

ROLE OF GARBHINI PARICHARYA IN SUKHA PRASAVA A CONCEPTUAL STUDY

¹M. Anuradha

¹Reader, Dept. of Prasuti tantra & Stree roga, Sri Jayendra Saraswathi Ayurveda College, Nazarethpet, Chennai - 600123.

ABSTRACT :

Pregnancy is a boon for every woman. Once the conception occurs, it is very essential to follow certain measures regarding *aahaara*, *aachaara* and *aushadha* (if necessary). During the nine months period of pregnancy, the pregnant woman may be facing some minor ailments which when attended in time may prevent future complications. During early weeks of pregnancy (I Trimester) - nausea and vomiting (*hrullasam* and *chardi*) may occur. During the mid-period (II Trimester) there may be anemia (*pandu*), pedal edema (*pada sotha*), hypertension etc. During the last weeks of pregnancy, there may be bleeding through vagina (Antepartum hemorrhage). *Garbhini paricharya* according to Ayurveda gives importance to each and every month of pregnancy and according to the need of the mother, certain *aahaara* and *aushadha* were suggested for ex: *gokshura siddha ghritham* mentioned by *Susruthacharya* in the 6th month prevents pre-eclampsia. *Yogaratanakaram* has mentioned *ksheerapaka* preparations using single drugs. This article highlights about the practical application of the medicines that can be used during pregnancy for preventing complications during pregnancy period and also those which help for *sukha prasava*.

This study adds: With due consideration to the *garbhini paricharya* mentioned by *achaaryaas*, some clinical experiences of the author have been shared in the present article.

Key words: *garbhini paricharya*, *hrullasam*, *chardi*, *pada sotha*, *sukha prasava*.

INTRODUCTION:

Modern concept of ante natal care: Diet during pregnancy is aimed at calorie requirement but with woman's choice as regard the quantity and type. The pregnancy diet ideally should be light, nutritious, easily digestible and rich in protein, minerals and vitamins. Milk, plenty of green leafy vegetables and fruits should be included in the food. Minor ailments like nausea and vomiting are treated with simple dietary changes like dry toast, biscuits and protein rich meals.

Ayurvedic concept of ante natal care (*garbhini paricharya*): The pregnant woman desirous of a healthy child should give up all *ahita ahara* and *vihara* and protect herself by good conduct and *hita ahara* and *achara* because health of a child

depends upon the health of the mother during pregnancy.

From the first day of pregnancy the woman should be in happy mood, clean and tidy, decorated with ornaments, wear clean and white garments and perform religious rites etc. and should be comfortable. She should be given food and drinks which are *hrudyam*, *madhura*, *drava* and *snigdha* prepared with *deepaneeya dravyas*. She should follow this regimen till the delivery .

- As it is proved that the emotional stress of the mother will influence the growth of the fetus – being happy always and doing prayers etc. will keep her mind calm and healthy so that the growth of the fetus also will be proper.

- *Susrutha* has mentioned about wearing white clothes and garments indicate purity and peace.
- It is also said that during pregnancy if she wears red garments or ornaments – certain *grahas* like *skanda graham* may be attracted and as a result the fetus may be

affected. Since the welfare and contraindications of the mother and fetus are identical, the pregnant woman should use desired *satmya ahara* and *vihara* and avoid the factors that are harmful to the fetus.

MASANUMASIKA GARBHINI PARICHARYA

Month	Charaka	Susrutha
I	Milk (non-medicated) repeatedly in desired quantity considering her digestive power and strength (<i>agni & deha bala</i>)	<i>Madhura, sheeta and drava ahara</i>
II	Milk medicated with <i>madhura gana dravyas</i>	<i>Madhura, sheeta and drava ahara</i>
III	Milk with honey and <i>ghritha</i>	<i>Madhura, sheeta and drava ahara</i>
IV	Butter extracted from milk in <i>aksha pramana</i> or milk with butter	<i>Shashtika dhanyam with dadhi</i> , food mixed with milk and butter and <i>jangala mamsam</i>
V	<i>Ghritha</i> prepared with butter extracted from milk	<i>Shashtika dhanyam with dadhi</i> , food mixed with milk and butter and <i>jangala mamsam</i>
VI	<i>Ghritha</i> medicated with <i>madhura gana dravyas</i>	<i>Ghritha or yavagu</i> medicated with <i>gokshura</i>
VII	<i>Ghritha</i> medicated with <i>madhura gana dravyas</i>	<i>Ghritha</i> prepared with <i>prithakparnyadi (vidarigandhadi) gana dravyas</i>
VIII	<i>Yavagu</i> with milk and <i>ghritha</i>	<i>Asthapana and anuvasana vasti</i>

As per the *acharyas*, almost every month either *ksheeram* or *navaneetam* or *ghritam* is the main ahara to be taken.

Benefits of garbhini paricharya: Due to the continuous use of *ksheera* & *ghrita* the body becomes soft and hence helps in *sukha prasava* because of *vatanulomanam*

Common Ailments During Pregnancy And Their Remedies

I trimester - Nausea and vomiting:
Madiphala rasayanam

1tsp 3-4 times/day will control the condition.

II trimester

Back ache: Mild application of *Dhanwantaram tailam* with mild warm water fomentation.

Pre-eclampsia

Gokshura siddha ghritam* or *gokshura ksheerapakam prevents pre-eclampsia symptoms like pedal edema (*pada sotha*), proteinuria and hypertension.

Besides this it works as *rasayanam, vatanulomanam* and causes good growth and development of the baby with good birth weight which is very essential because low birth weight babies are more susceptible to infections as they

will have low resistance power to fight against diseases.

Dadimadi ghritam (*Ashtanga.Hridayam pandu roga chikitsa*) prevents anemia which is more visible during II trimester.

Apart from correcting anemia, *dadimadi ghritam* also causes *sukha prasava*.

Kikkisam: Application of **karanja karaveera tailam** (*charaka.shaareeram*) over the abdomen during 5th and 6th months prevents itching and also stretch marks which are common during II trimester.

III trimester

Vata vaigunyam: *Yoni pichu* with any *vatahara tailam* ex. **dhanwantaram tailam** or **bala tailam** is more beneficial as it nourishes the vaginal canal and smoothens it so that there will be easy expulsion of the baby.

CONCLUSION:

Unless there is any undue abnormality, if the above said *garbhini paricharya* is followed, there is every chance that *sukha prasava* occurs and also the baby born will be healthy with excellent qualities.

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Corresponding Author:

Dr.Anuradha. M , Reader, Dept. of Prasuti tantra & Stree roga, Sri Jayendra Saraswathi Ayurveda College,Nazarathpet, Chennai - 600123.

Email: dranumaganti@sjsach.org.in

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