



**Role of Paricharya in Garbhini or Sutika.****Kathane M.N**

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**ABSTRACT:** Pregnancy is the most important and critical part of every woman's life. Garbhini paricharya is the care given to pregnant woman and Sutika paricharya is the care given after delivery in necessary all respectful manner it's very important for future social impact assessment. Garbhini paricharya refers systematic care provided to the garbhini to protecting the garbha. Garbhini paricharya or antenatal care is most important aspects in Prasuthi Tantra. The proper garbhini charya would result in the proper development of the foetus, uncomplicated delivery and health of mother Ayurveda, the ancient science gives importance to swasthya rakshana and vikāra prashamana by exploring various procedures like Dinacharya, Rithucharya, Achar Rasayana, Yogasana, Pranayama, Dhyana and Sadvritta for maintaining the physical and mental health and preventing the disease. Wide range of references regarding of garbhini paricharya, Sutika paricharya, masanumasika pathya, contraindication for garbhini and Sutika. guidelines for the management are available in brihatrayi and laghutrayi. Our Acharyas know very well that not only the food and environment play a vital role in the development of foetus but also maternal psychic impressions have their impact on a growing foetus. Ayurveda considers food to be the best source of nourishments as well as medication for the pregnant woman. The nine monthly diet is unique concept in Ayurveda. It changes in accordance with the growth of the foetus in the womb and at the same time ensures health of the mother. The phase of pregnancy and delivery brings adaptation changes in bio physiological and psychological which may adversely affect her health if not properly taken care of. In this paper described monthly dietary regimen and Living style for Garbhini and Sutika.

**KEYWORDS:** *Sutikaparicharya, Garbhiniparicharya, Aahar, Vihar, Aushadhi*

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**Introduction:**

Ayurveda gives importance of caring for the mother before, during and after pregnancy. The health of women is especially important because womanhood represents the capacity to bare the fetus in the womb and to deliver it in a healthy status. mother's body parts like abdomen, flanks, back and genital organs become Mridu and Vatanulomana occurs. The natural urges (vega) are expelled out easily, through their respective Srotasa (openings). All these factors contribute in the full development and delivery with all

qualities and health. mother and fetus and also Thus pregnant lady should be treated just like a pot filled with oil, that is even the slightest excitement can create problem to pregnant lady as well as the fetus. In the modern world women has to manage the dual role both as house wife and as a professional. Hence health of women is very important. The phase of pregnancy and delivery brings adaptation changes in bio physiological and psychological which may adversely affect her health if not properly taken care of. Pregnancy is one of the milestones in women's life.

**Table no 1: Masanumasik Garbhini Aahar**

Months	Charaka samhita	Sushruta Samhita	Asthanga sangraha	Harita Samhita
1 <sup>st</sup> month	Non medicated milk <sup>1</sup>	Madhur, Sheet, Liquid Diet <sup>2</sup>	medicated milk <sup>3</sup>	Madhuyashti, madhukapuspa with butter, honey and sweetened milk <sup>4</sup>
2 <sup>nd</sup> month	Milk medicated with madhura rasa <sup>5</sup>	Same as first month <sup>6</sup>	Same as Charaka Milk medicated with madhura rasa <sup>7</sup>	Sweetened milk treated with kakoli <sup>8</sup>
3 <sup>rd</sup> month	Milk with honey and ghrita <sup>9</sup>	Same as first month <sup>10</sup>	Astanga Sangraha-Milk with honey and ghrita <sup>11</sup>	Krisara <sup>12</sup>

4 <sup>th</sup> month	Milk with butter <sup>13</sup>	Cooked shasthika rice with curd, dainty and pleasant food mixed with milk & butter and Jangal mansa <sup>14</sup>	Milk with one tola (12gm) of butter <sup>15</sup>	Medicated cooked rice <sup>16</sup>
5 <sup>th</sup> month	Ghrita prepared with butter extracted from milk <sup>17</sup>	Cooked shastika rice with milk, jangal mansa along with dainty food mixed with milk and ghrita <sup>18</sup>	Same as Charaka <sup>19</sup>	Payasa <sup>20</sup>
6 <sup>th</sup> month	Ghrita prepared from milk medicated with madhura <sup>21</sup>	Ghrita or rice gruel medicated with gokshura <sup>22</sup>	Same as Charaka <sup>23</sup>	Sweetened curd <sup>24</sup>
7 <sup>th</sup> month	Same as in sixth month <sup>25</sup>	Ghrita medicated with prithakaparnyadi group of drugs <sup>26</sup>	Same as Charaka <sup>27</sup>	Ghritakhanda <sup>28</sup>
8 <sup>th</sup> month	KshiraYawagu mixed with ghrita <sup>29</sup>	Asthapanabasti with decoction of badari mixed with bala, atibala, patala satapuspa, etc, honey and ghrita. Asthapan is followed by Anuvasana basti of oil medicated with milk, madhura drugs <sup>30</sup>	Kshirayawagu mixed with ghrita, asthapanabasti with decoction of badari, anuvasana basti with oil medicated with Madura drugs <sup>31</sup>	Ghritapuraka <sup>32</sup>
9 <sup>th</sup> month	Anuvasanabasti with oil prepared with drugs of Madhura group, vaginal tampon of this oil <sup>33</sup>	Unctuous gruels and jangal mansa rus up to the period of delivery <sup>34</sup>	Same as Charaka <sup>35</sup>	Different varieties of cereals <sup>36</sup>

**Apathy Aahar**

Avoid Tikshna, Ushna, Guru Ahara.

Avoid Madaka Dravyas like wine.

Not to take meat, salt excessively.

Avoid dried, wet, putrefied, stale food.

Avoid Vishtambi Ahara, virodhi ahara, vidahi, guru ahara.

**Vihar**

Sleeping and sitting places covered with soft cushion or mattress.

During Grahana, go into Garbhagriha and offer oblation to free from the clutches of Grahas.

Wear clean, white, cotton and loose garments

Living place should be free from insects like mosquitoes etc.

**Apathya Vihar**

Not to do excessive Vyayama and Vyavaya.

Avoid Divaswapna and Ratrijagarana

Avoid Utkatasana etc.

Avoid Akala Poorvakarma,

Panchakarma, Raktamokshana.

Avoid Vega Vidharana.

Avoid outing, visiting of lonely places, cremation ground.

Avoid high pitch talk.

Avoid articles likely to aggravate

Doshas.

Avoid sleeping in supine position.

Avoid grief, fear etc.

Give up exciting stories.

Avoid the places where thoughts likely to promote anger, fear etc.

**Medicines**

In Garbhini paricharya herbs with special qualities like jivaniya, balya, medhya and rasayana along with a nutritious balanced diet including the daily practise of intake of ksheera, ghrita and navaneeta<sup>37</sup>. The use of sneha dravyas such as ksheera, navaneeta and ghrita, which are of high nutritional value in terms of carbohydrates, proteins, fat and calcium are also advised. Administration of Rasayana dravyas imparts benefits such as dirghayu, medha, arogya, smriti, varna, deha bala, indriya bala, kanti, vyadhikshamatva. Rasayana dravyas nourishes and maintains the cell life, encourages the growth of new cells, prevents recurrent infection, expels the damaged cells, maintains the balance between mind and body. Acharya advised medicines like brahmi, Shatavari, yasthi, vidari, bala, draksha, dadima, sahasravirya or durva, arista. Amalaki, mamsa rasa, madhu, sharkara, gokshura, kharjura, jivanti, ashwagandha. Some of the garbhasthapakaaushadhis are Aindri (Bacopamonnieri), braahm (Centellaasiatica i) Satavirya (Asparagus racemosus), Sahashravirya

(Cynodondactylon), Amogha  
(Stereospermumsuaveolens), Avyatha  
(Tinosporacardifolia), Shiva  
(Terminaliachebula), Arista  
(Picrorhizakurroa), Vatyapushpi  
(Sidacardifolia), Vishwasenkanta  
(Callicarpamacrophylla) etc. These  
should be taken orally as preparations  
in milk and ghee. These drugs can also  
be kept in close contact of body or used  
in the form amulets to be tied in head or  
right arm. Sutika is the women after

expulsion of placenta and the time  
period upto 6 weeks thereafter is  
termed as sutika kala or puerperium  
period. Most of the maternal deaths  
take place during the first six weeks  
after child birth. During this period  
certain psychosomatic changes such as,  
loss of weight, loss of strength, loss of  
blood, loss of body fluid, laceration of  
genital tract, constipation, mental  
stress etc take place during  
puerperium.

**Table no :2 Sutika Ahara according to different samhitas**

Charaka Samhita	Liquid gruel of rice medicated with pippali (piper longum), pippalimula (piper longum's root), chavya (piper retrofractum), chitrak (plumbago zeylanica), sunthi (zingiber officinale) for 5-7 days. <sup>38</sup>
Sushruta Samhita	Sneha yavagu or kshira yavagu saturated with drugs of vidarigandhadi (desmodium gangeticum etc.) gana from 3rd or 4th to 6th or 7th days. meat soup of wild animals saturated with yava (vulgaris sativus), kola (ziziphus mauritiana), kulattha (dolichos biflorus) with cooked shali rice from 7th or 8th day to sutika kala. <sup>39</sup>
Asthang hridaya	Panchakola(piper longum, root of piper longum, plumbago zeylanica ,piper retrofractum, zingiber officinale) siddhapeya for first 3 days, vidaryaadi gana kwath siddha snehayukta yavagu or kshira yavagu from 4th to 7th day, after that gradually brimhana diet from 8th to 12th day, after 12th day meat soup should be used. <sup>40</sup>
Asthang sangraha	Panchakola(piper longum, root of piper longum, plumbago zeylanica ,piper retrofractum, zingiber officinale) siddhapeya for first 3 days, vidaryaadi gana kwath siddha snehayukta yavagu or kshira yavagu from 4th to 7th day, after that gradually brimhana diet from 8th to 12th day, after 12th day meat soup should be used. <sup>41</sup>

Kashyapa Samhita	Pippali (piper longum), nagar (zingiber officinalis) yukta and saindhavarahita alpasneha yukta yavagu for first 3 or 5 days, then sasneha lavana yavagu, then sasneha-amla-lavan yukta kulattha (dolichos biflorus) yush with meat soup of wild animals and ghritabhrista kushmanda (benincasa hispida), and moolaka (raphanas sativus). <sup>42</sup>
Harita Samhita	Usna kulattha (dolichos biflorus) yush on 2nd day, panchakola yavagu on 3 <sup>rd</sup> day, chaturjataka (cinnamomum cardomomum, cinnamomum zeylanicum, messua ferra) mixed yavagu on 4th day, shali rice on 5th day. <sup>43</sup>

Drink boil water with shunthi, musta, vidanga.

Sutika should be take dashmularishta, jirkadirishta.

#### **Sutika vihara**

Abhyanga of abdomen with taila or ghrita then udaraveshtana with big clean cloth. Irrigation or bath with luke warm water.<sup>38</sup> Abhyanga with bala (sida cordifolia) Taila, then irrigation with decoction of Bhadradaru (cedrus deodara) etc. drugs capable of suppressing vata.<sup>39</sup> Massage of back, pressure of abdomen and flanks then udaravestana. sudation in the yoni, hot water bath after swedan, fumigation with kustha (sausserea lappa), agaru (aquilaria agallocha) mixed with ghrita.

#### **Aushadhi for sutika**

Sarpi, taila, vasa, majja with pippali (piper longum), pippalimula (piper longum's root), chavya (piper retrofractum), chitraka (plumbago zeylanica) & shringavera (zingiber officinale) churna.<sup>38</sup> Sneha with

panchakola (pippali, pippalimula, chavya, chitrak, sunthi ) churna or sneha with yavani (trachyspermum amni), upakunchika (nigella sativa), chavya, chitraka, vyosha (sunthi, maricha, pippali) and saindhav with usna jala for 7 nights. Kwath of lodhra (symplocus racemosus), arjuna (terminalia arjuna), kadamba (anthrocephalus indicus), devadaru (cedrus deodara) etc. guda with haritaki (Terminalia chebula) & sunthi (zingiber officinale) churna on 2nd day morning.

#### **Discussion**

Giving birth to a child makes a woman complete. But starting from the period of garbhini till delivery a woman undergoes different of changes in the body. we have discussed various diets and various Dos and Don'ts in pregnancy. Madhura rasa helps in growth of the sapta dhatus and ojas. It improves the general strength and complexion and also it is vishagna and

daha prashamana. Goghrita is recommended for both food and medicine. It possesses the action of rasayana, medhya and ayushya. Pregnancy and delivery is a physiological process, where we need to support it through proper diet, regimen and medicines, otherwise it may lead to many complications. Sutika kala described as adyaardha masa (1,1/2 months), it is the duration till when sutika paricarya (post natal care) is required, which mainly decreases vata. Aim of post natal care is to maintain maternal and infant health preventing any complication & to establish infant feeding. It also helps to attain sama dosha, sama dhatu, sama agni & sama mala of the mother. It increases maternal and fetal health status.

### Conclusion

From above discussion it is clear that milk and drugs of Madhura group have been advised for entire pregnancy period. Milk is a wholesome diet. It provides nutrition and stability to the foetus. Hence, the use of these drugs will help in maintenance of proper health of Garbhini and development of foetus. The Garbhini who follows the paricharya creates Snigdha guna garbhini Avastha, that Snigdha guna predominantly of Kapha Dosha and Kapha Dosha plays important role in

nourishment which gains strength and delivers normally and easily without any complication. Post natal care (sutika paricharya) mentioned in ayurveda helps a woman to adjust herself socially, mentally and psychologically, to grow up in every aspect and attain proper growth of newborn.

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