



GARBHINIPARICHARYA A HOLISTIC APPROACH DURING ANTE NATAL CARE - ANARRATIVE REVIEW

*¹Dr. Vishala Turlapati and ²Dr. Jadhav Kalpana K.

¹M.D. Ayu.(Strirog & Prasutitantra), Ph.D..(Balroga)HOD & Professor,
Dept of Strirog & Prasutitantra, ²M.D. Ayu.(Swasthavritta), Ph.D..(Swasthavritta) HOD &
Associate Professor, Dept of Swasthavritta, ^{1,2}Yashwant Ayurvedic College, P.G.T. & R.C.
Kodoli, Tal- Pnhala, Dist Kolhapur.

Article Received on
23 March 2021,

Revised on 12 April 2021,
Accepted on 2 May 2021,

DOI: 10.20959/wjpps20216-19003

*Corresponding Author

Dr. Vishala Turlapati

M.D. Ayu. (Strirog &
Prasutitantra),
Ph.D..(Balroga) HOD &
Professor, Dept of Strirog &
Prasutitantra, Yashwant
Ayurvedic College, P.G.T.
& R.C. Kodoli, Tal- Pnhala,
Dist Kolhapur.

ABSTRACT

Pregnancy is one of the most important event in the life of every woman and Ayurveda suggested a very good protocol for that which is called as Garbhiniparicharya. This divided into two parts i.e. Medicated diet and Exercise with Yoga & Meditation. Both are necessary in the development of foetus. In diet section all acharyas gave more importance on consumption of ghee, milk and meat. Acharyas gave monthly diet plans which are beneficial for foetal growth, maternal health and post delivery lactation including prevention of some diseases. Yoga & Meditation assist to promotion of both physical & mental health of mother & foetus.

KEYWORDS: Garbhiniparicharya, Pregnancy, Diet, Exercise, Yoga ,
Meditation.

INTRODUCTION

Ayurveda, describes “safe motherhood”. This great science compares conception to the germination and sprouting of a seed and its transformation in to a sapling and advises special attention to be paid to the nutrition and protection of the woman.

“Dhruvam,chaturnam,sannidhyat,garbhahasyad, vidhipur|
rutu, kshetrambu, beejanam, samagryadankuro, yadha”|| (su. Sa)

Essential Factors For Conception

RUTU	FERTILE PERIOD
KSHETRA	A HEALTHLY REPRODUCTIVE TRACT
AMBU	THE ESSENTIAL HORMONES
BEEJA	HEALTHY SPERM & OVUM

Basically Ayurveda is a science that go on Thridosha Theory. Vitiation of thridoshas result in disease. Particularly in pregnancy and puerperal period, vata is the dosha which has to be given due consideration & it plays very important role during this period.

Pregnancy is one of the most important event in the life of every woman and Ayurveda suggested a very good protocol for that which is called GARBHINIPARICHARYA. Meaning of the word Paricharya is regimen and therefore GARBHINIPARICHARYA means the regimen which should be followed by pregnant women from conception up to delivery. GARBHINIPARICHARYA is mainly divided into two parts i.e. Aahar (Diet) & Vihar (Behavior). Both are essential in the development of foetus.

1. Dietprotocol During Pregnancy(Garbhini Paricharya)

Aahar i.e. Diet is the most important component of Garbhiniparicharya. Diet advised by Ayurvedic classics during pregnancy ultimately results in foetal growth, maternal health and post delivery lactation including prevention of some diseases.

More emphasis is given on the consumption of ghee, milk and meat by all acharyas.

“Ksheeram - Pushti , Dhrudatvam, Labhatecha, Garbho”

(ka. Sam)

Protocol For The First Trimester

“Ksheeramanupaskrutam, Matravat, Seetam, Kale, Kale, Pibeth”

(Charaka)

“Madhura, Seeta, Drava, Prayamahara, Mupasevet ”(SUS)

“Dviteeye, Mase, Ksheeramevacha, Madhuraoushadhasiddham”

(Charaka)

The above statements are indicating the importance of milk. Some of the authors also mentioned the use of honey and butter. During the second month it is advised by Charaka

and Vagbhata to consume medicated milk with *madhura* drugs. (i.e. Carbohydrate rich substances)

During third month it is advised to consume milk with honey and ghee. Sushruta advises the intake of specially cooked rice cereal with milk.

Scientific Out Look

The advice to use milk constantly 9 months and particularly first 3 months indicates the emphasis laid on supplementing the essential nutrients, especially protein & calcium which is the very essential nutrients during this period & its intake should be increased . Ayurveda says milk is a *Purnnana* that is complete food because of its composition. Milk is a good source of protein, fat, vitamin A , B, D and also a calcium, prosperous & potassium. Milk is considered as the best *jeevaneeya dravya* as per Ayurveda i.e. which is essential for life.

Milk is having the property of antacid and mild laxative to combat the common ailments during first trimester like constipation and heart burn. During the first trimester of pregnancy the foetus is in a formative stage. During this stage the embryo is nourished by a process called *upasnehan* (percolation). Therefore as per Sushruta more liquid diet is advised. The milk medicated by drugs such as *satavari* (asparagus), and *vidari* (*pureria tuberosa*) acts as sustainers of pregnancy (*prajasthapana*).

The use of butter and ghee is also justifiable as fats are essential for the absorption of vitamins A, D, E etc. Previous studies proved the consumption of pure ghee can check various diseases. (New Indian express 13 July 2004). Use of cold and liquid diet along with milk prevent dehydration during the first trimester as most of the woman experience nausea and vomiting hampering the intake. *Madhura* indicates the substances rich in glucose content which help to reduce vomiting. Sushruta even says that milk has got the property of preventing abortions.

Table

Fourth Month

Charaka advises milk with butter and Sushruta advises cooked rice with curd and rice with butter and meat.

“Ghrutam Smruthimati Medha Kanti Bala Karamayushyam Medhyam Vishahara”

(Sus)

Ghee increases the intellectual capacity of the child and also with its *Vishahar* (anti toxin) property helps in eliminating any form of toxins produced in the body. It even helps in controlling convulsions (*murchcha*) and prevents unconsciousness (*apasmara*).

The advice of meat from fourth month onwards stress the importance of development of *dhatu*s (tissues) particularly muscular tissue which require more protein which is supplied by meat. Meat is also one of the best sources of folic acid, iron, iodine and essential amino acids.

Fifth Month

Along with butter, rice gruel and sweet rice enriched with ghee is advised.

Sixth month

“Shashte, Swadamshttra, Siddasya, Sarpisho, Matram, Payayed, Yavaguva”

(Sus)

Sushruta specially advised the intake of *ghruta* or rice gruel medicated with *gokshur* (*tribulus terrestris*)

The advice of *gokshuru* with ghee during sixth month is a unique protocol which can help in preventing PIH and related conditions like pre- eclamptic toxemia and their complications. This drug is a diuretic and considered as the best choice in the disorders of urinogenital system. Recent studies proved this drug has got Nephroprotective Activity (tried in albino rats).

Some of the cases with past History of PIH & PET responded well with this protocol with uneventful antenatal & post natal periods.

Probably this protocol helps in reducing the angiotensin sensitivity in susceptible subjects and produce vasodilator effect by interfering in the elimination of elevated concentration of extra cellular sodium. It needs a more scientific evaluation through sufficient clinical research.

Diet Protocol For Second Trimester

SUSHRUTA	<i>Sali dhanya</i> with <i>Ghruta, Dadhi & Mamsa Rasa</i> (Rice cereal with Ghee, curd and meat) and <i>gokshuradi Ghruta</i> (Ghee medicated with <i>Tribulus Terrestris</i>)
-----------------	---

CHARAKA	<i>Ksheera navaneetha Yukta, Saliiodana</i> with Ghruta (Milk with butter & Rice Cereal with Ghee)
----------------	--

Seventh Month

“*saptame, sarphi, prithak parnyadi, siddham | evamapyayate, garbhaha* ||

(SUS)

Sushruta advises medicated Ghee with *prithakparnyadi* drugs (*uraria picta* etc) These group of drugs are said to have the property of Foetal Nourishment. During eight & ninth months most of the *Acharya's* advice in addition to the above diet protocol, administration of cleansing and Anabolic enema's with medicated drugs to promote a safe and easy labor by making the birth canal more flexible and bringing foetus into right position.

During the last trimester plenty of intakes of different varieties of cereals are advised.

Diet Protocol For Third Trimester

SUSHRUTA	<i>Pruthak parnyadi Ghruta</i> (Ghee medicated with <i>uraria</i> group of drugs)
CHARAKA	<i>Sali dhanya yukta Ghruta & Ksheera</i> (Plenty of cereals with Ghee & Milk)
OTHERS	<i>Vividha dhanya's</i> (Plenty of cereals of different varieties)

Some of the important medicines used during antenatal period contain the fruits like Pomegranate (*Dadima*), Goose berry (*Amalaki*), Grapes (*Draksha*) etc., as main ingredients. These will help in preventing abortions and premature labour. Conditions like threatened abortion, Habitual abortions, can be effectively handled with these preparations. Pomegranate is a uterine relaxant. Goose berry has got ante emetic ante diabetic property and growth promoting activity with plenty of vitamin C. It helps in the good absorption of Iron and if administered from the early antenatal period can prevent the Gestational diabetes. The Juice of goose berry and Honey improves Haemoglobin levels.

Important Pharmacological Preparations with Ghee And Fruits

POMEGRANATE (<i>DADIMA</i>)	<i>Dadimadi ghruta</i> : - helps in sustaining the pregnancy, promotes nourishment to the foetus.
GOOSE BERRY (<i>AMALAKI</i>)	<i>Amalaki Rasayana</i> : - helps to increase the Haemoglobin levels, promotes good absorption of Iron, foetal growth, Prevents Gestational Diabetes.
GRAPES (<i>DRAKSHA</i>)	<i>Drakshadi Rasayana</i> : - Good foetal nourisher, prevents pregnancy loss.

Benefits of Monthly Protocol

“*Evamapyayate, Garbha,Anulomehi, Vayau, Sukham, Prasoooyate, Nirupadravacha, Bhavati Evamupakarnta, Snigdha Balavati, Sukhamanupadrava, Prasoooyate | (Sushruta Samhita)*

The diet protocol helps in normal development of foetus with good nourishment, by regulating the myometrial co-ordination by preparing the birth canal helps for easy and uneventful labour and also helps in the expulsion of placenta.

<i>APYAYATEGARBHA</i>	Foetal Nourishment
<i>ANULOMEHIVAYAU</i>	Promotes the easy expulsion of Foetus
<i>SUKHAMANUPADRAVA PRASOOYATE</i>	Promotes easy and uncomplicated labour.

Vihar - Protocol During Pregnancy(Garbhini Paricharya)

Vihar or code of conduct during pregnancy which helps to promotion of foetal health both physical & mental as well as is beneficial to mother. It consists of Exercise, Yoga & Meditation as well as some rules of Behavior.

Exercise

Small exercise during pregnancy is helpful for promotion of antenatal as well as natal period. Walking is the best one.

For the First Trimester moderate walking start with about 10 to 15 minutes by alternate day. After that do it for five days of week by increasing time with 5 minutes. Maximum 10,000 steps per day should be done. For third trimester one should continue above schedule of walking. Keep walking for as long as one can, though she may avoid steep or uneven paths that could put off-balance. If there is any pelvic or back pain while walking during this trimester consult to physician.

Walking regulates blood pressure and helps to sleep better. Reduces the risk of complications during pregnancy and delivery. Boost up mood and energy levels. Relieves back pain and other aches. Helps to relieve constipation. Helps you burn calories so keep weight in check & also promotes postpartum weight loss.

Yoga & Meditation

As Yoga helps to develop the body and mind, it provides holistic health benefits for mothers.

As well as it gives physical and psychological support to mother during pregnancy, labour and post delivery period and subsides emotional variations. Yoga schedule during pregnancy should be practiced after consultation of doctor. And it is important to learn and practice yoga under the supervision of a trained Yoga teacher.

Protocol For The First Trimester

I)Asanas

For the first trimester of pregnancy, standing yoga poses are to be practiced. This gives strength to legs and improves circulation. It may help to reduce leg cramps.

Following Asanas are recommended in first trimester of pregnancy

trikonasan, konasan, marjariasana, badhakonasana,veerbhadrasan, shavasana

1.Trikonasana (Triangle Pose)

As in pregnancy there is shifting of center of gravity it is very helpful. And also reduces back pain and stress as well as maintains physical and mental balance. Due to practicing this asana stretching of the hips takes place which helps during delivery.

2.Konasana-I (Standing Sideways Bending One Arm)

It maintains flexibility of the spine. Gives exercise the sides of the body and stretching of it. Also helps to recover constipation which is a common symptom of pregnancy.

3.Konasana-II (Standing Sideways Using Both Arms)

In this asana stretching of arms, legs, spine as well as abdominal organs takes place which further results to improve tone and strength of these organs.

4.Marjarasana (Cat Stretch)

It stretches the neck and shoulder and relieves the stiffness. Also gives strength to shoulders and wrists. Practicing Marjarasana keeps the spine flexible. This is useful because the back has to support more weight as the pregnancy advances. It also tones the abdominal region and helps the body to deal with weight gain during pregnancy. By improving blood circulation, it helps in good nourishment of the reproductive organs.

Marjarasana should be performed only in the first six months and not beyond that.

4.Veerbhadrasana (Warrior Pose)

It improves balance in the body. It Tones and strengthens the arms, legs and lower back and boosts stamina.

5.Badhakonasana (Butterfly Pose)

Performing this asana stretching of thighs and knees takes place also it relieves pain. This asana improves flexibility in the hip and groin region.

It recovers fatigue. It helps to make possible smooth delivery when practiced until late pregnancy.

6.Shavasana (Corpse Pose)

Shavasana should be practiced at the end of a yoga session to relax mind and body. Stay in this position for 10 -12 minutes and you will feel refreshed. Shavasana helps to relax mind and body and repairs cells. As anxiety and stress are a common problem in pregnancy, this asana can help you tackle it easily by relieving stress.

Precautions to be taken for pregnant women during yoga practice

Do Asanas without excessive effort. Avoid doing Asanas in inversion poses.

Avoid practicing yoga during the 10th to the 14th week of pregnancy since these are crucial times.

Avoid Asanas that put pressure on the abdomen during advanced stages of pregnancy.

Yogasanas (Yoga poses) to avoid during pregnancy

Naukasana (Boat Pose), Chakrasana (Wheel Pose), Ardha Matsyendrasana (Sitting Half Spinal Twist), Bhujangasana (Cobra Pose), Viparita Shalabhasana (Superman Pose), Halasana (Plow Pose), Sarvangasana or Viparit karani, Shirshasana(Head down pose), Setu Bandha Sarvangasana (Bridge Pose), Suryanamaskara (Sun Salutations)

II) Pranayama

Pranayama or breathing exercises during pregnancy. Pranayama eliminates negative emotions like frustration, anger, fear. It also helps to release stress, accordingly keeping the mind calm and quiet .Pregnant women should perform simple practices of pranayama and these are Anulom Vilom pranayam & Bhramari pranayama.

Anulom – vilom Pranayama (Alternate Nostril Breathing technique)

It maintains body temperature. It results to improve calmness and relaxes the mind. Major benefit of Anulom Vilom pranayam is it enhances oxygen supply to mother which helps by means of the baby's growth.

Bhramari Pranayama (Bee Breath)

It helps by regulating blood pressure and also relieves headaches.

Bhramari Pranayam is more effective exercise for brain due its humming sound, vibration is produced which affects directly to the hypothalamus of brain causing a resonance in mind and it fills the whole body with calmness and happiness. Bhramari Pranayama have a preventive effects on stress, anxiety, depression. Bhramari Pranayama induces the positive thoughts and feelings of happiness.

Meditation

After the session of yoga asanas and pranayamas pregnant women should practice the some meditation. This includes Omkar mantra chanting and Yoganidra.

Omkar mantra chanting

Omkar mantra chanting reduces the stress and keep mind relaxed. Also helps to reduce hypertension. It improves steadiness and peace in both mind & body. It is helpful in mood swings during pregnancy.

Yoga Nidra (Yogic sleep)

Yoganidra practice deeply relaxes every cell in the body. Also it reduces tension and anxiety. Yoganidra helps to regulate the blood pressure.

Protocol for the second & third trimester

During the second and third trimester, time of holding asanas should be reduced to prevent fatigue. Substitute with breathing exercises like *deergha shvasana* as well as above protocol mentioned under meditation for first trimester.

CONCLUSION

Due to pregnancy and child birth still the death rate is very high in India (100,000 / Year). Most of the rural woman cannot afford to take effective ante-natal & post natal care due to so many socio- economic reasons which is resulting in high mortality rate.

The Ancient Medical science Ayurveda is very well aware of the complications that occur during Ante-natal & post natal period. This is the reason a great emphasis is laid on the *Garbhini paricharya* (ANC) with a varied range of dietetic protocol which is quiet acceptable for so many rural woman also because it is very near to the cultural practices of India, particularly rural community.

Most of the conditions that trouble the woman during pregnancy can be effectively tackled through a protocol combined diet with drugs, which will be easily acceptable by women who are sensitive to take Medicines. As it is combined with diet, additional attention need not be given for medicine intake.

All the drugs (herbs) that are included in the protocol are safe and effective. There is no need of any additional supplements of this protocol is followed. The drug like *Tribulus terrestris* (*Gokshura*) effect in preventing toxemia's of pregnancy need to be evaluated as it can be breakthrough in the management of PIH & PET. Effective involution in the post natal period can be achieved.

Practicing Exercise & Yoga during pregnancy keeps the body flexible and mind happy. In addition it has a positive effect in common symptoms such as morning sickness, painful leg cramps, swollen ankles and constipation. As well as it helps to proceed easy & smooth labor and delivery through relieving tension around the cervix by opening up the pelvic region. This prepares to mother for labor and delivery and also makes faster recovery in postpartum period.

Finally this protocol keeps the mother and the child healthy which is ultimate aim of any science.

REFERENCES

1. Charak Samhita, Poorvardh, Varanasi, Chaukhamba, Bharti Academy, Reprint 2002.
2. Charak Samhita, Uttardha, Varanasi, Chaukhamba, Bharti Academy, reprint 2002.
3. Bhavprakash, Bhavprakash Hindi by Khemraj Shastri Krishnadas, Pratham Khand.
4. Sushrut Sanhita, Poorvardh Varanasi ,Chaukhambha Sanskrit Sansthan, Reprint 2008.
5. Prof. Premvati Tiwari, Hindi, Ayurved Prasuti Tantra avam Stri Rog, Varanasi, Chaukhambha Orientalia, Reprint 2003.
6. D. C. Dutta, Textbook of Gynaecology, Kolkata ,New Central Book Agency(P) Limited, 5th edition, 2008.

7. B.K.S. Iyengar ,Patanjali Yogsutra , Marathi ,translation by Dr Sameer Kulkarni, Patanjali Yog Sutra Rohan Publication, Rprint 2015.
8. Patanjali Yoga Sutra, Sanskrit text with translation and commentary by Swami Vivekananda
9. Sampurn Swasthavritt Vigyan Marathi by Dr Vijay Patrika ,Shri Dhanwantri Publication 8th edition 2019.
10. Yoga Tatva Upanishad, translated by Narayan Swami Aiyar
11. Yogatattvopnishad online book, www.swargarohan.org.
12. Yogshikoupanishad, online book www.swargarohan.org.
13. Sampurn SwasthavrittVigyan Marathi by Dr Vijay Patrika ,Shri Dhanwantri Publication 8th edition 2019.
14. Yoga in Pregnancy M. Kannan* , P Sathiya Rajeswaran, S Natarajan, R Vasudevan, S D Muralidass, M S Shree Devi, Malaya Journal of Biosciences, 2015; 2(2): 104-109 ISSN 2348 6236 print / 2348 3075 online.