



# ANTENATAL CARE IN AYURVEDA

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## ABSTRACT

A woman is treasured by the richness of continuing the human race. In Ayurveda *stree* is considered as the root cause for progeny. Antenatal care is a preventive health care system that is mentioned in Ayurveda as *garbhini paricharya*. Wide range of reference regarding of *garbhini paricharya* i.e., *masanumasika pathya*, *garbhasthapaka dravyas* and *garbhopghatakara bhavas* are available in Ayurveda. Ayurveda considers food to be best source of nourishment as well as medication for the pregnant woman. The nine monthly diet is singularly unique to Ayurveda. It changes in accordance with the growth of the foetus in the womb and at the same time ensures health of the mother.

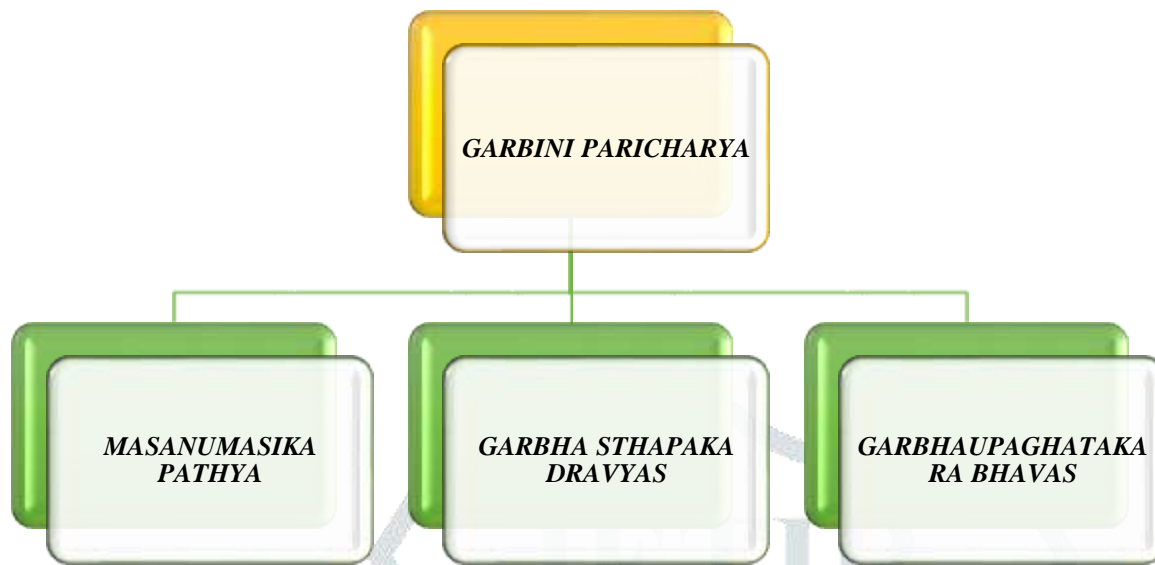
Keywords – *Garbhini paricharya*, *Masanumasika pathya*, *Garbhopaghatakara bhavas*, *Garbhasthapaka dravyas*.

## INTRODUCTION

Pregnancy is one of the milestones in woman's life. It is a physiological condition where conception and growth of foetus occurs in womb for the maintenance of species. As the conception takes place, the normal physiological, psychological and physical status gradually changes in the pregnant woman. The foetus gets affected mentally, physiologically by the deeds of the pregnant woman and hence the emphasis has been given on the diet and life style of the pregnant woman from conception itself. Ayurveda gives importance of caring for the mother before, during and after Pregnancy. *Garbhini paricharya* refers to *Aahara vihara* and *Vichara* along with *Garbha Sthapaka dravyas* and *Garbhopaghatakara bhavas*, to ensure pregnancy and uncomplicated labor with delivery of a healthy baby from a healthy mother. Thus, the food, environment, lifestyle can have profound effects of wellbeing of the future progeny. In our classics there are references regarding *garbhasrava* and *garbhapaata*.<sup>1</sup> While explaining about its causative factor there mentioned about *Matura ahara vihara janitha*, *douhrida*

*avamanaja, asadvruttanita*. Our Acharya's have explained detail, systematic and month wise regimen to be followed in the Antenatal care.

✚ *Garbhini paricharya* – it includes



❖ *Masanumasika pathya* -

	Charaka	Sushruta	Vagbhata	Harita
<b>1<sup>st</sup> month</b>	Non medicated milk <sup>2</sup>	<i>Madhur, sheeta, drava aahara</i> should be administered. <sup>3</sup>	1 <sup>st</sup> 12 days- <i>ghee</i> prepared from <i>ksheera</i> and <i>sheeta jala</i> treated with <i>shaliparni</i> and <i>palasha</i> or by gold or silver. <i>Madhura, sheeta drava, pathya ahara</i> . <sup>5</sup>	<i>Madhuyashti, parushaka, madhupushpa</i> with <i>navneeta/ madhu</i> followed by <i>Madhura ksheera</i> <sup>6</sup>
<b>2<sup>nd</sup> month</b>	<i>Ksheera</i> medicated with <i>Madhura varga dravyas</i> <sup>2</sup>	Same as above <sup>3</sup>	<i>Ksheera</i> medicated with <i>Madhura varga dravyas</i> <sup>5</sup>	<i>Madhura ksheera</i> with <i>kakoli</i> <sup>6</sup>
<b>3<sup>rd</sup> month</b>	<i>Ksheera</i> with <i>madhu</i> and <i>ghee</i> <sup>2</sup>	<i>Madhura sheeta, drava aahara</i> cooked with <i>shastishali</i> and <i>ksheera</i> <sup>3</sup>	<i>Ksheera</i> with <i>madhu</i> and <i>ghee</i> <sup>5</sup>	<i>Krshara</i> prepared with rice and pulse is the best <sup>6</sup>
<b>4<sup>th</sup> month</b>	One <i>aksha</i> of <i>navneeta</i> extracted from <i>ksheera</i> <sup>2</sup>	Cooked <i>shasti shali</i> with <i>dadhi</i> , pleasant food with <i>ksheera, navneeta</i> and <i>janghala mamsa rasa</i> <sup>3</sup>	<i>Ksheera</i> with one <i>aksha navneeta</i> <sup>5</sup>	Medicated cooked rice <sup>6</sup>

<b>5<sup>th</sup> month</b>	Ghee prepared from <i>navneeta</i> extracted from <i>ksheera</i> <sup>2</sup>	Cooked <i>Shashti shali</i> with <i>ksheera</i> , <i>jangala mamsa</i> with food mixed with <i>ksheera</i> and <i>ghee</i> <sup>3</sup>	Ghee prepared from <i>navneeta</i> extracted from <i>ksheera</i> <sup>5</sup>	<i>Payasa</i> [rice cooked in <i>madhura ksheera</i> ] <sup>6</sup>
<b>6<sup>th</sup> month</b>	Ghee medicated with <i>Madhura varga dravyas</i> <sup>2</sup>	Ghee/ <i>shali</i> gruel medicated with <i>gokshura</i> <sup>3</sup>	Ghee medicated with <i>madhuragana dravyas</i> <sup>5</sup>	<i>Madhura dadhi</i> <sup>6</sup>
<b>7<sup>th</sup> month</b>	Same as 6 <sup>th</sup> month <sup>2</sup>	Ghee medicated with <i>prthakparnyadi</i> [ <i>vidarigand hadi</i> ] group of drugs. <sup>3</sup>	Same as 6 <sup>th</sup> month <sup>5</sup>	<i>Ghratakhandā</i> <sup>6</sup>
<b>8<sup>th</sup> month</b>	Rice gruel prepared with <i>ksheera</i> and <i>ghee</i> <sup>2</sup>	<i>Asthapana vasti</i> given with decoction of <i>badara</i> etc. followed by <i>anuvāsana vasti</i> with oil medicated with <i>ksheera</i> and <i>kwatha</i> of <i>Madhura varga dravyas</i> . <i>Snigdha yavagu</i> , <i>janghala mamsa rasa</i> <sup>3</sup>	Rice gruel prepared with <i>ksheera</i> and mixed with <i>ghritha</i> <sup>5</sup>	<i>Ghratapuraka</i> <sup>6</sup>
<b>9<sup>th</sup> month</b>	<i>Anuvāsana vasti</i> with oil prepared with <i>Madhura gana dravya</i> and <i>pichu</i> of same oil <sup>2</sup>	[ <i>sutikaagara pravasha</i> <sup>4</sup> ]	<i>Anuvāsana vasti</i> with oil prepared with <i>Madhura gana dravya</i> and <i>pichu</i> of same oil <sup>5</sup>	Different varieties of cereals should be given [same for 10 <sup>th</sup> month] <sup>6</sup>

According to *Kashyapa- acharya kashyapa* mentions that whatever is consumable and congenial for pregnant woman so is for the foetus. Hence one should consume after considering *desha, kala, rutu, agni*. *Garbhini* should use warm water. By using milk, the foetus gets nourishment and stability. *Mamsa* helps achieving conception, nourishment, *vata shamana* etc. *mamsa rasa* is considered very good during pregnancy.<sup>7</sup>

#### Benefits of *masanumasika pathya* –

According to *Acharya Charaka*, a pregnant woman's *kukshi, kati, parshva, prshta*, becomes soft, restores *vatanulomana*, there by restoring all the functions of *apana vata*. She delivers at term a progeny which is healthy, excellent, possessing all qualities and long life.<sup>2</sup>

According to *Acharya Sushruta*, the *garbhini* gain unctuousness and strength, due to *vatanulomana*, she delivers without any complications.<sup>3</sup>

According to *Acharya Vagbhata*, the *kukshi*, *kati parshva* and *prshtha* become soft, *Vayu* moves downward, urine faeces, *jarayu* begins to move normally in their own route. The women become strong and will deliver in proper time, a progeny which is healthy and blessed with longevity and happiness.<sup>8</sup>

#### ❖ *Garbhashthapaka dravyas-*

Drugs which alleviate the *garbhashaya dosha* and help in conception are called *Prajasthapana dravyas* and they prevent abortion. *Acharya Charaka* and *Vagbhata* have advised that these *Prajasthapana dravyas* should be prepared with *dugdha* and *ghrita* for internal use. *Kwatha* for bathing purpose during *pushya nakshatra*. It can be tied on head or right hand and always kept nearby, *jeevaniya varga dravyas* can also be used in the same way.<sup>9</sup> *Prajasthapana dravyas* are usually *Kashaya*, *Madhura*, *singdha*, *shita* and *balya*, use of these drugs before conception promotes fertility and after conception gives strength to the uterus, stabilizes the foetus, helps in the normal development, prevents premature abortion and nourishes both mother and child.<sup>10</sup>

*Prajasthapana dravyas* [ *charaka* ] are similar in action as *Vidarigandhadi* and *Kakolyadi gana* [ *sushruta* ] and *Vidaryadi* and *Jeevaniya gana dravyas* [ *vagbhata* ], hence they also can be used.

<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata [A.H]</i>		
<i>Prajasthapana mahakashaya varga</i> <sup>11</sup>	<i>Vidarigandhadi gana</i> <sup>12</sup>	<i>kakolyadi gana</i> <sup>13</sup>	<i>Vidaryadi gana</i> <sup>15</sup>	<i>jeevaniya gana</i> <sup>14</sup>
<i>Aindri</i>	<i>Vidarigandha</i>	<i>Kakoli</i>	<i>Vidari</i>	<i>Jivanti</i>
<i>Brahmi</i>	<i>Vidari</i>	<i>Kshirakakoli</i>	<i>Panchangula</i>	<i>Kakoli</i>
<i>Satavirya</i>	<i>Vishwadevi</i>	<i>Jivaka</i>	<i>Vrshchikali</i>	<i>Kshirakakoli</i>
<i>Sahasravirya</i>	<i>Sahadevi</i>	<i>Rshabhaka</i>	<i>Vrschiva</i>	<i>Meda</i>
<i>Amogha</i>	<i>Shwadamshttra</i>	<i>Mudgaparni</i>	<i>Devahvaya</i>	<i>Mahameda</i>
<i>Avyatha</i>	<i>Prathakparni</i>	<i>Mashaparni</i>	<i>Mudgaparni</i>	<i>Mudgaparni</i>
<i>Shiva</i>	<i>Shatavri</i>	<i>Meda</i>	<i>Mashaparni</i>	<i>Mashaparni</i>
<i>Arista</i>	<i>Sariva</i>	<i>Mahameda</i>	<i>Kandukari</i>	<i>Rashbhaka</i>
<i>Vatyapushpi</i>	<i>Krshnasariva</i>	<i>Chinnaruhi</i>	<i>Abhiru</i>	<i>Jivaka</i>
<i>Vishwaksenkanta</i>	<i>Jivaka</i>	<i>Karkatasringi</i>	<i>Vira</i>	<i>Madhuka</i>
	<i>Rshbhaka</i>	<i>Tugakshiri</i>	<i>Jivanti</i>	
	<i>Mahasaha</i>	<i>Padmaka</i>	<i>Jivaka</i>	
	<i>Ksudrasaha</i>	<i>Prapoundarika</i>	<i>Rshbhaka</i>	
	<i>Brahati[sthulaphala]</i>	<i>Rddhi</i>	<i>Brhati</i>	
	<i>Brahati[sukshmaphala]</i>	<i>Vrddhi</i>	<i>Kantakari</i>	
	<i>Punarnava</i>	<i>Mrdwika</i>	<i>Salaparni</i>	
	<i>Eranda</i>	<i>Jivanti</i>	<i>Prshnaparni</i>	
	<i>Hamsapadi</i>	<i>Madhuka</i>	<i>Gokshura</i>	
	<i>Vrshchika</i>		<i>Gopasuta</i>	
	<i>Rshabhi</i>		<i>Tripadi</i>	

**GARBHOPAGHATAKARA BHAVAS** – factors which injure/destroy/kill the foetus are known as *garbhopghatakara bhava*.

❖ According to Acharya Charaka<sup>[16,17]</sup> -

*Aahara-tikshna, guru, ushna ahara etc.*

*Vihara- daruna cheshta , rakta vastra dharana, mada madya sevana, etc.*

❖ According to Acharya Sushruta<sup>[18,19]</sup> –

*Aahara- klinna, sushka, paryushita, anna etc.*

*Vihara- diwaswapna shoka, khrodha, bhaya, vyayama, vavyaya, uchherya, bhashya etc.*

❖ According to Acharya Vagbhata<sup>20</sup> –

*Aahara- atiguru, tiksha, ruksha, annapana, tikshna aushada etc.*

*Vihara- vyavaya, vyayama, diwaswapna, vishamakattiana aasana, darunacheshtha, rakta vastra dharana etc.*

❖ According to Acharya Harita<sup>21</sup> –

*Aahara- Rasona, Palandu, Surana, Dwidala anna, Mrutika etc.*

*Vihara- Vyavaya, Vyayama, Shoka ,Chankramana etc.*

❖ *Kashyapa*<sup>21</sup>: Should not look at declining moon, setting sun, and both the *rahus*, she should not remain for long in acutely erect or flexed posture and carry heavy weight for long, avoid trembling, excessive laughing and trauma, use of cold water and garlic.

<i>CONTRAINDICATED DIET AND REGIMEN</i> <sup>[22,23]</sup>	<i>CONSEQUENCES</i>
<i>Utkata vishama katina asana</i>	<i>Antah mriyate</i> [ IUFD]
<i>Vatamutrapurisha vegavarodha</i>	<i>Akale</i> [premature birth]
<i>Daruna anuchita vyayama sevana</i>	<i>Samsrana</i> [ miscarriage/ abortion]
<i>Atiushna atimatra sevana, pramitashana sevana</i>	<i>Shosha</i> [ <i>upakush</i> - missed abortion]
<i>Abhighata , prapidana</i>	<i>Prapatana, akaale</i> [ abortion/ premature delivery]
<i>Swabhra, kupa prapatana avalokana</i>	
<i>Atimatra samshobha yanavahan</i>	
<i>Apriya atimatra shravana</i>	
<i>uttana shayana</i>	<i>Nabhinadi kantha anuveshtate</i>
<i>Vivruta shayana, naktacharini</i>	<i>Unmata</i>
<i>Kalikalashila</i>	<i>Apsmara</i>

<i>Vyavayashila</i>	<i>Durvapushamahimka strena</i> [deformed, impudent/lazy and nagging or henpecked]
<i>Shokanitya</i>	<i>Bhitaupachita, alpayushaam</i>
<i>Abhidhryatri</i>	<i>Paropatapina , ershya, strena</i>
<i>Stena</i>	<i>Aayasa bahula , atidrohi, akarmashila</i>
<i>Amasrhini</i>	<i>Chanda aupadhika, asuya</i>
<i>Swapna nitya</i>	<i>Nandalu, abudha , alpagni</i>
<i>Madyanitya</i>	<i>Pipasalu, alpasmruti, anavasthitha chita</i>
<i>Godhamamsa</i>	<i>Sharkarina ashmari , shanermeha</i>
<i>Varahmamsa</i>	<i>Raktaksha, krathana , atiparusharoma</i>
<i>Matsyamamsa</i>	<i>Stabdaksha, chirnimesha</i>
<i>Madhuranitya</i>	<i>Prameha, muka, atisthula</i>
<i>Amlanitya</i>	<i>Raktapitta, twaka akshi roga</i>
<i>Lavana nitya</i>	<i>Shighravallipalita , khalitya</i>
<i>Katunitya</i>	<i>Durbala, alpashukra, anapatya</i>
<i>Tiktya nitya</i>	<i>Shosha, abala, anupachitam</i>
<i>Kashaya nitya</i>	<i>Shyama anaha udavrta</i>
<i>Vyadhernidanamuktam taddasevanamanaya</i>	<i>Tat nimitta vikara bahulam aptya janayati</i>

## DISCUSSION

Embryogenesis takes place in the first trimester hence an increased amount of energy is required during this period. All these energies will be provided by *Ksheera*, *Ghrta*, *Krusara*, *Payasa* and *Ksheera* medicated with *Madhura Ausadhi*. Drugs of *Madhura* group being anabolic will help in maintenance of proper health of mother and fetus<sup>24</sup>. The use of *drava*, *sheeta*, *madhura ahara* in 1<sup>st</sup> trimester is to combat emesis gravidarum. *Mamsa rasa* in 2<sup>nd</sup> trimester fulfil the demands of protein.<sup>24</sup> *Vidarigandhadi* group of drugs are *balya*, *kshayahara*, *vata pitta shaman* helps in preservation of mother's health, growth and development of the fetus. *Gokshura* in 6<sup>th</sup> month will prevent retention of water as well as its complications.<sup>24</sup> *Ghrta* medicated with *prthakparnyadi* group of drugs are diuretic, anabolic, relieve emaciation and suppress *pitta* and *kapha*. Their regular use in seventh month might help in sustaining wellbeing of mother and foetus.<sup>3</sup> Use of *Asthapana* and *Anuvasana Bastis* helps in expulsion of retained faecal matter (*Purana Pureesha shudhi*) and *Anulomana* of *Vayu* which in turn leads to *Sukha* and *Nirupadrava Prasava*.<sup>3</sup> *Yonipichu* should be given for lubrication of *Garbha-Sthana Marga*<sup>2</sup> (uterus, vaginal canal and perineum). Regular use of *Yonipichu* in ninth month till delivery might influence autonomic fibers governing myometrium and help in regulating their functions thus help in normal labor<sup>24</sup>. It also destroys pathogenic bacteria of vaginal flora.

*Garbhopaghatakara bhavas* are the diets and mode of lifestyle which are harmful for fetus resulting in either abortion or intrauterine death of fetus and also cause congenital anomalies in fetus. *Garbhasthapaka dravyas* helpful for maintenance of pregnancy and help in prevention of abortion.

## CONCLUSION

The ancient ayurvedic literature described is not only unique but also scientific with modern sciences. So as per *Ayurveda*, *Garbhini Paricharya* aims at excellence in the formation of the foetus, its development without anomalies, secure full-term delivery and maintenance of the health of the foetus. Following *Garbhini paricharya* the woman remains healthy and delivers the child possessing good health, energy, voice, compactness and much superior to other family members, the skin and nails becomes soft, increase in strength, complexion, etc. she delivers a healthy progeny possessing excellent qualities and long life. <sup>[3,25]</sup>

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