

WORLD JOURNAL OF PHARMACEUTICAL RESEARCH

SJIF Impact Factor 8.084

Volume 11, Issue 11, 1390-1395.

Review Article

ISSN 2277-7105

MASANUMASIK PARICHARYA OF GARBHINI- A CRITICAL REVIEW

Dr. Sagar Subhash Ambekar¹* and Dr. Jagruti Vidyadhar Rode- Ambekar²

¹Professor in the Department of Rachana Sharir at Ramrao Patil Ayurved College and Rugnalaya, Purna, Dist- Parbhani.

²MS – Shalyatantra & Ex Associate Professor in dep. of Shalyatantra at Vijayashree Ayurved Medical College and Hospital, Jabalpur.

Article Received on 18 June 2022,

Revised on 08 July 2022, Accepted on 28 July 2022

DOI: 10.20959/wjpr202211-25137

*Corresponding Author Dr. Sagar Subhash Ambekar

Professor in the Department of Rachana Sharir at Ramrao Patil Ayurved College and Rugnalaya, Purna, Dist- Parbhani.

INTRODUCTION

"To awaken people, it is the woman who must be awakened, once she is on the move, the family moves, the village moves, the nation moves." - Pandit Javaharlal Nehru.

Above line indicates the importance of woman in our society. Woman is the backbone of family. She should always be cared as she is responsible for the unity and happiness of the family. Though woman is the important member of family, she is often neglected for her health. Hence this is the duty of family members, doctors and society to take care of her health. One of such moment when woman needs keen observation and proper health support is pregnancy. The joy of motherhood is the most precious moment in woman's life. Having a healthy baby is the dream of every woman but for having that joy she

has to carry the developing fetus for more than nine months and at last have to suffer a painful step called as labour.

Ayurvedic classics have explained the importance of female as she is the most important part of human exhistence on this earth. A woman who has carried a fetus for nine months, who cared and followed all the precautions to keep the fetus safe has to pass through the stage of labour. This stage of delivering baby from the uterine environment to external world comprises a sequence of many changes occurring in both mother and the fetus.

Antenatal care is an important determinant of high maternal mortality rate. It is one of the basic components of maternal care on which the life of mothers and babies depends. Rates of Caessarean section in many countries have increased beyond the recommended level of 15%, almost doubling in the last decade, especially in high income areas such as Australia, France, Germany, Italy, North America and the United Kingdom of Great Britain and northern Ireland (UK). Similar trends have also been documented in low-income countries such as Brazil, China and India.

Classical review

Masanumasik paricharya of garbhini or recommended Diet and Regimen for various months during pregnancy

First month

As soon as pregnancy is suspected, the mother should take non medicated cold milk repeatedly in desired quantity (considering her digestive power and strength).

Sushrutacharya says that she should take madhur, sheeta and drava aahar from first to third month.

Second month

The woman should be given milk medicated with madhur dravyas and liquid food which are madhur and sheeta.

4 Third month

She should take milk with Madhu, Ghruta and Shashti (a variety of rice) cooked in milk. During these three months major part of mass is formed – for this purpose madhur and sheeta veerya dravyas should be given which help in the formation of the cellular mass and promote growth. As pregnant women usually suffer from nausea and vomiting during first trimester, ingestion of this kind of diet is necessary to fulfill the nourishment and to prevent dehydration. Madhur, drava and madhu provides the increased glucose demand during pregnancy. Milk, being complete food, provides stability and nourishment to foetus.

♣ Forth month

Butter extracted from milk (and not from curd) in the quantity of one aksha or milk with same amount of butter should be given. Cooked shashti with curds, pleasant food, mixed with milk and butter and meat of wild animals should be given to the pregnant women during the fourth month. During this month there is solidification and development of limbs so such kind of aahar is advised.

Fifth month

Ghee prepared from butter which is extracted from milk (Ksheera sarpis) and similar kind of food to that of fourth month should be given during this month.

Sixth month

Ksheera sarpi medicated with the drugs of madhur gana has to be given according to Charaka. Rice gruel medicated with Gokshura and ghruta should be given in sixth month according to Sushruta. As there are chances of occurrence of edema and hypertension during this month so Gokshura is advisable due to its mutravirechaniya property.

Seventh month

The diet in seventh month is the same as advised in sixth month by Charaka. According to Sushruta ghruta medicated with Pruthakparnyadi group of drugs is useful for proper development of the fetus.

Eighth month

During 8th and 9th month of pregnancy basti is advised by acharyas for maintaining prakrut avastha of vata.

The regimen and diet prescribed, controls vata especially the Apan vayu. The functions of apan vayu are "Vata vinmutra-shukra-artava-garbh nishkramana aadikriyaha". i.e. the expulsion of feces, urine, shukra, aartava and the delivery of fetus, hence to have normal delivery it is very important to maintain the vata.

Sushrut has advised Asthapana Basti with decoction of badar mixed with bala, atibala, shatpushpa, palal, milk, curds, mastu, oil, salt, madanphala, honey and ghruta and followed by Anuvasan basti with oils medicated with milk and decoction of madhur aushadhi dravyas. These would help in clearing the retained feces and vata-anuloman.

Ninth month garbhini paricharya

Charaka and Ashatang Sangraha have advised use of Anuvasana basti with oil prepared with the drugs of Madhur group or the same as used in eight month. Vaginal tampon of same oil should be given for lubrication of Garbha sthana and Garbhamarga.

Vagbhata has prescribed meat soup with cooked rice and fat or rice gruel mixed with good quality of fat. Anuvasana basti as advised in eight month and vaginal tampon of the same oil should be given. Daily bath with cold decoction of pounded leaves of drugs capable of suppressing vata should be given. To the women having absence of unctuousness in the body Anuvasana Basti should always be given only after use of fat.

Harita opines that in ninth and tenth month different varieties of cereals should be used. Bhela says that Anuvasana Basti with Kadambamasha oil should be given, by use of this the accumulated feces goes in the lower passage, thus delivery of child becomes normal. After this basti rice gruel should be given.

Though Sushruta has not prescribed any specific dietetic regimen specifically for ninth month, however, in the regimen of eighth month after use of enema continuous use of unctuous gruels and meat soup of wild animals up to the period of delivery is advised. This indicates that Sushruta has advised use of unctuous gruel and meat soup of wild animals in ninth month also.

DISCUSSION

Benefits of monthly regimen

Describing the benefits of this dietetic regimen prescribed for the woman having normal development of fetus, Charak says that by this she remains healthy and delivers the child possessing good health, energy and strength, voice, compactness and much superior to other family members. Further Charak and Ashtang Sangrahakar say that by the use of this regimen from first to ninth month her garbhdharini kukshi, sacral region, flanks and back become soft, vayu moves in its right path or direction i.e. feces, urine and placenta are excreted or expelled easily by their respective passage. Skin and nail becomes soft, women gains strength and complexion. She delivers normally at proper times. A desired, excellent, healthy child possessing all the qualities of long life can be delivered.

Sushruta has not described benefits separately, however, some of them mentioned are – fetus attains good growth, vayu moves in its right direction, woman becomes unctuous, strong and delivers the child easily without complications.

Diet consumed by garbhini converts into rasa, which serves three purposes in her bodynourishment of her own body, nourishment of fetus and nourishment of stanyashaya and formation of stanya. Hence the whole garbhini paricharya is beneficial not only to mother but also to fetus. It helps during the process of labour in order to overcome the complications which may occur during Prasava.

Table of masanumasik pathyas explained in different classics

Month	Charaka	Sushruta	Vaghbhata	Harita
1 st	Ksheeram	Madhur sheeta	Ksheeram	Navneet, Payas+
month	Anupaskrutam	drava	upaskrutam- 12	Madhur & madhur rasa
		prayamaharam	days Ghruta +	+
			shaliparni &	yashtimadhu,parushaka,
			palash, anupana	madhupushpa
			with swarna &	
			rajat, madhur	
- nd			aushadhi	
2 nd	Kshreeram +	Madhura	Kshreeram +	Kakoli + Madhura rasa
month	Madhuraushadha	Sheeta drava	Madhuraushadha	
- rd		Prayamahaara		
3 rd	Kshreeram +	Shashtika	Kshreeram +	Kshira
month	Madhu + sarpi	odan + Payas	Madhu + sarpi	
4 th	Ksheera +	Payo navneeta	Kshreera +	Krutodana
month	Navneeta	samsruta	Aksha matra	
		jangala	navneeta	
-th	77.1	mamsa rasa	77.1	** 1
5 th	Ksheera sarpi	Ksheera sarpi	Kshreera sarpi	Ksheera
month 6 th	77.1	samskruta	T7 1	D 11 ' 16 11
_	Ksheera sarpi +	Swadamshtra	Ksheera sarpi +	Dadhi + Madhura rasa
month	Madhuroushadh	siddha sarpi	madhurouashadh	
7 th	siddham	D	siddham	C1
'	Ksheera sarpi +	Prushniparni	Ksheera sarpi +	Ghruta + khand
month	madhura oushadh	siddha sarpi	Madhura oushadh	
	siddham		siddham	
8 th		Badarodaka +	Combined	ahmitanoorali
month	Ksheera yavagu sarpisham	bala +		ghrutapoorak
Шопш	Sarpishani	atibala+	opinions of Charak and	
		shatpushpa +	sushruta but	
		Tila +	eliminated	
		payadadhi /	shatapushpa,	
		Mastu	bala, atibala and	
		kashaya basti	advised basti	
		& sneha basti		
9 th	Anuvasan with		Anuvasan with	Vividha anna
month	madhur aushadhi		madhur aushadhi	
	siddha taila,		siddha taila, yoni	
	pichu		pichu	

Our ayurvedic granthas have explained the month wise development of fetus and the effective result of developing fetus on the mother. Each month paricharya is designed to fulfill the requirement of both mother and fetus and to normalize the vitiated doshas in body which may create complications.

REFERENCES

- Agnivesha, Charak Samhita with Ayurved Dipika Commentary by Shri Chakrapanidatta, edited by Vaidya Yadavaji Trikamaji Acharya, Chaukhamba Surabharati Prakashana, Varanasi, 2011.
- Sushruta, Sushruta Samhita with Nibandhasangraha Commentary of Shri Dalhanacharya and Nyayachandrika Panjika of Shri Gayadasacharya; edited by Vaidya Yadavaji Trikamaji Acharya, Chaukhamba Surabharati Prakashana, Varanasi, 2010.
- 3. Vruddha Vagbhata, Ashtang Sangraha with Shashilekha Sanskrit Commentary by Indu, Chaukhamba Sanskrit series office, Printed in, 2008.
- 4. Vagbhata, Ashtang Hrudaya with Commentaries of Sarvangasundara of Arunadatta & Ayurvedarasayana of Hemadri, edited by Pt. Hari Sadashiva Shastri Paradkar Bhishagacharya, Chaukhamba Surabharati Prakashan, Varanasi, 2010.
- Shri Madhavakara, Madhava Nidanam with Madhukosha Sanskrit Commentary by SHri Vijayarakshita & Shrikanthadatta along with Vidyotini Hindi Commentary by Shri Sudarshana Shastri, revised and edited by Prof. Yadunandana Upadhyaya, Chaukhamba Sanskrit Sansthan, Varanasi, 2006.
- 6. Sharangadhara, Sharangdhara Samhita, translated by Prof K.R. Shrikantha Murthy, Chaukhamba Orientalia, Reprint 2010.
- 7. Prof. Premvati Tivari, Ayurvediya Prasutitantra avum Streeroga Part 1& 2, Chaukhamba Orientalia, Varanasi, 2003.
- 8. Anonymus, Yogaratnakara with Vaidyaprabha Hindi Commentary by Dr. Indradev Tripathi, Dr. Daya Shankar Tripathi, Krishnadas Academy, Varanasi, 1 st edition 1998.
- 9. Vruddha Jeevaka, Kashyapa Samhita, Pandit Hemaraj Sharma, Chaukhamba Sanskrit Samsthan, Varanasi, 2008.
- 10. Bhavamishra, Bhavprakasha, Commentary by Pandit Bhramhashankar Mishra, Chaukhamba Sanskrit Bhavan, 2009; 11.