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Role of Ayurvedokat Paricharya in Garbhini and Sutika

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Abstract:

Paricharya means ahar, vihar followed by garbhini and sutika right from the conception to 45 days after the delivery of the baby to keep the body function in a proper manner. Main importance of paricharya is to avoid any problem occurs during pregnancy and postnatal period, it also help in appropriate growth and nourishment of fetus and upto to the full term of the pregnancy, also for normal labor within normal period without any complications from the point of view of both mother and baby and lastly the safe postnatal period for good quality motherhood.

Keyword: garbhiniaahar, garbhinivihar, garbhiniparicharya, sutikaaahar, sutikavihar, sutikparicharya

Introduction:

Pregnancy is a physiological process from conception to the delivery of the foetus. Our worldwide system should focus on prenatal and postnatal care to avoid complications occurring in all this period. Ideally women planning for pregnancy should have a medical evaluation before conception; this allows the physician to determine the presence of risk factors to complicate the pregnancy. The purpose is to ensure a successful pregnancy outcome with delivery of live healthy fetus and a healthy mother. After that maternal or fetal mortality and morbidity is increasing day by

day due to lack of knowledge regarding paricharya during pregnancy and postnatal period.

Paricharya is nothing but aahar, vihara taken by the people in a specific period for specific results. Major goals are to define the health status of mother and fetus, estimate proper development of the fetus, identify the high risk factors and intimate the plan for continuing postnatal care.

Objective:

To know the role of paricharya in preventing complications of ANC, PNC labor.

Garbhiniayurvedokotparicharya according to different Acharya :-

Months	Charaksamhita	Sushrutsamhita	Vagbhatsamhita	Haritsamhita
1st month	Kshiranuskrutya	Madhur, shit, dravabahulbhojan	Navneet, kshir, ghruta	Madhu, kshir, sharkara, mahuyastyaidravya
2nd month	Kshirmadhuraushadhisiddha	Same as above	Same as above	Kakoli, sharkara, kshir
3rd month	Kshir+Madhu+Sarpi	Same as above	Same as above	Krushara
4th month	Kshir+ Navneet	Kshir+Navneet, jangalmansa, hrudaya aahar	Hit ahitaahar	Sanskrit odan
5th month	Kshir + sarpi	Kshir+sarpi	-	Payas
6th month	Kshirsarpimadhuraushadhisiddha	Gokushar siddha ghruna, yavagu	-	Madhurdadhi
7th month	Same as 6 th month	Pruthakparnyadisiddha ghruta	-	Ghrutakhanda
8th month	Kshir+yavagu+sarpi	Asthapanaevamanuvasana basti	Madhuraushadisiddha tail anuvasanabasti	Ghevar

9th month	Madhuraaushadi siddha tail anuvasana basti		Snigdhamausarasauda n, sne ha yuktayavaguprachur or bahusne ha	Vivadhaannap an
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According to aachryasushruta

रसजं पुरुषं विद्यात् रसं रक्षेत प्रयत्नतः। अन्नपानाच्च मतिमान् आचाराच्चाप्यते द्वितः
सुसु १४/१२)

Aahara rasa is mainly responsible for the creation of purush. The diet plan and daily habit of pregnant women should not disturb the normal aahara rasa and it must have the concern during and after the pregnancy.

For Niramaahar rasa production most important is jatharagni or normal dhatvagni which lead to stronger dhatu formation of foetus and mother this can happen after following the paricharya.

यदन्नपानं प्रायेण गर्भिणी स्त्री निषेवते। रसो निवर्तते ताहक जिधा चारयाः प्रवर्तते ॥

मातृपुष्ट्यर्थमेकांशी द्वितीये गर्भपुष्टये । तृतीयैरन्नपुष्ट्यर्थः नार्या गर्भस्तु पुष्यति ॥

तादृक प्रकृतयस्तस्मात् गर्भात् प्रकृति देहिनः। वातपित्तकफस्युणस्तिरेन प्रकृतश्च ताः।। का. सं. लेहाध्याय

According to aachryakashyap whatever food taken by the pregnant women it help in formation of rasa. This rasa help in maternal growth, fetal growth, and the breast development of the mother

Sutikaparicharya:-

Kal according to different aachrya:-

- 1) Sushrt, astangsangrahaastanghridaya = 45 days or punaraartavadarshan
- 2) Yogratanakar, bhavprakash= 4 month
- 3) Kashyap =6 months
- 4) Modern = 45 days

Charak (ch. .sha.8/48)	Sushrut (su.sha.10/18,20)	Kashyap
Pachakolchurna with ghruta, tail, vasa, majja according to bala and agni of the sutika	Balatailaabhyanga	Rakshoghnavidhan
Udaraabhyanga, udarpattbandhan	Vartaharaushadhishidhakwathparishek	Nubjyashayan

Panchkol yavagupan	siddha	Panchakolchurna +ushnagudodak	Udarpattabandhan
Ushnodakparishek		Kshiryavagu	Yoni sewdan, yoni dhupan with kushtaagaru, guggul, ghruta
Bruhanchikitsa		Ushnajalparishek	Vishram

MATERIAL-

All Ayurvedic samhitas with commentary.

DISCUSSION -

Literature studied further will be discussed, interpreted and analyzed.

SUMMARY -

All the literary work will be summarized step by step.

Conclusions:

After following all this protocol from ANC period to PNC period women lives healthy and live a long life thereafter and delivers the child possessing good health, energy, strength, voice, color superior to other family members.

Womens all body parts become soft. Apanvayu moves into its right path. Feaces, urine, placenta are excreated easily by their respective passage.

Skin and nail becomes soft, women gain strength and complexion. She delivers easily at proper time. a desired, healthy child possessing all the qualities of long life.

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