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A SINGLE CASE STUDY OF GARBHINI PARICHARYA WITH MANAGEMENT OF AYURVEDIC DRUG AND YOGASANA

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ABSTRACT

Ayurveda classics give importance to caring of mother before, during and after pregnancy. Care during nine months of pregnancy is termed as Antenatal care or Garbhini Paricharya. Garbhini Paricharya means which provides nutrition, medical obstetrical and psychological care to mother and foetus. It also improves the bala of mother and foetus. Pregnancy is a unique joyful experience in every women's life.

A case of 27 years pregnant women was treated as per month wise development with Ayurvedic medicine and Yogasana. 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.

KEYWORDS: - Garbhini Paricharya, Ayurvedic medicine and Yogasana.

INTRODUCTION: - Pregnancy is blossoming of a woman into mother. Nutritional status of the women before and during pregnancy affects the growth and development of the fetus. So it is imperative for the pregnant women to be healthy. Fetus is development on mother for its nourishment and oxygen. The care of the pregnant lady reflects on the quality and health of the offspring. health of the pregnant women is maintained through proper Garbhini Paricharya right from conception till delivery. Garbhini Paricharya includes all aspects of care of pregnant lady like Ahar, Vihar, Apathy, Ayurvedic Medicine, and Yoga etc.

Acharya charak says that a pregnant woman is to be treated as delicately as if one is carrying a pot full to brim with oil without spilling a drop, it means every step should be taken very carefully.¹

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.²

Case Summary: -

A female patient of 24-year-old patient came in OPD of Department of *Prasuti Tantra & StriRoga*, L. N. *Ayurved* College and hospital Bhopal (M.P). With a complaint of Amenorrhea Since 1 ½ month, generalized weakness in the last 20 days, giddiness in the last 5-8 days. She belongs to a middle-class family of hindu religion. She is housewife by occupation, married since an year ago, she has no H/O any past major illness in her family. No any surgical history. No history of any drug allergy. She had done immunization as per schedule. 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.

- General Examination –
- Body Built- Normal,
- Weight- 51kg,

- Height- 156 cm,
- Pulse rate- 105/min,
- B.P.- 110/70mm of HG,
- Respiration rate- 18/min,
- Temp- 98.7 F, Spo2 – 98,
- Pallor- Present+
- Physical Examination -
- *ashvidha pariksha-*
- Prakruti – Vata Pitta
- Vikruti – Vata & Pitta
- Satva – Avar
- Sara – Pravar
- Samhanana – Pravar
- Ahar shakti – Madhyam
- Vyayam – Avar
- Pramana - Madhiyam
- S/E (Systemic examination) –
- CNS – Conscious Oriented
- GIT-Liver, Spleen - Not Palpable
- RS – both lungs clear
- CVS- S1 S2 Normal
- Laboratory investigation –
- Blood examination –
- HB -9.2 gm/dl
- Blood Group – O Positive
- RBS – 84 mg/dl
- HIV – Non reactive
- HBSAG – Neg
- VDRL – Non reactive
- Urine examination – Appearance :- clear, Pus cells :- Occasional

Month wise treatment

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

Month wise Yogasna

As per classics the month wise yoga during pregnancy to practice under the guidance of a qualified instructor with consulting a doctor on video call, month wise yoga chart 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.³

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 4 drops- 8

hourly.⁴ Praval bhasma – 2 tablets thrice daily.⁵

Months	Complaint and Advice	Treatment	Recommended Yogasanas
First Month	To Promote the health of the gravida and to prevent miscarriage	Garbhapala rasa one tablet with honey and 10-12 draksha once in the morning on empty stomach) Shatavari churna (asparagus racemosus) 1 tsp with milk bd	Sukhasana (Easy Pose), Vajrasana(Thunderbolt Pose), Baddhakonasana (Butterfly Pose)
Second Month	She had nausea and vomiting	(i) Garbhapala rasa, with honey (ii) Sukumar ghrita 1tsp bd (iii) satavari ksheer paka	Marjariasana (cat-cow pose), Tadasana (mountain pose) Anulom vilom (alternate nostril breathing)

Third month	Hyper Acidity, Anaemia	(i) Dhatri loha[6] one tablet with honey 5 drops and Ghee. (ii) Garbhapala rasa one tablet at morning (iii) Soothsekhar rasa 2 tablet tds empty stomach. (iv) Phala ghrita 1 tsp	Malasana (garland pose), Bhujangasana (cobra pose modified), Shavasana (corpse pose)
Fourth 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 (iv) Gokshura churna 3g bd (v) Shatavari kalp 5 g bd with milk	Virabhadrasana (warrior pose), Trikonasana (triangle pose), Utkatasana (chair pose)
Fifth 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	Setu bandhasana (bridge pose modified), Ardha chandrasana (half-moon pose), Bhramari pranayama (bee breathing).
Six 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 (ii) Dhatri loha one tablet after meal twice daily (iii) Asthiposhak vati 2-tab bd (iv) Aswagandha Kshirapaka one cup before sleeping at night. (v) Jatamansi churna 3 g bd	Uttanasana (standing forward bend with support), Parvatasana (mountain pose gentle), Paschimottanasana (seated forward bend modified)
Seven month	She was given instruction to utilize all the	(i) Garbhapala rasa one tablet	Viparita karani (legs up the wall pose),

	sensory and functional units of the body and also listen the classical songs to promotes the musical knowledge of the child.[8]	(ii) Dhatri loha one tablet after meal twice daily (iii) Dashmool kwath 10 ml bd (iv) Ashwagandha Kshirapaka one cup before sleeping at night.	Gomukhasana (cow face pose gentle), Deep squats (malasana)
Eight 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]	Baddha konasana (Butterfly pose), Balasana (modified childs pose), Nadi shodhana (alternate nostrils breathing).
Nine month	In the later part of the 9th 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.	Pelvis tilts, Gentle butterfly stretch, deep breathing exercises.

(1) 1st Trimester (1-3 months)

Focus: - Gentle stretches, Relaxation and Breath control.

Avoid: - intense backbends, deep twists and poses that put pressure on the abdomen.

(2) 2nd Trimester (3- 6 months)

Focus: - Strengthening the legs and pelvic muscle, improving flexibility and reducing back pain.

Avoid :- lying on the back for long periods, deep backbends and abdominal pressure.

(3) 3rd Trimester (6-9 months)

Focus :- relaxation, preparing the body for labor and improving circulation.

Avoid :- sudden movements , inversions and lying flat on the back.

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 was given upto 7 months. Garbhapala rasa is recommended in pregnancy from the first month of gestation as it has iron as one of the ingredients. 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 and shatavri churna nourishes reproductive tissues and promote calmness. She had nausea and vomiting in the second month. The condition was managed with garbhapala rasa with honey, along with ela (*Elettaria cardamomum*), satapushpa (*Pimpinella anisum*), sitopala (*Saccharum officinarum*), tanduladaka hima (cold infusion) throughout the day. Honey, ela, satapushpa subsides vomiting and nausea. Hyper acidity and anaemia were 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 abraka rasayana. 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, abraka rasayana 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 promotes 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 aushadhis were used. No adverse reactions were found. No any complications were found during the time of pregnancy period and after the child birth.

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