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Available Online At: <http://valleyinternational.net/index.php/our-jou/ijmsci>**Anti - Natal Care In Ayurveda With Special Reference To Garbhini Paricharya****Dr Sumitha L¹, Dr Kishore K K²**¹Final year PG Scholar, Department of Bhaishajya Kalpana,Email: drsumitha.sukumaran123@gmail.com

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²Consulting physician MD (Ayu), Kerala Ayurveda Marmachikitsalayam , Palluruthi, CochinEmail: drkishoreayu@gmail.com**Abstract:**

Ayurveda enlighten due importance for the care of women at every phase of her life especially when it comes to anti-natal and postnatal care. Anti-natal care is a periodical care of mother and fetus till delivery since first month of pregnancy, which can be certainly co-related with Garbhini paricharya explained in Ayurveda. In this stage women should be educated to take care of herself and the growing baby. It is essential for a mother to deepen and gain the mental, emotional and spiritual resources needed to carry her through all the demands of family life, without feeling depleted. This paper highlights on various major components of garbhini Paricharya such as Ashwasana (Psychological Reassurance), Vihara and Aahara (Normal diet) etc in a scientific way. Ayurveda prescribes various herbs and diet to establish healthy status of the pregnant women as a month wise regime.

Key words: Garbhini paricharya, Anti-natal care, Month wise regimen**Introduction:**

Ayurveda has always given importance to care the stree (female) at every phase of her life in respect of Rajaswala paricharya (menstrual care), Garbhini paricharya (Antenatal care) and Sutika paricharya (Post natal care). In Ayurveda, the term Garbhini can be used for a pregnant women and Sutika (puerperial woman) can be used only

after expulsion of placenta.[1]. Anti-natal period [2]. During pregnancy female body has to endure lots of physiological changes and if left uncared leads to maternal fetal neonatal mortality and morbidity. The aim of creating a healthy progeny with high qualities can be full filled if care start before conception itself. The diet and lifestyle of

mother influences the growth and development of the foetus inside the uterus.

This period is used to make sure the mother is stable and to educate her to take care of the baby. *Mithyaachara* (inappropriate physical and mental behavior) in this period results in maternal fetal neonatal mortality and morbidity.

After following proper anti natal care woman can give birth to healthy baby in normal means and also can maintain the health of the body also. In this scientific era, it is noticed that, most of the deliveries are caesarian sections than the normal deliveries due the sedentary life styles and changes in food habits. In this study, special life style suggested by Ayurveda called *Garbhini Paricharya* –a month wise pregnancy care is discussed in detail to maintain the health of the pregnant woman.

Aims & Objective

To discuss in brief about *Garbhini paricharya* (a month wise regimen) explained in classical texts in scientific way.

Materials & Methods:

When it comes to the anti-natal care, Ayurveda suggests women to be treated with at most care to deliver a good and healthy progeny. This purpose can be achieved by congenial diets, good conducts and mode of life.

Anti natal care is divided in to three trimesters. In the first trimester care to be taken for the stability of embryo, in the second trimester

about the development of embryo and in the third trimester women should be prepared for the delivery. Food preparations advised are aimed at supporting digestion, nutritious to both mother and baby and to bring equilibrium of doshas. Since welfare and contraindication of mother and fetus are identical, hence the pregnant women should use desired congenial diet and proper mode of life, avoiding factors likely to harm the fetus. [3]

Ayurveda explains month wise dietary regimen for the welfare of pregnant women. The ultimate aim of this regimen is, Nourishment of her own body, Nourishment of the fetus and Nourishment of breast milk.

Present study protocol of *Garbhini Paricharya* is divided into two major components as Follows

1. *Ashwasana* (Psychological Reassurance)
2. *Aahara & Vihara* (Month wise diet & regimen in pregnancy)

***Ashwasana* (Psychological Reassurance)**

Through out the pregnancy women should be provided with at most care, mental support and pleasing environment. Mental disturbances may distress the growth and development of the fetus as well as the mother's health. Hence pregnant women are advised to take care from the first day of pregnancy itself.

Aahara & Vihara (Normal diet & activities in Anti-natal period)

Dietary regimen according to different Acharyas is summarized in table.

Table number: 1 Showing month wise dietary regimen for Garbhini.

Month	Charaka [4]	Susruta [5]	Vagbhata [6]
1 st month	Non medicated milk in desired quantity	Sweet, cold and liquid diet	Medicated milk, 1 st 12 days gruta and butter extracted from milk medicated with <i>shaliparni</i> (<i>Desmodium gangeticum</i>) and <i>palasa</i> (<i>Butea monosperma</i> Kuntz.) Sweet, cold and liquid diet
2 nd month	Milk medicated with <i>madhura</i> drugs.	Sweet, cold and liquid diet	Milk medicated with <i>madhura</i> drugs.
3 rd month	Milk with honey and <i>ghrita</i>	Sweet, cold and liquid diet, Specially cooked <i>shashtika shali</i> rice.	Milk with honey and <i>ghrita</i>
4 th month	Butter extracted from milk / Milk with butter	<i>Shashtika</i> rice with curd, dainty and pleasant food mixed with milk and butter, Meat of wild animals.	Milk with butter
5 th month	<i>Ghrita</i> prepared with butter which is extracted from milk	Cooked <i>shashtika</i> rice with milk, meat of wild animals	<i>Ghrita</i> prepared with butter which is extracted from milk
6 th month	Medicated <i>ghrita</i> with <i>madhura</i> group of drugs.	<i>Ghrita</i> / <i>shashtika</i> rice gruel medicated with <i>gokshura</i> (<i>Tribulus terrestris</i>).	Medicated <i>ghrita</i> with <i>madhura</i> group of drugs.
7 th month	Medicated <i>ghrita</i> with <i>madhura</i>	Medicated <i>ghrita</i> with <i>vidaryadi</i>	Medicated <i>ghrita</i> with <i>madhura</i> group of drugs.

	group of drugs.	group of drugs	
8 th month	Rice gruel prepared with milk and mixed with ghrita.	<i>Asthapana basti</i> with decoction of bala (<i>Sida cordifolia</i> Linn), Atibala (<i>Abution indicum</i> Linn), milk, curd mixed with pestled oil, honey, salt and madanaphala (<i>Randia dumetorum</i> Lam.) churna. Anuvasana – Medicated oil of <i>madhura</i> group of drugs.	<i>Asthapana basti</i> - Decoction of badari and sour substances mixed with pestled <i>Shatapushpa</i> (<i>anetham sowa</i> Kurz., ghrita, honey and rock salt. <i>Anuvasana</i> with <i>ghrita</i> prepared of <i>madhura</i> groups of drugs.
9 th month	<i>Anuvasana basti</i> Vaginal tampon with medicated oil. Rice gruel with <i>ghrita</i>	-----	<i>Anuvasana basti</i> Vaginal tampon with medicated oil. Rice gruel with <i>ghrita</i>

Specific water for pregnant woman's bath:[7]

The cold decoction of pulp of *bilwa*, *karpasa*, *phamphana* (Petals of rose), *agnimantha*, *jatamamsi* and pounded leaves of eranda OR water prepared with *sarvagandha* (All fragrant drugs) should be used for bathing by pregnant woman.

Apathyakara Vihara (Contraindicated activities during anti-natal period)[8],[9],[10],[11],[12][13][14]

Psychological or physical strain, abnormal postures, overweight lifting, riding vehicle, excessive use of meat, wine, pulses, spices, over eating etc should be avoided during pregnancy.

Discussion:

Ashwasana (Psychological assurance) is the most important to stabilizes and support the psychology of pregnant women [15]. During first trimester of pregnancy most women experience nausea and vomiting, thus cannot take proper diet.

Use of cold and sweet liquid diet and milk will prevent dehydration and supply required nourishment. Apart from that drugs of madhura group being anabolic will help in maintenance of proper health of mother and fetus.

Fourth month onwards muscular tissue of fetus grows sufficiently requiring more protein which is supplied by use of meat soup. By the end of second trimester most of the women suffer from edema of feet and other complications of water accumulations. Use of *Gokshura* a good diuretic in sixth month will prevent retention of water as well as its complication.

The drugs of *vidaryadigandhadi* group are diuretic, anabolic, relieve emaciation and suppress pitta and kapha, their regular use in seventh month may help in maintaining health of mother and fetus. Most women experience constipation in late pregnancy due to pressure of gravid uterus over the bowels and effect of progesterone.

Use of enema in eighth month will relieve this constipation and also help in regulating the function of myometrium during labour. Tampon of oil may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis. It may also soften and relax vaginal passage thus help in normal labour.[16,17] Some of the text book like *Arogya kalpadruma*, a *sampoorna balachikitsa* book explains medicated milk with *Shatavari* in the ninth month, as it enhances the production of breast milk.

Though Sushruta has not specified any particular dietetic regimen for ninth month, on the

other hand in the regimen of eighth month after use of enema continuous use of unctuous gruels and meat soup of wild animals' upto the period of delivery is advised. This indicates that the same diet mentioned is indicated in ninth month also.

Milk and madhura groups of drugs have been advised for entire pregnancy period. Milk is a wholesome diet, the madhura groups of drugs are anabolic, and thus use of these will help in maintenance of proper health of mother, growth and development of fetus.

During anti- natal care, *Garbhini* has been advised to avoid factors which produce psychological or physical strain such as *Vyayama* (Exercise), *Maithuna* (Sexual Intercourse), *Krodha* (Anger). Though normal *Maithuna* and *vyayama* are beneficial, their excessive use or psychological trauma, sudden shock may precipitate abortion especially in women who prone for the same. Pregnant women, who carries over weight, riding vehicle may precipitate abortion 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 fetus and other abnormalities.

Excessive use of meat, wine, pulses, spices should be avoided during pregnancy, as it may cause the digestive abnormalities. Over eating in pregnancy may results in increase body weight of mother as well as fetus. It may cause pregnancy toxemia and difficulty in labour. Panchakarma

procedures like emesis, purgation can also precipitate abortion due to reflex stimulation of the myometrium.

Conclusion:

The dietetic regimen prescribed for the women having normal developments of foetus, women remains healthy and delivers the child possessing good health. By use of this fetal membranes, vaginal canal, abdomen, sacral region, flanks become soft, vayu moves in to its right path: urine, feces and placenta are excreted or expelled easily by their respective passages. Women gains strength, easily delivers at proper time.

Ayurveda is ultimate science of life focusing every minute aspect of various stages of human life. Garbhini paricharya is one of its concepts explaining the importance of establishment of health of a woman before delivery; directing physicians and garbhini to adapt certain changes in the daily activities, diet, mental and social behaviour. After a detailed review of various classical texts, it can be concluded that Ayurveda has executed the anti natal care (Garbhini Paricharya) in a meticulous fashion with a scientific background, focusing on every aspect required to cherish and replenish the health of woman and avoid complications during delivery.

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