerability to chronic disease in later life. Thus, it is claimed that the fetus adapts physiologically to changes in its surroundings in order to get ready for life after birth.¹⁶

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Thus, it is claimed that the fetus adapts physiologically to changes in its surroundings in order to get ready for life after birth. People who really grow up in an unfavorable setting may be more prone to problems, whereas people who have a favorable maternal prognosis will have become accustomed to favorable circumstances and will therefore be better equipped to handle rich meals.¹⁸

According to the 'predictive adaptive response' (PAR) phenomenon proposed by Gluckman and Hanson, these adaptations are frequently reversible. If the environmental changes continue, the fetus is compelled to undertake permanent modifications, which will become apparent in later life. Therefore, the persistent adaptation or programming of the fetus to low nutritional status can still be reversed, sparing the kid from chronic problems in later life, by providing a favorable maternal environment and sufficient nutrition with Rasayana therapy as soon as possible.¹⁹

CONCLUSION

Garbhini Rasayana refers to a variety of medications and dietary regimens that are recommended for prenatal care and include Rasayana qualities. Rasayana promotes a good uterine environment for the growth of the fetus and maintains the mother's overall health. helps with fetal feeding and with maternal nutrition. Rasayana therapy is recommended for Garbhini and fetal care because it nourishes tissues, promotes lifespan, increases immunity, improves mental acuity, and regularizes the body's natural physiological functioning. Rasayana maintains the Srotas' functionality, nourishes the body's tissues, and aids in Garbha Poshana. Effects of Rasayana dravyas help to maintain cell life, promote growth of new cells, prevent infection, expelling toxins, regulating physiological process, and promote homeostasis, so it is advised for pregnancy care and fetal growth. Dirghayu, Smriti, Prabha, Medha, Varna, Deha Bala, Arogya, and Vyadhikshamatva, among others. Rasayana medication usage may result in a generalized increase in tolerance to stressful conditions. Rasayana helps the mother's tissues stay healthy, which produces a conducive environment within the womb for the child to thrive in. It contributes significantly to embryonic sustenance and promotes maternal nutrition. Rasayana treatment therefore brings a fresh understanding of nutrition, and Garbhini Paricharya places great importance on its connection to the characteristics of tissue nourishment, lifespan, immunity, and mental capacity.

CONFLICT OF INTEREST - NIL

SOURCE OF SUPPORT - NONE

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