

GARBHINI PARICHARYA: A CASE STUDY

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Abstract

In Ayurveda, garbhini paricharya means which provides nutrition, medical obstetrical and psychological care to mother and foetus. It also improves the bala (strength) of mother and foetus. Antenatal managements are described in 2 ways, putrashisa Karma i.e. conditioning of child by genetic transformation and the perfect care of mother, management of foetus in mother's womb according to the month wise development and also to reduce the complications that occurs during pregnancy. A case of 25 years pregnant women was treated as per month wise development with Ayurvedic medicine. She got a healthy, active male child of 3 ½ kg. In this case there was no abnormality in foetus. No any complications in the time of pregnancy period and after the child birth.

Keyword: Garbhini; Putrashisa karma; Womb.

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INTRODUCTION

Ayurveda is a holistic science thus viewing each aspect of its contents from all the directions and that is why it is a complete medical science. Garbhini Paricharya is clearly described in Charaka Samhita as putrashisa karma. Thus a healthy child need to be strong by his innate potentialities to grow normally and of course the nutrition, age, and influence of the environment does have the role to play. Above all these factors along with ahara-vihara (food and activities) of parents before conception, during the period of conception and prenatal period also play an important role. The aim of Garbhini paricharya is to provide nutrition, medical obstetrical and psychological care to both mother and fetus and also to provide safety during child birth. It also improves the bala (strength) of mother and foetus. In Ayurvedic texts antenatal management is described 2 ways:

- i. Putrashisa karma i.e. the conditioning of child by genetic transformation.
- ii. The perfect care of mother's womb accordingly to the month wise development and also reducing the complications that occur during pregnancy period.^[1]

CASE REPORT

Registration number : OPD No.: 2012 /2014
Age : 25yrs
C/o Amenorrhea Since 1 ½ month

The patient was regularly coming to hospital in pre conception period itself. 1st Month treatment to promote the health of the gravida and to prevent miscarriage was followed. The treatment followed was Garbhapala rasa one tablet with honey and 10-20 draksha once in the morning on empty stomach. After confirming the pregnancy of 1 ½ month, the garbhini was asked to follow the month wise

treatment in Ayurveda for the development of fetus and to maintain the bala (strength), arogya (health) of both the garbhini and fetus.

Month wise treatment

As per the classics the month wise treatment was given for the garbhini. Garbhapala rasa and Sudhasatka was given upto 7 months. Details of month wise treatments, given to the pregnant woman are given in Table 1.

External Therapy

Bruhat guduchyadi taila was used for local applications in episiotomy stitches and Mahanarayana taila was applied locally at the time of backache.^[2]

During labour pain she had not taken any modern medicine but episiotomy was done. The stitches of episiotomy was healed up by using Navagraha rasa one tablet. Ghee 10 drops and Honey 5 drops- 8 hourly.^[3] Pravala bhasma – 2 tablets thrice daily.^[4]

DISCUSSION

The total pregnancy period is divided into 3 phases: during first trimester predominance of kapha in second trimester pitta and in the third trimester vata takes place. The patient was regularly coming to hospital in pre conception period, but confirmation of pregnancy was done at 1 ½ month. Garbhapala rasa and Sudhasatka was given upto 7 months. Garbhapala rasa is an excellent combination mentioned in rasashastra for garbhini's (pregnant woman). Garbhapala rasa is recommended in pregnancy from the first month of gestation as it has iron as one of the ingredient. It cures and prevents diseases during pregnancy. Mainly it improves the Hb%. It is mentioned to give along with draksha kwatha or draksha as such. This vehicle improves the rate of absorption of the drug. She had nausea and vomiting in the second month.

Table 1: Month wise treatment

Month	Treatment
	1st Month
To Promote the health of the gravida and to prevent miscarriage	Garbhapala rasa one tablet with honey and 10-20 draksha once in the morning on empty stomach ^[5]
	2nd Month
She had nausea and vomiting	i) Garbhapala rasa, with honey ii) Along with Javani (<i>Trachyspermum ammi</i>), ela (<i>Elettaria cardamomum</i>), Satapushpa (<i>Pimpinella anisum</i>), sitopala (<i>Saccharum officinarum</i>), tanduladaka hima throughout the day. ^[5]
	3rd Month
Hyper Acidity Anaemia	i) Abraka rasayana ^[3] one tablet with honey dhanyaka hima at evening, once a day. ii) Dhatri loha ^[6] one tablet with honey 5 drops and Ghee. iii) Garbhapala rasa one tablet at morning.
	4th Month
Development of heart and consciousness takes place, so she was advised psychotherapy i.e. listen cassettes of Vishnu Sahasra nama, Vedas, and to read Bhagavat geeta (upto 9 month) ^[7]	i) Garbhapala rasa one tablet at morning with honey ii) Dhatri loha one tablet after meal twice daily. iii) Abraka rasayana one tablet evening
	5th Month
Manah Pratibuddhatara So, she was instructed to visit the temples in different place.	i) Garbhapala rasa one tablet ii) Dhatri loha one tablet after meal twice daily iii) Abraka rasayana one tablet evening
	6th Month
According to shastra maximum bone development and nourishment takes place. To promote the intelligence, strength and enhances the complexion of the child	i) Garbhapala rasa one tablet Sudastka ^[3] one tablet ii) Dhatri loha one tablet after meal twice daily iii) Abraka rasayana one tablet evening Ashwagandha Kshirapaka one cup before sleeping at night.
	7th Month
She was given instruction to utilize all the sensory and functional units of the body and also listen the classical songs to promotes the musical knowledge of the child. ^[8]	i) Garbhapala rasa one tablet Sudastka one tablet ii) Dhatri loha one tablet after meal twice daily iii) Abraka rasayana one tablet evening Ashwagandha Kshirapaka one cup before sleeping at night.
N.B: Garbhapala rasa and Sudhasatka was given upto 7 months	
	8th Month
According to Acharyas due to immaturity of foetus the ojus remains unstable. To promote and stable of the ojus. ^[6]	i) Brhat Vata chintamani rasa one tablet with honey and milk cream, at morning once a weak. ii) Dhatri loha one tablet after meal twice daily iii) Abraka rasayana one tablet evening Ashwagandha Kshirapaka – 1 cup before sleeping at night. ^[2]
	9th Month
In the later part of the 9 th month	i) Brhat Vata chintamani rasa one tablet with honey and black piper, twice a week at morning. ii) Krishna Chaurmukha rasa one tablet with honey, once a day for safe delivery. iii) Dhatri loha one tablet after meal twice daily.

The condition was managed with garbhapala rasa with honey, along with Javani (*Trachyspermum ammi*), ela (*Elettaria cardamomum*), satapushpa (*Pimpinella anisum*), sitopala (*Sacchorum officinarum*), tanduladaka hima (cold infusion) throughout the day. Honey, ela, satapushpa subsides vomiting and nausea. Hyper acidity and anaemia was managed with Abraka rasayana^[3] one tablet with honey dhanyaka hima at evening, once a day and dhatri loha^[6] one tablet with honey 5 drops and Ghee. Here dhanyaka hima is cold in potency and hence subsides hyperacidity and the condition anemia was managed with dhatri loha and abrakasayana. In the 4th month development of heart and consciousness takes place, so she was advised psychotherapy i.e. listening cassettes of Vishnu Sahasra nama, Vedas, and to read Bhagavatgeeta (upto 9 month).^[7] In 5th month manah pratibuddhatara takes place so, she was instructed to visit the temples in different place. 6th month, according to shastra maximum bone development and nourishment takes place. To promote the intelligence, strength and enhances the complexion of the child along with garbhapala rasa one tablet and sadastka^[3] one tablet dhatri loha one tablet after meal twice daily, abrakasayana one tablet evening and aswagandha kshirapaka one cup before sleeping at night. Aswagandha (*Withania somnifera*) is sapta dathu vardhaka drug and so improves the growth of the foetus checks the health of the mother too. In the 7th month She was given instruction to utilize all the sensory and functional units of the body and also listen the classical songs to promote the musical knowledge of the child.^[8] Garbhapala rasa and Sudhasatka was stopped in the beginning of 8th month. In the 8th month according to acharyas due to immaturity of foetus the ojus remains unstable. To promote the stability of the ojus^[6] brhat vata chintamani rasa one tablet with honey and milk cream was given in addition at morning

once a week. In the 9th and latter part brhat vata chintamani rasa one tablet with honey and black pepper, twice a week at morning, krishna chaurmukha rasa one tablet with honey once a day for safe delivery and dhatri loha one tablet after meal twice daily to maintain the Hb %.

CONCLUSION

She got a healthy active male child of 3 ½ kg. The total pregnancy period was completely managed by Ayurvedic Method. As per the classics Rasa oushadhis were used. No adverse reactions were found. No any complications were found during the time of pregnancy period and after the child birth. Yet the study should be carried out in large number of cases for further recourse.

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