

ROLE OF BRIMHANA CHIKITSA WITH SPECIAL REFERENCE TO SAMARJANA KRAMA BY AYURVEDIC AHARA PREPARATION DURING GARBHINI AVASTHA: A REVIEW

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ABSTRACT

Pregnancy is one of the most delicate phases of a women's life. It is to be dealt with much attention at every stage. In *Ayurvedic* text, pregnant lady is compared with *Taila Poorna Patra*, that can be spilled off even by little shaking hence needs utmost care. There is various description in different *Ayurvedic* classical texts of different factors that are responsible for better progeny, starting from the "*Garbhadhana Samskara*" followed by *Garbhavkranti*, *Masanumasika Garbha Vriddhi* with the adoption of *Masanumasika Garbhini Paricharya* and finally to *Prasava Avastha* leading to delivery of the child. According to *Charak*, the union of *Shukra*, *Sonita* and *Jiva* or *Atma* leads to the formation of *Garbha* in *Garbhasaya*. In most of the women just after conception of pregnancy or throughout the pregnancy, their digestive power is likely to be weakened, therefore the regular diet is difficult to digest. Because of that the diet which is advised should be based on two main aims: 1. To increase the strength of *Agni* and 2. To provide nourishment to the mother and fetus. These two aims are to be achieved simultaneously. If the patient does not take a controlled diet, then it will lead to many complications of both mother and fetus (like, malnutrition, anaemia, IUGR etc.). To avoid this complication *Samsarjana Karma* is very beneficial and necessary. In *Samsarjana Karma* diet changes step by step from "*Laghu Ahara*" to "*Guru Ahara*" and digestive power shows gradual Increase.

Keywords: *Brimhana Chikitsa, Garbhini, Garbhini Parichaya, Samsarjan Krama.*

INTRODUCTION

Ayurveda is the ancient Indian system of natural and holistic medicine. When translated from *Sanskrit*, *Ayurveda* means “The science of Life” (The *Sanskrit* root *Ayur* means “Longevity” or “Life” and *Veda* means “Science”). According to *Charak*, the union of *Shukra* (sperm), *Sonita* (ovum) and *Jiva* or *Atma* leads to the formation of *Garbha* (embryo/zygote) in *Garbhasaya* (*Kukshi*)¹. There are various description in different *Ayurvedic* classical texts of different factors that are responsible for better progeny, starting from the “*Garbhadhana Samskara*” (any procedure or ritual done before and during the process of conception is *Garbhadhana Samskara / Paricharya*)² (ceremony for impregnation), followed by *Garbhav-kranti*³ (organogenesis), *Masanumasika Garbha Vriddhi* (month wise development of fetus) with the adoption of *Masanumasika Garbhini Paricharya* (month wise dietetic regimen and mode of living to be adopted by pregnant lady) and finally to *Prasava Avastha* (labour process) leading to delivery of the *Child*. Women needs careful handling during *Pregnancy*. It is to be dealt with must attention at every stage. In *Ayurvedic* text, pregnant lady is said as *Dauhruda* (Two hearts, the women possessing two hearts one of her own and other of the fetus)⁴. The specific longings during this period of a pregnant women are due to *Dauhrida*. Bhela has advised to examine *Dauhrida* of fetus by *Satmya*.

In most of the women just after conception of pregnancy or throughout the pregnancy, there digestive power is likely to be weakened, therefore the regular diet is difficult to digest. Because of that the diet which is advised should be based on two main aims: 1. To increase the strength of *Agni* and 2. To provide nourishment to the mother and fetus. These two aims are to be achieved simultaneously.⁵

To nourish both mother and fetus *Brimhana Chikitsa*⁵ with special reference to *Samsarjana Krama* by *Ayurvedic Ahara* preparation is very beneficial and necessary. In *Samsarjana Krama* Diet changes step

by step from “*Laghu Ahara*” to “*Guru Ahara*” and digestive power shows gradual increase.

AIM AND OBJECTIVES:

1. To study the role of *Brimhana Chikitsa With Special Reference to Samsarjana Krama* by *Ayurvedic Ahara* preparation during *Garbhini Avastha*.
2. The review will be from various classical textbooks and *Research Publications*.

Acharyas VIEWS ON DITETIC REGIMENS DURING *Garbhini Avastha*:⁶

- *Acarya Susruta* mentioned that, from the first day of pregnancy (i.e., from conception), she must always use *Palatable, Liquid, Sweet*, unctuous substances treated with appetizing drugs. This regimen should be followed throughout pregnancy till delivery.
- *Vagbhata* mentions that care of pregnant women is similar to that of foetus. So pregnant women should be looked after carefully with pleasant and suitable things protecting her from all factors which cause abnormalities/disorders of the fetus.
- In *Astangahridaya Sarira Sthana* 24/11, indications of *Brimhana* for *Garbhini* is mentioned.
- In *Astangahridaya Sarira Sthana* 1/42-43, mentioned, she should always use butter, *Ghrta* and milk etc. In *Kasyap Samhitana Sutra sthana* 18/24-25 mentions that whatever is consumable and congenial for pregnant women so is for the fetus.
- Hence women should consume after considering *Desa, Kala, Rtu, Agni*, (*Agni* being an important factor should never be neglected). *Kasyap* also mentions in another context, *Garbhini* should use warm water. By using milk, the foetus gets nourishment and stability, *Mamsa* helps achieving conception, nourishment, *Vāta Samana* etc. *Mamsarasa* is considered very good during pregnancy, Meat soup i.e., meat treated with milk with *Madhura* and *Lavana* is considered best during pregnancy.

- *Acarya Bhavamisra* mentions that *Garbhini* should take *Drava*, *Laghu* food processed by *Dipaniya*, *Hrdya*, *Snigdha*, *Madhura Dravyas*.
- *Acharya Charaka* mentions benefits/importance of following this monthly regime, the *Garbha* without any abnormality attains normal growth and development, the woman to remains healthy delivering a child possessing good health, energy, strength etc. By following this, a pregnant woman's (from conception to puerperium) *Kukshi*, *Kati*, *Parsva*, restores *Vatanulomana*, there by restoring all the functions of *Apana Vayu*. She delivers to a term, which is healthy, excellent, possessing all qualities and long life.

Samsarjana Krama:

- In order to bring back the *Agni* (entities for digestion and metabolism) to normal state after undergoing rigorous procedures of *Vamana* and *Virechana*, some specific diet patterns are adopted (followed after the main procedure), Which is known as a *Samsarjana Krama*.⁷
- Contents of *Samsarjana Karma* ⁸/*Krita Anna Varga* (class of cooked foods) (Ca. su. 27)

1. *Peya*
2. *Vilepa*
3. *Yusha*
4. *Mamsarasa*
5. *Odana(bhakti)*

METHOD OF PREPARATION:

1. ***Peya*** :1-part red rice & 14-part water was cooked properly and liquid portion (without solid portion) was used in first, second and third mealtimes.⁹
2. ***Vilepi***:1-part red rice & 4-part water was cooked properly then less liquid and more solid portion was used in fourth, fifth and sixth mealtimes.¹⁰
3. ***Yusha***:1-part green gram & 14-part water was cooked and used it ¹⁰. There are two types of *Yusha*,
 1. ***Akrita Yusha*** -*Yusha* without salt & *Ghee* called *Akrita Yusha*. It was used in Seventh mealtime.
 2. ***Krita Yusha*** - When some salt & *Ghee* is added called *Krita Yusha*, it is used in eighth and ninth mealtime.

4. ***Mamsarasa***:1-part meat of chicken's pieces and 8-part of water was cooked properly till 4th part remaining and used it ¹¹. It also divides into two types, (*Bha. Mad & Utt.*)

1. ***Akrita Mamsarasa*** - *Mamsarasa* without salt & *Ghee* called *Akrita Mamsarasa* used in tenth mealtime.
2. ***Krita Mamsarasa*** - When some salt and *Ghee* is added it is called *Krita Mamsarasa*, it is used in eleventh and twelfth mealtimes.

5.Odana (Bhakta)

- 1 part of red rice and 5 part of water was cooked properly and used with *Kritakrita Yusha* and *Mamsarasa*.¹¹

QUALITIES AND MODE OF ACTION OF SAMSARJANA KRAMA:

- According to *Acharya Charaka* and *Sushruta*, the *Manda*, *Vilepi* i.e., contents of *Samsarjana Krama* has the quality of *Deepana*, that means it increases the *Agni* ¹². Due to the *Laghu Guna* of *Manda* and *Vilepi*, it becomes easily digestible and helps in *Deepana Karma*.
- The raw material used for the preparation of *Manda*, *Vilepi* etc. in *Samsarjana Krama* was *Raktashali* and *Mudga* which has *Katu Vipaka* ¹³, it means there was *Agni* and *Vayu Mahabhuta Pradhanya*. *Agni* and *Vayu Mahabhuta Pradhanya* drug has a specific '*Deepan Karma*'.
- According to *Chakrapani*, *Deepana Dravya* are *Vayu Mahabhuta Pradhan* and *Pachana Dravya* are *Agni Mahabhuta Pradhan*. Due to *Vayu Pradhanya* it enlightens up the *Manda Agni*.
- *Saindhav* and *Goghrita* used in preparations has *Deepana*, *Pachana* quality itself ¹⁴; the *Snigdha* and *Laghu Guna* in both of them also helps in proper digestion. *Vatanulomana* is also a characteristic of *Manda*. *Vatanulomana* means the normal or *Prakruta Gati* of the types of *Vata Dosha*. Due to this property each type of *Vata Dosha* does their *Karmas* properly. It means *Samana Vayu* also does his *Karma* properly i.e., proper digestion of food.

According to *Dravya Samanya* which is a type of *Samanya- Vishesha-Siddhanta*, *Mamsa Dhatu Vrid-*

dhi (wt. gain) occurs due to intake of Mamsa (meat). The weight gains i.e., *Shodhanottar Bruhana* proved the above *Siddhanta*¹⁵. The *Swadurasa* (sweet taste) of *Vilepi* also helps in *Bruhana* i.e., the weight gain.¹⁶ According to *Dhatuposhana Nyaya*, properly digested previous *Dhatu* is responsible for the proper production of next *Dhatu*¹⁷. So properly digested *Aahararasa* by the *Jatharagni* is responsible for the *Vrud-dhi* of *Mamsa Dhatu* i.e., *Bruhana*.

- ❑ In *Samsarjana Krama* the food is given in carbohydrates, proteins and fat order which supply sufficient calories for BMR, tissue maintenance, growth, reproduction, thermo regulation and muscular activity. Carbohydrates and fats are energy giving, therefore are required first. But in frequent and less in quantity.
- ❑ While proteins are necessary in more quantity as helps maintain the body. A protein containing adequate and balanced amount of all the essential amino acids (AA) is promptly unified into proteins and retained in the body. The essential AA is required because even if one is missing, it limits the extent of protein to contribute to create tissue pro-

tein. Milk, egg and flesh proteins are rich in essential AA.

- ❑ But due to decrease digestive fire (*Agnimandya*) they can't be given soon after the conception, which require huge number of enzymes. Hence to start with, the *Shuka Dhanya* (grains) are given and that also in the form of *Manda* (liquid) as liquid requires less HCI compared to solid food. Again, the calorific value of *Manda* is very less compared to rice.
- ❑ This is followed by *Vilepi* which is again of *Shuka Dhanya* (grains) but is semisolid compared to *Manda* and has high calorific value. After *Shuka Dhanya*, *Shimbi Dhanya* (pulses) is given this is because there is deficiency of lysine (essential AA) in cereal proteins (*Shuka Dhanya*) and thus is compensated by the rich amount of lysine from pulse proteins (*Shimbi Dhanya*). While the rich amount of methionine (essential AA) in cereals compensates for the lack of methionine in pulses. Thus, *Samsarjana Krama* acts directly on *Jatharagni* improving the state of *Agni* with the mode of action mentioned above.

Masanumasik Garbhini Paricharya according to different Acharyas:¹⁸

Months	Caraka	Susruta	Harita	Vag I & II
1 st	Non medicated <i>Kshira</i> (<i>Anupasankrita</i>)	<i>Madhur Sheetal, Drava Ahara</i>	<i>Madhu Yashti, Parushaka</i> and <i>Madhuka Pushpa</i> with <i>Navaneeta</i> and <i>Madhu</i> , followed by <i>Madhur Payas</i> (sweetened milk)	Non medicated <i>Kshira</i> (<i>Anupa Sankrit</i>)
2 nd	<i>Kshira Medicated</i> with <i>Madhur Aushadha</i> .	<i>Madhur Sheetal, Drava Ahara</i>	<i>Madhur Payas</i> are treated with <i>Kakoli</i> .	<i>Kshira</i> medicated with <i>Madhur Aushadha</i> .
3 rd	<i>Kshira</i> with <i>Madhu</i> and <i>Sarpi</i>	<i>Madhur Sheetal, Drava Ahara</i> . specially cooked <i>Shashti</i> rice with milk	<i>Krushara</i>	<i>Kshira</i> with <i>Madhu</i> and <i>Sarpi</i>
4 th	<i>Kshira</i> with <i>Navaneeta</i> (one <i>Aksha</i>)	<i>Kshira, Navaneeta, Hridya Anna</i> along with <i>Jangal Mamsa Rasa</i>	<i>Krushara</i>	<i>Kshira</i> with <i>Madhu</i> and <i>Sarpi</i>

5 th	<i>Kshira with Sarpi</i>	<i>Kshira with Sarpi</i>	<i>Payas</i>	<i>Kshira with Sarpi</i>
6 th	<i>Kshira and Sarpi medicated with Madhur Aushadha.</i>	<i>Sarpi or Yavagu medicated with Gokshura.</i>	<i>Madhur Dadhi</i>	<i>Kshira and Sarpi medicated with Madhur Aushadha.</i>
7 th	<i>Kshira and Sarpi medicated with Madhur Aushadha.</i>	<i>Sarpi medicated with Prithakparnyadi group of drugs.</i>	<i>Ghrita Khanda</i>	<i>Kshira and Sarpi medicated with Madhur Aushadha.</i>
8 th	<i>Kshira, Yavagu and Sarpi</i>	<i>Anuvasan Basti and Asthapana Basti. After this till Prasava Snigdha Yavagu and Jangal Mamsa Rasa.</i>	<i>Ghirta Purak</i>	<i>Vagbhata 1: Kshira, Yavagu and Sarpi. Anuvasan Basti and Asthapana Basti after this till Prasava Snigdha Yavagu and Jangal Mamsa Rasa.</i>
9 th	<i>Anuvasan Basti and Yoni Pichu</i>	-----	<i>Vividha Annapana</i>	-----

All the *Acharyas* while throwing light on the importance of woman's diet have mentioned that the *Rasa* derived from the diet, taken by the pregnant lady serves the following aims:

- Nourishment of her own body
- Nourishment of the fetus
- Nourishment of the breasts or formation of milk.

Trimester wise, *Brimhana Chikitsa* with special reference to *Samsarjana Karma*:¹⁹

Trimester	<i>Garbhini Lakshana</i>	<i>Garbhini Paricharya</i>	<i>Brimhana Chikitsa w.s.r. to Samsarjana Karma</i>
1 st	<i>Carak: Aamsyasamsravanaam</i> (Excessive salivation) <ul style="list-style-type: none"> • <i>Anna Na Abhilasa</i> (Disinterest in food) • <i>Chardi</i> (Vomiting) • <i>Arochak</i> (Anorexia) • <i>Amla Kamata</i> (Craving for sour substances) 	<i>Su</i> : Sweet cold liquid diet should be administered from 1st-3 rd month.	<i>Manda, Vilepi, Yusha.</i>
2 nd	4 th months <i>Caraka</i> : "Garbhini Gurugatratvam" The women feel more heaviness in the body due to stability of the fetus. <i>Kasayap</i> : "Guru Gatratvam Adhikam"	<i>Susruta</i> : Cooked <i>Sasti</i> rice with cured, pleasant food with milk, butter and meat of wild animals.	<i>Mamsarasa, Bhakta (Odana)</i>
	5 th month: <i>Caraka</i> : "Garbhini Karshya" "The pregnant women become emaciated due to lack of nourishment of maternal dhatus as <i>Rasa</i> is driven to nourish more and more flesh and blood to fetus. <i>Kasyap</i> : The pregnant women become <i>Karchya</i> (emaciated)	<i>Susruta</i> : Cooked <i>Sasti</i> rice with milk, <i>Jangala Mamsa</i> with food mixed with milk and <i>Ghee</i> .	<i>Mamsarasa Bhakta (Odana)</i>
	6 th month:	<i>Susruta</i> : Cooked <i>Sasti</i>	<i>Mamsarasa</i>

	<p><i>Caraka</i>: “Bala Varna Hani “The pregnant women suffer loss of strength and complexion. <i>Kasyap</i>:” <i>Shrama Adhika</i>” Pregnant women feel extremely tired.</p>	<p>rice with milk, <i>Jangala Mamsa</i> with food mixed with milk and <i>Ghee</i>. Ghee rice gruel medicated with <i>Goksura</i>.</p>	<p><i>Bhakta (Odana)</i></p>
3 rd	<p>7th month: <i>Caraka</i>: “<i>Garbhini Sarva Aakarai Klanta Tama</i> “The fetus attains overall maturity; the women feel excessively exhausted. <i>Kasyap</i>:” <i>Nitya Klantata</i>” Women always feels excessively exhausted.</p>	<p><i>Susruta</i> (: Cooked <i>Sasti</i> rice with milk, <i>Jangala Mamsa</i> with food mixed with milk and <i>Ghee</i>. Ghee medicated with <i>Prithakparnyadi (Vidarigandhaadi)</i> group of drugs helps in growth and development of foetus.</p>	<p><i>Mamsarasa Bhakta (Odana)</i></p>

According to modern daily Dietary allowance for a woman during pregnancy:²⁰

Trimester	Daily Dietary Allowances for a woman During pregnancy
1 st	<p>Almost same as non-pregnant state, Macronutrients: Protein:50g/day, Fat, Carbohydrate (Energy, kcal):2,200 kcal, Vitamins: Retinol (Vita. A):5000 IU, Vita. D: 200 IU, Thiamine (vita. b1):1.1 mg, Riboflavin (Vita.B2): 1.1 mg, Nicotinic acid :15mg, Ascorbic acid (vit. C):60 mg, Folic acid (Vita. B9):200 micro. g, Cobalamin (vita. B12): 2micro.g Minerals: Calcium: 500 mg, Iron: 18mg, Iodine: 150micro.g, Zinc: 12 mg</p>
2 nd	<p>During second half of pregnancy daily requirements of Diatery components: <u>Macronutrients</u>: Protein:60g/day, Fat, Carbohydrate (Energy, kcal):2,500 kcal <u>Vitamins</u>: Retinol (Vita. A):6000 IU, Vita. D: 400 IU, Thiamine (vita. b1):1.5 mg, Riboflavin (Vita.B2): 1.6 mg, Nicotinic acid :17 mg, Ascorbic acid (vit. C):70 mg, Folic acid (Vita. B9):400 micro. g, Cobalamin (vita. B12):2.2 micro. g <u>Minerals</u>: Calcium: 1000 mg, Iron: 40mg, Iodine:157 micro. g, Zinc: 15 mg</p>
3 rd	<p>During second half of pregnancy daily requirements of Diatery components: <u>Macronutrients</u>: Protein:60g/day, Fat, Carbohydrate (Energy, kcal):2,500 kcal <u>Vitamins</u>: Retinol (Vita. A):6000 IU, Vita. D: 400 IU, Thiamine (vita. b1):1.5 mg, Riboflavin (Vita.B2): 1.6 mg, Nicotinic acid :17 mg, Ascorbic acid (vit. C):70 mg, Folic acid (Vita. B9):400 micro. g, Cobalamin (vita. B12):2.2 micro. g <u>Minerals</u>: Calcium: 1000 mg, Iron: 40mg, Iodine:157 micro. g, Zinc: 15 mg</p>

DISCUSSION

Ayurveda considers food to be the best source of nourishment as well as medication for the pregnant lady. Our *Acharyas* mention month wise *Garbhini Paricharya* which is unique to *Ayurveda*. The digestive power of the pregnant lady is weakened, and we know that *Samsarjana Krama* as advised by our *Acharya* is helpful to increase the *Agni* and to provide the sequential nourishment to the patient.

CONCLUSION

First and most important conclusion is *Samsarjana Krama*, which directly act on *Jatharagni* improving the state of *Agni*. after *Brmhana Chikitsa with special reference to Samsarjana krama* there is increase in weight of individual. As we know, according to modern during pregnancy mother should gain total 11 kg weight (in normal *BMI*), 1st trimester 1 kg, 2nd tri-

mester 5kg and 3rd trimester 5 kg aprox. So, it will help to nourish both mother and fetus.

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