

A Critical Review of Garbhini Paricharya in First Trimester of Pregnancy

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Abstract— Women require special dietetics and supplements during each reproductive stage of her lives. During pregnancy the mother's nutrition is considered to be an inevitable factor for the development of foetal growth. A combination of Ahara, Vihara, Vichara and Aushadha have been given great significance in Ayurveda during pregnancy called as Garbhini Paricharya. The first trimester of pregnancy is very crucial for a pregnant women. The Masanumasika paricharya explained by acharyas pave a great role in overcoming the physiological symptoms of first trimester pregnancy and also helps in the proper maturation of foetus. Ksheera, Ghrita, Navaneeta, Madhu, Siddha ksheera processed with drugs according to Ayurvedic acharyas has been critically evaluated in detail which ensures healthy progeny through a healthy motherhood.

Keywords— Garbhini Paricharya, Masanumasika Paricharya, Pregnancy.

I. INTRODUCTION

Pregnancy is the most beautiful and challenging period in the reproductive life of woman. During this period she requires immense care for both emotional and physiological aspects. Antenatal care is very important to rule out the impending abnormalities, for safe pregnancy period. The general abortion rate was 13.1 abortions per 1000 .Women aged 15-44 years, down slightly 13.7 per 1,000 in 2018¹. The number of maternal deaths related to childbirth, in India while considering as a civilization can do wonders in concern with Ayurveda. Ayurveda, demands the necessity of Garbhini paricharya since ages. During garbhini paricharya, physiological and psychological aspect of wellbeing is aimed in relation with Aharas, Viharas, Pathyas, Apathyas, Oushadi prayoga and Yogas. According to Acharya Charaka, the pregnant woman should be given utmost care as if handling a pot filled with oil, without spilling a single drop².

The first trimester of pregnancy deals with various subjective and objective symptoms like nausea, frequency of micturition, vomiting and tiredness. The drugs and dietaries included in Masanumasika garbhini paricharya³ is of great importance. The first, second and third month includes various preparations which are light, easily digestible and rich in proteins, vitamins and minerals. Ayurveda also explains Garbhopaghatakara bhava⁴ (Activities harmful to foetus) Garbhasthapaka dravyas⁵ (Drugs for maintenance of healthy pregnancy) to achieve a healthy progeny.

II. METHODOLOGY

Masanumasika paricharya with special reference to first three months in various Ayurvedic classics were critically examined and evaluated.

Masanumasika Garbhini Paricharya for First Three Months

Regimen for first month

Acharya Charaka⁶ advices Anupasamskrita ksheera. Acharya Vagbhata⁷ advices, Upasamskrita ksheera for the period of one month. Acharya Sushruta⁸ advices Madhura, Sheeta and Dravapradhana ahara.. Acharya Harita⁹ adviced Madhuyashti, Madhuka pushpa with butter, honey and sweetened milk.

Regimen for second month

Acharya Charaka¹⁰ and Acharya Vagbhata¹¹ adviced milk medicated with Madura drugs. Acharya Sushruta¹² adviced Sweet, Cold, liquid diet should be taken in second month. Acharya Haritha¹³ adviced Sweetened milk treated with Kakoli should be taken.

Regimen for third month

Charaka¹⁴ and Vagbhata¹⁵ adviced Milk with honey and Ghrita. Susrutha¹⁶ adviced Sweet Cold and liquid diet. Haritha¹⁷ adviced Krushara (dish prepared with rice and pulses should be taken).

Critical Evaluation of Dietics in First Three Months

Godugdha¹⁸ is Madhura (Sweet) in taste, Sheeta Virya (Cold) in potency, Mrudu (Softening the tissues), Snigdha (Demulcent). It Acts as Rasayana (Vitalizer), Ojo Vriddhi (Increases ojas). It is best among the Jivaniya Padarthas (Life promoting drugs). Milk¹⁹ is the best and most complete of all foods .It is the blend of all the nutrients necessary for growth and development of the young ones. Milk is the good source

of proteins, fats, sugars, vitamins and minerals. Milk contain all the essential aminoacid. Milk fat is a good source of Retinol and Vitamin D. Milk contains minerals such as Calcium, Phosphorus, Sodium, Potassium, Magnesium, Cobalt, Copper, Iodine.

In Ksheerapaka²⁰ (Medicated milk), qualities of milk have been potentially used as a medicine by combining it with different herbs. On gradual increase in the temperature of milk, solubility of fats and proteins also increases, which may enhance the extraction of the medicinally important active constituents. The drugs of Madhura, Sheeta and Drava diet group being anabolic will help in maintenance of proper health of mother and fetus.

Madhuyasti²⁴ is Sheetavirya (Cold in potency), Madhura (Sweet), Tridoshahara (Pacify three doshas), Jeevaniya (Invigorators), Sandhaneeya (Wound healing), Sonitasthapan (Controls bleeding), Balya (Strengthening), Rasayana (Rejuvenators), Chardivinasini (cures Vomiting). Madhuka²⁵ is Sheetavirya (Cold in potency), Madhura rasa (Sweet) Vatapittaghna (pacifies vata and pitta doshas), Brihmana (Anabolic). Navaneeta²² is Sheeta (Cold in potency), Madhura (sweet), Hita (Wholesome), Balya (Strengthening). Butter And Ghee is a good source of milk protein and calcium. Madhu²³ is Sheeta (Cold), Madura (Sweet), Raktapittakaphaghna, sandhatu (promotes union). Ghrita²¹ is Sheeta (cold), Madhura (sweet), Sahasravirya (thousand potency). It alleviates intoxication, pain in female genital tract, poison, fever and supply required nourishment.

Kakoli²⁷ is, Sheetavirya (Cold in potency), Madhura (sweet), Vatadahashamaka (pacifies vatadosha and relieves burning sensation), Brihmana (Anabolic), Shoshajwarapaha (Relieves emaciation and fever). Krushara²⁸ is Balya (strengthening), Vatanashaka (Pacifies Vata).

III. DISCUSSION

Embryogenesis is sequential series of dynamic process that occurs during the first eight weeks after fertilisation. So this stage requires dietetics which helps in the formation and development of embryo. In Ayurveda classics, Acharyas explained the importance of Masanumasika garbhini paricharya for the nourishment of mother and foetus. The developing embryo needs an increasing amount of energy. Supplements such as Ksheera, Ghrita, Milk medicated with Madhura Rasa, Navaneeta, Madhu, Krushara, Drugs like Kakoli, Madhuyasti, Madhuka acts like rich source of energy and helps in safe pregnancy and proper development of foetus.

In first trimester, women suffer from nausea, fatigue and vomiting which results in dehydration and loss of nutrients. The dietary regimen during this period is in liquid state, of madhura rasa and having high nutritional value which helps to replenish the nutrients and corrects the dehydration. Vata is responsible for cell division during embryogenesis. The imbalance in Vata dosha may hamper its normal functions and process of cell division. The drugs used in first three months are having Vatashamaka properties also. The idea of dietetics is to provide optimum amount of protein, fat and energy to the body. In addition, it provides right amount of calcium and vitamins for the pregnant mother.

IV. CONCLUSION

In first three months, Acharyas have given more emphasis on using highly nutritious diets which are easy to assimilate which provides nourishment of mother and foetus. The appropriate use of herbs mentioned during first three months aims at excellence in the formation of foetus, its development without anomalies and helps in safe and healthy motherhood.

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