



## Holistic medicine in garbhini paricharya

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**ABSTRACT:** Holistic medicine is the science of healing that addresses the whole person-body ,mind and spirit. *Garbhini Paricharya means* Systematic supervision and advice given to women during pregnancy. Means which provides nutrition, meditation, *pathya apathyas*, medical, obstetrical and psychological care to mother and fetus. The proper paricharya since before and after conception would result in healthy development of foetus and its delivery. *Garbhopghatkar bhavas* should be avoided as well as use of *garbhasthapak drugs* is beneficial for the fetus. It includes prior act before conception, the hymn to be recited before coitus, the method of performing *putreshti yadyna*, *masanumasik pathya*, Yoga. That is physical, mental, spiritual and emotional approach of treatment told in garbhini paricharya by ayurveda.

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### 1. Introduction

Holistic medicine means Consideration of total person Physically , Mentally, Spiritually and Socially in the prevention & management of disease. Ayurveda is a holistic science; thus viewing each aspect of its content from all directions and so it is a complete medical science. One aspect of this is garbhini paricharya. The prevalence of maternal death is more in developing countries than developed ones. The factor responsible are hemorrhage(2.8%), complication of unsafe abortion(19%), PIH(17%), infection(11%) and obstructed labour(11%).[1] Also majority(80%) of fetal death occurs in antepartum period due to IUGR, maternal complication, congenital malformation.[2] Antenatal care plays crucial role in conquering this obstacles. It includes care before conception, during the period of conception and perinatal period. This care reflects on quality and health of the offspring.

### 2. Aims and objectives

To study holistic approach in GARBHINI PARICHARYA.

Material And Methods-

Ayurveda has recognized the need for the physical ,mental and spiritual preparation of mother to be for momentous event of childbirth.

It includes-

Pre conceptional care

Post conceptional care

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### Pre conceptional Care

Shodhana –

After menstruation the couple after being purified by use of oleation, sudatory measures, emetics(vamana), purgatives(virechana) and brought to normal condition should be given asathapana (evacuative enema), and anuvasana (nutritive enema) basti. After this purifying measures, the man should use ghrita and milk medicated with drugs of madhura gana(sweet or anabolic drugs). And the women should consume oil and masha(kidney bean). It is explained that madhura drugs increases shukra and pittala drugs increases rakta. [3][4][5][6][7]

Putreshti yadnya-

The importance of yadnya is that the Fire in yadnya is said to be purest & free from infection.[8][9] It meant Transforming the body and mind and mentality and emotions of The parents –to-be, so that they can get the child with qualities they deserve and be able to provide right sanskara to the child.

### Post Conception Care

Masanumasik Paricharya-

Month Wise Dietary Regimen For Pregnant Women [10][11][12][13]

Sr. no	Month	Chraka	Sushruta	Vagbhata	Harita
1	First	sheeta ksheera and satmya bhojana	Madhura,sheeta, drava ahaara	Upsanskrit ksheera	Navneeta with madhur payo anupana
2	Second	Madhur aushadhi sidha ksheera	Madhura,sheeta, drava ahaara	Madhur aushadhi sidha ksheera	Kakoli sidha ksheera
3	Third	Madhu sarpi sidha ksheera	Madhura,sheeta, drava ahaara	Madhu sarpi sidha ksheera	ksheera
4	Fourth	Ksheera and navneeta	Shatika odan with milk,ksheera,sarpi yukt jangal mansarasa,hritya anna	Ksheera and navneeta	Sanskrit odana
5	Fifth	Ksheera and grita	Shatika odan with milk,ksheera,sarpi yukt jangal mansarasa,hritya anna	Ksheera and grita	Paayasa
6	Sixth	Madhur aushadi sidha ksheera sarpi	Shwadanshtra(tribulus terrestris) sidha sarpi or yavagu	Madhur aushadi sidha ksheera sarpi	Madhura dadhi
7	Seventh	Madhur aushadi sidha ksheera sarpi	Vidariganadi sidha sarpi	Madhur aushadi sidha ksheera sarpi	Gritkhanda
8	Eight	Ksheera yavagu and sarpi	Asthapana basti followed by anuvasana basti	Ksheera yavagu and sarpi Asthapana basti followed by anuvasana basti	ghritapurana
9	Ninth	Madhura aushadhi sidha taila anuvasan basti	Sidha yavagu and jangal mansarasa till delivery	Madhur aushadhi sidha yonipichu	Vividha anna

## Importance of Masanumasik Paricharya

### First Trimester

The most important event during first trimester is embryogenesis. Mammalian embryo requires an increasing amount of energy as it develops during embryonic and fetal stages. All this energy is provided by ksheera, ghrita, krushara, milk medicated with madhura rasa, as all this are rich source of energy.

During this period women suffers with nausea and vomiting. This may result in dehydration, loss of nutrients. The dietary regimen suggested by most of the ancient Acharya's during first trimester is in liquid state and of madhur 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. During first trimester vata dosha is alleviated in pregnant woman. In dietary regimen Ghrita, Milk, Madhur dravyas, Medicated Shaliprni (Desmodium gangeticum) sidha Ghrita are suggested which are well known for their vatashamana properties. These dietary articles help in regulating normal functioning of vata

### Second Trimester

During second and third trimester more energy is required. According to Ayurveda mamsa dhatu development mostly occurs in second trimester. Fetal growth in second trimester occurs by cellular hyperplasia and cellular hypertrophy. animal sources such as meat, milk, cheese are advised, because they are rich in amino acids. Milk and dairy products have long been considered nearly ideal sources of nutrients especially protein and calcium for pregnant women.

Milk provides nourishment and stability to the fetus. Meat helps in maintenance of pregnancy , provides nourishment to fetus and suppresses alleviated vata of pregnant women.

Cooked shashti rice advised Garbhini Paricharya is rich in carbohydrate and provides energy to the body. During last month of second trimester pedal oedema is observed. So ghrita medicated with Gokshura ( Tribulus terrestris) is used which is well known for its diuretic activity which in turns reduces oedema.

### Third Trimester

Ghrita medicated with vidarigandhadi group of drugs are diuretic, balya, overcomes pedal oedema and provides nutrition to foetus.

Rice Gruel (yavagu) consumption in eighth month make women free from various diseases and delivers the child possessing properties like best health, energy, complexion, voice, compactness of body and much superior to other family members.

Most women experience constipation in pregnancy due to pressure of gravid uterus over the bowel and effect of progesterone.

Asthapana basti (a procedure of administering the drugs through urethra, vagina and anus) cleared retained faeces and is responsible for anulomana gati of vata. This is followed by Anuvasana Basti which helps vata to move in right direction. This facilitates delivery with ease and without complication. Administration of basti relieves backache aggravated during last month. In addition to this it may also affect the autonomous nervous system governing myometrium and helps in regulating their function during labour. It may increase stretching capacity of vagina helping in prevention from laceration and may be helpful in ripening of cervix prior to labour. Tampon of oil may be helpful in destroying pathogenic bacteria of vaginal canal and thus prevents puerperal sepsis.

## 3. Role Of Yoga During Pregnancy [14]

According to Acharya charaka,for being happy indriyjay is important and it is done by yoga.

It is important for mothers and baby's well being.

yoga is gentle and helps to relax both mind and body.

It combines asana, pranayam and relaxation techniques to achieve this balance.

Yoga can help to strengthen and stretches the muscle. they can improve core strength and prepare for physical rigours of labour, birth.

It also reduce low back pain, improve blood circulation and strengthen pelvic musles.

TRIMESTER	DO'S	DON'T'S
FIRST	Ardha titali asana Purna titali asana Sputa udarkasana Marjarasana Kati chakrasana Tadasana Uttanasana	parivrutta trikonasana shalabhasana dhanurasana
SECOND	bhadrasana vajrasana masty kridasan hasta uttanasana tadasana vakrasana kati chakrasana virbhardasana uttanasana	bhujangasana shalbhasana navasana
THIRD	Ardha titali asana Purna titali asana Sputa udarkasana Marjarasana Sputa badha konasana Vakrasana Utkatasana Utthit trikonasana Utthit parshvkonasana virbhadrasana	back bend inversion intense abdominal work

#### 4. Role Of Mantras During Pregnancy [15]

Chanting of mantra's generate positive resonance pattern which produce special effect in body. In pregnancy this resonance and vibration passed in to the developing fetus.

#### 5. Role Of Pranayam During Pregnancy [16]

Pranayam is also known as 'yogic breathing' or controlled deep breathing. "prana" means energy in Sanskrit and "aamaya" means distribution of energy.

Improves the circulation of blood

Increases the oxygen level in blood.

Helps the body to removes waste effectively

Reduces stress

Safe Pranayam during pregnancy are Seetali, Sitakari ,Bhramari and Unsafe are Kapalbhati and Bhastrika .

## 6. Role Of Meditation (Dhyana) In Pregnancy [17]

Helps to achieve harmonious balance between mind and body.

Reduce anxiety and restore normal functioning of immune system.

Improves birth wt, reduce premature birth. Lessen medical complication for newborns

## 7. Contraindicated Diet And Life Style For Pregnant Woman [18][19][20][21][22]

Diet- Consumption of excessive heavy, hot, pungent, substances like wine ,Vishtambhi food (Hard to digest).

Life style- Excessive coitus, Exercise such as carrying of heavy weight Squatting, Abnormal sitting, obnoxious

Garments, Peeping in a pit or well, Sleeping in Supine position ,Vehicle ride,Misdeed by Indriya etc.

## Discussion

Pregnancy and child birth are nature's gift. If proper dietary regimen and life style are not maintained during pregnancy; it may result in many complications to mother as well as foetus. To get fruitful outcome of nature, our Acharya's has advised garbhini paricharya from pre conception to till delivery. Ayurveda describes this theory as Supraja Janan. This supraja janan as conceptualized in ayurveda involves a good state emotionally, mentally, physically and spiritually for the sake of growing fetus which helps in generation of healthy progeny.

## Conclusion

Importance of Garbhini Paricharya is,

Paripurnatva -Provide proper growth of fetus and also mother.

Anupghata- Uncomplicated Pregnancy.

Sukhaprasava- For normal delivery.

Swastha Apatya-Healthy Child of Desired Qualities And Longevity.

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