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THE IMPORTANCE OF GARBHINI PARICHARYA IN PREVENTING HIGH-RISK COMPLICATIONS: AN AYURVEDIC REVIEW

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ABSTRACT
Pregnancy is a transformative phase in a woman's life, requiring comprehensive care to ensure the health of both mother and fetus.Ayurveda, emphasizes a preventive and holistic approach through Garbhini Paricharya - A structured, month-wise antenatal regimen.This includes guidance on diet (Ahara), lifestyle (Vihara), and herbal support (Aushadha).With the increasing incidence of high-risk pregnancies such as pre-eclampsia, gestational diabetes, IUGR, preterm labor etc. There is a need of garbhini paricharya as their preventive measures even before onset of such complications.This paper explores how Garbhini Paricharya helps to ensure proper fetal development, Safegaurd maternal health, and ultimetly facilitate sukh prasava and its importance in the prevention of high risk pregnancies.

INTRODUCTION
Pregnancy is one of the most important and sensitive phases in every woman's life. It brings about significant physiological and emotional changes and places additional demands on the body. Improper care during the prenatal period, along with an increase in high-risk pregnancies, has led to a rise in various complications and feto-maternal mortality. However, most of the complications are preventable with proper management and effective antenatal care. Incorporating Ayurvedic approaches like *Garbhini Paricahrya* can further enhance the quality of prenatal care and promote better health for both the mother and the fetus. *Garbhini Paricharya* emerges as a profound Ayurvedic concept that highlights the pivotal role of maternal health in shaping the development of the unborn child. Rooted in ancient Ayurvedic wisdom, the journey of *Garbhini Avastha* (pregnancy) is divided into distinct stages, each requiring specific dietary (*ahara*) and lifestyle practices (*vihara*) and Medication *(aushadha sevan).* These are thoughtfully designed to nurture the growing fetus, enhance the mother's vitality, and prepare her body for a smooth and natural delivery.

This holistic framework of Ayurveda offers trimester-wise nutritional guidance, recommending appropriate foods and herbal formulations to support both mother and child. It also suggests natural remedies to ease common discomforts experienced during pregnancy, while promoting mental and emotional well-being through practices such as meditation, mindfulness, and positive affirmations.

Garbhini Paricharya explained under three headings i.e. *MasanumasikPathya*(monthvisefood regimen),*Garbhopaghatakar Bhavas* (activities and substances which are damaging to fetus),*Garbhasthapak Dravyas* Each of these principles helps balance the body's three doshas- *vata, pitta,* and *kapha* while ensuring that both the mother and the developing fetus receive the nourishment they need to flourish. The primary goals of advising Garbhini Paricharya are *Anupaghata* (simple pregnancy), *Paripurnatya* (ensuring the fetus and mother grow properly), and *Sukhaprasava* (healthy delivery).This paper seeks to investigate significans of *Garbhini Paricharya* in preventing high risk pregnancy and ensuring positive pregnancy outcomes.

Aims - The study aims to explore the classical review of *Garbhini Paricharya* from *ayurvedic* texts, focusing its importance and relevance in preventing complications during prgnancy..

Objectives
1. To collect and analyze the *Masanumasika Garbhini Paricharya* from texts.
2. To understand the clinical importance of *Garbhini Paricharya* during pregnancy and complications occures during pregnancy.

Methodology- For the authentic data in *Ayurveda* literature, *Ayurveda* texts were selected and searched. Literature review was carried out in *Brihatrayee* (*Charak Samhita, Susruta Samhita* and *Ashtanga Hridaya Samhita*) and important Ayurveda classics for *Prasuti Tantra* (*Kashyapa Samhita, Harita Samhita , yogratnakara and bhela* and *Ayurveda Prasuti Tantra* and *Stree Roga*).Some reference taken from different articles published over *garbhini paricharya.*

Garbhini Paricharya :- explained under three headings-
1. *Masanumasik Pathya* (monthwise food regimen)
2. *Garbhopaghatakar Bhavas* (activities and substances which are damaging to fetus)
3. *Garbhasthapak Dravyas* (substances favorable for maintaining pregnancy)

A. *Masanumasik Pathya*
According to *Kashyapa[16]*, since the diet consumed by a pregnant woman directly influences the fetus, her meals should be planned carefully, taking into account the place of living, season, time, and her digestive capacity.

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The diet *(ahara)* consumed by the pregnant woman gets transformed into the nutrient fluid *(rasa)* which is having a threefold action[1]:

a) Nourishing the body elements of the mother
b) Providing nourishment to the growing fetus
c) Helping the formation of breast milk.

Dietery regimen according to different *acharyas*

	***Charaka*[2]**	***Sushruta*[3]**	***Vagbhatta*[4]**	***Harita*[5]**
1st	Milk frequently in desired quantity(Considering digestive power and strength)	Sweet, cold and liquid diet	1. Clarified butter extract from milk and medicted with *Shaliparni*(Desmodium Gangeticum) and *Palash*a(Butea momnosperma). 2. Water prosessed with gold and silver.	1. *Madhuyashti*(Glycyrrhiza glabra), parushaka(Grewia-asiatica), *madhukapushpa*(Madhuka indica) with butter an honey. 2. sweetened milk
2nd	Milk medicated with *Madhura Dravya*	Sweet, cold and liquid diet	Milk medicated with *Madhura Dravya*	Sweetend milk treated with *kakoli* (Lilium polyphyllum)
3rd	Milk with *Madhu* and *Ghrita*	Sweet, cold and liquid diet. Specially cooked *Shashti shali* (rice) with milk.	Milk with *madhu* and *Ghrita*	*Krishara* (mixture of rice and pulses)
4th	Milk with one *aksha* of *navneeta*(butter)	1. cooked *Shashti shali* (rice) with curd. 2. Pleasant food mixed with milk/ butter/ meat of wild animals.	Milk with one *aksha* of *navneeta* (butter)	Medicated *odana* (cooked rice)
5th	*Grita* prepared with *navneeta*(butter) extracted from milk	*Shashtika odana* with milk, meat of wild animal with milk and *ghrita* .	*Grita* prepared with *navneeta* (butter) extracted from milk	*Payasam* (Rice cooked with milk and sweetened)
6th	*Ghrita* (prepared from milk) medicated with *Madhuraaushadhi dravya.*	*Ghrita* or *Yavagu* medicated with *Gokshura*(Tribulus terristis)	*Ghrita* (prepared From milk) Medicated with *Madhura aushadhi dravya.*	Sweetened curd
7th	*Ghrita* (prepared from milk) medicated with *Madhura aushadhi dravya.*	*Ghrita* medicated with *Prithakparnyadi (vidarigandhadi)* group of drugs	*Ghrita* (prepared From milk) Medicated with *Madhura aushadhi dravya.*	*Ghritakhanda*(Sweet dish)
8th	*Yavagu* prepared with milk and mixed with *ghrita*.	*1.Asthapana basti* followed by *Anuwasana basti.* *2.Yavagu* with meat soup of wild animal	*Yavagu* prepared with *milk* mixed with *ghrita*	*Ghritapuraka*
9th	1. *Anuvasana Basti* with oil prepared from *Madhura aushadhi dravya.* 2. *Yonipichu* (vagial tampoons) with oil.		1. *Anuvasana Basti* with oil prepared from *Madhura aushadhi dravya.* *2. Yonipichu* (vagial tampoons) with oil.	Different types of cereals.

Monthwise importance of *Garbhini Paricharya*[7][8][18][20][21] -

First month- The first month of pregnancy, known as *Kalalaavastha*[6], marks the stage when the embryo is called *Kalala* . During this period, milk is emphasized in *Garbhini Paricharya* as a key dietary element due to its nourishing and rejuvenating properties. Milk is *Jathisathmya (*suitable for all), *Swadupaka* (sweet), *Dhatuvardhaka* (tissue-building), and *Ojovardhaka* (immunity-enhancing), while it relieves fatigue, thirst, hunger, and dizziness which is common in first month. It strengthens the senses, promotes longevity, maintains health, and supports fetal growth and stability. Milk contains estrogen and trace amount of proegsteron.Estrogen promotes proliferation of the endometrium, making it receptive for implantation.Increases uterine blood flow, while progesteron maintains the endometrium (uterine lining) in a receptive state, allowing the embryo to implant successfully and Relaxes the (uterine muscles).Helps prevent early miscarriage by stabilizing the uterine environment.Medicated milk is especially recommended to prevent vomiting, dehydration, and anemia. Additionally, sweet, cold, and liquid diets help prevent dehydration and provide essential nutrition during early pregnancy.

Second month- The second month of pregnancy, known as *Garbhavastha*[6], is characterized by the embryo taking the form of a globular solid mass. During this period, milk

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medicated with *Madhura dravyas* (sweet-tasting) herbs is highly recommended. Additionally, it plays a significant role in the formation of Dhatus by its anabolic action and *Brimhana* (Nourishing/Growth-promoting*) Dhatuvardhaka* (Tissue-building) *Ojovardhaka* (Immunity & Vitality) *Ayushya* (Supports longevity and health) and supports overall maternal and fetal health.Drugs like *jivanti* lactogenic, anabolic and androgen like activites, *Shatavari* having antiabortificiant and anti-oxytocic activity due to its steroidal saponins, specifically shatavarin I and asparagamine A and various phytoestrogens that blocks oxytocin receptors and calms the uterus.Other drugs like *Madhuparni,Chhinnaruha,Atibala, Sahadeva* etc. having immunosuppresive , antiinflammatory, analgesics, immunomodulatory, antioxident action.Thus,all these regimen helps to mainatain the uterus more receptive and prevents erarly rejection of fetus and thus avoid miscarriage during early period of pregnency as well as ensure growth of fetus.

Third month- The third month of pregnancy, known as *Garbhapanchaka Vyaktavasta*[6], is the stage when all sense and motor organs of the fetus begin to form. During this period, *Acharyas* primarily recommended the use of milk combined with *madhu* and *Ghrita*.Honey possesses *Madhura* and *Kashaya Rasa*, *Madhura Vipaka*, and is effective in reducing vomiting and diarrhea. It also has a *Vatashamaka* effect, which is important because *Vata* governs the formation of sense and motor organs. Therefore, honey provides both nourishment and support for fetal organ development.*Ghrita* (clarified butter) has properties such as *Saumya* (gentle), *Sheeta Veerya* (cooling), *Mridu* (soft), *Madhura Rasa* (sweet taste), *Sneha* (unctuous) and *Guru* (heavy), making it ideal for strengthening the mother, nourishing the fetus, and support organ formation.*Ghrita* (clarified butter) contains 0.04 g of protein per tablespoon, which includes 17 essential amino acids necessary for maintaining good health. Each tablespoon provides approximately 112 calories, 33 mg of cholesterol, and 12.7 g of total fat. *Ghrita* is also a rich source of essential fatty acids, including omega-3 and omega-6, which have anti-inflammatory properties, help regulate DNA synthesis, and assist in cellular communication. Additionally, it contains fat-soluble vitamins A, D, E, and K, along with calcium, potassium, and small amounts of riboflavin and pantothenic acid, making it a highly nourishing food.*Shashti Shali* (rice) is recommended to be cooked with milk before consumption . According to Ayurveda, *Shashti* possesses *Madhura Rasa* (sweet taste) and is *Vata-* and *Pitta- shamaka* (pacifies Vata and Pitta doshas). It also has *bruhana* (nourishing), *Kapha-* and *Shukra- vardhaka* (strengthening reproductive tissue) properties. *Shali Dhanya* is characterized by *Madhura Rasa, Sheeta Veerya* (cooling potency), *Laghupaka* (easily digestible), *Balakaraka* (strength-promoting), and *Pittanashaka* (Pitta-pacifying) properties, making it an ideal food during pregnancy for both maternal and fetal nourishment.It is also an excellent source of niacin, vitamin D, fiber, iron, calcium, thiamine, and riboflavin, contributing to overall maternal nutrition and fetal development.

Forth month -According to the Acharyas, the fourth month of pregnancy is referred to as *Dauhridavastha*[6], during which the heart of the fetus begins to beat. When *Chetna* (consciousness) enters, the fetus starts developing its own individual desires.During this month, Acharyas recommended the use of milk with butter. Newly prepared butter is described as smooth, *laghu,sheeta, Hridya* (pleasing to the heart), and appetite-satisfying. When combined with milk, it possesses *madhur , sheeta, guru, Sangrahi* (retentive), *Chakshushya* (beneficial for eyes), and *Sukumar*a (gentle) properties.Butter is rich in saturated fats and provides approximately 7% of the recommended dietary allowance of vitamin A, which is essential for vision health .Additionally, From the fourth month onwards, a pregnant woman requires more nutrition and energy due to the formation of fetal organs. This additional requirement can be met through nutrient-rich foods such as meat soup.

Fifth month-The fifth month of pregnancy is called *Mana Prabuddhavastha*[6], during which the mental development of the fetus takes place.During this month, *Acharyas* prominently recommended the use of *Ghrita* with milk-extracted butter or *Shashti rice* prepared with milk *(Payaasa)*. *Ghrita* is considered a "*Medhya Rasayana*" (mind rejuvenator)contains essential fatty acids, including omega-3 and omega-9 fatty acids and Docosahexaenoic acid (DHA), which are crucial for neuronal development and the protection of nerve cells from oxidative damage,promote nervous system health, improve cognitive function.For additional nourishment, soups made from various cereals are advised for vegetarians, while soups made from wild animal meat provide *Bala Vardhaka* (strength-enhancing), *Mansha Vardhaka* (muscle-building), *brihana* (nourishing), and *Vatashamaka* (alleviating *Vata dosha*) effects.

Asthapana basti also balances *Apana Vata*, which is important for maintaining pregnancy and ensuring a smooth delivery during labor.In the eighth month, *Yavagu* acts as a light, nourishing, *Vata*-pacifying food, supporting maternal strength, digestion, bowel regularity, and fetal well- bein**g.**Rice gruel being light, does not produce burning sensation, if used hot it produces movements of *Doshas* in proper directions, suppresses the *Pitta* by its sweet property.

Ninth month- Ninth month of pregancy also known as *Prasavavastha*[6].*Acharya charaka* recommanded use of *Anuwasana basti* with oil made with *madhura dravya* and *yoni pichu* in ninth month .This procedure also balances *Apana Vata*. The body of a pregnant woman thus treated becomes unctuous and she gains strength and delivers vaginally without complications.*Yonipichu* with medicated oil like *Bala Taila*, *Ksheerabala Taila* should be given in ninth month. *Yonipichu* of this oil should be given for lubrication of *Garbha-Sthana* and *Garbha-Marga* (uterus,vaginal canal and perineum).Continuous use of vaginal tamponing from the ninth month until delivery may stimulate the autonomic nerves controlling the myometrium, helping regulate uterine activity and support normal labor. It also helps eliminate harmful bacteria in the vaginal flora, reducing the risk of puerperal sepsis.

B.Garbhopghatkara bhavas - According to the science of Ayurveda, certain *Aahar Dravyas* (foods) and lifestyle-related activities are considered harmful to both the *Garbhini* (pregnant woman) and the *Garbha* (fetus). These activities and

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substances, which should be avoided during pregnancy, are referred to as *Garbhopaghatakara Bhavas.*These factors may lead to congenital defects in the child and are unfavorable for the birth of a healthy baby possessing all desirable qualities. Exposure of the *Garbhini* (pregnant woman) to *Garbhopaghatakara Bhavas* can result in complications such as intrauterine growth retardation, premature labor, abortion, or intrauterine death.

Acharya	***Ahara***	***Vihara***
Charaka[9]	*Pungent drugs, Tobacco/Smoking, Alcohol intake, Meat, Inadequate calorie intake, Caffeine*	*High pitch voice, Suppression of natural urges, Exercise, Coitus, Strenuous work, going outside alone to lonely places, visiting cremation places, haunted trees and entering shades of tree, Use of blood-stained clothes, Peeping into well*
Sushruta[10]	*Dry, Food kept overnight, Boiled food, Wet or moistened food*	*Coitus, Exercise, Night awakening, Day sleeping, Prolonged squatting & abnormal postures, Travelling, Suppression of natural urges, Bloodletting, Santarpanam (Excessive satiation), Apatarpan (Excessive emaciation)*
Ashtanga Hridaya[12]	*Meat, Alcohol intake, Vishtambhi ahara (Intake of food which is hard to digest)*	*Excessive coitus, Exercise, carrying heavy weight, untimely sleep, squatting, grief, anger, excitement, suppression of natural urges, fasting, excessive walking, use of red garments, sleeping in supine position, blood letting*
Ashtanga sangraha[11]	*Intake of dry food*	
Kashyapa[13]	*Excessive use of garlic in food, Use of cold water*	*Looking at declining moon & setting sun, Excitement, Exposure to solar or lunar eclipse, Excessive laughing, staying for longer periods in erect or flexed posture, wearing tight garments, Viewing the filled pots, garlands, pot filled with ghrita or curd*
Harita[14]	Pulses, edible products causing burining sensation, sour and heavy substances, hot milk, onion, garlic,*Surana kand*	Anger, grief, coitus, exercise, walking
Bhavaprakash[15]	Meat , drinking rainwater	Same as *sushruta* with additional like sitting on soft and high places,going to river bank, temples or garden, association of women whos child had died.
Yogratnakara[17]	*Kshara, kadanna*(polluted food), *apathyahar*	*Swedan*(sudation), *vaman*(emesis)

C .*Garbhasthapak Dravyas[9]* - Certain *Ayurvedic* substances and medicines help in maintaining a healthy pregnancy by nourishing the mother and protecting the fetus. These substances also neutralize or counteract the harmful effects of *Garbhopaghatakara Bhavas* i.e.factors that can disturb the normal growth and development of the baby in the womb.Such medicines are especially useful for women who experience repeated miscarriages (recurrent abortions), as they strengthen the uterus, improve nourishment to the fetus, and support the continuation of pregnancy. When used regularly under proper guidance, these substances help ensure the overall health, growth, and development of both the mother and the foetus, leading to the birth of a healthy and well-developed child.

Mode of action of *Garbhasthapak dravyas[19]* -

A. *Aindri (*Centela asiatica)- Components isolated from Centela asiatica such as Brahmoside and Brahminoside are responsible for CNS activator and leads to utero relaxant action.
B. *Brahmi* (Bacopa monnieri): A study on mice and demonstrated that high dose i.e. 200 mg/kg of bacopa monnieri extract have a stimulatory effect on thyroid function,Calcium antagonistic activity of Bacopa monnieri can be used as muscle relaxant and vascular relaxant, Antistress effect of Bacoside found on Bacopa monnieri.
C. *Satavirya* (Asparagus recemosas): Estrogenic effect of *satavari* on female mammary gland and genital organs of guinea pig. A glycoside Satavarin isolated from root of Asparagus recemosas has been found to be responsible for competitive block of oxytocin induce contraction of rabbit's uteri.The saponin rich fraction of Asparagus racemosas shows inhibition of oxytocin induced uterine contraction in vivo.
D. *Sahasravirya* (Cynodon dactylon):- The plant extract checks uterine bleeding. strengthen uterine muscle, averts abortion and augments of fetal growth.Ethanolic extract of aerial parts of Cynodon dactylon has marked antioxidant activity.Fresh juice of Cynodon dactylon is a rem-edy for urogenital disorders like rubella infection, muscle cramps.Methanolic extract of Cynodon dactylon has shown a promising effect in

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stress induced sexual disfunction and in semen concentration. It has a potent aphrodisiac and male fertility activity.

E. *Amogha* (Steriospermum suaveolens):- Ethanol extract from stem bark of streospemum suaveolens given orally shows marked analgesic and anti-inflammatory response in comparision to indomethacin, aspirin and morphine. *Avyatha* (Tinospora cordifolia): The antioxidant capacity of Tinospora cordifolia stem methanol extract in daily oral administration of 500 mg/kg for 40 days.
F. *Shiva* (Terminalia chebula): The use of Terminalia chebula in different fraction from fruit were screened for anti-bacterial and antifungal activity.Food extract of Terminalia chebula against staphylococcus aurius, s. epidermis. E. coli and pseudomonas.
G. *Arishta* (Picrorrhiza kurroa): The most promising biopharmacological activity of biopolymers found in Picrorrhiza kurroa shows immunomodulatory effect and hepatoprotective effect.
H. *Vatyapushpi* (Sida cordifolia): Ethanolic extract of Sida cordifolia whole plant was found free radical scavenging and nitric oxide scavenging property.The analgesic activity was found in acetic acid induced pain in mice, the result indi-cated that the sample possessed both anal-gesic and anti-inflammatory activity.
I. *Vishwaksenkanta* (Callycarpa macrophylla)- Ethanolic extract of leaves of Callycarpa macrophylla have better anti-inflammatory profile in compare to diclofenac sodium.Aqueous as well as ethanolic extract of leaves of sida cordifolia shows potent anti-inflammatory.

DISCUSSION

The month-wise regimen of Garbhini Paricharya in classical Ayurveda outlines a structured approach to antenatal care through stage-specific diet, lifestyle, and therapeutic guidance. In the first trimester, emphasis on milk, ghṛita, and sweet, nourishing substances supports early fetal development and implantation, while herbs like Shatavari and Jivanti may help stabilize the uterine environment. During the second trimester, richer foods such as butter, medicated milk, and rice, along with herbs like Ashwagandha and Gokshura, address increased nutritional demands and conditions like edema or hypertension. In the final trimester, focus shifts to fetal neurological development and preparation for labor through medicated ghṛita, easily digestible foods, and interventions to balance Apana Vata. Ayurveda also warns against harmful behaviors (Garbhopaghatakara Bhavas) such as stress, improper diet, and excessive exertion, aligning with modern obstetric risk factors. Additionally, Garbhasthapaka herbs like Brahmi and Guduchi are described to support pregnancy maintenance through antioxidant and immunomodulatory effects, though further clinical validation is needed.

RESULT

The study highlights that *garbhini parcharya*, can significantly enhances both materal and fetal health. When followed properly, it is not only falicitate healthy develpoment of fetus but also prepares the mother for an easy and pleasant delivery at all levels of her being.

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