



A review on nutritional requirements throughout pregnancy w.s.r. *Garbhini Paricharya*

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Received: 06-02-2020 / Revised Accepted: 23-02-2020 / Published: 02-03-2020

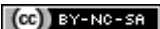
ABSTRACT

Garbhini awastha is a precious phase in women's life. This phase should not be risky both for mother and child that's why extra care needs to be taken during pregnancy. To assure a safe motherhood as well as healthy progeny Ayurveda has given prime importance to ante-natal care and elaborated it as 'Garbhini Paricharya' by many acharya's. According to WHO, it suggests that everyday around 800 women die due to complications related to pregnancy and child birth. To minimise this rate, Garbhini paricharya is the need of the era.

Keywords: Sukha Prasava, Garbhini, Antenatal care, Healthy progeny.

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How to Cite this Article: Dr. Nayana Ramkumar Kharade and Dr. Varsha Suresh Deshmukh. A review on nutritional requirements throughout pregnancy w.s.r. *Garbhini Paricharya*. World J Pharm Sci 2020; 8(3): 70-73.

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INTRODUCTION

Woman as the important creation is the only source of new life to develop a healthy progeny. Pregnancy is the physiological process; still there are chances of complications at any stage due to altered anatomical or physiological functions of the body of pregnant woman. To avoid such complications special care has to be given to Garbhini which is explained as 'Garbhini Paricharya' in Ayurveda. Garbhini Paricharya is systematic supervision of Garbhini throughout pregnancy for overall development of mother as well as baby.

It includes Ahara (Diet), Vihara (lifestyle), Aushadha (Medicines) and Paramarsha (Counselling) for sukha prasava (Safe Delivery of baby).

'Masanumasik Garbhini Paricharya' is the regimen month by month during whole pregnancy, which includes month wise Ahara, Vihara and Aushadhi. This will help to prevent any deformity in baby, ensure proper growth and development of foetus, also health of mother and unobstructed labour.

Aim: Literary review of nutritional requirements in pregnancy w.s.r. Garbhini Paricharya according to different acharya's.

Objectives:

1. To collect and analyse the data regarding Masanumasik Garbhini Paricharya.
2. To collect and analyse nutritional supplements essential in pregnancy.
3. To promote, protect, and maintain health of mother.
4. To felicitate growth and development of foetus.
5. To minimise the complications during pregnancy.

MATERIALS AND METHODS

'Masanumasik Garbhini Paricharya' according to Acharya Charaka, Sushruta, Vagbhata and Harita is explained in details monthwise. In this paricharya mainly three points are included-

- 1.) Masanumasik pathya (monthwise dietary regimen.)
- 2.) Garbhasthapaka Dravyas (substances beneficial for healthy pregnancy.)
- 3.) Garbhopaghatakara bhavas (Harmful activities during pregnancy.)

Masanumasik pathya (month wise dietary regimen): Foetus gets nutrition from mother through placenta. For healthy foetus proper nutrition required. So the dietetic requirements of mother also changes month wise. Acharya's have

given detailed month wise dietetic regimen known as Masanumasik garbhini paricharya, mentioned in details in Table no. 1[1, 2, 3, 4]

Garbhasthapaka Dravyas (substances beneficial for healthy pregnancy): These are needed for maintenance of proper health, growth & development of mother as well as foetus. These Dravyas also use for prevention and treatment of abortion. Garbhasthapaka Dravyas include-Brahmi (*Centella asiatica*), Aindri (*Bacopa monnieri*), Vatyapushpi (*Sida cordifolia*), Satavirya (*Asparagus racemosus*), Sahasravirya (*Cynodon dactylon*), Amogha (*Stereospermum suaveolens*), Avyatha (*Tinospora Cardifolia*), Shiva (*Terminalia chebula*), Arista (*Picrorhizakurroa*), Vishwasenkanta (*Callicarpamacrophylla*). These should be taken orally with milk & ghee. These should be kept in close contact with mother, also used as amulets around right arm & head. Drugs of JivaniyaGana also used for these purpose.

Garbhopaghatakara bhavas (Harmful activities during pregnancy): Garbhopaghatakara bhavas can cause congenital defects in the foetus, also can cause harmful effect in conducting birth of healthy child.

These bhavas are explained in Table no. 2

DISCUSSION

First Trimester: Karma of Vata is Vibhajan[2], in first trimester Organogenesis occurs for this vata is responsible. Vatadushti may hamper this process. Ghrita, Ksheera, Madhuradravyas mentioned in first trimester by acharyas will help to maintain samavastha of vata & are kaphaposhak so will help in proper growth and development of foetus. In first trimester, agnimandya in pregnant women is seen which hamper their digestion process, which leads to nausea & vomiting causing dehydration. Use of sweet and cold liquid diet, milk will do Rasprinan and provide nourishment to garbhini and prevent dehydration. Milk is stated by all acharyas in first trimester is very important as it is the rich source of calcium, lactose and also avoid the constipation.

Second Trimester: From fourth month onward muscular tissue develops which need more protein which is supplied by Janghalmansras[2] i.e. meat soup. In sixth month most of the women suffers from problems like water accumulation leading to oedema over dependent parts like feet. Use of Gokshura[2] (*Tribulusterrestris*) may prevent these disturbances, as it is good diuretic. Being diuretic Gokshura is also helpful in pregnancy induced hypertension and its complications.

Third Trimester: Pruthakparnyadigroup [2] are also diuretic and have anabolic effect which will

suppress pitta and kapha which will help in maintaining health of mother and foetus. Most of the pregnant women experiences constipation in third trimester due to pressure of engaged head in pelvis over bowel and rectum. For that use of basti in eighth month[2] will be helpful. Asthapan and Anuvasanabasti[1,2,3] help in purishashodhan and vayuanuloman which leads to sukha and nirupadravi prasava.

Conclusion: Ayurveda mentioned a proper protocol to be followed during whole pregnancy as 'Garbhini paricharya'. If proper garbhini paricharya not maintained during pregnancy it may leads to complications to mother as well as foetus. To avoid such complications one should follow garbhini paricharya. Also it will help in formation of qualitative Rasdhatu which nourishes garbhini, garbha and helps in milk production. Also helpful in maintaining vayu in samansthithi necessary for Sukha prasava.

Table 1

Month	Charaka Samhita [1]	Sushruta Samhita [2]	VagbhataSamhita [3]	Harita Samhita [4]
1	AnupasamskritaKsheera (Non medicated milk.)	Sweet, cold and liquid diet.	Medicated milk.	YashtimadhuParushak, Madhukapushpa with navneeta. Madhu & Madhur Dravya mishrit milk.
2	Madhuraaushadhi siddha ksheera. (Milk medicated with sweet drugs.)	Sweet, cold and liquid diet.	Milk medicated with sweet drugs.	Kakoli siddha milk
3	Madhusarpi siddha ksheera. (Milk with honey and ghee)	Sweet, cold and liquid diet and Shashti rice with milk	Milk with honey & ghee.	Krushara
4	KsheerNavneetAkshamatra (Butter extracted from milk)	Shashti rice with curd. Milk, Butter. Meat of wild animals	Milk with 12 gm of butter.	Medicated rice
5	Ksheerasarpi. (Ghee extracted from milk.)	Shashti rice with milk. Food mixed with milk & ghee.	As per Charaka Samhita	Payasa. (Rice cooked with milk & sweets)
6	Madhuraaushadhi siddha ksheerasarpi. (Ghee medicated with sweet drugs.)	Shashti rice with ghee, Yavagu, Ghee medicated with Gokshur.	As per Charaka Samhita	MadhuraDadhi.
7	Sweetened curd	Pruthakparnyadi Ghee.	As per Charaka Samhita	Ghritakhanda
8	KsheeraYavagu mixed with Ghee.	Asthapanbasti of Badaradi drugs, followed by Anuvasanabasti of oil medicated with milk & madhur drugs.	KsheeraYavagu with ghee. Asthapanbasti of Badaradi drugs. Anuvasanbasti with madhur drugs.	Ghritapuraka
9	AnuvasanaBasti with madhura drugs and Yoni Pichu(vaginal tampon of medicated oil)	Yavagu(soup of wild animals) upto period of delivery.	As per Charaka Samhita	Vividhanna.(Different Varieties of cereals)

Table 2

Samhita	Garbhopaghatakara bhavas
Charaka Samhita[1]	Pungent drugs, Exercise, Intercourse
Sushruta Samhita[2]	Intercourse, Sleeping in day & awakening in night, Riding on vehicle, Travelling, Exercise, Excessive emaciation, Suppression of natural urges, Squatting etc
Vaghabhata Samhita [3]	Exercise, Intercourse, Heavy weight lifting, Squatting, Anger, Excitement, Covering herself with heavy sheet, Use of pungent, hot, heavy, hard to digest food, Use of red garments, Wine & meat, Sleeping in Supine position, Excessive walking, Suppression of natural urges, Fasting etc

Kashyapa Samhita [5]	Excessive laughing, shaking & trauma, Cold water, Erect or Flexed Posture for long, Garlic, Looking declining moon, Setting sun, Seeing solar or lunar eclipse, Misbehave with guest or beggars , wear tight garments, Perform oblation of ghrita in burning fire for pacification etc
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