

## Impact of *Garbhini Paricharya* in ayurveda

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### ABSTRACT:

Pregnancy-related issues in today's era can vary and may be influenced by a range of factors, including social, economic, cultural, and technological changes. The challenges can vary widely among individuals and communities. Addressing these issues often involves a combination of medical, social, and policy measures to ensure the well-being of both expectant mothers and their children. "*Garbhini Paricharya*" in Ayurveda refers to the holistic approach towards antenatal care, emphasizing the well-being of both the mother and the developing foetus during pregnancy. This ancient system of medicine provides a comprehensive guideline for the physical, mental, and emotional care of the pregnant woman. The concept underscores the importance of a balanced and nurturing lifestyle to ensure a healthy pregnancy, smooth delivery, and the birth of a robust child. *Garbhini Paricharya* in Ayurveda provides a holistic framework for antenatal care, recognizing the interconnectedness of the mind, body, and spirit. By emphasizing personalized and

preventive measures, it aims to optimize the health of both the mother and the developing foetus, fostering a positive and nurturing environment for the miraculous journey of pregnancy.

### KEYWORDS:

*Masanumasika*, Pregnancy, *Pathya*, *Paricharya*

### INTRODUCTION:

The prophylactic value of antenatal supervision is so much tested and recognised in advanced countries that it is needless to stress its importance. Antenatal care is essential "to maintain the health in the affluent society" and "to improve the health in developing countries". This care is very much essential to prevent or detect medical obstetrical complications at the earliest. It also gives psychological support to the patient so that, she finds herself confident during the ordeal of labour.

Another main aim of antenatal care is "to bring healthy offspring" into the society. The birth of a handicapped

child poses a problem not only to the family but also to the society at large. The foetus usually faces much greater risks of serious mortality and morbidity than does the mother. Foetal growth and development depend upon the mother. Through the best maternal care, the above said foetal risks can be avoided or at least prevented.

The decline in the normal health of women in the present generation is resulting in many traumas. A woman who plays multifaceted activity in her life is neglecting herself. Thereby, the normal physiological functions that usually occur in women are lacking. That speaks of normal physiological labour as well. "To prevent the pathological changes that occur during labour' proper antenatal care is essential.

#### DERIVATION / DEFINITION OF GARBHINI PARICHARYA:

*Garbhini:*

According to *Shabda Stoma Mahanidhi*, *Garbhini* is defined as

गर्भो स्त्यास्याः  
दूनि। श.स्तो.म.

A person who in *Garbha* dwells is termed a *Garbhini*.

*Paricharya:*

The word "*Paricharya*" is derived from the root "*Chara-Gatau*" with the prefix "*Pari*"<sup>[1]</sup>. *Charya* refers to service or nursing. Hence, the *Garbhini Paricharya* is the care given to pregnant women in all respects.

#### BENEFITS OF GARBHINI PARICHARYA:

The month-wise *Paricharya* described in the *Shastras* helps in the proper development of the foetus and gives health to the mother. By following the timely regimen described in the *Shastras*, the mother's body parts like the abdomen, flanks, back, and genital organs become *Mridu*, and *Anulomana* of *Vayu* occurs. The natural urges are expelled out easily, through their respective passages. The skin and nails become smooth and *Garbhini* attains a high degree of *Bala*, *Varna*, and *Ojas*. She also poses timely. All these factors contribute to the full development and delivery of a child with all qualities and health.<sup>[2]</sup>

Contrary to this, if a *Garbhini* does not follow the above-mentioned *Paricharya*, that may result in many problems regarding the health of both mother and foetus and also result in complications that may need immediate attention. They can be categorized under the following headings:

1. *Garbha Vyapat*
2. *Moodha Garbha*
3. *Dushprajataja Amayas*

#### 1. *Garbha Vyapat:*

Charaka, while describing the *Garbhopaghatacara Bhavas*<sup>[3]</sup> mentioned that if a woman follows the *Apatya Viharas* like *Utkatasan*, *Vishamasan Kathinasan*, etc., she is more prone to have *Garbha Vyapats* like early abortions, mid-trimester abortions, IUGR, IUD, etc.

He also states that if *Garbhini* takes *Apathya Ahara*, it will lead to *Upavishtaka*, *Nagodara*, etc. diseases in *Garbha*.<sup>[4]</sup>

#### 2. *Moodha Garbha:*

Sushruta, in his "*Moodha Garbha Nidana*"<sup>[5]</sup> has mentioned the aetiological factors of *Moodha. Garbha* as *Adhvagamana, Praskhalana* etc. These factors are nothing but the contra indicated *Ahara-Viharas* in the gestation period.

### 3. *Dushprajataja Amayas*:

Sushruta, while describing the 8th month of *Garbhini Paricharya*, stated that the *Vasti* which is given this month will result in *Prakrita Prasava* <sup>[6]</sup>. In *Kashyapa Samhita*, it has been stated that *Aprakrita Prasava* which is obtained from *Asamyak Garbhini Paricharya* will lead to <sup>[7]</sup> *Dushprajataja Amayas* <sup>[8]</sup>.

So, these all clearly indicate that for the best growth & development of foetus and *Prakrita Prasava*, the following of *Garbhini Paricharya* is very much essential.

### Generalized dictums that should be followed by *garbhini*:

Our ancient Acharyas know well that not only food and environment play a vital role in the development of foetus but also maternal psychic impressions have an impact on a growing foetus.<sup>[9]</sup> Hence, they have given equal importance to all factors. The do's and don'ts which influence these factors are shown in the table.

DO'S	DON'TS
DIET	
<ul style="list-style-type: none"> <li>Take a natural diet</li> </ul>	<ul style="list-style-type: none"> <li>Avoid <i>Tikshna, Ushna, Guru Ahara</i> and <i>Aushadhas</i>.</li> </ul>
<ul style="list-style-type: none"> <li>Use <i>Hridya, Drava, Madhura</i>, and <i>Snigdha</i> substances treated with <i>Deepana Dravyas</i>.</li> </ul>	<ul style="list-style-type: none"> <li>Avoid <i>Madakaraka Dravyas</i> like wine, etc.</li> </ul>
<ul style="list-style-type: none"> <li>Use <i>Jeevaniya group</i> of drugs both externally and internally.</li> </ul>	<ul style="list-style-type: none"> <li>Not to take meat excessively</li> </ul>
<ul style="list-style-type: none"> <li>Use butter, <i>ghee</i>, and milk.</li> </ul>	<ul style="list-style-type: none"> <li>Give up <i>Atitarpana</i> and <i>Atikarshana Ahara</i></li> </ul>
<ul style="list-style-type: none"> <li>Take the diet according to living place, season, and <i>Agni</i>.</li> </ul>	<ul style="list-style-type: none"> <li>Avoid dried, wet, putrefied, stale food.</li> </ul>
<ul style="list-style-type: none"> <li>Use hot water.</li> </ul>	<ul style="list-style-type: none"> <li>Avoid <i>Vishtambi Ahara</i>.</li> </ul>
<ul style="list-style-type: none"> <li>Take <i>Surana</i> and <i>Vibandhakara</i> substances along with juices.</li> </ul>	<ul style="list-style-type: none"> <li>Not to take <i>Dwidala Ahara, Vidahi, Guri Amla</i> substances, and <i>Ushna Dugdha</i>.</li> </ul>
	<ul style="list-style-type: none"> <li>Not to eat clay, <i>Surana</i>, etc.</li> </ul>
DO'S	DON'TS
PHYSICAL ACTIVITIES	

<ul style="list-style-type: none"> <li>• Maintain good conduct.</li> </ul>	<ul style="list-style-type: none"> <li>• Not to do excessive <i>Vyayama</i> and <i>Vyavaya</i>.</li> </ul>
<ul style="list-style-type: none"> <li>• Sleeping and sitting places: (a) covered with a soft cushion or mattress. (b) contain pillow. (c) perfect and very comfortable</li> </ul>	<ul style="list-style-type: none"> <li>• Not to ride over vehicles.</li> </ul>
<ul style="list-style-type: none"> <li>• During <i>Grahana</i>, go into <i>Garbhagriha</i> and offer oblation to free from the clutches of <i>Grahas</i>.</li> </ul>	<ul style="list-style-type: none"> <li>• Give up the things contrary to <i>Indriyas</i> and other harmful articles.</li> </ul>
<ul style="list-style-type: none"> <li>• Offer alms to beggars.</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid <i>Divaswapna</i> and <i>Ratrijagarana</i></li> </ul>
	<ul style="list-style-type: none"> <li>• Avoid <i>Utkatasana</i> etc.</li> </ul>
	<ul style="list-style-type: none"> <li>• Avoid <i>Akala Poorvakarma</i>, <i>Panchakarma</i>, <i>Raktamokshana</i></li> </ul>
	<ul style="list-style-type: none"> <li>• Avoid <i>Vega Vidharana</i></li> </ul>
	<ul style="list-style-type: none"> <li>• Avoid outings, visiting lonely places, cremation grounds, <i>Chaityas</i>, etc</li> </ul>
	<ul style="list-style-type: none"> <li>• Avoid high-pitch talk</li> </ul>
	<ul style="list-style-type: none"> <li>• Not to be fatigued</li> </ul>
	<ul style="list-style-type: none"> <li>• Avoid articles likely to aggravate <i>Doshas</i></li> </ul>
	<ul style="list-style-type: none"> <li>• Avoid Peeping in the pit or well.</li> </ul>
	<ul style="list-style-type: none"> <li>• Avoid sleeping in the supine position.</li> </ul>
	<ul style="list-style-type: none"> <li>• Not to look at descending noon, setting sun, and both the <i>Rahus</i>.</li> </ul>
HYGIENE	
<ul style="list-style-type: none"> <li>• Wear clean, white, and loose garments</li> </ul>	<ul style="list-style-type: none"> <li>• Not to wear red garments.</li> </ul>
<ul style="list-style-type: none"> <li>• Wear ornaments.</li> </ul>	<ul style="list-style-type: none"> <li>• Not to touch dirty or disfigured persons possessing fewer body parts.</li> </ul>
<ul style="list-style-type: none"> <li>• The living place should be free from insects like mosquitoes etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Give up foul-smelling, awful-looking substances.</li> </ul>

• Take a bath daily.	
DO'S	DON'TS
CONDUCT (PSYCHOLOGICAL HEALTH)	
• Be happy.	• Avoid uttering harsh words and violent activities.
• Live a pious life.	• Avoid grief, fear, etc.
• Perform joyful functions.	• Give up exciting stories.
• Perform auspicious deeds.	• Avoid the places, where thoughts are likely to promote anger, fear, etc.
• Worship deities, Brahmanas & priests.	
• Husbands and relatives should behave affectionately.	
• Should follow <i>Apta Vachana</i> .	

#### MONTHLY REGIMEN FOR A PREGNANT WOMAN:

Along with these generalized dictums, Acharyas have described the *MASANUMASIKA GARBHINI PARICHARYA*

specific month-wise management <sup>[10]</sup> of a pregnant woman to compensate for the requirements of the mother as well as the growing foetus. These are as follows:

Sr. No.	Month wise regimen	Charaka	Sushruta	Vagbhata I	Vagbhata II	Bhel	Harita
1 <sup>ST</sup> MONTH							
1.	Non medicated milk	+	-	-	-	-	-
2.	Favourable <i>Ahara</i> twice daily.	+	-	-	-	-	-
3.	<i>Madhura, Sheeta, Drava Ahara</i>	-	+	+	-	-	-
4.	Milk is medicated with <i>Garbha Sthapana Dravyas</i> twice a day.	-	-	+	-	-	-
5.	First 12 days - <i>Ksheerodhrita Ghrita</i>	-	-	+	-	-	-

	medicated with <i>Shalaparni</i> and <i>Palasha</i> .						
6.	Drink water, boiled with gold or silver and cooled.	-	-	+	-	-	-
7.	<i>Yashti</i> , <i>Parushaka</i> , and <i>Madhuka</i> alone or combined with butter and honey followed by <i>Madhura Ksheera</i> .	-	-	-	-	-	+
2 <sup>nd</sup> MONTH							
1.	Milk medicated with <i>Madhura</i> Group	+	-	+	-	-	-
2.	<i>Madhura</i> , <i>Sheeta</i> , <i>Drava Ahara</i> .	-	-	+	-	-	-
3.	<i>Madhura Ksheera</i> was treated with <i>Kakoli</i> .	-	-	-	-	-	+
3 <sup>rd</sup> MONTH							
1.	Milk with honey and <i>ghee</i> .	+	-	+	-	-	-
2.	<i>Madhura</i> , <i>Sheeta</i> , <i>Drava Ahara</i> .	-	+	-	-	-	-
3.	Cooked <i>Shashti</i> rice with milk	-	+	-	-	-	-
4.	<i>Krishara</i> .	-	-	-	-	-	+
4 <sup>th</sup> MONTH							
1.	Butter prepared from milk (or) Milk with butter in <i>Aksha</i> (=2 <i>tolas</i> ) <i>Matra</i>	+	-	+	-	-	-
2.	Cooked <i>Shashti</i> rice with <i>Dadhi</i> and <i>Hridya Ahara</i> with an adequate quantity of <i>Ksheera Navaneetam</i> and <i>Jangala Mamsa</i> .	-	+	-	-	-	-
3.	<i>Prativihita Ksheera</i> with milk.	-	+	-	-	-	-
4.	<i>Kritaandanam</i>	-	-	-	-	-	+
5 <sup>th</sup> MONTH							
1.	<i>Ghrita</i> extracted from milk or <i>Ghrita</i> with milk.	+	-	-	-	-	-

2.	<i>Shashti</i> rice with milk and <i>Hridya Ahara</i> with an adequate quantity of <i>Ksheera Sarpi</i> .	-	+	-	-	-	-
3.	<i>Ksheera Sarpi</i> alone (ghee extracted from milk).	-	-	+	-	-	-
4.	<i>Yavagu</i>	-	-	-	-	+	-
5.	<i>Payasam</i>	-	-	-	-	-	+
6 <sup>th</sup> MONTH							
1.	<i>Madhuraushadha siddhaKsheeraSarpi</i> .	+	-	+	-	-	-
2.	Ghee or <i>Yavagu</i> medicated with <i>Gokshura</i> .	-	+	-	-	-	-
3.	<i>Ksheera Sarpi</i> alone	-	-	-	-	+	-
4.	<i>Madhura Dadhi</i> .	-	-	-	-	-	+
7 <sup>th</sup> MONTH							
1.	<i>Madhuraushadha siddha Ksheera Sarpi</i> .	+	-	+	-	-	-
2.	Treat the <i>Kikkisa</i> .	+	-	+	-	-	-
3.	<i>Ghrita</i> was medicated with the <i>Prithakparnyadi</i> group of drugs.	-	+	-	-	-	-
4.	<i>Ghrita Khanda</i> .	-	-	-	-	-	+
8 <sup>th</sup> MONTH							
1.	<i>Yavagu</i> is prepared with milk and mixed with <i>Ghrita</i> .	+	-	+	-	-	-
2.	<i>Asthapana Vasti</i> with <i>Badarodaka, Bala, Atibala</i> etc. Drugs & <i>Anuvasana Vasti</i> with <i>Dugdha</i> and <i>Madhura Kashaya Siddha Taila</i> .	-	+	+	-	-	-
3.	<i>Snigdha Yavagu</i> and <i>Jangala Mamsarasa</i> .	-	+	-	+	-	-

4.	<i>Ksheera Peya</i> along with <i>Ghritha</i> .	-	-	-	+	-	-
5.	<i>Anuvasana Vasti</i> with drugs of <i>Madhura</i> group ( <i>Draksha</i> etc.).	-	-	-	+	-	-
6.	<i>Ghritha Puraka</i> .	-	-	-	-	-	+
9 <sup>th</sup> MONTH							
1a.	<i>Anuvasana Vasti</i> with <i>Madhuraushadha siddha Taila</i> .	+	-	+	+	-	-
1b.	<i>Yoni Pichu</i> of the same oil.	+	-	+	-	-	-
2.	<i>Snigdha Mamsarasa</i> with <i>Ahara</i> of <i>Bahu Snehayukta Yavagu</i>	-	-	-	+	-	-
3	Bath with <i>Sheeta Kashaya</i> of <i>Vataghna</i> drugs.	-	-	-	+	-	-
4	Various <i>Anna</i>	-	-	-	-	-	+
5a.	<i>Anuvasana Vasti</i> with <i>Kadamba</i> oil.	-	-	-	-	+	-
5b.	<i>Yavagu</i>	-	-	-	-	+	-

## DISCUSSION:

"*Garbhini Paricharya*" refers to the care and management of a pregnant woman according to Ayurveda, the ancient Indian system of medicine. Ayurveda recognizes the importance of holistic well-being during pregnancy and provides guidelines to ensure the health of both the mother and the developing foetus. Let's discuss some key aspects of *Garbhini Paricharya* in Ayurveda:

### 1. *Ahara*:

- Ayurveda emphasizes the importance of a balanced and nourishing diet during pregnancy. The expecting mother is encouraged to consume *Sattvic*

(pure and wholesome) foods that promote health and vitality.

- Nutrient-rich foods like milk, *ghee*, fruits, vegetables, grains, and pulses are recommended. Specific dietary requirements may vary based on the individual's constitution and trimester of pregnancy.
- ### 2. *Vihara*:
- *Garbhini Paricharya* suggests a favourable lifestyle that includes adequate rest, regular exercise, and mental well-being.
  - Activities promoting mental peace, such as meditation and listening to soothing music, are encouraged. Avoidance of



stressful situations is also recommended.

### 3. Sleep Hygiene:

- Ayurveda recognizes the importance of proper sleep during pregnancy. The expecting mother is advised to maintain a regular sleep pattern and ensure a comfortable sleeping environment.

### 4. *Abhyanga*:

- Massages with suitable oils are considered beneficial during pregnancy. *Abhyanga* helps in improving blood circulation, reduces stress, and promotes overall well-being.
- The choice of oil may vary, but oils like sesame or coconut are commonly used.

### 5. *Garbha Sanskara*:

- Ayurveda emphasizes the importance of positive thoughts and emotions during pregnancy. *Garbha Sanskara* involves exposing the foetus to positive influences such as music, literature, and positive affirmations.

## CONCLUSION:

Ayurveda focuses on preventing complications during pregnancy through proper care, which includes maintaining a healthy lifestyle and addressing any imbalances in the body. It's important to note that while Ayurveda provides valuable insights into holistic healthcare during pregnancy, modern medical advice and interventions should not be ignored.

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