

ROLE OF PARICHARYA -AAHAR, VIHAR, AUSHADHI IN GARBHINI.**Khandait V**

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Abstract: Ayurveda is an ancient science which stated about life and make principle right from birth of child through his life in the same way in the Ayurveda it is mention that nourishment of Garbhini that is pregnant women nourished by good quality of aahar [food] even after giving such type of food, if some lacuna is there in nourishment then that lady can suffer with many sign & symptoms of diseases can cure with medicinal Aahar which expressed in ayurvedic Samhitas. In Ayurveda month wise diet regulation advised for pregnant women for nourishment of baby & it is unique in Ayurveda. In Garbhini Paricharya month wise changes in Aahar and Aushadi is accordance with the growth of the foetus in womb and at the same time ensures health of the mother. Aahar, Vihar and Vchara have direct effect on health of mother and child. Our Ayurvedacharya knows very well that not only food and environment plays but maternal psychic impressions have their impact on a growing foetus. The main intension of advising Garbhini Paricharya is Paripurnyata (providing growth of mother and foetus) Anupaghat (pregnancy without complications) Sukhaprasav (for healthy delivery and healthy child) and maintain health of mother ,healthy postpartum period. giving birth to healthy child is important thus pregnant women deserve most importance in the society.

KEYWORDS: Ayurveda, Garbhini Paricharya, Ahara, Aushadh

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Mo. no-7588563463

How to cite article: Khandait V. Role of Paricharya -Aahar, Vihar, Aushadhi In Garbhini. AYUSCRIPT 2023;2(1):18-27

INTRODUCTION

Paricharya in *Garbhini* is the care given to pregnant woman and regimens in Ayurveda to ensure the safe birth of healthy baby through *Aahara*, *Vihara* and *Aushadha*.

The foetus does inspiration, expiration, movements (of the body and its parts) and sleep, along with the inspiration, expiration and movements and the sleep of the mother.¹ so the pregnant woman desirous of producing *Uttam Gunayukta* child should give up non congenital diet and mode of life.²

In *Garbhini paricharya* monthwise dietary, behavioural regimen and also Ayurvedic regimen from conception till delivery will properly nourish the pregnant lady and which help in growth and development of foetus as well.

AIMS AND OBJECTIVES

AIMS

1. To collect and analyze the role of *paricharya* in *Garbhini* through *Aahara*, *Vihara* and *Aushadha*
2. to understand the clinical importance of *aaushadhi* in *Garbhini* described in ancient treatise.

OBJECTIVES-

1. To ensure a normal pregnancy with delivery of healthy baby from healthy mother.
2. The main objective of Ayurveda towards the care of pregnant women resides around the three main objectives – Proper growth of foetus and mother non complicated pregnancy and normal delivery.

MATERIAL AND METHOD

Literature, *brihatrayee*, all available ayurvedic classic, modern available text magazines, journals and research papers.

Type of study-conceptual type

A.Ahara-Masanumasika Pathya:
(Month Wise Dietary Regimen):

During pregnancy foetus starts to get nutrition from mother through placenta. Adequate nutrition is needed for monthly constant and proper growth of embryo. The requirement of nutrition varies according to developmental stage of foetus month wisely (*Masanumasika vrudhi*). Pregnancy imposes the extra nutrients requirement. Thus, the dietetic requirements of the mother also changes month wise. By following these dietetic regimens prescribed, the pregnant woman remains healthy and delivers a baby having good health, energy, strength, complexion and voice. The baby would also be well-built. Having importance of this; in Ayurvedic samhitas, the month wise dietetic regimen is given in details known as *masanumasika paricharya* (monthly regimen) for woman right from the first month up to the ninth month of pregnancy. The monthly regimen is necessary to make pelvis, waist, sides of the chest, back, healthy & flexible and downward movement of *vata (vata anulomana)* - this is needed for the normal delivery, Normalization of the urine and stool and their elimination with ease, Promotion of strength and complexion, Delivery with ease of a healthy baby, endowed with excellent qualities in proper time (280 days). The foetus present in the uterus, does not eliminate flatus, urine and faeces because of their little quantity (or absence) and inadequate activities of *vata* in the *pakvashaya*.³ *Vata* undergoing aggravation (during pregnancy or non-fulfilment of lounging of the woman during pregnancy, makes the foetus to be born as *kubja* (dwarf), *kuni* (of distorted arms) *pangu* (distorted legs), *muka* (dumb) or *minmina* (of nasal voice).⁴

Table.no.1 Month wise regimen as per the Samhita

Months	Charak Samhita	Sushruta Samhita	Astanga Sangraha	Harita Samhita
1 st Month	Non medicated milk ⁵	<i>Madhur, Sheet, Liquid Diet</i> ⁶	Medicated milk ⁷	<i>Madhuyashti, madhukapuspa</i> with butter, honey and sweetened milk ⁸
2 nd Month	Milk medicated with <i>madhura rasa</i> (sweet taste) drugs ⁹	Same as first month ¹⁰	Same as Charaka Milk medicated with <i>madhura rasa</i> (sweet taste) drugs ¹¹	Sweetened milk treated with <i>kakoli</i> ¹²
3 rd Month	Milk with honey and <i>ghrita</i> ¹³	Same as first month ¹⁴	Astanga Sangraha-Milk with honey and <i>ghrita</i> ¹⁵	<i>Krisara</i> ¹⁶
4 th Month	Milk with butter ¹⁷	Cooked <i>sasti</i> rice with curd, dainty and pleasant food mixed with milk & butter and <i>Jangal mansa</i> ¹⁸	Milk with one <i>tola</i> (12gm) of butter ¹⁹	Medicated cooked rice ²⁰
5 th Month	<i>Ghrita</i> prepared with butter extracted from milk ²¹	Cooked <i>shastika</i> rice with milk, <i>jangal mansa</i> along with food mixed with milk and <i>ghrita</i> ²²	Same as Charaka ²³	<i>Payasa</i> ²⁴
6 th Month	<i>Ghrita</i> prepared from milk medicated with <i>madhura</i> (sweet) drugs ²⁵	<i>Ghrita</i> or rice gruel medicated with <i>gokshura</i> ²⁶	Same as Charaka ²⁷	Sweetened curd ²⁸
7 th Month	Same as in sixth month ²⁹	<i>Ghrita</i> medicated with <i>prithakaparnyadi</i> group of drugs ³⁰	Same as charaka ³¹	<i>Ghritakhanda</i> (a sweet dish) ³²
8 th Month	<i>KshiraYawagu</i> mixed with <i>ghrita</i> ³³	<i>Asthapanabasti</i> with decoction of <i>badari</i> mixed with <i>bala, atibala, satapuspa, patala</i> etc., honey and <i>ghrita</i> . <i>Asthapan</i> is followed by <i>Anuvasana basti</i> of oil medicated with milk, <i>madhura</i> drugs ³⁴	<i>Kshirayawagu</i> mixed with <i>ghrita</i> , <i>asthapanabasti</i> with decoction of <i>badari</i> , <i>anuvasana basti</i> with oil medicated with <i>Madura</i> drugs ³⁵	<i>Ghritapuraka</i> ³⁶

9 th Month	<i>Anuvasanabasti</i> with oil prepared with drugs of <i>Madhura</i> (sweet) group, vaginal tampon of this oil ³⁷	Unctuous gruels and <i>jangal mansa rasa</i> up to the period of delivery ³⁸	Same as Charaka ³⁹	Different varieties of cereals ⁴⁰
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B. Vihara: *Garbhopaghathakara bhavas*

(Activities and substances which are harmful to foetus): *Garbhini* should avoid use of *teekshna, rooksha, ushna dravyas*. Should give up foul smelling articles and should not eat dried up, stale, putrefied or wet food⁴¹, *vistambhi*⁴² (hard to digest), *vidahi* food as these are harmful for the foetus. She should avoid heavy exercises, coitus, harsh or violent activities, ride over vehicles⁴³, excess satiation, excess emaciation, sleeping in day and awakening in night, sitting in uneven places and should avoid fasting, grief, anger, visiting lonely places, cremation ground⁴⁴, prolonged stay near fire or hot sun etc. Her sleeping and sitting place should be covered with soft cushion/mattress⁴⁵. All these psychological and physical strains like carrying heavy weight or vehicle riding may precipitate abortion due to sudden increase in intra-abdominal pressure. Also sitting on her heels for long periods indulging in oleation and other therapies like bloodletting at unsuitable time and suppression of urges of the body of urine, faeces, flatus etc.⁴⁶

c. Aushadha- *Garbhasthapaka dravya*

(Substances beneficial for maintenance of pregnancy): *Garbhasthapaka dravyas* counter act the effect of the *garbhopaghathakara bhavas* and help in the 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, growth and development of the mother and foetus. Some of the *garbhasthapakaushadh* is are *Aindri* (*Bacopamonnieri*), *braahmi* (*Centellaasiatica*), *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. A bath with cold decoction of these drugs should be given during *pushya nakshatra*. These should be kept in close contact with the mother and can be used as amulets around the right arm and on the head. Drugs of the *Jeevaneeya gana* can also be used in a similar way. Kasyapa has advocated that amulet of *Trivrit* (*Operculina Tharpethum*) should be also tied in the waist of pregnant woman.

Susruta in 8th month of pregnancy has indicated *asthapana basti* with decoction of *badari* mixed with *bala, atibala, sathapushpa*, pestled sesamum seeds, milk, curd, *mastu*, oil, salt, *madhanaphala*, honey and ghrita, followed by *anuvasana basti* of oil medicated with milk and decoction of madhura group of drugs for clearing the retained faeces and anulomana of vayu. Due to the movement of vayu in right direction the lady delivers without difficulty and remains free from

complications. Whereas charaka⁴⁸ and vagbata⁴⁹, in 9th month has advised *anuvasana basti* with oil medicated with madhura group of drugs and vaginal tampons with the same oil used for *sthana* and *garbhamarga* (vaginal canal and perineum). Charaka and vagbata⁵⁰ have advised *aindri, brahmi, satavirya, sahasravirya or durva,*

amogha, avyatha, siva, arista, vatyapuspi, viswaksena for oral use with milk or ghritha prepared with these drugs. 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. *Anuvasana basti* for lubrication of garbha.

Table no.2 Garbhasthapak dravyas

<i>cha.sutrasthan a prajasthapana gana</i> ⁵¹	<i>Cha sha sthana Garbhasthaap ak drugs</i> ⁵²	<i>A.sa. sutra Garbhasthapa k</i> ⁵³	<i>A.S.sha.</i> ⁵⁴	<i>Kashyap khilasthan</i> ⁵⁵
<i>Aeindri</i>	✓	✓	✓	<i>bahaputra</i>
<i>Bramhi</i>	✓	✓	✓	<i>ishwari</i>
<i>shatavirya</i>	✓	✓	✓	<i>mudita</i>
<i>shahashtravirya</i>	✓	✓	✓	<i>bramhi</i>
<i>amogha</i>	✓	✓	✓	<i>sahadevio</i>
<i>Avyatha</i>	✓	✓	✓	<i>indravaruni</i>
<i>Shiva</i>	✓	✓	✓	<i>jiwak</i>
<i>arishta</i>	✓	✓	✓	<i>rushbhak</i>
<i>vatyapuspi</i>	✓	✓	✓	<i>bharangi</i>
<i>vishwaksenkra nta</i>	✓	✓	✓	<i>samanga</i>
				<i>rohapada</i>
				<i>vatashrunga</i>
				<i>atmagupta</i>
				<i>arishta</i>
				<i>putna</i>
				<i>keshi</i>
				<i>Satavirya, sahasravirya</i>

DISCUSSION-

1.Ahara 2Vihara 3. *Aushadha* in *Garbhini*, we have discussed various diets and various Dos and Don'ts in pregnancy. Vagbhata use of *prajasthapan* drugs described in *sutrasthan*⁵⁶ after *pumsavahan karma*, indu says that these drugs prevent abortion charaka and kashyap have prescribed certain drugs during pregnancy without specifying their indications, period or method of use.

⁵⁷Chakrapani had clarified that *Garbhasthaapak* drugs- are those which after counteracting the effects of harmful factors (*garbhopghaatkar bhaavas*) for fetus helps in its proper maintenances, thus these can be considered as a treatment for abortion. Kashyap had said these to be used in routine by pregnant woman, routine use of these drugs might be beneficial for maintenance of proper health, growth and development of

mother and fetus respectively, with this idea the drugs are being enumerated here. Charaka and vagbhata have given the specific use of this enlisted drug as oral use of milk and ghrutam prepared with these drugs. The bath with the cold decoction of these drugs during *pushya nakshatra* should also be taken, these drugs should also be kept in close contact of mother and amulets of this be tied in head or right arm (only charaka). Similarly the drugs of *Jivaniya* group should also be used. Kashyapa had advocated listed drugs should be uprooted with enchantation of mantras and tied as amulet during *pushya nakshatra*, Amulet of trivritta should also be tied in the waist of pregnant woman. *Dauhrudavastha* is the special concept of Ayurveda affecting fetal growth. It is the period during which pregnant woman (*Dauhrudini*) expresses dietary and behavioural desires. These longings are desires of fetus, fulfillment of which is beneficial for proper gestation, whereas non-fulfillment or ignorance causes various developmental anomalies. *Paricharya* as per Ayurveda helps for normal delivery with easy and not much pain. Tension and complications as well as improve the physical and psychological condition of pregnant lady helping her to sustain the exhaustion of labour.

CONCLUSION:

All the discussions about the *aahara*, *vihara*, *aushadha* in pregnancy prescribed by all ayurved classics aims at the healthy progeny and avoiding pregnancy induced complications. Following will result in the yield of healthy entity. The ancient Ayurvedic Literature described in Various Samhita; is not only unique but also scientific with Modern sciences. So Antenatal Care should be done as per Ayurveda.

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Source of Support : None declared

Conflict of interest : Nil