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GARBHINI PARICHARYA: AN AYURVEDIC PERSPECTIVE – A REVIEW

KEY WORDS: Garbhini Paricharya, Ayurveda, Antenatal Care, Pregnancy, Month-wise Regimen

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ABSTRACT

Garbhini Paricharya is a unique concept described in Ayurveda for the proper care of a pregnant woman to ensure the health of both the mother and fetus. Classical texts have elaborated month-wise regimen including diet, lifestyle, and conduct. Proper antenatal care according to Ayurveda not only prevents complications but also ensures the birth of a healthy progeny with good qualities. This article aims to review the concept of Garbhini Paricharya as per Ayurvedic classics and its relevance in the present era.

INTRODUCTION

Pregnancy is a crucial phase in a woman's life where the health of the mother directly influences the growth and development of the fetus. Ayurveda gives prime importance to 'Garbhini Paricharya' – systematic antenatal care involving dietary, behavioral, and lifestyle regimen. The classics like Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya provide month-wise instructions to ensure healthy pregnancy outcomes.

Month-wise Garbhini Paricharya

Ayurvedic classics describe diet and lifestyle month by month:

- 1st Month: Use of cold liquid diet, milk, light digestible food.
- 2nd Month: Addition of milk with sweet drugs like Madhura dravyas.
- 3rd Month: Milk with ghee, sweet preparations.
- 4th Month: Butter (Navaneet) with milk.
- 5th Month: Ghee preparations, Kshira-based diet.
- 6th Month: Ghrita preparations with medicated milk.
- 7th Month: Yavagu (gruel) with ghee and milk.
- 8th Month: Milk, gruels, and oily preparations to maintain strength.
- 9th Month: Yoni Pichu (local oil tampons), light diet, and Snehana-Swedana for easy labor.

Relevance in Modern Era

The concept of Garbhini Paricharya is highly relevant today. It emphasizes nutrition, mental stability, lifestyle, and month-wise regimen that aligns with modern antenatal care practices. Adequate rest, balanced diet, and psychological support during pregnancy are universally accepted principles. Ayurveda further contributes with specific dietary guidelines and preventive measures that may help in reducing complications like preterm labor, anemia, hypertension, and intrauterine growth restriction.

DISCUSSION

Garbhini Paricharya provides a holistic approach covering diet, lifestyle, and mental health. Modern medicine focuses on medical screening and management, while Ayurveda stresses preventive care from the beginning of pregnancy. Integrating Ayurvedic guidelines with modern antenatal care may provide better maternal and fetal outcomes.

CONCLUSION

Ayurvedic Garbhini Paricharya is a time-tested antenatal care protocol ensuring the health of mother and child. Adopting suitable dietary and lifestyle modifications along with modern care can help achieve safe pregnancy and healthy progeny. Further clinical validation and scientific studies may establish its importance globally.

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