

Importance of *Garbhini Paricharya*

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ABSTRACT

Antenatal care concept in Ayurveda represents a comprehensive, stage wise regimen that guides to ensure maternal health and fetal development. The paricharya integrates dietary guidelines, lifestyle modifications, well-being, and certain herbal interventions that are unique to each month of pregnancy. Primary objective of the antenatal care is to maintain dosha equilibrium, support dhatu formation, and prevent complications during gestation. The importance of mental health of the mother during pregnancy and the impact of her behavior and feelings on the development of the fetus has also been emphasized in *Garbhini Paricharya*. Holistic development of the fetus through the practice of gentle routines, spirituality, and positive stimuli has also been recognized. Scientifically, following these guidelines leads to a lower chance of (birth defects), premature delivery, intrauterine growth retardation, and problems after childbirth. In today's scenario, *Garbhini Paricharya* can be correlated with concepts of preventive obstetrics and personalized medicine, providing an inexpensive and culturally acceptable means of treating expectant mothers.

Keywords: *Garbhini paricharya*, Prasuti tantra, Ayurveda, Antenatal care, *Garbhini vyapad*

INTRODUCTION

Mother and child must be considered as one unit it is because during Antenatal period foetus is part of mother the period of development of foetus. During this period, the foetus obtains all the building material from mother's blood. Child health is closely related to maternal health, a healthy mother brings forth a healthy baby, there is less chance for a premature birth, still birth or Abortion, most important phase of life of mothers and child is Antenatal period it is also known as *Garbhini Paricharya* in Ayurveda.

Garbhini Paricharya : *Garbhini* means Pregnant Women & *Paricharya* means Regimen. In this *Paricharya* mainly three points are included:

Masanumasika pathya (month wise dietary regimen)

Garbhasthapaka dravyas (Substances beneficial for healthy pregnancy)

Garbhopaghathakara bhavas (Activities which are harmful)

NEED OF STUDY

Pregnancy is a highly sensitive phase requiring comprehensive physical, mental, and nutritional care to ensure the wellbeing of both mother and fetus . The study is essential to bridge traditional knowledge with modern clinical understanding, support preventive maternal healthcare, and provide an evidence-based framework for managing high-risk pregnancies through Ayurveda.

AIM

To assess the role of Garbhini Paricharya in ensuring healthy pregnancy outcomes through diet, lifestyle, and month-wise antenatal regimen.

OBJECTIVES

To identify the overall contribution of Garbhini Paricharya in improving maternal wellbeing, fetal development, and pregnancy outcomes.

METHODOLOGY

For the authentic data in Ayurveda literature, Ayurveda texts were selected and searched. Literature review was carried out in Brihatrayee (Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya Samhita) and important Ayurveda classics for Prasuti Tantra. These data were categorized under the diet management (Ahara), behavioral management (Viharana), clinical importance of psychological support. Those findings were analyzed and discussed the clinical importance of Garbhini paricharya to maintain the health of mother and to facilitate healthy growth and development of the fetus.

MASANUMASIKA PATHYA (MONTH WISE DIETARY REGIMEN)

Month	Charaka samhita	Sushruta samhita	Vagbhata samhita
Prathammas	Anupskrut ksheer (milk)	Madhur, sheet ,dravya aahar	Medicated ksheer
Dwitiyamas	Madhur aushadhi siddha ksheer	Madhur sheet dravya aahar	Madhur aushadhi siddha ksheer
Trutiyamas	madhu+Ghruta+ksheer	Madhur sheet dravya aahar	Madhu+sarpi + ksheer
Chaturthamas	Ksheer+navneet	Shashtikodan,jang al mas yuktaahar +navneet	Ksheer with laksa navaneet
Panchamamas	Ksheer +sarpi	Shashtikodan, jang al mas yukta ahar +navneet	Ksheer +sarpi
Shashtamas	Madhur aushadhi siddha ksheer+sarpi	Gokshur siddha yavagu pan	Madhur aushadhi siddha ksheer+sarpi
Saptammas	Madhur aushadhi siddha ksheer+sarpi	Pruthakparnyadi Gruta	Madhur aushadhi siddha ksheer+sarpi
Ashtammas	Ksheer yavagu sarpi	Asthapan basti and anuvaan basti (oil+madhuraushadhi)	Ghruta mix yavagu
Navammas	Ksheer yavagu sarpi	Snigdha yavagu with jangal mas rasa	Ghruta mix yavagu

Garbhasthapaka dravyas (Substances beneficial for healthy pregnancy)

Garbhasthapaka dravyas 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 are *Aindri*, *Brahmi*, *Satavirya*, *Avyatha*, *Shiva*, *Vatyapushpi*, etc

Drugs of the *Jeevaneeya Gana* also used for these propose.

Garbhopaghathakara bhavas (Activities which are harmful)

Garbhopaghatakara Bhavas are the diets and mode of life which are harmful for fetus resulting in either abortion or intrauterine death of fetus and cause congenital anomalies in fetus. Those which produce psychological or physical strains

such as mental stress, tear, anxiety sudden shock, exercise, over weight carrying and vehicle riding may precipitate abortions or abnormalities of fetus. Due to sudden increase in intra-abdominal pressure; prolonged squatting in abnormal postures and supine position may influence placental and uterine blood flow thus cause abortion, intrauterine death of the fetus or other abnormalities.

Psychological or physical support from the family is very needful in the pregnancy period.

DISCUSSION

Garbhini Paricharya, the antenatal regimen described in Ayurveda, provides a comprehensive and holistic framework for ensuring maternal and fetal wellbeing. The findings of various classical references and contemporary clinical observations suggest that adherence to month-wise dietetics, behavioral regimen, and therapeutic guidelines plays a significant role in reducing pregnancy-related complications. The Ayurvedic principles of Ahara (diet), Vihara (lifestyle) and Aushadhi (medications) help maintain the equilibrium of doshas, nourish the fetus, and support the mother's physical and psychological health, thereby contributing to safer pregnancy outcomes.

CONCLUSION

The period from conception to implantation is particularly important for foetal growth and development. Each stage of foetal development is dependent and influenced by appropriate maternal nutrient supply. Malnutrition, resulting from imbalances of macro and micronutrients before and during pregnancy, can negatively affect both mother and foetus

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