

### Review Article

## A Review on Gharbhini Paricharya

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### ABSTRACT:

According to WHO survey announcement 99% of all maternal deaths occur in developing country like India. Maternal mortality rate in India = 239/1 lakh live births (2015). Thus the prime importance should be given to maintain or improve the health status of the woman to optimum till delivery. Pregnancy period is a very special time in a woman's life.

Ayurveda diet divides food into three categories - Satvik, Rajasik & Tamsik. Satvik food is fresh & nutritious. Rajasik diet is energetic & Tamasik diet is somewhat heavy & dull. Of all these, Satvik food is the best ayurvedic diet during pregnancy. Nutritious diet becomes all the more important for a woman during pregnancy. It governs the health of not only the mother but the fetus as well.

In Ayurveda our ancient acharyas like Charaka, Susruta, Vagbhata, and kashyapa they clearly emphasised about diet and nutrition of mother and child care under the heading of "masanumasika garbhini paricharya". In the present paper an attempt made to explain the dietary regimen & relevance of Gharbhini Paricharya in present day.

**KEY WORDS:** Pregnancy, Antenatal care, Gharbhini Paricharya, Diet, Nutrition, Milk, Madhura drugs

### INTRODUCTION:

Antenatal care is the care of women during pregnancy. The objectives of antenatal care are -

- To screen the high risk cases.
- To prevent or to detect and treat at the earliest any complications.
- To achieve at the end of pregnancy a healthy mother & healthy baby.

Declination in the normal health of the women in the present generation is resulting in many traumas. Women who plays multifaceted activity in her life is neglecting herself. Thereby, the normal physiological functions that usually occur in women are lacking.

Ayurveda describes "safe motherhood". This great science compares conception to the germination and sprouting of a seed and its transformation into a sapling and advises special attention to be paid to the

nutrition and protection of the women. Gharbhini Paricharya helps in the better development of fetus, prevention of some pregnancy related complications and promotes uneventful gestational period.

Aahara (Nutrition) plays an important role in the development of embryo. In ancient texts of Ayurveda, month wise dietary regimen is mentioned for pregnant women. Due to the change in lifestyle and stress on pregnant women, there is need to re-establish the fact of hidden advantages in Gharbhini Paricharya of Ayurvedic science.

### Monthly Diet Regimen:

#### 1) First month -

A pregnant woman should have at least 2 glasses of milk everyday throughout the pregnancy, but particularly

in first month milk should be consumed necessarily. If complaints like nausea, vomiting is present milk can be flavored with Elaichi, Shatavari Kalp, etc. Charaka mentioned that having doubt of conception from the first month itself she should take non-medicated milk repeatedly in desired quantity. Congenital diet should be taken in morning and evening.

Shushruta mentioned sweet, cold and liquid diet should be taken from first to third month. Vagbhata 1 elaborates that during first month the pregnant women should take medicated milk (non-medicated in different edition), timely in specific quantity. Even in these days for first 12 days she should take ghrita extracted from milk and medicated with shaliparni and palachas, water already boiled with gold or silver and cooled be taken as a after drink. Sweet, cold, liquid and congenital diet should be taken twice i.e. morning and evening. Massage of oil and rubbing of unguent should be avoided. Harita advised in first month out of Maharashtra, parushaka and madhukapushpa available drugs should be taken with butter and honey followed by use of sweetened milk.

## 2) Second month -

It is suggested to take milk medicated with sweet herbs like Shatavari, Bala, etc. adding two tablespoon of Shatavari Kalpa to glass of milk will serve the purpose.

- Charaka and Vagbhata1 - Milk medicated with Madhura drugs
- Shushruta - sweet, cold and liquid diet
- Harita - Sweetened milk treated with kakoli.

## 3) Third month -

The third month regimen explains adding honey and ghee to milk. You can mix 2 tablespoons of ghee plus one tablespoon of honey to a cup of lukewarm milk.

- Charaka and Vagbhata1- Milk with honey and ghrita.
- Sushruta - Sweet, cold and liquid diet, specially cooked shashti rice with milk.
- Harita - Krushara (Olio prepared with rice and pulse)

## 4) Fourth month -

The fourth month regimen recommends intake of fresh butter extracted from milk with milk.

- Charaka - Butter extracted from milk in the quantity of one aksha or milk with butter.
- Sushruta- Cooked shashti rice with curd, dainty and pleasant food mixed with milk and butter

and meat of wild animals.

- Vagbhata1 - Milk with one aksha of butter.
- Bhela - Milk with butter.
- Harita - Medicated cooked rice.

## 5) Fifth month -

Fifth month regimen suggest increased intake of ghee alone or along with food. Minimum of 7-8 tablespoons of ghee should be consumed. Where ever ghee is mentioned it means preferably cow's ghee.

- Charaka and Vagbhata1 - Ghrita prepared with butter extracted from milk.
- Sushruta - Cooked shashti rice with milk, meat of wild animals along with dainty food mixed with milk and ghrita.
- Bhela - Yawagu (rice gruel).
- Harita - Payasa (rice cooked with Milk and sweetened).

## 6) Sixth month -

Sixth month regimen suggests ghee medicated with sweet herbs like Shatavari, Liquorice should be taken early morning at empty stomach.

- Charaka and Vagbhata1- Ghrita (prepared from milk) medicated with the drugs of Madhura group.
- Sushrut - Ghrita or rice gruel medicated with gokshuru.
- Bhela - Ghrita prepared with butter extracted from milk.
- Harita - Sweetened curd.

## 7) Seventh month -

Sixth month regimen should be continued in seventh month.

- Charaka and Vagbhata1 - same as in sixth month.
- Sushruta - Ghrita medicated with prithakparnyadi group of drugs. This helps in proper growth and development of fetus.
- Harita - Ghritakhanda (a sweet dish).

## 8) Eight month -

Sweet gruel prepared in milk proves beneficial if eaten in this month. You can have gruel made of rice, Sophi, wheat vermicelli, etc. Gruel should be taken once a day.

Sushruta has indicated that in this month for cleaning the retained faces and anuloma of vayu, the Asthapan Basti (evacuative enema) should be given with decoction of Badari mixed with bala, atonal, shatapushpa, milk, curd, mastu, oil, salt, madanphala and ghrita.

This should be followed by use of Anuvasana Basti of oil medicated with milk and decoction of drugs of Madhura group.

#### 9) Ninth month -

1. Charaka - Anuvasan Basti with medicated oil should be administered in the last month. It enables the foetus to acquire its normal position & helps in attaining favourable conditions for normal labour.
2. Vagbhata<sup>2</sup> - prescribed meat-soup with cooked rice and fat or rice gruel mixed with good quantity of fat.
3. Harita - opines that in ninth and tenth month different varieties of cereals should be used.
4. Bhela - Anuvasan Basti with kadambamasha oil should be given. After this Basti rice gruel should be given.

#### Some Health Promoters:

- Garden cress seeds (chandrashura/Ahaliva) - It helps in general debility & pregnancy anemia.
- Crab, Corn & Egg soup - helps to build strong bones of foetus.
- Dry Fruits - 2 almonds soaked overnight should be eaten early morning it serves as brain tonic. Apricots helps in formation of healthy muscle tissue.
- Spinach soup with onions and carrots - helps in pregnancy anemia.
- Black currents - Black current juice is an ideal soothing in all types of urine disorders in pregnancy.
- Mangoes - Drinking mango juice with ghee and milk two times a day during pregnancy prevents one from fetal abnormalities.
- Spinach - Regular use of spinach prevents threatened abortion and hemorrhage.
- Fresh salads - can also be part of the diet of expecting mothers-cabbage, cucumber, onions, fresh asparagus, lettuce, and Spinach are good to have in salad.

#### An essential inclusion:

Panchamrut, it is Combination of ghee, curd, honey, milk, and sugar and acts as an energy booster for both mother and baby and is a good brain tonic. 2 -4 tablespoons of Panchamrut should be taken early morning.

Honey - it builds up intellect, skin colour and texture, is good for eyes, maintains equilibrium of doshas, sharpens memory and reduces morning sickness.

Saffron - Saffron taken with warm milk and ghee enhances skin colour and texture, and strengthens hearth of the fetus.

#### Benefits of monthly regimen:

Describing the benefits of this dietetic regimen prescribed for the woman having normal development of fetus, Charaka says that by this the woman remains healthy and delivers the child possessing good health, energy or strength, voice, compactness and much superior to other family members. Further he and Vaghat<sup>1</sup> say that by the use of this regimen from first to ninth month her garbhadharini (fetal membranes or vaginal canal), kuksi (abdomen), sacral region, flanks and back become soft, vayu moves into its right path or direction; feces, urine and placenta are excreted or expelled easily by their respective passages; skin and nail become soft, woman gains strength and complexion and she delivers easily at proper time a desired, excellent, healthy child possessing all the qualities and long life.

Sushruta has not described benefits separately, however, some of them mentioned here and there in between the month wise regimen are - that by this the fetus attains good growth, vayu moves in its right direction, women becomes unctuous, strong and delivers the child easily without complications.

Emphasizing the importance of women's diet authors have mentioned that the rasa derived from the diet taken by the pregnant women serves 3 purposes -

1. A Nourishment of her own body
  2. Nourishment of the fetus
  3. Nourishment of breast or formation of milk
- During first trimester of pregnancy most women experience nausea and vomiting, thus cannot take proper diet. Use of cold sweet liquid diet and milk will prevent dehydration and supply required nourishment, besides the drugs of Madeira group being anabolic will help in maintenance of proper health of mother and fetus.
  - Fourth month onwards muscular tissue of fetus grows sufficiently requiring more protein which is supplied by use of meat-soup.

- By the end of second trimester most women suffer from edema of feet and other complications of fluid accumulation. Use of Gokshuru, a good diuretic, in 6th month will prevent retention of water as well as its complications.
- Most women experience constipation in late pregnancy due to pressure of gravid uterus over the bowels and effect of progesterone. Use of enema in 8th month will relieve this constipation, besides this may also affect the autonomous nervous system governing myometrium and help in regulating their function during labour.
- Tampon of oil may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis, besides this tampon may also softens vaginal passage thus help in normal labour.
- Milk and drugs of Madhura group have been advised for entire pregnancy period.
- Milk is a whole diet. It is sweet, cold, soft, unctuous, viscous, smooth, slimy, heavy, dull and clear. This it increases ojas having the same properties due to similarity. Hence milk has been said as the best among vitalizers and as Rasayana. It is dhatuwardhak and Vata-pittashamak. Cow's milk promotes long life, is rejuvenator, good for those emaciated after injury, increases intelligence, strength and breast milk; helps easy movements of the bowels and cures exhaustion, dizziness, toxicity, inauspicious, dyspnoea, cough, severe thirst and hunger, long standing fevers, dysuria and bleeding diseases.
- Ghrita acts as Balvardhak, vruhya, vatashamak and pittashamak. It promotes memory, intelligence, Agni, semen, piss, Kasha and medas; alleviates vata, pitta, poison, insanity and fever. It is best of all fats, has thousand potentials and so, if used properly according to prescribed method, exerts thousand types of actions. Old ghee alleviates intoxication, epilepsy, fainting, and pain in female genital tract, ear and heart.
- The drugs of Madhura group are anabolic, thus use of these drugs will help in maintenance of proper health of mother and growth and development of fetus.

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