

4c. Garbhini Paricharya, Prajasthapana gana

(c) Garbhini Paricharyā and Prajāsthāpana Gaņa

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*, *yoni-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 क्षीरयवागूं सर्पिष्मतीं काले काले पिबेत् नवमे तु खल्वेनां मासे मधुरौषधिसद्धेन तैलेनानुवासयेत् । अतश्चेवास्यास्तैलात् पिचुं योनौ प्रणयेद् गर्भस्थानमार्गस्नेहनार्थम् ॥

— Caraka Saṃhitā, Śārīrasthāna 8 (Jātisūtrīya), monthly regimen

ऐन्द्रीब्राह्मीशतवीर्यासहस्रवीर्याऽमोघाऽव्यथा शिवाऽरिष्टावाटचपुष्पीविष्वक्सेनकान्ता इति दशेमानि प्रजास्थापनानि भवन्ति ॥(४९)

— Caraka Saṃhitā, Sūtrasthāna 4 (Śaḍvirecanaśatāśritīya), 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).

Anupaghāta — minimise complications; 2) Paripūrņatā — ensure maternal-fetal nourishment; 3) Sukhaprasava — 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, $v\bar{a}ta$ in anuloma, smooth $m\bar{u}tra-pur\bar{i}sa$, improved strength-complexion, and easy delivery). Quote the eighth-ninth month lines and apply the rest as a structured table.

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



3.1 Month-wise diet (Caraka—core scheme)

Month	Principal ahāra / measure	Key purpose (Ayurveda lens)
1st	Kṣīra (milk) anupaskṛta, cool, at intervals	Ojas support; gentle brimhaṇa
2nd	Milk processed with madhura-auṣadha	Further rasa nourishment
3rd	Milk + madhu + sarpiḥ	Tissue anabolism; vāta-śamana
4th	Milk + navanīta (one akṣa)	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 śītala applications for kikkisā	Itching/striae care; pitta-vāta balance
8th	Kṣīra-yavāgū with ghee, "kāle kāle pibet"	Vātānulomana; canal preparation
9th	Anuvāsana-basti with madhurauṣadha-siddha taila , plus yoni-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 चेदगर्भमापन्ना क्षीरमनुपस्कृतं काले काले पिबेत्।" सुभ्रुतः — "विशेषतस्तु गर्भिणी प्रथमद्वितीयतृतीयमासेषु मधुरशीतद्रवप्रायमाहारमुपसेवेत।"	Early pregnancy: light, sweet, cool, mostly liquid diet; milk in small, frequent amounts.
2	चरकः — "द्वितीये मासे क्षीरमेव च मधुरौषधसिद्धं।" सुभ्रुतः — (१–३ माहों के लिये वही—मधुर, शीत, द्रव)	Continue sweet, cool liquids; milk processed with gentle (madhura) herbs.
3	चरकः — "तृतीये मासे क्षीरं मधुसर्पिभ्यांमुपसंसृज्य।" सुभ्रुतः — "तृतीये षष्टिकौदनं 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।" सुभ्रुतः — "पञ्चमे पयसा (क्षीर)…" तथा "क्षीरसर्पिःसंश्रिष्टम्" इति केचित्।	Nourishing milk, often with ghee.
6	चरकः — "षष्ठे मासे क्षीरसर्पिर्मधुरौषधसिद्धम् ।" सुभ्रुतः — "षष्ठे सर्पिष्… श्वदंष्ट्रासिद्धस्य सर्पिषो मात्रां पाययेद् यवागूं 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 क्षीरयवागूं सर्पिष्मतीं काले काले पिबेत्…" सुश्रुतः — "अष्टमे बदरोदकेन… पयो-दधि-मस्तु-तैल-लवण-मदन-फल-मधु-घृत- मिश्रेणास्थापयेत्… ततः पयो-मधुर-कषाय-सिद्धेन तैलेनानुवासयेत्।"	Thin milk gruel with ghee (Charaka); in Suśruta: preparatory mixtures (e.g., jujubewater etc.) and gentle anuvāsana to ease Vāta for easier labour.
9	चरकः — "नवमे मधुरौषधिसद्धेन तैलेनानुवासयेत्। अतश्चैवास्यास्तैलात् पिचुं योनौ प्रणयेत्" सुश्चतः — "शस्तश् च नवमे मासि बहु-स्नेहा यवागूर् वा ततः पयो-मधुर-कषाय-सिद्ध-तैलेनानुवासयेत्" वाग्भद्दः — "शस्तश् च नवमे मासि स्निग्धो मांस-रसौदनः, बहु-स्नेहा यवागूर् वा, पूर्वोक्तं चानुवासनम्। तत एव पिचुं चास्या योनौ नित्यं निधापयेत्।"	In the ninth month: soft, oily gruels/soups; gentle anuvāsana (oil enema) and yonipichu (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 Samhitā.
- 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 **Aṣṭāṅgahṛdaya, 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 **śītala** dressings/massages specified in

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



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-auṣadha-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 Gaņa (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 विष्वक्सेन 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

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



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, ghṛta-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 mrdutā).
- Late-pregnancy measures (kṣira-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/ghṛta).

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-auṣadha-siddha taila	Apāna-vāyu 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 Gaņa — remember like this

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

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



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 *śītala* 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 brimhana + 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 Prajasthapana Gana 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-partur		

Ans: B.In the 9th month, Caraka recommends:

A) Vamana B) Virecana C) **Anuvāsana-basti + yoni-picu** D) Rakta-mokṣaṇa

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) Śotha-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

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.





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 (Śaḍvirecanaśatāśritīya 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., AlIA) 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 brimhaņa 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*).

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.