

**GARBHINI PARICHARYA AS ADOPTED IN MODERN LIFESTYLE****Dr. Chaitra N.\*<sup>1</sup> and Dr. Papiya Jana<sup>2</sup>**

<sup>1</sup>PG Scholar, Dept. of Prasuti and Stree Roga, Sri Kalabyreshwara Ayurvedic Medical College Hospital and Research Centre, Vijaynagar Bengaluru-104.

<sup>2</sup>Head of The Department, Dept. of Prasuti and Stree Roga, Sri Kalabyreshwara Ayurvedic Medical College Hospital and Research Centre, Vijaynagar Bengaluru-104.

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PG Scholar, Dept. of Prasuti  
and Stree Roga, Sri  
Kalabyreshwara Ayurvedic  
Medical College Hospital and  
Research Centre, Vijaynagar  
Bengaluru-104.

**ABSTRACT**

Modern lifestyle has a number of advantages which includes easing people life, saving peoples lives by development of medicine and vaccine, On the other hand different modern life style patterns have a negative effect on health physically, psychologically and socially. One of these modern ways of living is high intake of fast foods , lack of physical activity, use of internet computers to a higher extent , stress etc affecting the pregnancy for which GARBHINI PARICHAYA (Antenatal care) is the need of hour for the healthy progeny and uneventful pregnancy. Systemic Supervision during pregnancy is called garbhini paricharya. Supervision should be of regular and periodic nature and according to the need of an individual. The care should start from the beginning of pregnancy and till the birth of child. The proper garbhini paricharya would result in the proper development of fetus, its deliver, the health of the mother and thus her ability to withstand the strain of labour and have an eventless post natal phase. Garbhini paricharya which is scientific with a desirable goal of each and every modality in paricharya have to be explained only then the now generation follow it. Few things should be discouraged by explaining pros and cons of Seemanta Samskara v/s Baby Shower, Few new inclusions like Music Therapy, Garbhhasanskara, Yoga in pregnancy to be encouraged .Here is an attempt made to draw a light on this aspect.

**KEYWORDS:** Seemanta Samskara, Garbhini paricharya.**INTRODUCTION**

Women have special dietary needs during each stage of her life, from adolescence to menopause and great emphasis has been given to maintain optimal nutrition to women in the form of specialised protocol called Garbhini paricharya which bears a great impact on the fetal growth and development.

The phrase, वरं एको गुनो पुत्रो ॥

Which means giving birth to a single but qualitative progeny.

This is much applicable in today's scenario as there is control in the quantity of progeny as one or two, it is necessary that Garbhini and Garbha are properly taken care of before, after and as well as during pregnancy for Suprajanana<sup>1</sup>.

Ayurveda lays great emphasis on ensuring holistic approach with the combination of Ahaara, Vihaar and Aushadha have been given great significance in antenatal period called Garbhini paricharya. Hence attempt is made to emphasize on the modalities of Garbhini paricharya with few modulation to the modern lifestyle with a scientific approach.

**Garbhini Paricharya**

The literal meaning of **Garbhini Paricharya** is a planned Programme of observation, education, & Medical Management of pregnant lady which is directed towards making pregnancy & safe Delivery.

**Objectives of Garbhini Paricharya<sup>[2]</sup>**

- To Facilitate a healthy growth & development of the fetus.
- To promote, protect & maintain the health of the mother.
- To remove anxiety associated with delivery.
- To minimize the complications during labour.

**Role of Garbhini Paricharya In Modern Lifestyle?????**

Due to modification in modern lifestyle such as indulgence of pregnant women in faulty dietary habits, erratic life style and exposure to other factors like nicotine, alcohol, caffeine etc paving way to increasing in the incidence of high risk pregnancies along with fetal complications. The fetal adaptation to an unfavourable intrauterine environment due to mother's habits permanently increase susceptibility to chronic diseases or disorders later in life. Neurobehavioral changes similar to ADHD symptoms in children have been found in

exposed in-utero to nicotine, caffeine, ethanol and stress. Hence it is a high time to critically evaluate and include probable modification to suit today's life style without altering the principles in garbhini paricharya.

Change in the scientific meaningful samskara into meaningless unscientific celebrations.

Example: Seemantha Karma Baby Shower

Seemantha karma which is one of the samskara to fulfil the desires of mom –to- be and welcoming the child into family by presence of whole family with nutritious food and all food she likes with few effective pooja, Havana, homas to bless mother and baby which is followed in all the cultures with few modifications according to culture and place with the same utility in different name. Where the modern generation changed it completely into a unscientific celebration naming it as BABY SHOWER with cake to cut, fast foods, drinks, a loud song and dance which is such a harm at that phase of pregnancy where this phase to be modified with concern of seemanta karma explained long with baby shower concept.

**Garbhini paricharya can be correlated to ante natal care.**

#### Ante Natal Care

Systematic supervision of a woman during Pregnancy is called Ante natal Care. That supervision should be Regular and Periodic according to the need of individual.<sup>[3]</sup>

This continuous care starts before pregnancy and ends at delivery and the postpartum period.

#### Principles of Ante Natal Advice<sup>[4]</sup>

- To counsel the women about the importance of Regular check up and also to screen high risk cases and to prevent or to detect and treat any complications at earliest.
- To educate mother about the physiology of pregnancy and labor by demonstration, charts, diagrams, so that it improves the psychology and removes the fear.
- To maintain and improve the health status of woman to optimum till delivery by judicious advice regarding diet, drugs and hygiene.

**The three fold principle reveals three motives of Garbhini Paricharya**

**Anupaghataya, paripurnata, sukaprasava.**

तस्य एव च अनुपगतय परिपुर्णताय सुखप्रसव च ॥  
(As.sa.sha.3)<sup>[5]</sup>

#### Anupaghataya

It means atraumatic pregnancy, Those factors should be avoided which can cause direct or indirect trauma or it can be understood in terms of garbhopagathakara bhavas.

#### Paripurnatva

This indicates continuation of pregnancy till term and full growth and development of the fetus without harming the maternal physiology.

#### Sukhaprasavaya

The events of labour have a long lasting effect on woman psychology hence psychoprophylactic preparation of patients for removing fear and tension is essential i.e counselling during labour is advised

#### Garbhini Paricharya

>Samanya Ahara and Vihara

>Masanumasika Pathya

#### Samanya Ahara and Vihara

**Acc to acharya charaka:** Garbhini should follow hita ahara vihara and acharas which are helpful for healthy progeny.<sup>[6]</sup>

**Acc to acharya sushruta:** Garbhini from day one should be shuchi, alankritha, should wear sukla vastra, should involve in pious things sleep and sit on soft cushion, should have food which is hrudya, drava, madhura, singdha, dipaniyasamskrutha.<sup>[7]</sup>

#### Acc to Vagbhata

Garbhasamana yoga kshema is same with garbhini ie welfare and contraindications remains same in both hence priyahita ahara, vihara should be followed by avoiding Garbhopagatakara bhavas.<sup>[8]</sup>

#### Garbhopagatakara Bhavas

##### Acc to Charaka<sup>[9]</sup>

- Tikshna Aushada, vyavaya, vyayama is varjaniya.
- Ati guru, Ushna, tikshna ahara.
- Daruna chesta i.e anything beyond ones capacity.
- Raktani Vasani.
- Excessive use of Mamsa.
- Should not take madya.

#### First Month (Germinal period 1<sup>st</sup> to 3<sup>rd</sup> week)

Charaka: Milk, Satmya bhojana twice in morning and evening.<sup>[10]</sup>

Sushruta: Madura, Sheetha Dravapraya aahara<sup>[11]</sup>

Vagbhata: Milk, ghee, Satmya bhojana<sup>[12]</sup>

**The main events in this period are Fertilization, Cleavage, Implantation and Formation of germ layers. Milk is vata and pitta shamaka and kapha vardhaka**

- Vata helps to increase the controlled division of cell.
- Kapha helps to increase the size of cell.
- Milk increase the Kledata of the body which can be understood as Intracellular fluid.
- Milk is prithvi and jala mahabhuta predominant which helps in moistening and shaping of the embryo.

**Second month****Embryonic period (4<sup>th</sup> to 8<sup>th</sup> week)**

In this period organogenesis occurs i.e. all the germ layers undergo individual differentiation and most of the tissue and organ of body are formed this period is very much crucial; hence no drug should be given during this period because drug can disturb the organogenesis and leads to teratogenicity, folic acid supplementation is required because it is essential for production of Methionine (for methylation reaction of DNA), reduce in neural tube defects. Acharya kashyapa explained that fetus will not be stable before 4 months of pregnancy so no medication should be given. Hence upto 3 months use of sweet cold and liquid diet is beneficial.<sup>[13]</sup>

Milk is a natural source of folic acid, and good source of carbohydrate, fat, protein, and all vitamins except vitamin C with minerals and enzymes which is essential for fetal and mother nourishment. It also a external source of Progesterone hormone which is essential in continuation of pregnancy.

**Fetal period 3<sup>rd</sup> month to term**

In 4<sup>th</sup> month of pregnancy, food with milk, butter and jangala mamsa rasa are advised. In this period there is rapid growth of the fetus without much tissue differentiation and complete development of placenta occurs so for the rapid growth of fetus the nutrient requirement also increases.

The butter and ghee with milk fulfills the increased nutrient of fetus and also supplies the nourishment to mother

Jangala mamsa is the excellent source of high biological protein, vitamin, fat, minerals and source of endogenous antioxidants and other bioactive substances and supply good amount of calories

The meat contents high proteins which help in musculature tissue formation of fetus.

**Fifth month**

In fifth month food mixed with ghee milk or with jangala mamsa are advised as it is required for the rapid growth of fetus and better health of mother.

**In first trimester of pregnancy withholding iron supplementation avoids the risk of aggravating nausea and vomiting from second trimester there should be increase in iron supplementation acharyas mentioned the iron in form of food which is better than drug form.**

**Sixth month**

In sixth month ghee or yavagu prepared with gokshura are advised, yavagu gives strength to the body nourishes the body tissues and pacifies the vata dosha.

Gokshura have a diuretic and nephroprotective properties also as mutravirechaniya, shothahara and krimighna so it helps to reduce edema and other complication of fluid accumulation by gravid uterus in the later months of pregnancy.

**Seventh month**

In the 7<sup>th</sup> month ghee medicated with vidarigandhadi group are advised to the garbhini this group contains drugs having combined action as diuretic, anti-inflammatory, prajasthapana, vayastapana, balya, bruhmana anghamardhaprashamana, pacifies vata and pitta.

At 7<sup>th</sup> month the fetal lung get maturity where steroids help in lung maturity of fetus (i.e. Use of betnasol injections are followed in recent time)

**Brihati one among the vidarigandhadi group which has the chemical constituents steroidal alkaloid and steroid hence may also help in lung maturity.**

**Eight and ninth month**

From 8<sup>th</sup> month up to delivery snighda yavagu (rice gruel mixed with ghrita) and jangala mamsa rasa should be given.

Yavagu gives strength to the body, nourishes the body tissue and pacifies vata dosa. Due to Anuvasana basti Garbhashaya yoni gets soften leading to easy Garbha nishkramana and relieves the constipation and back ache due to gravid uterus.

**Panchakarma In Garbhini**

a/c Cha sha 8/22

Vamana, virechana, nasya, raktamoksana and even sarvakala anuvasana and asthapana basti is contraindicated in garbhini.<sup>[14]</sup>

Basti can be administered after 8<sup>th</sup> month same way he also mentions of mrudu vamana, mruduvirechana and mrudu nasya or the tadarthakari upachara in needful conditions i.e.

Vamana ---- Kavala, Gandusa, Nistivana

Virechana ----- Gudavarthi

Nasya ----- Shirobasti

**Garbha Sanskar**

Garbha sanskar is a Sanskrit term, Literally means "Education in womb"

According to Garbha Sanskar, Baby is able to sense and respond to outside influences like music and other sounds as well as mother's thoughts and feelings. Hence it is advised to stay positive and relaxed during pregnancy. It includes reading or seeing things that make you happy communicating with baby, performing spiritual activities like pooja, meditating and eating healthy.

**Music in garbha sanskar**

New research on Music therapy suggests that pregnant women could benefit from psychological stress reducing from a soothing music along with fetus whose mental and behavioural development starts in womb and influenced by mother's emotional state.

**It is stated that nearest sound to baby in womb is mother's heart beat hence when it is hold close to chest as it is familiar with it ,it brings the calmness in baby** Same in music has calming effect in baby too.

Sound of veena and flute have said have effect of soothing mind and soul.

**Researches based on maternal lifestyle and their effect on children are analysed and compared with ayurvedic view**

- Childhood obesity is related to maternal lifestyle such as short sleep duration and skipped breakfast
- New research by university of exeter and oxford provides the first evidence that a child's sex is associated with the mother's diet, study shows a link between higher energy intake around time of conception and birth of sons

**General yogasanas practised during pregnancy**

1. Vakrasana
2. Utkatasana
3. Baddhakonasana
4. Pariyankasana
5. Hastapadangushtasana
6. Bhadrasana
7. Parvatasana
8. Marjarasana

**Pranayamas**

Anuloma viloma, Sheetali, Bhramari, Sheetkari.

**Note: pregnant woman should avoid pranayama involving holding breath like kapalabhati, bhastrika etc.**

**DISCUSSION**

Garbhini Paricharya is a special protocol mentioned in our classics to maintain the health status of Garbhini and fetus with healthy pregnancy outcome without maternal and fetal complication.

As incidence of Maternal and fetal mortality, morbidity were also present during those days to avoid that they emphasized to follow proper Garbhini Paricharya.

Presently change in life style have adverse effect on the pregnant women leading to condition like high risk pregnancies includes Pre eclampsia, Pregnancy Induced Hypertension, Gestational Diabetic Mellitus, leading to Intra Uterine Growth Retardation, IntraUterineDeath etc.

The sequence of Masanumasika Gabhini Paricharya explained in Classics are unique and very much scientific.

Similarly the modern science also describes Antenatal Care by Describing Antenatal extra caloric diet, Personal Hygiene, Sleep, Restand exercises.

Hence it is necessitate the clinicians to incorporate Garbhini Paricharya in a proper manner for better Pregnancy Outcome.

**CONCLUSION**

- पूर्णमिव तैलपात्रमसंक्षोभपता अन्तर्वन्ति भवत्युपचये ॥ (cha.sha 8/22)<sup>[15]</sup>

The pregnant woman should be treated just like a pot filled with oil , as slightest oscillation of such pot causes spilling of oil, similarly slightest excitement to the pregnant woman can initiate abortion etc.

- एवं कुर्वीत ह्यरोग अरोग्य बल वर्ण स्वर संहनन संपदुपेतं जातीन मपि श्रेष्ठं अपत्यं जनयति ।यदिदं कर्म प्रथमं मासं समुपादयोपदिष्टमा नवमान्मासात्तेन गर्भिण्या गर्भसमये गर्भधारिणीकुक्षि कटी पार्श्व पृष्ठं मृदू भवति, वातश्चानुलोमः संपध्यते , मूत्रपूरीशेषे च प्रकृतीभूते सुखेन मार्गं अनुपध्यते , चर्म नखानि च मार्दवमुपयान्ति , बलवर्णो च उपचीयेते , पुत्रं चेष्टं संपदुपेतं सुखिनं सुखेनैषा काले प्रजायत इति ॥ (cha.sha.8/32)<sup>[16]</sup>

By following Garbhini Paricharya the women remains healthy and delivers the child possessing good health, energy or strength, voice, compactness and much superior to other family members.

Further he says that use of this regimen from first to ninth month her Garbhadharini (vaginal canal), kukshi, sacral region, flanks and back become soft, Vayu gets corrected, feces urine and placenta expel easily; skin and nail become soft, woman gains strength and complexion and she delivers easily at proper time a desired, excellent, healthy child possessing all qualities and long life.

- Maternal lifestyle with Particular diet and regimen explained in Garbhini Paricharya play protective role in ensuring healthy child. There is a need to follow the Garbhini paricharya by prenatal women with merging the valid researches. Lots of questions arise to ask with women in pregnancy these questioners will help not only to prevent diseases in mother and child but also it help to provide distress reliving counseling

- Ayurvedic health professional should follow the revalidation of Ayurvedic way of planned pregnancy .There is need of clinical trials to know the outcome of

Ayurvedic garbhini paricharya and find out any negative effects of maternal stress and unhealthy lifestyle. The standardization of the GARBHINI PARICHARYA and Ayurvedic method of planned pregnancy are needed to optimize the pregnancy outcome.

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