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GARBHINI PARICHARYA AND ITS CLINICAL APPLICATION

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ABSTRACT:

Garbhini Paricharya, encompasses standard dietetics, the pregnant woman's way of life, and a month-by-month food plan. It is defined as systemic supervision of a woman during pregnancy. Prenatal care, in actuality, refers to ongoing medical attention that begins prior to conception and ends with birth and the postpartum phase. The principal constituents of Garbhini Paricharya are Garbhopaghatar bhav and Masanumasic pathya. Preventing difficulties during pregnancy, childbirth, and the postoperative period is the primary goal of paricharya. Numerous Samhita describe this garbhini paricharya, which is not only distinct but also scientific in the same way as contemporary medical sciences.

KEYWORDS: *Samanya paricharya, Masanumasic pathya with its clinical application, food sources, Lifestyle, Garbhopaghatkar bhav.*

Introduction:

The antenatal period is a particularly important time in a woman's life since the fetus or embryo is constantly growing. The requirements for food and nutrition also vary. According to Charaka, a pregnant lady who aspires to have a healthy, attractive child should give up her unhealthy food and way of living and take steps to safeguard herself by acting morally and adopting healthy lifestyle choices^[1]. For this reason, Garbhini Paricharya is crucial in helping a healthy woman give birth to a healthy child. In order to produce a healthy kid from a healthy mother without any issues, the main focus of this study is on the monthly regimen for pregnant women as described in ayurvedic classics and its clinical application in day-to-day life.

OBJECTIVE OF GARBHINI PARICHARYA:

- (a) to promote a healthy fetus's growth and development
- (b) To support, safeguard, and preserve the mother's health
- (c) To allay worry related to birth
- (d) To reduce complications during labor
- (e) To carry the pregnancy till term.
- (f) Avoiding premature vata stimulation.

MANAGEMENT OF GARBHINI PARICHARYA:

There are two methods of Garbhini Paricharya that Ayurveda has mentioned

- (a) General Management (Samanya Ahara & Vihar)
- (b) Specific Management (Masanumasika pathya)

a. Samanya paricharya^[2]-

- ✓ Must maintain positive spirit.
- ✓ Put on crisp white clothing.
- ✓ Places to sit and sleep should be comfortable and not too high.
- ✓ Idealized cordial diet and appropriate lifestyle
- ✓ Make use of the Jivaniya medication group for both internal (him, phant, and churna) and external (snanarth) uses.
- ✓ A well-behaved spouse and servant contribute to the preservation of a pregnancy.
- ✓ She should always use butter (navnit), milk, and ghrith.
- ✓ She should be encouraged to think positively.
- ✓ Acc to kashyap^[3]- performing daily routine, worshipping sun, should take bath daily.
- ✓ She ought to use milk, meat, and boiling water.
- ✓ Milk: gives the fetus nutrition and stability.
- ✓ Meat: a pregnancy achievement that nourishes the fetus and reduces the pregnant woman's vata
- ✓ Bhavprakash^[4] – Shali Shashtik, mudga, wheat, ghrith, milk, rasala(curd mix with sugar), honey, sugar, jack-fruit, banana, amalaki, draksha, sour and sweet substances, moonlight bath, pleasing mode of life along with desired food.
- ✓ Lakshadi tail abhyang(garbh pushti)
- ✓ Falghrit pan- for mrit prasava(recurrent abortion).
- ✓ Exercise that is gentle and relaxing is more vital.
- ✓ Regular exercise helps to maintain fitness and gets the body ready for labor and delivery.
- ✓ Wear loose-fitting clothing.
- ✓ Avoiding sexual activity

- ✓ It is important to follow Daurhida because failing to do so could harm the developing foetus.
- ✓ **Abhyantara-** for this mainly rasayana, brihana, deepana & vatanulomana aushadhis are used such as ashwagandha, shatavari, bala etc. Are mainly prescribed in 1st trimester. Rasaushadhis like Punarnava mandoora, Pravalabhasma, Garbhapala rasa are administered usually in 2nd & 3rd trimester.

b. Masanumasic pathya (monthwise dietary regimen)

1) First month-

Charak^[5]- Non medicated milk

Sushrut^[6]- Madhur, sheet, liquid diet

Vagbhat^[7]- Medicated milk

For 1st twelve days- ghrith medicated with shaliparni and palash.

Water boil with gold or silver, cooled and be taken as a drink.

Harit^[8] – Madhuyasti/madhukpushpa/Parushak with butter, honey and sweetened milk

Clinical application- Ksheera 500ml in 4 servings+ T. folic acid+ Satmya bhojan(2300Kcal);18gm protein from milk & 45gm from cereals and dal.

2) Second month-

Charak- Milk medicated with madhura drugs

Sushrut- Same as first month

Vagbhat – same as charaka

Harit- Sweetened milk treated with kakoli

Clinical app - Ksheera 500ml+ 4 kharjura boiled with ksheera in 4 servings+ folic acid & stmya bhojan

3) Third month-

Charak- Milk with honey and ghrita

Sushrut- Same as first month

Vagbhat- Same as charaka

Harit- Krushara (olio prepared with rice and pulses)

Clinical app- 10 ml Phalghrita/Goghrita twice daily with milk.

4) Fourth month-

Charak-Milk with butter(2 tola/1tsf)

Sushrut- Shashti shali with curd, milk+buttermilk, jangal mansa, hrudya anna

Vagbhat- same as charaka

Harit-Medicated cooked rice

Clinical app -400ml ksheer+ 100ml mansa rasa+ folic acid+ Phalghrita 10ml

Veg- 100ml mudga rasa

5) Fifth month -

Charak- Ghrita prepared with butter extracted from milk

Sushrut- Cooked shastika rice with milk , jangal mansa along with milk and ghrita

Vagbhat- Same as charak

Harit – Payasa(rice cooked with milk & sweetened)

Clinical app- Navaneeth 5-10 gms

6) Sixth month-

Charak - Ghrita prepared from milk medicated with madhur drugs

Sushrut - Grita orrice medicated with gokshura

Vagbhat – same as charaka

Harit - Sweetened curd

Clinical app – Gokshura ghrit 10 ml

7) Seventh month-

Charak – Same as 6th month

Sushrut - Ghita medicated with prithakaparnyadi group of drugs

Vagbhat – Same as charaka

Harit – Ghritkhand (a sweet dish)

Clinical app- Madhuroushadi siddha khseer sarpi (shatavari/kharjura/vidari)-150ml milk+5gm ghrit

8) Eighth month-

Charak- Kshira yawagu mixed with ghrita

Sushrut - Asthapanabasti with decoction of badri mixed with bala, atibala, satapuspa, palala, milk, curd, tail, lavan, madanphal, honey and ghirta.

Anuvasan basti with Taila medicated with madhur varga aushadhi

Vagbhat – same as charak & sushrut

Harit – Ghritpurak/ Ghevar(a kind of sweet preparation)

Clinical app – Same as 7th month.

9) Ninth month -

Charak - Anuvasnabasti with oil prepared with drugs of madhura group & vaginal tampon of this oil

Sushrut – Snigdha Yavagu and jangal mansa ras upto the period of delivery.

Vagbhat - Same as charak

Harit - Different varieties of cereals

Clinical app -1. matra basti 60ml x 8 days with vathara tail madhura aushadha siddha tail is given

2. Yonipichu – 9 days

BENEFITS OF MONTH – WISE DIETETIC REGIMEN:

- **1 trimester (1,2,3 month)** - Nausea, Vomiting, Dehydration - Cold and Sweet liquid diet and

Milk prevent dehydration & supply required nourishment.

- Madhura group- anabolic, help in maintainance of proper health of mother and fetus.
- **4th months and 5 months** - Muscular tissue of fetus grow sufficiently- requires more protein which is supplied by Mansa rasa
- **6 month** – At the end of 2nd trimester woman suffer from edema of feet and other complications of water accumulation - Gokshuraghrita –gokshura is a good Diuretic will prevent retension of water.
- **7th month** - General weakness - Vidarigandhadi group -Anabolic relieve Emaciation, diuretic & supress pitta and kapha. It might helps in maintaining health of mother & fetus.
- **8th month**-Constipation - Basti relieve - Constipation helps in Regulating functions of ANS governing myometrium & help in regulating their function during labour, Vatanulomana
- **9th month**-Vaginal discharge - Yoni pichu dharana and basti - Soften the perineum and help in its relaxation during labour. It may destroy pathogenic bacteria of vaginal canal & prevent puerperial sepsis.

Sources^[9]-

- **Calcium** – requirment- 1-1.5 gm

Milk and Milk Products, soyabean

1 lit milk provides 1gm of calcium.

- **Proteins** – requirment-50-60gm

Milk, Egg, Meat, Fish, Pulses, Rice, Wheat, Curd

- **Carbohydrates**- Grains, Cereals, Pasta, sweet substances like sugar, Fruits, Potatos, Sweet potatos.

- **Iron** – requirment-40 mg should be supplemented.

Folic acid- requirment- 0.5-1 mg

Liver, Meat, Black beans, Leafy vegetables, cereals.

- **Vitamins, Minerals & Fibers**- Plenty of Fresh fruits & vegetables.

- **Fat**- Butter(ghee), Oil, Milk, Meat.

Mode of Life of Pregnant woman (Lifestyle)^[9]-

- **Rest** - carry on with her regular activities. Avoiding heavy and demanding work throughout the first trimester and the final four weeks is advised.
- **Sleep** – About ten hours (8 hours at night plus 2 hours at noon). Lateral posture is more comfortable in late pregnancy.
- **Bowel** – Constipation is typical; when you go to bed, take stool softeners or milk and drink lots of fluids and veggies.

- ⊙ **Bathing** - Take a bath every day, but be cautious when sleeping in the restroom. Regular and frequent washing of the genital area is recommended during pregnancy due to increased vaginal discharge and sweating.
- ⊙ **Clothing, Shoes & Belt**- Comfortable, loose clothing. Restrictive belts and high-heeled shoes should be avoided.
- ⊙ **Dental care** – Maintaining proper oral and dental hygiene is important.
- ⊙ **Care of the breasts**- A well-fitting bra can ease the discomfort that comes with breast engorgement.
- ⊙ **Coitus** – Coitus should be avoided throughout the first trimester and the last six weeks of pregnancy because the release of prostaglandins and oxytocin may result in uterine contractions.
- ⊙ **Travel** – Avoid traveling in groups, and keep your second trimester long. Bus routes are not as good as rail routes. When a woman has placenta previa, PE, or severe anemia, flying is not advised. Long periods of sitting can result in venous stasis.
- ⊙ **Smoking** – avoid at all costs to avoid fetal maldevelopment. Because nicotine induces vasoconstriction and consequent placental insufficiency, heavy smokers have smaller babies and a higher risk of abortion.
- ⊙ **Immunization** – it is routine for tetanus. Live virus vaccines are contraindicated
- ⊙ **Tetanus** – it protects both mother and neonates. 0.5ml dose IM at 6 wks interval for 2 such doses.
1st dose- 16-24 wks 2nd dose- in last trim.
- ⊙ **No. of standard checkups provided**-
10,14,18,24,28,32,36,39,40
Must have minimum 5 checkups- 10,20,32,36,& 40
- ⊙ **Advised to come hospital**-
 - Painful uterine contraction at interval of 10 min continued for 1 hour
 - Sudden gush of watery fluid per vaginam
 - Active vaginal bleeding.

GARBHOPAGHATAKAR BHAV^[7] :-

- ⊙ **Psychological and Physical strain**- Abortion may be triggered by psychological trauma or intense physical exertion. Avoiding going to cremation sites since a sudden shock could result in an abortion.
- ⊙ **Dietic regulations**- Consuming aquatic animal meat (anup) in excess is not advised. A small amount of wine is safe, but too much can be hazardous to the fetus. Abnormalities in digestion may result from overindulging in legumes, garlic, onions, etc.

- ⊙ **Over satiation (atitarpan)** increase the body weight of mother & fetus, cause of pregnancy toxemia and difficulty in labor.
- ⊙ Certain light waves released during an eclipse (Surya-Chandradi Darshan) may cause problems in the developing fetus.
- ⊙ **Shodhan** should be avoided since it can cause an abortion by stimulating the myometrium reflexively.

CONCLUSION:

According to Charaka, the mother maintains her health and gives birth to a child who is far better than other family members in terms of voice, compactness, energy, and health. Additionally, he and Vāgbhat state that by following this regimen from the first to the ninth month, the woman's skin and nails become soft, her complexion and strength increase, and she gives birth to a desired, excellent, healthy child with all the qualities and a long life with ease and at the appropriate time. The woman's kukshi (abdomen), garbhadharini (fetal membranes or vaginal canal), feces, urine, and placenta are excreted or expelled easily by their respective passages; feces, urine, and placenta become soft, sacral region, flanks, and back become soft, and \bar{v} yu moves into its right path or direction^[10].

Emphasizing the importance of woman's diet authors have mentioned that the rasa derived from the diet taken by the pregnant woman serves three purposes nourishment of her own body, nourishment of the fetus and nourishment of breast or formation of milk.

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