

## Ayurlog: National Journal of Research in Ayurved Science

A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved

### Roll of garbhini parichrya in relation to prasav

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#### ABSTRACT-

Garbhini Parichrya or Monthly antenatal care is the most important aspect in the whole prasuthi tantra or Garbhini. This is because all other aspects depend on this phase. The proper garbhini charya would result in the proper development of the foetus, its delivery, the health of the mother and thus her ability to withstand the strain of labour and have eventless postpartum phase. The care of pregnant women reflects on the quality and health and of the offsprings for this reason our aacharyas have given a detailed and systematic monthwise regimen plus a list of do's and don'ts to be followed in the antenatal phase.

#### INTRODUCTION-

Ayurveda considers food to be the best source of nourishment as well as medication for the pregnant woman. The nine monthly

diet is singularly unique to Ayurveda. It changes in accordance with the growth of the fetus in the womb and at the same time ensures health of the mother. One can find remnants of this dietetics with midwives and older women, but detailed and comprehensive diet plan is being practiced only by the vaidyas of the classical medical tradition.

The garbhini paricharya is broadly discussed under three topics-

Maasaanumasika pathya-monthwise dietary regimen and Medicines.

Garbhasthapaka dravyaas-substances which are beneficial to pregnancy and

Garbhopaghaathkara bhaavas-Activities and substances that are harmful.

MAASAANUMAASIKA PARICHRYA-

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### Monthwise dietary regimen And Medicines

#### Advantages of Dietetic Regimen and Medicines-

- Softening of placenta, pelvis, waist, sides of the chest and back.
- Downward movement of vaatha-this is needed for the normal expulsion of foetus during pregnancy.
- Normalisation of the urine and stool and their elimination with ease.
- softening of her skin and nails.
- promotion of strength and complexion.
- Delivery with ease of a healthy child endowed with excellent qualities in proper time.

- Effective for maintenance of pregnancy.

- Glibrine & gliberidine has action like oestrogen.

#### Shakbij-

- 15 type of protein.
- Improves liver function.
- Normalises thickness of endometrium.
- Implantation of baby.

#### Shatavari-

- Removes surgical adhesions.
- Provide nutrition to endometrium & Implantation of baby

#### DIET-

#### Recommended Diet and Regimen for Various months-

##### FIRST MONTH-

*Madhuk Shakbijam paysaya surdaru. Ash.Hru.Sha2/54.*

*Madhuk/Yashtimadhu-*

- Reduces chances of ectopic pregnancy.
- Reduces chances of chromosomal abnormality.

- Non-medicated cold milk separately in desired quantity (considering her digestive power & strength)

- Congenial food should be taken in morning and evening.

- Massage with oil should be given but rubbing should be avoided (as they would liquify doshas).

##### SECOND MONTH-

*Ashmantak krushn til Tamravalali Shatavari. Ash.Hru.Sha2/54.*

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### Ashmantak-

- Haemostasis, wound healing, reduces excessive fats in blood.
- Prevents chances of bleeding due to hormonal changes.

### Krushna til-

- Sessamin & Sessamolins are 2 important muscle protectors.
- Folic acid in larger quantity, helps for neural tube defect prevention.
- Acts as fetus protector, Healthy growth of brain of child.
- Prevents antiphospholipid syndrome.
- Prevents blood clot formation.
- Prevents miscarriage, Improper growth of baby, Immature baby.

### Tamravalali/Manjishtha-

- Protects from various bacterial & viral infection.
- Prevents chances of Intrahepatic cholestasis of pregnancy which is most commonly occur in 60% cases by improving liver function.
- Prevents Gestational Diabetes mellitus.
- Natural nutrition to Genitals.

### Shatavari-

- Fetal Nutrition, Hormonal regulation, Gastric secretion, pitta shaman, prevents miscarriage.

### Diet-

- The woman should be given milk medicated with madhur drugs & liquid food which are sweet and cold.

### THIRD MONTH-

*Vrushadani payasya lata utpalsariva. Ash.Hru.Sha2/54.*

### Payasya/Shatavari-

- Shatavari contents vitA, B1, B2, C, E, Mg, P, Ca, Fe, Folic acid hence provides complete fetal protection.

### Lata/Priyangu-

- *Regulates Pancreatic function very effectively.*
- *Maintain insulin during pregnancy & prevents gestational DM.*
- *Best Haemostatic action so prevents bleeding during first 3 month of pregnancy.*

### Shawet Sariva-

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- Prevents cromosomal abnormalities.
- Mild diuretic hence all fecal matter produce through fetal metabolism filtrate it then expel out through mothers urine.
- Best phagocytic action.

### Diet-

- In the third month should take milk with honey & ghee,shasti cooked in milk.

### FORTH MONTH-

*Ananata sariva rasna padma madhuyashtica. Ash.Hru.Sha2/54.*

### Ananata-

- Placental formation completed.
- Immunoglobulins function improves.
- Improves skin glow.

### Krushn sariva-

- Best phagocytic action.
- Maintain blood sugar hence control gestational DM.

### Padma-

- Maintain blood pressure.

### Yashtimadhu-

- Best kafnissarak hence improves lung function.

**DIET-** During forth month there is solidification and development of limbs.

- Butter extracted from milk(not from curd) in the quantity of one aksha(approximately 10grams) or milk with same ammount of butter should be given.
- Cooked *Shasti* with curds,pleasant food, mixed with milk,butter & meat of wild animals.

### FIFTH MONTH-

*Bruhtidavya kashmarya shirishrungtavcha ghrutam. Ash.Hru.Sha2/54.*

### Bruhtidavya-

- It prevents various bacterial gram +ve&-ve of bladder
- Best phagocytic activity.

- Improves liver funcion.

- Contains Ca,K,Na,Zn,Fe gives nutrition to uterus and foetus.

### Kashmari Phal-

- Best over Haemorrhoidal tendency.
- Body defencing power increases.

### Shirishrung tavcha ghrutam-

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- *Improves placentofetal circulation.*

**DIET-** Food similar to that of forth month should be given expect that *ghee* is given with milk.

- *Ghee prepared with butter extracted from milk(Ksheera sarpis).*

### SIXTH MONTH-

*Prushniparni Bala Shigru Shavdanshtra Madhuparnika. Ash.Hru.Sha2/54.*

*Prushniparni-*

- Protects kidney,maintains blood serum creatinine,urea.
- Best antibacterial action.

*Bala-*

- Prevents oedema, controls cervical pain.

*Shigru-*

- Best analgesic,defencive action.
- Contains Ca,fe,proteins,cu,vit B so provide nutrition to foetus.

*Shavdanshtra-*

- Maintain BP hence cardio protector.
- Prevents pedal oedema.

- Contain protodiosin which helps in muscle development in foetus.

*Madhuparnika-*

- Controls backache during pregnancy.

**DIET-**

- *Ksheer sarpis* medicated with drugs of *madhur gana*.
- Ghruta or rice gruel medicated with *gokshur*.

### SEVENTH MONTH-

*Shrungatak Bis Draksha Kaseru Madhuk Sita. Ash.Hru.Sha2/54.*

*Shrungatak-*

- Body Immune System Enhancer.

*Bis-*

- Contain ca,fe,zn in major quantity hence provide fetal nutrition&maintains mother health

- Having lacogenic activity.

- Provide exess proteins during pregnancy.

*Draksha-*

- Vit A,B1,B2,B6,C ,Folic acid so helps for neural growth.

*Kaseru- Scirpus kysoor*

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- Contains progesteron Prevents abortion & helps in maintainance of pregnancy.

### Yashtimadhu-

- Balances Gastric, respiratory, nervous, endocrinal system.

### DIET-

- Ghee medicated with pruthkparnyadi(vidarigandhadi) group of drug.

### EIGHTH MONTH-

Kapith bilva bruhti patol Ikshu Nidigdhika. Ash.Hru.Sha2/54.

### Kapith-

- Contains amino acid, maltoes, inositol which maintain foetus.

### Bilva-

- Helps for normal delivery of foetus.

### Bruhti-

- Improves Liver, Kidney, Nervous system, oedema, excessive fat in blood.

### Patol-

- Improves strength, defence mecanism, wound healing, pitta shamak action.

### Ikshu Mul-

- Best lactogenic activity, skin diseases, respiratory, cardiac action strengthening, antibacterial action in UTI.

### Nidigdhika-

- Best improves cardiac action.

### DIET-

- As vaatha plays important roll in delivery of foetus In order to maintain vaatha in an unvitiated state basti plays gud roll-

Shushk mulak kolamal kashayen prashashyte/shatavha kalkito basti tail ghrut saindhv. Ash.Hru.Sha1/54.

For maintainance of foetus Shushk mulak, amal kol, badi shep, til tel, ghrut, saindhv sidhdha basti is given.

### NINETH MONTH-

Sariva ananta payasaya madhuyashti. Ash.Hru.Sha2/54.

### Sariva-

- Strengthens uterine muscles & improves respiratory function.

### Ananata-

- Controls blood urea, uric acid, creatinine, nitrogen.

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### Shatavari-

- Lactogenesis, involution of uterus, fast wound healing action.

### Yashtimadhu-

- Gives endometrial lubrication & helps in normal delivery of foetus.

### DIET-

- Anuvasan basti with oil prepared from drugs of madhur group & also vaginal pichu for lubrication of uterus & birth canal
- Daily bath with cold decoction of vathar dravya. Meat soup with cooked rice.

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