

<https://doi.org/10.46344/jbino.2020.v09i5b.29>

ANALYSIS CLINICAL STUDY OF GARBHINI AND SOOTIKA PARICHARYA

Dr.Saheb Dhena Rathod¹ & Dr Ranjana Tarachand Chavan²

1.Associate Professor, SGM Ayurved Medical college, Mahagaon, TQ Gadhinglaj distt, Kolhapur, Maharashtra – 416503, India

2.Associate Professor, Glocal College of Ayurvedic Medical Sciences & Research Centre, Mirzapur Pole, Distt.Saharanpur,
Uttar Pradesh -247121, India

Email : drathods@gmail.com

ABSTRACT

Ayurveda considers food to be the best source of nourishment as well as medication for the pregnant woman. The nine monthly diet is singularly unique to Ayurveda. It changes in accordance with the growth of the fetus in the womb and at the same time ensures health of the mother. One can find remnants of this dietetics with midwives and older women, but a detailed and comprehensive diet plan is being practiced only by the vaidyas of the classical medical tradition. In the present paper we are discussing regarding the clinical analysis of garbhini and sootika paricharya.

Keywords: Ayurveda, Garbhini, Sootika paricharya

No: of References: 08

INTRODUCTION

Ayurveda gives importance of caring for the mother before, during and after pregnancy. [1] The health of women is especially important because womanhood represents the capacity to bare the fetus in the womb and to deliver it in a healthy status. Moreover, she has to bring up the child properly and then she contributes to the overall health of the society. In the modern world women has to manage the dual role both as house wife and as a professional. Hence health of women is very important. The elegant phase of pregnancy and delivery brings adaptation changes in bio-physiological and psychological parameters in puerperium, which may adversely affect her health if not properly taken care of. Pregnancy is one of the milestones in women's life. It is a physiological condition where conception and growth of fetus occurs in womb for the maintenance of species. It is a time of transformation when the amazing changes are experienced, though natural can be stressful if not managed properly. Charaka has explained that due to the prachalita dhatus and dhoshas, the lady will be prone for getting vikrutis. Thus pregnant lady should be treated just like a pot filled with oil, [2] that is even the slightest excitement can create problem to pregnant lady as well as the fetus. The garbhini paricharya refers to the care given to pregnant lady. It has to be started as soon as the signs and symptoms of pregnancy are seen. [3] Various aharas, viharas, and aushadhas in the form of do's and don'ts are explained for maintaining the physical and mental health of pregnant women. [4] In our classics there are references regarding garbhasrava and garbhapaata. [5] While explaining about

its causative factor there mentioned about maatur ahara vihara janitha, douhridaavamanaja, asadvruttanjanita.

The growth of the foetus is marked by a certain growth pattern. Thus in the 5th month there is a predominant growth of Mamsa (flesh) and Rakta (blood) dhatus. In 6th month there is predominant development of Bala, Varna, Nails, hairs, Roma, ligaments, bones etc. Accordingly the management changes every month according to 'Charaka Samhita. FIRST MONTH OF PREGNANCY Diet: Cold milk in small quantity but frequently. Mathur (sweet), Sheet (cooling to the body) and liquid diet is preferred in 2nd month for maintenance of foetus. Medicine: Jeshthamadhu with white sandalwood power, red sandalwood powder in cow's milk. Jeshthamadhya, Saagbee, Ksheerkakoli, Devdaru (Cedrus deodara) milk. SECOND MONTH OF PREGNANCY Diet: Cold milk in small quantity but frequently Madhur, sheet and liquid diet like milk, coconut water, fruit juices, peya, kanji which has not become sour. All these should be in small quantity but taken frequently. Fruits to be avoided are Pineapple, Papaya, Sugarcane. Medicine: Ashmantaka (Apta) til, Pippali (Piper longum), Manjishtha (Rubia cardifolia) Shatavari (Asparagus recemosus). These are taken in same quantity and a Kashay (decoction) is prepared and taken with milk and sugar. Lotus stem, Nagakeshar Milk, or buttermilk, lotus, bel fruit, Camphor and Goat milk. THIRD MONTH OF PREGNANCY Diet: Rice with milk or Ghee (clarified butter) and honey in unequal quantity with milk and same type of fruit juices that are told in 2nd month. §Medicine: Vrikshadani,

Ksheerkakolki, Priyangu, Sariva. §Sugar, Nagkeshar Milk Sandalwood powder, Khus, lotus, cold water with milk. FOURTH MONTH OF PREGNANCY Diet: Butter taken out of milk, Rice with curds, fruit juice, coconut water, Hridya Fruits viz. Mango, watermelon, white pumpkin, yellow pumpkin, snake gourd (chichinda) Berry (Badar), pomegranate, Amratak (Ambada) Medicine: Sariva, Rasna, Bharangi or Jeshthamadhu decoction. §If pregnant woman feels thirst, burning and pain in abdomen then milk boiled with banana root, lotus, Khus is given in the same quantity. For Thirst: Shunthi, Mustha, sandalwood powder. Diet: Meat-soup, rice, chicken FIFTH MONTH OF PREGNANCY Diet: Rice and milk, ghee from butter, Rice milk, Ghee. Mamsa Vardhak (foods which promote bulk in fetus) – meat soup, black gram; Rakta Vardhak (which increase blood)– Pomegranate, Chikoo, Apple, spinach, beatroot, Amalki, guava etc. Medicine – Ground pomegranate leaves, sandalwood paste should be mixed with curd and honey. Kantakari (Solanum xanthocarpum) Laghu Kantakari (Gmelina arborea) leaves of Ksheeri trees (like Pipal – Ficus religiosa) banyan, udumbar (Ficus glomerata), Plaksha – (Ficus lactor) powder with milk. §Ground blue lotus, Renukbeej, Nagkeshar, pumpkin with water. SIXTH MONTH OF PREGNANCY Diet: Ghee, Rice, Gokharu (Tribulus terrestris) Siddha ghee (processed ghee), Yavagu (Rice kanji). Medicine: Gairik, cow's dung, black mud heated and put in water and after setting for some time, take upper water only §and in that mix sandal powder, sugar and drink it. Prishniparni (Uraria picta), Bala, Gokharu, Drum stick, Jeshthamadhu decoction. Balya (Strengthening):

Endri, Gorakshakarkati (papaya), Vidarikanda, Shatavari, Ashwagandha, Mashparni, Bala, Atibala. Varnya (for complexion): Sandalwood powder, lotus, ushir, Sariva, Jeshthamadha, Manjishtha, White Durva, Vidarikanda. SEVENTH MONTH OF PREGNANCY If there is itching on her lower abdomen, thigh or breast, the § following medicine are used:- §Berry Kashay: processed in sweet medicines, butter milk. §Kanheri siddha oil massage §Parishek of Jai, Jeshthamadhu decoction. §Avoid salt and large quantity of water. Take bala, Gokharu, Musta, Lajjalu, Nagkeshar powder. To some extent, the rate of abortions can be prevented by following proper antenatal care which is detailed in our classics. Charaka mentioned that garbhaja vyadhis are produced due to maatrujaapacharas. Vagbhata clearly mentions about the need of tender loving care of the persons accompanying her. [6] They should console her and make her feel relaxed and stress freed. Kashyapa mentioned that the food consumed by the lady should be in consideration with desha, kala, matra, agni, etc. In our classics detailed description about the maasanumasikapathya. During first month, kalala formation, in second month Ghana, and in the third month there will be development of sarvaangapratyanga and indriyas. In order to satisfy all the needs for the development process, acharyas mentioned about the usage of ksheera, madhurasheetadravaachara and saatmya foods. [7,8] During first trimester the lady will be suffering from shrama, glani, pipasa, chardhi. Thus for these ailments, milk is the ideal source and it prevents dehydration due to nausea and vomiting. Milk is mentioned as a

complete diet can be taken throughout the period of pregnancy. It is natural source of folic acid, vitamins, minerals and enzymes which are essential for fetal and maternal nourishment. Adequate calcium supplementation through milk can produce proper development of fetus. From third month onwards, mentioned about the importance of ghritha. It is vata pitta prashamana. [9] Ghee is rich in antioxidants and acts as an aid in absorption of vitamins and minerals from other food. From fourth month onwards, there is rapid growth of fetus. The muscular tissue of foetus develops, so more proteins are needed. Thus it can be attained by the usage of jangalamamsa, shashtikodana, dhadhi, ksheera, navaneeta. In fourth month mamsashonitopachaya occurs to garbha and lady feels emaciated. It is due to the lack of nourishment of maternal dhathus, as the aahara rasa is driven to nourish the fetal mamsaraktaathidhathus. [10] Thus during this period, indication of ksheerasarpi, hridhyannapaana, mamsa which all supply the nutrients for the development of fetal tissue as well as the mother. As the foetus draws more strength and complexion, the lady feels more tiredness due to increase in demand for nutrients in the sixth month. By the end of second trimester, the lady will be more prone for oedema of feet or other complication of fluid accumulation. There is also an increased chance of getting UTI. The use of swadhamshttra siddha sarpi and yavagu prevents the above condition as it has the property of mootravirechaniya, shothahara, krimighna. In seventh month by the usage of madhuroushadha siddhasarpi, prithakparnyadi siddha [11] ksheerasarpi having the brimhana property which

helps in fetal development. From eighth month up to delivery snigdha yavaagu, jangalamamsa rasa, ksheerayavagu with sarpietc mentioned all these acts in subsiding the vata. [12] During last three months the fetus drains about two-third total calcium, three-fifth total protein, four-fifth total iron from mother, thus the usage of vividhaannani meets the nutrient demands Garbhinisamanyavihara and various do's and don'ts mentioned. In the Samhita's, acharyas give references regarding usage of vasti and yoni pichu. Most of the women experience constipation in late pregnancy due to the pressure of the gravid uterus and also by the effect of hormones. Thus anuvasanavasti helps in anulomana of apanavata. It helps in bringing normalcy of apanavata and thus facilitates unobstructed labor. [13] Yoni pichu helps in softens the vaginal passage, facilitates relaxation during labor then prevents perineal tear.

Soothika [17] according to Ayurveda is prasoothastri and soothikaparicharya refers to treatment given to women after delivery. Most of the maternal deaths take place during the first six weeks after child birth. During this period certain psychosomatic changes such as , loss of weight, loss of strength, loss of blood , loss of body fluid, laceration of genital tract, constipation, mental stress etc take place during puerperium. [18] According to Ayurveda most of these changes lead to atiapatarpana (poor nutritional intake) of mother during puerperium. Since giving birth is stressful with an emotional touch of becoming new mother, even there is dramatic change in doshas, dhatus which result in declination of her health. The added responsibilities of nurturing the

new baby along with recuperation of her own health, makes suthika an aspirant for special attention. Ayurveda has ideally given prime importance to suthika and explained suthikaparicharya which helps in reverting her to the pre-pregnant state. In general, immediately after delivery panchakolaasava with guda is given for purifying garbhashayam and promoting Agni for three to five days. It is mentioned that the abdomen should be massaged and wrapped properly with a big clean cloth. This produces compression of abdomen thus prevents hollow space, so that the vata does not get vitiated. It also helps to reduce the abdominal girth. The lady should be given bala taila abhyanga followed by vataharapatra siddha jala snana. For timely involution specific preparations can be advised, along with it specific stanyajanana and rakta janana is used. Thus sootika paricharya and garbhini paricharya mentioned in our classics are unique and specific. One has to practice masanumasikaparicharya as well as sootikopachara. The masanumasika paricharya helps in proper development of fetus. The life of pregnant women will be at risk during delivery or it is one of the most crucial times in her life. The sarvashareeradhatu of mother will be in shithilaavastha because of growth and development of fetus in her. This is further added by pravahanavedana and kledarakthasrava during delivery. Hence the woman is with shunyashareera because of prasavavedana and she is prone for certain diseases. The suthikaparicharya itself helps in punarnavikarana of her body.

REFERENCES

Acharaya Agnivesa, Charakasamhitha, edited by **Dr. Brahmanand Tripathi, Chaukhamba Surbharati Prakashan, Varanasi. Ch Sha8/3**
Jatisutriyashariradhyaya Page -931

AsthangaSangraha of Vagbhata, by **Atridev Guptasharira 2/62** Krishnadas Academy, 2005

Acharya Agnivesa, Caraka Samhita. Elaborated by **Caraka and Dridhabala** with the Ayurveda deepika commentary by Sri Cakrapanidatta, edited by Vaidya Yadavji Trikamjiacharya, prologued by Prof. R. H. Singh, Chaukhamba SubharatriPrakashan, Varanasi Sarirasthana, 8(3) 931

YadavjiTrikamji, editor, Commentary: Ayurveda TatvaSandipika Hindi Commentary of Acharya Ambika DattaShastri on Sushruta Samhita of Susrutha nidāna 8/10

Acarya Vagbhata, Astanga Hridaya. composed by with the commentaries of Sarvangasundara of Arunadatta and Ayurveda Rasayana of Hemadri, Collaterated by Late Dr. Anna MoreswaraKunte and Krsna Ramachandra SastriNavare, Edited by Bhisagacharya Harisastri Paradakara Vaidya, Introduction by Prof. P. V. Sharma, ChaukhambaOrientalia, Varanasi, Reprint ninth edition, SariraSthana. 2005sharira sthāna 1/42-43

YadavjiTrikamji, editor, Commentary: Ayurveda Tatva Sandipika Hindi Commentary of Acharya Ambika Datta Shastri on Sushruta Samhita of Sushruta,

ShariraSthana, chapter 10, verse no.3,
13th edition, Varanasi: Chowkhambha
Sanskrit Sansthan; 2002; p.73

Charaka Samhita, edited by
KasinathSastri and **Dr.**
GorakhanathChaturvedi with Hindi
Commentary Vidyotini, Reprint,.Ch Sha
8/22 JatisutriyashariradhyayaPage -944.

Charaka Samhita, edited by
KasinathSastri and **Dr.**
GorakhanathChaturvedi with Hindi
Commentary Vidyotini, Reprintsutra 13/34

