

Critical Analysis of Dravyaguna Aspect of Masanumasika Garbhini Paricharya: Food Mentioned in Garbhini Paricharya

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Abstract: Maternal nutrition and life style choices are major influence in progeny. The aims of this study was to highlight the Dravyaguna aspect of Ayurvedic foods, nutritional procedures and medicines which are mentioned in Ayurveda texts for Garbhini, to promote the methods which are applicable in today and make to understand modern society. Data were collected from texts as well as published research articles regarding foods, medicines and other nutritional procedures in Masanumasika Garbhani Paricharya Vidhi comparatively with Masanumasika Garbha Sanwardhana Awadhi according to the aspects of Dravyaguna Vignana. According to the findings, in generally a pregnant woman should eat cooked, liquid, warm, fresh organic meals with containing six tastes in the right proportion. In the later phase of pregnancy the stomach is squashed. Hence, small frequent meals are usually more digestible and should avoid skipping meals, fasting or eating on the run or in stressful circumstances, respectively. According to the Dravyaguna aspect, the first trimester mostly concern about preventing the formation of Ama and promoting the proper embedding and nourishment of the fetus. So, when suggest the food should concern about the preventing blocking and flaking and dhathu sanwardhana. On that purpose, Ayurveda texts have prescribed Madhura rasa, Sheeta veerya and Laghu guna foods within this trimester. Later trimesters considered as overall growth and specially encompass the nutrition necessity in any crisis at the delivery time. At that time, should provide soothing effect directly on the tissue and circulatory system of the mother which can stretch tense and ready to deliver the baby. Finally, can be concluded that the foods, medicines and other nutritional procedures have been mentioned in Masanumasika Garbhani Paricharya Vidhi are accord to the theories of Dravyaguna Vignana.

Keywords: Dravyaguna aspect of foods, Garbhani Paricharya, Garbha Sanwardhana Awadhi

1. Introduction

Concept of Garbhini Paricharya is programmed with an objective of the birth of “Shreshtamapatyam”. The benefits of these entire regimen, ensures the procurement of a “Supraja” (1)

Ayurveda has thoroughly focused on various aspects of life in a special way. Its believes in *Suprajaajanana* - birth of a baby with healthy body, mind and soul.

Ayurveda gives importance of caring for the mother before, during and after pregnancy. *Garbhini Paricharya* refers to *Ahara*, *Vihara* and *Vichara* along with *Garbhopaghatakar*

Bhavas and *Garbhasthapak Dravyas*. To ensure normal pregnancy and uncomplicated labour with delivery of a healthy baby from a healthy mother our *Acharyas* have explained a detailed and systematic and month wise regimen and a list of do's and don't to be followed in the antenatal period.

Aims

- 1) The aims of this study is highlight the Dravyaguna aspect of food mentioned in *Masanumasika Garbhini Paricharya* which mentioned in Ayurveda texts
- 2) Highlighting the clinical significance
- 3) Promote the validity of those foods and made to understand to the modern society.

Food mentioned in Garbhini paricharya

Months	Charak Samhita	Sushruta Samhita	Astanga Sangraha	Harita Samhita
1 st month	Non medicated milk in desired quantity	Sweet, cold and liquid diet	Medicated milk	<i>Yashtimadhu, Parushaka, Madhupushpa, Navaneeta</i> with the sweeten milk
2 nd month	Milk medicated with <i>Madhura Rasa</i> drugs	Sweet, cold and liquid diet	Milk medicated with <i>Madhura Rasa dravya</i>	<i>Kakoli Siddha Ghrita</i>
3 rd month	Milk with honey and <i>Ghrita</i>	Sweet, cold, liquid diet, <i>Shashti rice</i> cooked with milk	Milk with honey and <i>Ghrita</i>	Milk
4 th month	<i>Navaneeta</i> (Butter) extracted from milk or Milk with butter	<i>Shashti rice</i> with curd, Pleasant food mixed with milk, butter, <i>Jangala Mansa</i>	Milk with one <i>tola</i> of butter.	<i>Swasthika odana</i>
5 th month	<i>Ghrita</i> with butter extracted from milk	<i>Shashti rice</i> with milk, Pleasant food mixed with milk and <i>Ghrita</i> , <i>jangala mamsa</i>	<i>Ghrita</i> preparedwith butter extracted from milk	<i>Payaasa</i>
6 th month	<i>Ghrita</i> made from cow milk, medicated with the <i>Madhura</i>	<i>Ghrita</i> or <i>yavagu</i> medicated with the <i>Gokshura</i>	<i>Ghrita</i> prepared from milk medicated with	<i>Madhura Dadhi</i>

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	<i>dravya</i>		<i>Madhura dravya</i>	
7th month	<i>Ghrita</i> take from milk, medi: with <i>Madhura dravya</i>	<i>Ghrita</i> medicated with <i>Prithakaparnyadi dravya gana</i>	<i>Ghrita</i> prepared from milk medicated with <i>Madhura dravya</i>	<i>Ghrita Khanda</i>
8th month	<i>Yavagu</i> prepared with milk and mixed with <i>ghee</i>		<i>Yavagu</i> prepare with <i>Dugdha</i> and <i>Ghrita</i>	<i>Ghrita purana</i>
9th month		<i>Snigdha yavagu</i> and <i>jangala mamsa rasa</i>		<i>Vividha Anna</i>

Rasadi panchaka Vighraha

Foods	<i>Rasa</i>	<i>Guna</i>	<i>Veerya</i>	<i>Vipa ka</i>	<i>Karma</i>
Milk/ sweeten milk	<i>Madhura</i>	<i>Snigdha Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Balawardhaka brumhana,sthanya, medhya</i>
<i>Yashtimadhu</i> (glycyrrhiza glabra)	<i>Madhura</i>	<i>Guru Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Balawardhaka,Rasayana Anti depression,Prathishakthi Vardhaka,Medhya, Anti emetic</i>
<i>Parushaka</i> (<i>Grewia asiatica</i>)	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Hridhya balakaraka, Brumhana</i>
<i>Madhupushpa</i> (<i>madhuca longifolia</i>)	<i>madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Balawardhaka Brumhana</i>
<i>Navaneeta</i>	<i>Madhura</i>	<i>Guru snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Balawardhaka Agni deepana, Sthambhana</i>
<i>Ghrita</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Balawardhaka Agni deepana,medhya</i>
<i>Kakoli</i> (<i>Roscoeapurplea</i>) <i>Siddha Ghrita</i>	<i>Madhura</i>	<i>Guru Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Balawardhaka</i>
Milk with honey & <i>Ghrita</i>	<i>Madhura kashaya</i>	<i>Laghu Sukhma visada</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Balawardhaka, Agnideepana, Sthambhan,medhya</i>
<i>Shashti shali</i> (<i>oryza sativa</i>) cooked with milk	<i>Madhura</i>	<i>Laghu snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Balawardhaka Agni deepana,Medhya</i>
Cooked <i>Shashti shali</i> with curd (cow's)	<i>MadhuraAmla</i>	<i>Guru Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Agni deepana Sthambhana</i>
<i>Jangala Mansa</i>	<i>Madhura</i>	<i>Laghu Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Balawardhaka Hridhya,Brumhana Agni Deepana</i>
<i>Swasthika odana</i> (rice,milk,grains ,jagery,ginger,hingu)	<i>Madhura,Amla,Katu,Kasaya</i>	<i>Guru, Snigdha</i>		<i>Madhura</i>	<i>Agni wardhaka,Balya,Ruchya</i>
<i>Payaasa</i>	<i>Madhura</i>	<i>Guru snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Brumhana Balawardhaka</i>
<i>Shali yavagu</i>	<i>Madhura</i>	<i>Laghu Drava</i>	<i>Sheetha</i>	<i>Madhura</i>	<i>Agni deepana,Anulomana,Swedana,Trishna shanthi,Pranya,Laghawaya</i>
<i>yavagu</i> medicated with the <i>Gokshura</i>	<i>Madhura</i>	<i>Laghu,Ruksha</i>	<i>Sheetha</i>	<i>Madhura</i>	<i>Brihmaha,Agnikrit,Krichraghna,Pramehahara Shulagna,Basti shodana, Swashakasa nuth, Muthrala</i>
<i>Madhura Dadhi/swadamla</i>	<i>Madhura,kashaya</i>	<i>Guru snigdha,</i>	<i>Usna</i>	<i>Amla</i>	<i>Agni deepana Sthambhana</i>
<i>Prithakaparnayadi dravya gana</i>	<i>Madhura,Tikta Kasaya</i>	<i>SnigdhaPicchila,Guru/Laghu</i>	<i>Sheeta/Ushna</i>	<i>Madhura</i>	<i>Brumhana,Muthrala</i>
<i>Jangala mamsa rasa</i>	<i>Madhura</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Balawardhaka Hridhya,Brumhana,Agni deepana</i>

Predominant rasadi guna:

Rasa - Madhura
Guna - Guru, SniGdha
Veerya - Sheetha
Vipaka - Madhura

Effect of predominant rasadi guna:

Madhura Rasa

- 1) Having anabolic property.
- 2) Fills body bulk of emaciated persons.

- 3) Increases the strength of seven tissues or *dhatu*.
- 4) Essential to boost body energy.
- 5) Enhance body complexion and increase fairness.
- 6) Increase breast milk secretion (2)

Guru Guna

- 1) Has ample calories and can be used to gain weight
- 2) Nourishes muscle and fat
- 3) Slows metabolism, circulation, or the breath
- 4) Reduces anxiety
- 5) Slows thoughts
- 6) Causes sleepiness (3)

Snigdha Guna

- 1) Brings about relaxation
- 2) Creates smoothness, moisture, lubrication
- 3) Tonic, nourishing (4)

Sheeta Veerya

- 1) Pleasurable, stabilizing, cleaning, life giving
- 2) Increased - sleep, urine
- 3) Decreased - blood pressure, basal metabolic rate, appetite
- 4) Smooth - stool

Madhura vipaka

- 1) The dietary articles and drug material of sweet *vipaka* release urine and stool,
- 2) Augment *shukra dhatu* and *kapha dosha* and thus it is heavy
- 3) *Madhura vipaka*, (sweet) turns into *sita virya*. (5)

2. Discussion

Tri mestr - 1st trimester

Garbha wriddhi awastha and requirement -

- 1) Nutrition by *Upsnehana*.
- 2) *Garbha* is in *Kalal* form (Embryogenesis). Fetal growth organ are only in stage of formation and maternal *Rasa* and *Rakta Dhatu* are used for nourishing the uterine bed.
- 3) Extra workload on maternal *Dhatu*s so she needs extra nutrition during *Garbhavastha* (6)
- 4) Development of CNS
- 5) Heartbeat initiate with sensory and motor reaction
- 6) different body parts start to differentiate
- 7) Start to take compact form with limb and head

Complains

Complaints of nausea and vomiting

Strategies

- 1) Should take proper diet to make balance of *Rasa* and *Rakta Dhatu*
- 2) *Jaleeya* [liquid] substances, Milk and *dravya* of *madhura gana* are advocated.
- 3) Milk and *dravya* of *madhura gana* have been advised for entire pregnancy period.
- 4) Energies, nutrition and stability will be provided by *Kshira*, *Ghrta*, *Krusara*, *Payasa*, *Kshira* medicated with *Madhura Ausadhi*
- 5) And those foods facilitate to nerve development

- 6) The *dravya* of *madhura gana* is having anabolic property (7)
- 7) Use of cold, sweet, liquid diet and milk will prevent dehydration and supply required nourishment

Tri mestr - 2nd trimester

Garbha wriddhi awastha and requirement -

- 1) Fourth and fifth month *Rakta* and *Mamsa dhatu* are formed,
- 2) In sixth month *Meda Dhatu* is formed.
- 3) Sufficiently requiring more nutrition such as protein and carbohydrate

Complains

Complaints of nausea and vomiting

Strategies

- 1) *Jangala Mamsa*, milk, cheese, butter provide nourishment and stability to the fetus. (8)
- 2) Diet to boost the *Dhatu* formation which is the origin of the next chain of *Dhatu*
- 3) Cooked *sasti shali* is rich in carbohydrate and provides energy to the body (9)
- 4) *Navaneetha*, honey, *madhura dadhi* will prevent nausea, vomiting as well as prevent bleeding condition by them *sthambhana karma*

Tri mestr - 3rd trimester

Garbha wriddhi awastha and requirement -

- 1) Most women suffer from oedema of feet.
- 2) This may be due to increase pressure on lower limb and water retention
- 3) Progeny should have be *snigdha* and gains strength for delivery

Complains

- 1) Most women suffer from oedema of feet.

Strategy

- 1) *Ghrta* medicated with *goksura* is used which is a good diuretic will prevent retention of water as well as its complications
- 2) *Ghrta* medicated with *Prithakparnyadi* group of drugs also are diuretic, anabolic, relieve emaciation
- 3) *Yavagu* consumption is supply *balya* & *brimhana* as well as *Garbhini* will be deliver without any complication

3. Conclusion

In Ayurveda a scientific protocol is given for *Garbhini Paricharya*. and has the clinical importance for maintain the health of the mother and healthy growth and development of fetus.

The consideration of concept of *Ahara* helps as follow:

- 1) *Paripurnatva* - It should be followed by *Garbhini* as it is necessary for formation of qualitative *Rasa Dhatu* which

nourishes *Garbhini*, her *Garbha* and helpful in production of milk.

- 2) *Anupaghata* (non - complicated pregnancy)
- 3) *Sukhaprasava* - It is also helpful for proper functioning of *Vayu* (*Apana Vayu*) which is necessary for *Sukhaprasav*.
- 4) Further researches are necessary with application of these *Garbhini Paricharya* in the clinical practices

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