

Importance of Paricharya in Garbhini as Per Various Samhita W.S.R. To Antinatal Care

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I. INTRODUCTION:

Ayurveda is Holistic approach towards life science¹. It aims with keeping healthy people healthy and cure disease which manifest in the people². In Ayurveda food is considered to be the best source of nourishments as well as medication for pregnant women³ Garbhini paricharya is nothing but the care given to women during her pregnancy mostly through Ahar, Vihara and Vichara. Ayurveda mentions Garbhini and Children as priority group to treat. The major complications that can be seen in pregnant lady are high bloodpressure(pre-eclampsia and eclampsia), gestational diabetes, Anemia, low birth weight of children, preterm labour, intellectual deformity, miscarriage⁴, etc. Antinatal period is about 280 days. In this period foetus obtain all the nutrients from mother. Foetus nourishment is directly depends upon mother diet regimen which she follows throughout her pregnancy. Hence Ayurveda gives importance to monthly diet regimen and lifestyle of pregnant women which is called masanumasik paricharya. It keeps foetus healthy throughout the pregnancy ensures safe delivery.

Garbhini Paricharya:

Garbhini Paricharya is studied in three parts.in ayurveda 1)Masanumasik AharVihara(monthly diet) 2)Garbhoghhatkar bhava(activities harmful to the foetus) 3)Garbhasthapaka Dravya(Ayurvedic drugs beneficial for maintainance of pregnancy).

1. Masanumasik Ahara Vihara:

During pregnancy period foetus get all his nutritions from mother through placenta. Adequet nutrients are needed for monthly growth and development for foetus(masanumasik vruddi). Pregnancy requires extra nutrients to fullfill both herself and her foetus. According to ayurveda dietic requirement changes month wise This unique concept of month wise diet regimen explained by various Acharyas ensures healthy delivery and well being of child and mother. It has not only physiologically importance but also psychologically helpful for Garbhini before and post delivery.It also helpful to keep uterus,wall of pelvis healthy and gives flexibility to muscles and does anulomak karma of urine and stool, gives good complexion and strength to foetus. Following are the month wise diet regimen according to various Samhitas.

Month	Ahara According to Charaka ⁵	Ahar according to Sushruta ⁶
1 month	Sheetal Dugdh(cold milk)without medicated	Madhura, sheeta, liquid diet
2 nd month	Milk medicted with Madhura rasa(sweet taste drugs) ⁹	Madhura, sheeta, liquid diet
3 rd month	Milk with honey and ghee	Madhura, sheeta, liquid diet
4 th month	Milk with butter	Navneet sansrushta Ahara or Jangal mans yukta Ahara
5 th month	Milk mixed with ghee	Milk mixed with ghee
6 th month	Milk medicated with madhurgana drugs with ghee	Yavagu medicated with Gokshura

7 th month	Same as above	Ghee medicated with <i>Pruthakparnyadi</i> group
8 th month	<i>Yavagu</i> , Milk and ghee	<i>Asthapana basti</i> with decoction of <i>Badaradi</i> followed by <i>anuwasana basti</i>
9 th month	<i>Anuwasana basti</i> (oil prepared with <i>Madhur</i> group)given through vaginal passage	-

Months	Ahara according to <i>Ashtang Sangraha</i> ⁷	Ahara according to <i>Harita</i> ⁸
1 st month	Medicated Milk	<i>Yashtimadhu</i> , <i>Madhukapushpa</i> with butter, honey and sweet milk
2 nd month	Milk medicated with <i>Madhura rasa</i>	Sweet milk medicated with <i>Kakoli</i>
3 rd month	Milk with honey and <i>Ghria</i>	<i>Krishara</i>
4 th month	Milk with one tola(12gm) butter	Medicated cooked rice
5 th month	Same as <i>charaka</i>	<i>Payasa</i>
6 th month	Same as <i>Charaka</i>	Sweet curd
7 th month	Same as <i>Charaka</i>	<i>Ghritakhanda</i> (sweet dish)
8 th month	<i>Kshirayavagu</i> mixed with ghee, <i>Asthapana basti</i> with decoction of <i>badaradi dravya</i> , <i>anuwasanabasti</i>	<i>Ghritapuraka</i>
9 th month	Same as <i>Charaka</i>	Different varieties of cereals

2) Garbhopaghatkara Bhava(Activities harmful to foetus):

Ayurveda have explained certain factors which should not be done during pregnancy. To understand deep about this concept by various Acharyas, Garbhopaghatkara Bhavas are as follows

Charaka Samhita: In Charaka Samhita it has mentioned that Garbhini should avoid use of Tikshana AharAushadh(spicy food), Vyavaya(excessive sexual activity) and Vyayam(heavy exercise)⁹, Daruna Cheshta(excessive physical activity), Should not wear red coloured cloths, Madya Sevana(alcohol), Yana Avarohana(heavy rides)¹⁰, should avoid Intake of mansa(meat) and give up on things harmful for Indriyas. Charaka mentions that women sleeping in open space and moving at night cause unmada, indulge in quarrel and fight leads to Apasmara, always having under grief causes short lived child, too much sleep activity caused

indigestion, women who always remain intolerant during pregnancy makes her childdeceitful and jelous. Intake of too much Madhura rasa leads to diabetes,dumb or Atisthualya. Lavana rasa makes grey hair and early baldness.Kashyaya Rasa sevanaleads to Anaha and Udvartana.¹¹

Sushruta Samhita: Sushruta mentioned that from the day of conception Garbhini should avoid Ushna tikshana(hot and spicy food) vyavaya and Vyayama, Atitarpana(Excessive sanitation), Atikarshan, Diwaswap (sleeping in morning), Ratrijagarana (awakening at night),Should avoid Raktamokshana,Vegavarodha¹²,Udvegjanyakatha(exciting stories) Uccha Bhashya, excessive intake of dry food, Bahinishkramana (outing),Tail abhyanga(Excessive oil massag), Should not go near cremation ground and should not do heavy physical activities which makes her fatigue unnecessary.¹³

Ashtang Sangraha:

Ashtang sangraha mentioned same as Charaka. And Sushruta. Garbhini should avoid oil massag upto fifth month and should not wear ornaments as they aggravate tridoshas.¹⁴

Ashtang Hridaya:

Laghu Vagbhata also mentioned some contraindication similar to Charaka and Sushruta. He also mentioned to avoid Shoka (grief), Krodha (anger), Bhaya (fear), Udvega (excitement), Upawasa (fasting), fast walking, and uttanshayana (sleeping in supine position). He also suggested not to use enema upto eight months.¹⁵

Kashyapa Samhita:

Acharya Kashyapa has given different types of contraindications for Garbhini i.e. avoid looking at the setting Moon, Setting Sun, and both Rahu. She should not go outside during Solar eclipse. She should be engaged in religious activities like praying. She should not have Dvesha (hatred) for Atithis (guests), should offer food to beggars, she should offer ghee in fire for pacification, should wear loose clothes, should not stand for long time in erect posture, she should avoid Atihasysta (laughing loudly) and prevent herself from all kind of Aghata (traumas). Use of Garlic and Cold water is also contraindicated.¹⁶

Harita Samhita:

Acharya Harita has contraindicated some food items during pregnancy such as Vidala (pulses), Vidahi (food which produces burning sensation), Guru, Amla substances, Ushna Ksheera (hot milk), Mruttika, Rasona, Surana, and Palandu.¹⁷

Bhavaprakasha Samhita:

Acharya Bhavaprakasha followed same as Sushruta with addition to going near bank of river, temple or garden, drinking of rain water, use of meat etc. are contraindicated during pregnancy.¹⁸

View of Modern Science:

Modern Science has the same view as Ayurveda but they do not restrict coitus during pregnancy. But women with risk of miscarriage or preterm labour should avoid coitus. Heavy drinking and smoking should be avoided. Heavy smoking likely to have smaller babies and chances of abortion. Consumption of alcohol causes maldevelopment in foetus. Long journey should be avoided in second trimester.

3) Garbhasthapaka Dravya (drugs beneficial to sustain pregnancy):

Drugs having Garbhasthapaka property can be used throughout the pregnancy for healthy growth and development of foetus and to maintain health and wellbeing of mother. It prevents unwanted abortion and prevents from various kind of infections. Ayurveda mentioned some Garbhasthapaka Aushadhi such as Aindri (bacopamoneri), Brahmi (centella asiatica), Satavari (asparagus racemosa), Sahastravirya (Cynodondactylon), Vatyapushpi (sidacordifolia), Vishwasenkanta (callicarpamacrophylla) etc. These drugs can be taken orally along with milk or ghee. Bath can be taken with decoction of these drugs in pushyanakshatra.¹⁹ Kashyapa suggested that amulet of Trivrita should be tied in the waist of pregnant woman.

II. RESULT AND DISCUSSION:

Nine month diet regimen makes importance in Garbhini awastha as various Acharya told benefits of following paricharya. Vagbhata and Charaka told that taking enlisted drugs with milk and ghee will help in growth and development of foetus. Taking bath with the cold decoction of same drugs maintain the progeny and health of mother. It can be also kept in close contact with Mother which is tied in right upper arm and head. It is told by Vagbhata that using the enlisted drugs and Ahara prevents unwanted abortion. Chakrapani considered Garbhasthapaka drugs as the treatment for abortion which counteract against the harmful factors. Kashyapa also told that using these drugs in daily routine helps in maintaining proper nourishment of foetus. He also stated that emulet of these drugs are tied with mantras in Pushya Nakshatra. It prevents pregnancy related complications and also secondary infertility. Sushruta gives importance of Dauhrud Awastha (mother with two hearts one of herself and second is of her foetus) and its relation with diet which mother should follow. As Dauhrud Awastha develops in fourth month when pregnant woman desires of some kind of food and there is also a behavioral change. It is said that these are the desires of foetus which should be fulfilled for his health and gestational growth. Hence there is physical and psychological importance of Masanumasik paricharya in Garbhini.

III. CONCLUSION:

Masanumasik Garbhini Paricharya is not only holistic but also scientifically explained. It is also accepted by modern science. All the discussion is made about dietary regimen have medicinal effects in nine month of Pregnancy period. Hence antenatal care should be made according to both Ayurveda as well as modern science.

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