

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***Concept of Garbhini Paricharya in Ayurveda****Avinash A. Shete*, Prashant N. Dalvi ⁽¹⁾, Manda S. Ghorpade⁽²⁾**

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Email- dr.avinashshete@gmail.com mob-9762653737**ABSTRACT**

Ayurveda is a science of life. The basic principle of *Ayurveda* is “*swasthasya swastha raksha- nam athurasya roga prasamanam*”. To maintain *swastha rakshanam* *Ayurveda* has emphasised the need of *Dinacharya*, *Ruthucharya* etc. In the same manner to get a healthy and prosperous child, *Ayurveda* advocates the concepts of *Garbha Dhana Vidhi*, *Pumsavana*, *Garbhini Paricharya*, *Sutika Paricharya*., Mother’s diet and activities

performed during the period of pregnancy, reflect on the foetus. Thus our acharyas developed a concept, about the type of diet, behaviour, conduct, medications during pregnancy that a pregnant woman should follow and avoid, in the form of *Garbhini Paricharya*. Proper *garbhini paricharya* would result in proper development of foetus and natural delivery. Hence, an attempt is made through this article to highlight the

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importance and review the concept of *garbhini paricharya*.

Keywords: *Ayurveda, Garbhini paricharya, Garbha dhana vidhi, Suthika paricharya.*

INTRODUCTION:

Wellbeing of *garbha* can be achieved only through of the wellness of the *garbhini*. Wellness of the pregnant women is maintained through proper *garbhini paricharya* right from the confirmation of pregnancy till delivery. *Garbhini Paricharya* means caring for the pregnant women in the form of *Ahara* (diet), *Vihara* (life style), *oushada* (medications) and *paramarsh* (counselling) and preparing her for *sukha prasava*, both mentally and physically. *Kashyapa* says that what so-ever eatables or drinkables are consumed by the pregnant woman, same become congenial to the foetus. So pregnant woman should take care of her diet and should never be neglected. The main aims of *garbhini paricharya* are 1) to protect fetus from known /unknown hazards.2) to promote normal growth and development of fetus3) to conduct normal delivery without any foetal and maternal

complications. Thus, great importance has been given to *garbhini paricharya* in our classics.

Garbhini paricharya-

The monthly regimen is broadly discussed under three headings-

- A) *Masanumasik pathya* (month wise dietary regimen)
- B) *Garbhopaghatkara bhavas* (Activities and substances harmful to foetus)
- C) *Garbhasthapak Dravyas* (substances beneficial for maintenance of pregnancy)

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A) ***Masanumasik pathya-*** During pregnancy foetus get nutrition through placenta. Adequate nutrition is needed for proper development of embryo. The requirement of nutrition varies according to development of foetus and hence the dietary requirement of mother also changes month wise. These are as follows.

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***Table no.1- Showing the monthly dietary regimen described in Brihtrayee.**

Month	Charaka	Sushruta	Vagbhata	Harita
1	Non medicated milk	Sweet, cold and liquid diet	Medicated milk	<i>Madhuyashti</i> , <i>madhuk</i> <i>pushpa</i> with Butter, Honey and sweetened milk.
2	Milk medicated with madhur ras drugs	Same as 1 st month	Same as <i>Charak</i>	Sweetened milk treated with <i>kakoli</i>
3	Milk with honey and <i>ghruta</i>	Same as 1 st month	Same as <i>Charak</i>	<i>Krushra</i>
4	Milk with butter	<i>Shashti</i> rice with curd, food mixed with milk and butter, meat of wild animals	Milk with one <i>tola</i> of butter(12 gms)	Medicated cooked rice.
5	<i>Ghruta</i> prepared with butter extracted from milk	<i>Shashti</i> rice with curd, food mixed with milk and butter, meat of wild animals	Same as <i>charak</i>	<i>Payasa</i>
6	<i>Ghruta</i> prepared from milk medicated with <i>madhur</i> drugs	<i>Ghruta</i> or rice gruel medicated with <i>gokshur</i>	Same as <i>Charaka</i>	Sweetened curd
7	Sweetened curd	<i>Ghruta</i> medicated with <i>prithakparnyadi</i> group of drugs	Same as <i>charak</i>	<i>Ghruta khand</i>
8	<i>Kshir</i> <i>yavagu</i> mixed with	<i>Asthapan basti</i> (<i>bala</i> , <i>atibala</i> , <i>shatpushpa</i> ,	<i>Kshir</i> <i>yavagu</i> mixed with	<i>Ghrityapuraka</i>

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	<i>Ghrita</i>	<i>honey and ghrita)</i> <i>Anuvasan Basti</i> of medicated oils	ghrita, Asthanan basti. Anuvasan basti	
9	<i>Anuvasan basti</i> with oil prepared with <i>madhur</i> <i>drugs</i> , vaginal tampon of this oil	Unctuous gruels and meat soup of wild animals	Same as <i>charak</i>	Different varieties of cereals

Gharbhoghatkar bhavas-

These are *Ahara* and *vihara* which are harmful to the *garbha*, this may cause some congenital defect in the new born.

Table no.2- Showing the Garbhoghatkara Bhavas describe in Brihatrayee.

Texts	Garbhoghatkara bhavas
<i>Charak</i>	Pungent drugs, exercise, coitus
<i>Sushruta</i>	Coitus, exercise, excessive emaciation, sleeping in day, awakening in night, grief, riding on vehicle, fear, squatting, oleation, bloodletting, separation of natural urges etc
<i>Ashtang Sangraha</i>	Pungent drugs, exercise, coitus, excessive emaciation, sleeping in day, awakening in night, grief, riding on vehicle, fear, squatting, oleation, bloodletting, separation of natural urges, indigestion, prolong stay in hot sun or near fire etc.

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<i>Ashtang hrudaya</i>	Coitus, exercise, carrying heavy weights, squatting, grief, anger, excitement, separation of natural urges, fasting, excessive walking, use of red garments, bloodletting, use of wine and meat. use of spicy food etc.
<i>Kashyap</i>	Erect or flexed position for long, excessive laughing, trauma, seen setting sun, solar or lunar eclipse, miss behave with guest etc.

Garbhashtapak dravyas-

Garbhashtapaka counter act the effect of the *garbhopghatkara bhavas* and help in proper maintenance of the *garbha*. They can also be used in the treatment and prevention of abortion. These are to be used as a routine as they are beneficial for the maintenance of proper health, and development of the mother and fetus. some of the *garbhashtapaka aushadhis* are *Bramhi (centella asiatica)*, *shatavirya (Asparagus racemosus)*, *Sahasthravirya (Cynodon dactylon)*, *Amogha (Stereospermum suaveolens)*, *Avyatha (Tinospora Cordifolia)*, *Shiva (Terminalia chebula)*, *Arista (Picrorhiza kurroa)*, *Vatyapushpi (Sida cordifolia)*, *Aindri (Bacopa monnieri)*, *Vishwasenkanta (Callicarpa macrophylla)* etc. these should be taken orally as preparations in milk and *ghee*.

Benefits of following Garbhini Paricharya-

By following *garbhini paricharya* from first month till delivery her *garbha dharini*, *kukshi*, sacral region, flanks and back become soft, *vayu* moves in right direction. Faeces, urine, placenta are expelled easily by their respective passages. Women gain strength and complexion and deliver easily at proper time a desired, excellent, healthy child possessing all the qualities and long life.

CONCLUSION

Pregnancy and child birth are nature's gift, if proper dietary regimen and life style are not maintained during pregnancy; it may result in many complications to mother as well as to foetus leading to difficult *prasava*. To get the fruitful outcome of nature, our *Acharya* has advised *garbhini*

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paricharya from the conception till delivery. *Ayurvedic* principles through the concept of *garbhini paricharya* improve the physical and psychological condition of the pregnant woman and make their body suitable for *sukha prasava* and help sustain the exhaustion of *prasava*. Hence, proper *Garbhini Paricharya* should be followed throughout pregnancy.

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