

Significance of Charakokta Garbhini Paricharya in Modern Era

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Abstract

Pregnancy is a long and very special journey for a woman. It is a journey of dramatic physical, psychological and social changes, of becoming a mother, of redefining family relationship. Garbhini paricharya or antenatal care is the unique contribution of Ayurveda in the field of obstetrics. The increased caloric requirement is to the extent of 300 over the non-pregnant state during second half of pregnancy. The increased demand needs to be compensated by exogenous supply of diet or drugs. Masanumasi garbhini paricharya has been advised to get proper nutrition and good progeny by Acharyas. Acharyacharaka has advised use of anuvasanabasti with oil, prepared with madhuragana. Yoni pichu of this oil should be given for lubrication of garbhasthana (cervix) and garbhamarga (vaginal canal and perineum) to sukhaprasava.

Keywords: Garbhini paricharya Caloric Requirement; Ksheera; Anuvasanabasti and Yoni pichu.

Introduction

Pregnancy is a long and very special journey for a woman. It is a journey of dramatic physical, psychological and social changes, of becoming a mother, of redefining family relationship and taking on the long term responsibility for caring and cherishing a new born child, though a joyful event it needs a lot of care and concern.

Attainment of Shreyasipraja, the best progeny in all the aspects is everyone's dream.

How to do this genetic engineering to have the best in all? But without this genetic engineering also our ancestors procured world famous philosophers, prophets, and the best human beings. Garbhini paricharya or antenatal care is the unique

contribution of Ayurveda in the field of obstetrics and most important aspect in the whole area of Prasuthi Tantra, because all other aspects depend on this period. It is observed that maternal weight gain during pregnancy does influence birth weight of the infant. Hence, to prevent nutritional deficiencies, with the delivery of low birth weight and preterm infants, maternal nutrition should be monitored and advised wisely.

The diet during pregnancy should be adequate to provide for

- The maintenance of maternal health.
- The needs of growing fetus.
- The strength and vitality required during labor.
- Successful lactation

The increased caloric requirement is to the extent of 300 over the non-pregnant state during second half of pregnancy. The increased demand needs to be compensated by exogenous supply of diet or drugs especially when the majority of women remain active during pregnancy. The pregnancy diet ideally should be light, nutritious, easily digestible and rich in protein, minerals and vitamins. Proper planned diet during pregnancy has an important impact throughout the life of an individual.

Here we have quoted some studies, which shows that nutrition during pregnancy how affects the individual life later in period.

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Diet during pregnancy and the offspring's blood pressure 40yrs later concludes that, intake of animal protein and carbohydrate in late pregnancy may influence their offspring adult blood pressure. This may be mediated through on placental growth.

Study conducted by Dept. of pediatrics, University of Auckland, New Zealand on **Nutrition and fetal growth** reveals that Nutrient supply to the fetus is a key factor in the regulation of fetal growth. Nutritional effects may also persist over more than one generation.

Study conducted by Rowett Research institute, BucksburnAberdarn, UK-Demonstrated that overnourishing the boom to promote rapid maternal growth throughout pregnancy results in a major restriction in placental mass and leads to a significant decrease in birth weight relative to moderately fed.

Objectives

Masanumasikagarbhini paricharya has been advised to get proper nutrition and good progeny by Acharyas and we will try to analyze as to the benefits of this regimen from a different viewpoint.

Details

तस्मात्अहिताहारविहारान् प्रजासंपदमिच्छन्ति स्त्री
विशेषेण वर्जयेत्।
साध्वाचाराच आत्मानां उपचरेत् हितभ्यां
आहारविहाराभ्यामिति। - च.शा. ८/२९

*Somanasyamgarbhadharananamshrestam -
Agryaoushadiprakarana -Charak)*

Nutrition and mental equilibrium are the important basic needs in the maintenance of positive health of mother and foetus. There is scientific evidence that prenatal psychology of mother has profound and persistent influence on physical growth, neurological development, immune competency of foetus etc. and also affects health of child in later life by metabolic imprinting in utero

Garbhinimasanumasikaparicharya

प्रथमे मास

प्रथमे मासे शङ्किता चेद्भ्रमापन्ना क्षीरमनुपस्कृतं
मात्रावत् शीतं काले काले पिबेत्;
सात्म्यमेव च भोजनं सायं प्रातश्च भुञ्जीत ॥
-च. शा. ८/३२

Acharya Charaka advised intake of milk repeatedly in quantity desirous by the woman and should have normal food only twice a day. Sheeta, Snigdha, Madhura qualities of milk increases kapha and that promotes development of embryo.

Milk is rich with proteins, which helps to increase blood supply, aids the growth and development of placenta, growth of breast & uterus.

Calcium regulating hormones are altered such that there is increased calcium absorption by the intestine. The pregnant woman retains about 30gm of calcium, most of which is deposited in the foetus in the third trimester, (50-350mg of ionized cal/ day) transferred to foetus.

Vitamin D is also obtained by milk, necessary for calcium absorption.

द्वितीये मास
द्वितीये मासे क्षीरमेव च मधुरौषधसिद्धम् ॥ -
च.सं.शा. ८/३२

2nd month: Acharya Charaka mentioned that madhuraushadhi siddha ksheera is advised for proper growth of the foetus. A Madhura drugs are jeevaneeya, increase kapha and helps to pacify the pitta and acts as a Garbhastapakadravya.

Madhuradravya possesses high carbohydrate, low fat with high quantity of proteins. Intake in small quantities is said to be helpful during this time. Hence the madhur drugs are not only helps the fetus but also mothers in following points:

- Carbohydrates – glucose
- Production of ATP
- Amino acid synthesis
- Glycogen synthesis
- Triglyceride synthesis

तृतीये मास
तृतीये मासे क्षीरं मधुसर्पिभ्यामुपसंसृज्य ।
च.सं.शा. ८/३२

3rd month: Acharya Charaka mentioned milk with honey and gritha

Honey is having a Free radical scavenger antibody which helps to increase immunity of pregnant women.

चतुर्थे मास
चतुर्थे मासे क्षीरनवनीतमात्रमात्रमश्नीयात्।
च.सं.शा. ८/३२

Acharya Charaka has advised intake of butter extracted from milk in the quantity of one aksa (12 gms) or milk with butter.

Butter is rich in Vit. A, E, K, B12, Riboflavin and Folate. Containing minerals like sodium (Na), Calcium (Ca) and Potassium (K) in large quantity. Vit-A aids in glycoprotein synthesis and promoting cell growth and differentiation.

पञ्चमे मास**पञ्चमे मासे क्षीरसर्पि । च.सं.शा.८/३२**

5th month: Acharya Charaka advised Ghrita prepared with butter extracted from milk. This helps in rapid development of growth of fetus.

षष्ठे मास**षष्ठे मासे क्षीरसर्पिर्मधुरौषधसिद्धम् । च.सं.शा.८/३२**

6th month: Acharya Charaka explained Grita prepared from milk medicated with drugs of madhuragana. Ghrita is rejuvenator, nutritive, protects bone marrow and nerve tissue. It is rich in anti oxidants, acts as an aid in the absorption of vitamins and minerals from other food. Growth of fetus becomes slow but lower limbs continue to increase in length. Vernix caseosa and lanugo cover fetus. Brown fat forms and is the site of heat production.

Grita possesses following qualities which is required in development,

- Monoglycerides excess LDL
- LDL-lung surfactant
- Protein - lipid mixture needed pulmonary function alveoli coated with surfactants.
- Because of hydrocarbon chain -energy saver.
- Many intra and intercellular signaling events involve lipid molecule

सप्तम मास**तदेव सप्तमे मासे । च.सं.शा.८/३२**

7th month: Acharya Charaka explained Grita prepared from milk medicated with drugs of madhuragana.

अष्टम मास [९]

अष्टमे तु मासे क्षीरवागूं सर्पिष्मर्ती काले काले पिबेत्; तन्नोति भद्रकाप्यः पैङ्गल्याबाधो ह्यस्या गर्भमागच्छेदिति; अस्वत्र पैङ्गल्यबाध इत्याह भगवान् पुनर्वसुरात्रेयः, न त्वेवैतन्न कार्यम्; एवं कुर्वती ह्यरोगा आरोग्यबलवर्णस्वरसंहननसम्पदुपेतं ज्ञातीनामपि श्रेष्ठमपत्यं जनयति ।

च. सं. शा. ८ / ३२

Acharya Charaka says that in this month rice gruel prepared with milk and mixed with ghrita should be given.

नवम मास [10]

नवमे तु खल्वेनां मासे मधुरौषधसिद्धेन तैलेनानुवासयेत्।

अतश्चैवास्यास्तौलात् पिचुं योनौ प्रणयेद्गर्भस्थानमार्गस्नेहनार्थम् । -च.सं.शा.८/३२

Acharya a charaka has adviced use of anuvasanabasti with oil, prepared with madhuragana.

Vaginal tampon of this very oil should be given for lubrication of garbhasthana (cervix) and garbhamarga (vaginal canal and perineum). Apanavata is the power of labor, helps in easy expulsion of fetus.

Anuvasanabasti and Yoni pichu

- Puranamalashodana
- Vatahara
- Medicated oil acting as anti septic
- Softening the vaginal canal
- Reduces abrasions
- Enhances the ability to stretch and distend

Discussion*Action of AnuvasanaBasti*

- Basti through the enteric nervous system acts on the sympathetic innervations which play a major role in inducing the uterine contraction.
- Also relieves a loaded rectum.
- The drugs absorbed rectally are carried into the systemic circulation which facilitates absorption and systemic exposure of absorbed drugs.

Action of Yoni Pichu

- Acts on the basis of irritation to the uterine cervix cause a nuerogenic reflex through the paraventricular and supra optic nuclei of the hypothalamus which causes the posterior pituitary gland to increase its secretion of oxytocin.
- Initiates reflexes to the body of the uterus, also the effect could be a result of myogenic transmission of signals from cervix to body of uterus.
- Pichu through the Forgyson Reflex which states irritation to cervix increases plasma oxytocin and the prostaglandin levels which are nothing but the hormonal contribution to the uterine contractions

Benefits of Garbhini Paricharya [11]

परमतो निर्विकारमाप्याय्यमानस्य गर्भस्य मासे मासे कर्मोपदेक्ष्यामः।

इएवं कुर्वती ह्यरोगा आरोग्यबलवर्णस्वरसंहनन संपदुपेतं ज्ञातीनामपि श्रेष्ठमपत्यं जनयति

गर्भिण्या गर्भसमये गर्भधारिणीकुत्तिकटीपार्श्वपृष्ठं मृदूभवति वातश्चानुलोमः संपद्यते

मूत्रपुरीषे च प्रकृतिभूते सुखेन मार्गमनुपद्यते चर्मनखानि च मार्दवमुपयान्ति बलवर्णो चोपचीयेते पुत्रं चेष्टं संपदुपेतं सुखिनं सुखेनैषा काले प्रजायत इति॥ च.शा-

Conclusion

Monthly regimen prescribed for garbhini is very comprehensive with broad objectives of antenatal and intranatal management. So, the Garbhini who follows the above said Upakramas becomes Snigdha, gains strength and delivers normally and easily without any complication.

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