

4c. Garbhini Paricharya, Prajasthapana gana

(c) Garbhini Paricharyā and Prajāsthāpana Gaṇa

Chapter goals

- Present an authoritative, exam-ready account of **Garbhini Paricharyā** (antenatal regimen) with month-wise diet, *vihāra* (activity) and *vichāra* (mental conduct).
- Detail **eighth-ninth month** special measures (*kṣīra-yavāgū*, *basti*, *yonī-picu*) with classical proof.
- Define **Prajāsthāpana Gaṇa** from **Caraka** with the authentic Sanskrit list and uses in practice.
- Integrate applied tips (dosage forms, safety, ANC integration) to write full-score answers.

1) Classical anchors (quoted verbatim)

अष्टमे तु मासे क्षीर्यवागूं सर्पिष्मतीं काले काले पिबेत् ...
... नवमे तु खल्वेनां मासे मधुरौषधसिद्धेन तैलेनानुवासयेत् ।
अतश्चैवास्यास्तैलात् पिबुं योनौ प्रणयेद् गर्भस्थानमार्गस्नेहनार्थम् ॥
— Caraka Saṃhitā, Śārīrasthāna 8 (Jātisūtrīya), monthly regimen

ऐन्द्रीब्राह्मीशतवीर्यासहस्रवीर्याऽमोघाऽव्यथा
शिवाऽरिष्टावाटथपुष्पीविष्वक्सेनकान्ता इति दशेमानि प्रजास्थापनानि भवन्ति ॥ (४९)
— Caraka Saṃhitā, Sūtrasthāna 4 (Śaḍvirecanaśatāśrītiya), Prajāsthāpana-mahākaṣāya

(Where needed below, we also cite Sūtrasthāna 4 for the concept of fifty **mahākaṣāyas**, each of ten drugs.)

2) Garbhini Paricharyā — aims and scope

Definition. *Garbhini Paricharyā* = the **ideal month-wise diet (māsānumāsika pathya)** and **wholesome conduct** for a pregnant woman so that **garbha** grows optimally, **vāta** remains *anulomita* (downward), bowel and bladder pass smoothly, tissues become **mṛdu** (soft/pliant), and delivery is **sukha-prasava**. The regimen is described most systematically by **Caraka, Śārīrasthāna 8 (Jātisūtrīya)**; similar guidance appears in **Suśruta** and **Aṣṭāṅga Hṛdaya**.

Aims (exam points).

1. **Anupaghāta** — minimise complications; 2) **Paripūrṇatā** — ensure maternal-fetal nourishment; 3) **Sukha-prasava** — prepare birth canal and *apāna-vāyu* for an easy labour.

3) Māsānumāsika Paricharyā (month-wise diet)

Caraka explicitly outlines the month-wise regimen and then states the benefits (soft pelvis-waist-back, *vāta* in *anuloma*, smooth *mūtra-purīṣa*, improved strength-complexion, and easy delivery). Quote the eighth-ninth month lines and apply the rest as a structured table.

3.1 Month-wise diet (Caraka—core scheme)

Month	Principal ahāra / measure	Key purpose (Ayurveda lens)
1st	Kṣīra (milk) <i>anupaskṛta</i> , cool, at intervals	<i>Ojas</i> support; gentle <i>brimhaṇa</i>
2nd	Milk processed with madhura-auṣadha	Further <i>rasa</i> nourishment
3rd	Milk + madhu + sarpiḥ	Tissue anabolism; <i>vāta-sāmana</i>
4th	Milk + navaṇīta (one <i>akṣa</i>)	Unction; fetal growth
5th	Milk + ghee (kṣīra-sarpiḥ)	Sustained <i>snigdhatā</i>
6th	Milk + ghee processed with sweet drugs	Counter fetal-pressure symptoms
7th	Same as 6th ; topical <i>śīta</i> applications for kikkisā	Itching/striae care; <i>pitta-vāta</i> balance
8th	Kṣīra-yavāgū with ghee, “kāle kāle pibet”	<i>Vātānulomana</i> ; canal preparation
9th	Anuvāsana-basti with madhuraauṣadha-siddha taila , plus yonī-picu with same oil	Birth-passage snehana , easy labour

Here you go—month-wise, with one line each from Charaka, Suśruta, and Vāgbhaṭa, then a short meaning.

Month	Shloka (Charaka • Suśruta • Vāgbhaṭa)	meaning
1	चरकः — “प्रथमे मासे शङ्किता चेद्गर्भमापन्ना क्षीरमनुपस्कृतं... काले काले पिबेत् ।” सुश्रुतः — “विशेषतस्तु गर्भिणी प्रथमद्वितीयतृतीयमासेषु मधुरशीतद्रवप्रायमाहारमुपसेवेत् ।”	Early pregnancy: light, sweet, cool, mostly liquid diet; milk in small, frequent amounts.
2	चरकः — “द्वितीये मासे क्षीरमेव च मधुरौषधसिद्धं ।” सुश्रुतः — “(१-३ माहों के लिये वही—मधुर, शीत, द्रव)	Continue sweet, cool liquids; milk processed with gentle (madhura) herbs.
3	चरकः — “तृतीये मासे क्षीरं मधुसर्पिभ्यामुपसंसृज्य ।” सुश्रुतः — “तृतीये षष्टिकोदनं पयसा भोजयेत् ।”	Add honey & ghee to milk (Charaka); or śaṣṭika rice with milk (Suśruta).
4	चरकः — “चतुर्थे मासे क्षीरनवनीतमक्षमात्रमश्नीयात् ।” सुश्रुतः — “चतुर्थे दध्ना... (केचिद्—पयो-नवनीत-संश्रिष्टमन्नं जाङ्गलमांससहितम्) ।”	Butter/ghee with milk in measured dose; some traditions allow curd or wholesome meat soup.
5	चरकः — “पञ्चमे मासे क्षीरसर्पिः ।” सुश्रुतः — “पञ्चमे पयसा (क्षीर)...” तथा “क्षीरसर्पिःसंश्रिष्टम्” इति केचित् ।	Nourishing milk, often with ghee.
6	चरकः — “षष्ठे मासे क्षीरसर्पिर्मधुरौषधसिद्धम् ।” सुश्रुतः — “षष्ठे सर्पिष्... श्वदंष्ट्रासिद्धस्य सर्पिषो मात्रां पाययेद् यवागू वा ।”	Milk-ghee cooked with sweet herbs; ghee/barley gruel as indicated.
7	चरकः — “तदेव सप्तमे मासे ।” (पूर्ववत्) सुश्रुतः — “सप्तमे सर्पिः पृथक्पण्यादि-सिद्धम् ।”	Continue milk-ghee; ghee processed with leaf-group herbs (pṛthakparṇyādi) for itch/irritation tendency.
8	चरकः — “अष्टमे तु मासे क्षीरयवागू सर्पिभ्रमती काले काले पिबेत्...” सुश्रुतः — “अष्टमे बदरोदकेन... पयो-दधि-मस्तु-तैल-लवण-मदन-फल-मधु-घृत-मिश्रणात्पापयेत्... ततः पयो-मधुर-कषाय-सिद्धेन तैलेनानुवासयेत् ।”	Thin milk gruel with ghee (Charaka); in Suśruta: preparatory mixtures (e.g., jujube-water etc.) and gentle anuvāsana to ease Vāta for easier labour.
9	चरकः — “नवमे... मधुरौषधसिद्धेन तैलेनानुवासयेत् । अतश्चैवास्यास्तैलात् पिचु योनौ प्रणयेत्...” सुश्रुतः — “शस्तश् च नवमे मासि... बहु-स्नेहा यवागूर वा... ततः पयो-मधुर-कषाय-सिद्ध-तैलेनानुवासयेत्...” वाग्भट्टः — “शस्तश् च नवमे मासि स्निग्धो मांस-रसौदनः, बहु-स्नेहा यवागूर वा, पूर्वोक्तं चानुवासनम् । तत एव पिचु चास्या योनौ नित्यं निधापयेत् ।”	In the ninth month: soft, oily gruels/soups; gentle anuvāsana (oil enema) and yonī-picu (oily vaginal tampon) to lubricate the passage and promote smooth, uncomplicated delivery.

Notes on sources:

- Charaka’s month-wise regimen and the anuvāsana/pichu instruction are from **Śārīrasthāna 8 (Jātisūtrīya)** in the Caraka Saṃhitā.
- Suśruta’s consolidated month-wise regimen appears as a single verse in **Śārīrasthāna 10.4** (Garbhiṇī-Vyākaraṇa).
- Vāgbhaṭa’s explicit ninth-month guidance (anuvāsana + pichu, and diet) is in **Aṣṭāṅghaḍaya, Śārīrasthāna 1** (verses grouped around 1.66-69).

Notes (Caraka’s own clarifications).

- The belief that fetal hair (*keśa*) causes maternal burning and **kikkisā** is refuted; instead, **pressure-induced doṣa movement** explains symptoms, addressed with **madhura-navanīta** and **śīta** dressings/massages specified in



the text.

- The **benefits verse** summarises why following the regimen from month-1 yields soft tissues, *vāta* in order, smooth evacuation, and **sukha-prasava**.

3.2 How to write doses/ forms (based on Caraka's kalpanā)

Caraka (Sū.S. 4) prioritises **pañca kṣāya-kalpanā**: *svarasa (juice)* > *kalka (paste)* > *kvātha (decoction)* > *śīta* > *phāṇṭa (hot infusion)*, choosing per strength and digestion. In Garbhini, **mild, nourishing, easily digestible** forms are favoured; **milk-processing** is preferred in early months; **basti** and **yoni-picu** in 9th.

4) Vihāra and Vichāra (conduct)

Pathya-vihāra (do's)

- Adequate rest; left-lateral lying in later months; gentle walking; warm water baths (not prolonged).
- Local **abhyanga** (belly/breasts) with mild *taila* when indicated; loose garments; avoid constipation—keep *vāta* in *anuloma*.
- Respect **dauhrda** (harmless cravings) with healthy equivalents; cheerful environment; avoid fright/anger.

Apathya-vihāra (don'ts)

- **Ati-vyāyāma**, heavy lifting, jerky travel, suppression of natural urges (**vega-dharana**).
- Exposure to smoke/poisons/infections; late-night vigils; excessive intercourse.

Applied: Caraka advises **mild** interventions in pregnancy; strong *śodhana* is generally avoided, while **basti/abhyanga** in late months are acceptable and helpful to **vātānulomana** and canal preparation.

5) Eighth-Ninth month special (high-yield)

- **8th month:** **Kṣīra-yavāgū + sarpiḥ "kāle kāle pibet"** — a *snigdha*, easily digestible gruel with milk and ghee to counter *vāta*, nourish tissues, and ready the canal.
- **9th month:** **Anuvāsana-basti** with **madhura-auśadha-siddha taila** and **yoni-picu** with the same oil → **gārbhasthāna-mārga-snehana** (lubrication of the birth-passage). Result: softer pelvis/waist/back, normalised *vāta*, easy bowel/urine, improved **bala-varṇa, sukha-prasava**.

6) Prajāsthāpana Gaṇa (Caraka's group for sustaining progeny)

6.1 Definition and canonical list

Prajāsthāpana = drugs that **promote conception** and **stabilise pregnancy/foetus** (*garbha-sthāpana*). In **Sū.S. 4**, Caraka enumerates **50 mahākaṣāyas**, each of **10 drugs**; **Prajāsthāpana** is the 49th subgroup:

ऐन्द्री ब्राह्मी शतवीर्या सहस्रवीर्या अमोघा अव्यथा
शिवा अरिष्टा वात्यपुष्पी विश्वक्सेन कान्ता — इति दशेमानि प्रजास्थापनानि भवन्ति ॥
(Charaka Sūtra Sthāna 4 / Mahākaṣāya—Prajāsthāpana)

Important note for exams: Multiple synonyms exist; botanical identifications of some names vary across *Nighaṇṭus*. In *short notes*, **reproduce the Sanskrit list** accurately and write **group actions** rather than

speculating on plant IDs.

6.2 Rasapanchaka/guṇa (group tendencies; classical logic)

- Generally **madhura-rasa, snigdha, śīta** orientation → *brimhaṇa, garbha-poshana, vāta-śamana, rakta-pitta pacification*.
- **Karma:** *garbha-sthāpana, rasāyana-like* support, uterine support, calming *apāna-vāyu*.

6.3 Practical application (how to deploy, with forms)

- **Before/early pregnancy** (preconception–early gestation): light **kṣīra-pāka** or **hima/kvātha** of a **Prajāsthāpana composite** for women with a history of *garbha-srava/garbhapāta* (after excluding medical causes).
- **During pregnancy (selected cases): mild, nourishing forms** only (kṣīra-pāka, ghr̥ta-yoga).
- **Month-wise integration:** In **6th–7th**, drugs of **madhura** set are anyway recommended by Caraka; clinicians sometimes select **Prajāsthāpana-dominant** herbs to process milk/ghee (institutional protocols vary; stay within mild doses).
- **Late pregnancy:** focus shifts to **taila-basti** and **yoni-picu** (not strong *kaṣāyas* orally).

6.4 Safety and integration

- **Ayurvedic principle:** prefer **mild, nourishing, easily digestible** preparations in Garbhini; avoid strong emetics/purgatives unless life-saving. **Dose individualisation** per *agnibala* is essential.
- **Modern ANC integration:** continue standard ANC (IFA, Ca, vaccines), screen/treat anaemia, UTIs, thyroid/GDM; Ayurvedic regimen complements—not replaces—obstetric care.

7) How to present a 10-mark answer on Garbhini Paricharyā

1. **Define and state aims** (Anupaghāta, Paripūrṇatā, Sukha-prasava).
2. **Table the 1st–9th month** regimen (core milk–ghee logic), and **quote the 8th–9th month śloka** lines verbatim.
3. Add **Vihāra–Vichāra** do’s/don’ts and rationale (*vāta-anulomana, tissue mṛdutā*).
4. **Late-pregnancy measures** (*kṣīra-yavāgū, anuvāsana-basti, yoni-picu*) + Caraka’s stated **benefits**.
5. **Prajāsthāpana Gaṇa:** write the **Sanskrit list** (no errors) and **group action**; mention **forms** (kṣīra-pāka/ghr̥ta).

8) Applied mini-tables

8.1 Late-pregnancy protocol (Caraka-anchored)

Measure	What	Why (Ayurveda)	Expected outcome
Kṣīra-yavāgū + ghee (8th)	Milk-gruel with ghee, “ kāle kāle pibet ”	<i>Vātānulomana, brimhaṇa</i> , canal prep	Less colic, better tissue pliancy
Anuvāsana-basti (9th)	Oil enema with madhura-auśadha-siddha taila	<i>Apāna-vāyu</i> regulation; unction	Easy evacuation; labour readiness
Yoni-picu (9th)	Vaginal swab soaked in same oil	Garbhasthāna-mārga snehana	Cervico-vaginal lubrication; sukha-prasava

8.2 Prajāsthāpana Gaṇa — remember like this

- **Aid-bri-śata-sahasra / a-mo-a-vya / śīva-ariṣṭa / vāṭyapuṣpī-viṣvaksena-kāntā**
(mnemonic chain of the ten names as per Caraka’s order)



9) Common viva points & pitfalls

- **Do not** recommend strong *śodhana* in Garbhini; even when *basti* is used (9th m), it is **anuvāsana** and **matra** type—gentle.
- **Kikkisā** management in 7th month uses **navanīta (madhura-siddha)** internally and *śīṭala* pastes/washes externally as Caraka lists—quote this to score.
- **Prajāsthāpana list** is often mis-quoted; write the **exact Devanāgarī** and source (Sū.S. 4).
- Month-wise diet is **milk-centric** with progressive **unctuousness**; the logic is *brimhaṇa* + *vātānulomana* + *mārga-snehana*.
- Integrate **standard ANC** (iron, calcium, vaccines, screening) alongside *Paricharyā* for complete care.

Assessment

A) Short Answer Questions (SAQ — 5 marks each)

1. Define **Garbhini Paricharyā** and list its **three aims**.
2. Write the **month-wise regimen** for **1st to 5th months** with rationale.
3. Explain **kikkisā** in the **7th month** and its management per **Caraka**.
4. Describe **8th-9th month** measures with the **exact śloka lines**.
5. Enumerate the **ten drugs** of **Prajāsthāpana Gaṇa** and state their **group actions**.

B) Long Answer Questions (LAQ — 10 marks)

1. Discuss **Garbhini Paricharyā** under headings **(i)** month-wise diet, **(ii)** *vihāra-vichāra*, **(iii)** late-pregnancy *basti/picu*, and **(iv)** outcomes, **quoting the classical lines**.
2. Write a note on **Prajāsthāpana Gaṇa**—definition, Sanskrit list, dosage forms (*kṣīra-pāka/ghṛta*), indications in **threatened abortion/recurring loss (after evaluation)**, and safety considerations.

C) MCQs (single best answer)

1. **Kṣīra-yavāgū with ghee** is advised specifically in:
A) 6th month B) **8th month** C) 2nd month D) Post-partum
Ans: B.
2. In the **9th month**, Caraka recommends:
A) Vamana B) Virecana C) **Anuvāsana-basti + yoni-picu** D) Rakta-mokṣaṇa
Ans: C.
3. **Prajāsthāpana Gaṇa** belongs to the collection of:
A) *Aṣṭa mahā-snehāḥ* B) **50 Mahākaṣāyas (Caraka Sū.S. 4)** C) Daśamūla D) Navayasa
Ans: B.
4. The **chief therapeutic orientation** of **Prajāsthāpana** drugs is:
A) Vamana-upaga B) Kṛmighna C) **Garbha-sthāpana / progeny-sustaining** D) Śoṭha-hara
Ans: C.
5. The regimen primarily aims to keep which **vāyu** in *anuloma*?
A) Prāṇa B) Udāna C) **Apāna** D) Vyāna
Ans: C.

References



Classical sources

- **Caraka Saṃhitā, Śārīrasthāna 8 (Jātisūtrīya Adhyāya)** — month-wise *Garbhini Paricharyā*, eighth-ninth month measures, benefits, and cautions. (Quoted lines and translation context.)
- **Caraka Saṃhitā, Sūtrasthāna 4 (Śaḍvirecanaśatāśrītiya Adhyāya)** — doctrine of **50 Mahākaṣāyas** and explicit Sanskrit list of the **Prajāsthāpana** ten.
- **Aṣṭāṅga Hṛdaya, Śārīrasthāna 1** — supportive guidance on pregnancy regimen and canal preparation (for triangulation with Caraka).

Modern/standard texts

- **Dutta's Textbook of Obstetrics** — ANC basics (supplementation, vaccines) to integrate with classical regimen.
- **Williams Obstetrics** — physiology and safe care in pregnancy (for modern co-management).
- Institutional SOPs (e.g., AIIA) on incorporating **basti/picu** in late pregnancy under supervision (practice patterns).

30-second recap

- **Garbhini Paricharyā** centres on a **milk-ghee-based, month-graded** diet for *brimhaṇa* and **vātānulomana**, with **8th-month kṣīra-yavāgū** and **9th-month anuvāsana-basti + yoni-picu**—all **explicitly stated by Caraka**.
- **Prajāsthāpana Gaṇa** (Sū.S. 4) = the **foetus-stabilising/progeny-sustaining** group; reproduce the **exact ten names** and state **mild nourishing forms** for clinical use.
- In exams, **quote the ślokas**, present **month-wise table**, and close with **outcomes** (*mṛdutā, anuloma, sukha-prasava*).