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Prevention of Maternal Complication with Ayurveda Regime

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ABSTRACT

Maternal health revolves around the health and wellness of pregnant women at the time they give birth and during child rising. *Ayurveda* considers food to be the best source of nourishment as well as medication for the pregnant woman. The nine monthly diets are singularly unique to *Ayurveda*. The food taken by a pregnant woman (*Aahar Ras*) nourishes and helps the growth of the foetus (*Garbha Vriddhi*), nourishes the mother's own body (*Swa-Sharir Pushti*) and nourishes the breasts by which the breast milk formed (*Stanyaya*). Postpartum period is an important phase of transition in women's life following childbirth. This period is also known as puerperium, starts following the expulsion of the placenta. Mortality and morbidity of mother are most challenging problems of our country. In our day-to-day life we see many mothers complaining of increase in their physical problems like back-ache, anaemia and many other infections after puerperium. Lady after delivery of placenta is called as *Sutika* (puerperal woman), *Sutikakala* (duration of puerperium) is the period following childbirth during which all body tissues revert back approximately to a pre-pregnant state. For better health attainment after delivery every postnatal woman should be encouraged to follow *Sutika Paricharya* as per *Ayurveda* classics.

Key words: *Aahar Ras, Garbhini, Sutika, Parichariya*

INTRODUCTION

In 2021, 1205 women died of maternal causes in the United States compared with 861 in 2020 and 754 in 2019. The maternal mortality rate for was 32.9 deaths per 1, 00,000 live births, compared with a rate of 23.8 in 2020 and 20.1 in 2019.^[1] Ayurveda explains certain

specific *Paricharyas* like *Rajaswala, Garbhini Paricharya* and *Sutika Paricharya*. *Paricharya* especially about different specific stages of the female body. *Acharyas* have mentioned that, from the Moment of appearing of menstrual flow for three days, certain specific do's and don'ts should be followed which are mentioned under *Rajaswala Paricharya*. *Ayurveda* provides a holistic approach towards human health & deals with both preventive and curative aspect of life. it gives great importance to the physical, psychological and social preparation of both partners prior to conception. *Ayurveda* has explained different *Paricharyas* (code of conduct) like- *Dincharya, Ritucharya*, etc. to be followed to attain good health maternal health constitutes the health of women during the pregnancy, childbirth, and post-partum period. Among these three important components, pregnancy forms the foundation of maternity cycle and strongly influences the outcome of two other

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components; childbirth and post-partum care. Pregnancy is one of the milestones in women's life. It is a physiological condition where conception and growth of the fetus occurs in the womb for maintenance of species. Antenatal period is very crucial in women life as there is a continuous growth of the embryo or fetus, there is also variation in its requirements of food and nutrition in *Garbhini Paricharya Acharya Charak* mentions that a woman who desires a healthy and good looking progeny should not indulge in uncongenial diet and regimen, As well as *Sutika Avastha* is the period after *Prasava*. *Sutika Avastha* is the important phase in woman's life. In *Ayurveda* care of mother at every stage of her life is given outmost importance especially antenatal & postnatal period. In classical texts postnatal care is told as *Sutika Paricharya*. It includes "Ahara, Vihara, Aushadhi, Yogasana, some Pathya and Apathya" etc. The main goals of this *Paricharya* are "Garbhashaya Shuddhi, Dhatu Paripurnata, Stanya-Vridhhi, Punarnavekaran." In classical texts about 74 types of diseases are told which can occur in this period if not managed properly. So ayurveda has advised a specific diet and life style regimen called *Sutika Paricharya* to prevent further.^[2]

AIM

Prevention of maternal complication with Ayurveda regime.

OBJECTIVES

1. To review the literature of clinical importance of *Garbhini Paricharya*.
2. To review the literature of clinical importance of *Sutika Paricharya*.

MATERIALS AND METHODS

Literature, *Brihatrayee*, all available *Ayurvedic* classic, modern available texts, magazines, journals and research papers.

Type of Study - Conceptual type

Garbhini Paricharya

This can be studied into three parts i.e.,

- *Masanumashika Pathya*
- *Garbhopaghatakara Bhavas*
- *Garbhasthapaka Dravyas*

Masanumashika Pathya

Mont hs	Charak Samhita ^[3]	Sushruta Samhita ^[4]	Astanga Sangraha ^[5]	Harita Samhita ^[6]
1 st mont h	Non medicated milk	Madhur, sheet, liquid diet	Medicated milk	Madhuyasthi, Madhukapushpa with butter, honey and sweetened milk
2 nd Mont h	Milk medicated with Madhura Rasa drug	Same as first month	Milk medicated with Madhura Rasa	Sweetened milk treated with Kakoli
3 rd Mont h	Milk with honey and Ghirta	Same as first month	Milk with honey and Ghirta	Krisara
4 th mont h	Milk with butter	Cooked Shashti rice with curd, dainty food mixed with milk and Ghirta	Milk with one tola of butter	Medicated cooked rice
5 th Mont h	Ghirta prepared with butter extracted from milk	Cooked Shastika rice with milk, Jangal Mansa along with dainty food mixed with milk and Ghirt	Ghirta prepared with butter extracted from milk	Payasa
6 th Mont h	Ghirta prepared from milk medicated with	Ghirta or rice gruel medicated with Gokshura	Ghirta prepared from milk medicated with	Sweetened curd

	Madhur drugs		Madhur drugs	
7 th Month	<i>Ghrita</i> prepared from milk medicated with <i>Madhur</i> drugs	<i>Ghrita</i> medicated with <i>Prithakaparnyadi</i> group of drugs	<i>Ghrita</i> prepared from milk medicated with <i>Madhur</i> drugs	<i>Ghritakhand a</i>
8 th Month	<i>Kshira Yawagu</i> mixed with <i>Ghrita</i>	<i>Asthapanabasti</i> with decoction of <i>Badri</i> mixed with <i>Bala</i> , <i>Atibala</i> , <i>Satapuspa</i> , <i>Patala</i> etc, honey and <i>Ghrita</i> . <i>Asthapana</i> is followed by <i>Anuvasana Basti</i> of oil medicated with milk, <i>Madhura</i> drugs	<i>Kshirayawagu</i> mixed with <i>Ghrita</i> , <i>Asthapana Basti</i> with decoction of <i>Badri</i> , <i>Anuvasana Basti</i> with oil medicated with <i>Madhura</i> drugs	<i>Ghritapurak a</i>
9 th Month	<i>Anuvasana basti</i> with oil prepared with drugs of <i>Madhura</i> group, vaginal tampon of this oil	Unctuous gruels and <i>Jangal Mansa Ras</i> up to the period of delivery	<i>Anuvasana basti</i> with oil prepared with drugs of <i>Madhura</i> group, vaginal tampon of this oil	Different varieties of cereals

Garbhopaghatkar Bhavas

- **Acharya Charak** - use of excessive heavy, hot and pungent substances, harsh and violent activity.
- **Acharya Sushrut** - *Vyavaya*, *Vyayama*, *Atitarpan*, *Atikarsan*, *Divaswapna*, *Ratrijagaran*, *Shoka*, *Yanaavarohana*, *Bhaya*, *Utkatasana*, *Sonitamoksan*, *Vegadharan*, *Snehan* etc.
- **Acharya Vagbhatta** - *Tiksna Ausadh*, *Vyavaya*, *Vyayama*.

- **Acharya Kashyap** - Should not look at declining moon, setting sun and both the *Rahus*, she should not remain for long in acutely erect or flexed posture and carry heavy weight for long, avoid trembling, excessive laughing and trauma, use of cold water and garlic^[7]

Masanumasik Chikitsa of Garbha Srava (Month wise treatment of abortion).

- Treatment during first month of pregnancy *Madhuka*, *Sakabija*, *Payasya*, *Suradaru*.
- During second month *Ashmantaka*, *Black Tila*, *Tamravalli* and *Shatavari*.
- During third month *Vrukshadani*, *Payasya*, *Priyangu* or *Lata*, *Utpala Sariva*.
- During fourth month *Ananta*, *Sariva*, *Rasna*, *Padma*, *Madhuka*.
- During fifth month *Bruhatidwaya*, *Kashmari*, *Kshirishunga-Tvacha* (stem-bark and leaf buds, of latex yielding trees), *Ghrita*.
- During sixth month *Prushanparni*, *Bala*, or *Vacha*, *Shigru*, *Swadanshra*, and *Madhuparnika*.
- During seventh month *Shrungataka*, *Bisa*, *Draksha*, *Kasheru*, *Madhuka*, and *Sita*.
- During eighth month *Kapitha*, *Bilva*, *Bruhati*, *Patola*, *Ekshu*, *Nidigdika*.
- During ninth month milk treated with root of *Ananta*, *Sariva*, *Payasya*, *Madhuyashti*.
- During tenth month milk treated with either *Shunthi* and *Payasya* or *Shunthi Madhuyashti* and *Sursaru* or only *Payasya*. Use of this prescription relieves even very severe pain.
- During eleventh month for relief of pain during eleventh month of pregnancy the women should be prescribed paste of *Kshirika*, *Utpala*, *Samanga* root and *Shiva* along with milk.
- During twelfth month use of *Sita*, *Vidari*, *Kakoli*, *Kshiri*, *Mrunalika*, with relieves pain during twelfth month and is beneficial for proper development of the fetus.^[8]

Garbhsthapak Dravya

Drugs mentioned by Acharyas are following -

- *Aindri (Centella asiatica)*
- *Brahmi (Bacopa monieri)*
- *Satavirya (Asparagus recemosus)*
- *Sahastravirya (Cynodon dactylon)*
- *Amogha (Stereospermum suaveolens)*
- *Avyatha (Tinospora cordifolia)*
- *Shiva (Terminalia chebula)*
- *Arista (Picrorhiza kurroa)*
- *Vatyapuspi (Sida cordifolia)*
- *Vishwasenkanta (Callicarpa macrophylla)*
- *Manidharana* by Expectant Mother

Sutika Paricharya

The routine to be followed during postnatal period comes under the heading of *Sutika Paricharya*. It involves following principles.

- *Agnideepana*
- *Pachana*
- *Raktadhatu Poshana*
- *Stanyavardhana*
- *Yonisanrakshana*
- *Garbhashayashodhana, Kostashodhan*
- *Vata Dosha Shamana*
- *Dhatupusti, Balya*

Pathya and Apathya**Pathya**

- *Ushnodaka Snana.*
- *Koshna (warm) Jala Pana.*
- *Adequate sleep.*
- *Udarveshthana (tie abdominal belt).*
- *Hitakaraka Ahara and Vihara.*
- *Abhyanga, Parisheka, Avagahana.*

- *Daily Snehana and Swedana.*

Apathya

- *Shita Ahara, Vihara.*
- *Maithuna.*
- *Physical and mental Stress.*
- *Ati Vyayama.*
- *Shoka, Bhaya, Krodha.*
- *Atapasevana and Divaswapa.*
- *Panchkarma* is contra indicated in *Sutika*.

DISCUSSION

Masanumasik Pathya (month wise dietary regimen) *Garbhopaghatkar Bhavas* (activities and substances which are harmful to fetus) *Garbhasthapaka Dravyas* (substances beneficial for maintenance of pregnancy) are main components of *Garbhini Paricharya*.

Aindri (Centella asiatica)

Components isolated from centella are responsible for CNS activator and lead to utero relaxant action.

Brahmi (Bacopa monieri)

Calcium antagonistic activity of Bacopa can be used as muscle relaxant and vascular relaxant.

Satavirya (Asparagus racemosas)

Estrogenic effect of *Satavari* on female mammary gland.

Sahastravirya (Cynodon dactylon)

The plant extract checks uterine bleeding, strengthen uterine muscles avert abortion and augment of foetal growth.

Amogha (Steriospermum suaveolens)

Ethanol extract from stem bark of steriospermum given orally shows marked analgesic and anti-inflammatory.

Avyatha (Tinospora cordifolia)

Antioxidant capacity

Shiva (Terminalia chebula)

The uses of *Terminalia chebula* in different fraction from fruit were screened for antibacterial and antifungal activity.

Arista (*Picrorrhiza kurroa*)

The most promising biopharmacological activity of biopolymers found in *Picrorrhiza kurroa* shows immunomodulatory effect and hepatoprotective effect.

Vatyapuspi (*Sida cordifolia*)

The analgesic activity was found in acetic acid induced pain in mice, the result indicated that the sample possessed both analgesic and anti-inflammatory activity

Viswaksenkanta (*Callycarpa macrophylla*)

Ethanol extract of leaves of *callycarpa macrophylla* has better anti-inflammatory.

Manidharana by expectant mother

The pregnant women should wear the amulet of *trivrt* at the region of waist.

CONCLUSION

The important limitation of this study is that it could not explore the role of *Ayurveda*, both therapeutics and principles, in other two important components of maternal health; childbirth and post-partum care. *Ayurvedic* principles through the concept of *Garbhini Paricharya* improve the physical and psychological condition of the pregnant women and make their body suitable for *Sukha Prasava*. *Sutika Kala* is a critical period for women, she needs a special management and care for proper and healthy growth of newborn baby as well as for maintenance of her own health So, by following *Sutika Paricharya*, *Garbhashayashuddhi*, *Dhatuparipurnata*, *Sthanya-Vridhhi* are established and it also helps in prevention of various diseases.

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