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Role of rasayana dravya in Garbhini Paricharya

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Abstract

The primary goal of Ayurveda, the science of life, is to attain optimal health and well-being through an integrated approach that takes into account one's mind, body, behavior, and environment. This approach is very scientific in that it emphasizes health promotion and prevention, uses herbs and herbal mixtures like Rasayana for rejuvenation, promotes longevity and slows down the aging process, and offers various dietary recommendations. For any woman, being pregnant is a critical step in her life. During this time, Ayurveda has recommended a unique dietary and lifestyle plan known as Garbhini Paricharya. It has been tested and used for a century now to address the health of both mothers and fetuses.

Keywords: Garbhini Paricharya, Garbha poshana, Rasayana dravyas

Introduction

Health of the child depends directly on the environment and state of the fetus in intrauterine life. Supplementing *Rasayana* (rejuvenating and immunomodulatory) drugs in a *Garbhini* (pregnant women) provides positive maternal environment which helps the fetus to avoid or overcome diseases. Integrating *Rasayana* therapy in *Garbhini Paricharya* (antenatal care) not only benefits the pregnant lady but also the growing fetus in her womb. Ayurveda described uses of Rasayana therapy since long back and ancient Ayurveda philosopher elaborated specific health benefits of Rasayana drugs along with their dosage and safety measures. These drugs also advocated for health management and disease prevention in case of pregnancy since Rasayana provides health restoration effects for Garbhini and Garbha. The Rasayana drugs prevent common infectious diseases during pregnancy, relief irritation; boost Agni, relieves body ache and nourishes fetus. Rasayana facilitate Apyayana of Rasa Dhatu thus improves strength of Dhatu^[1-5].

General Benefits of Rasayana in Garbhini

Rasayana therapy improves quality of Dhatu thus enhances strength of women during pregnancy. Imparts disease resistance power by improving immunity.

Rasayana facilitate supply of nutrients and it provides nutrition therefore regularizes normal physiological function of body during pregnancy.

Rasayana control circulation of body thus prevents fluctuation of blood pressure during pregnancy. Improves mental and intellectual power of child.

Immuno-modulatory effect of Rasayana prevents many disorders related to alter immune response during pregnancy.

Antioxidant effects of these drugs prevent oxidative damage during pregnancy thus control tissue damage.

Rasayana stimulates detoxification of body therefore cleans Srotas and maintain transportation and circulation of body system^[6-8]. Rasayana for placental insufficiency Rasayana nourishes Rasa Raktadi Dhatu thus support growth and functioning of placenta and prevent placental insufficiency which may cause intrauterine growth restriction. Rasayana for fetal growth Rasayana possess Balya, Brumhana and Medhya effects thus support greatly towards the growth and development of fetus. The nutritional balance maintained by Rasayana enhances growth and improves birth weight of child. Rasayana for fetal immunity Rasayana improves fetal IgG level thus possess immunomodulatory effect. The maternal immunity improved by Rasayana drugs ultimately affects fetal immunity. It is believed that transfer of immunoglobulin to the fetus from mother during pregnancy improves after uses of Rasayana drugs. Rasayana for physiological jaundice Neonatal jaundice is common problem seen in new born, the Balya and Yakrut Uttejaka properties of Rasayana drug helps to restrict pathogenesis of neonatal jaundice. Specific Rasayana drugs for garbhini and rabha poshana Shatavari offers

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Medhya property thus enhances Buddhi; improves cerebral circulation, enhances oxygen utilization in brain and activates brain cells thus promotes intellectual components of baby. Jivanti act as Rakta Shodhaka, improve Varna and imparts Agnideepaka effect thus facilitate formation of Ahara Rasa, thereby maintains Poshana of Garbha. Ashwagandha helps in Garbha Sthirakarana, prevents preterm labor and reduces factors which can cause Garbha Hani. Draksha is Rasa Vardhaka Rasayana hence facilitates growth of Garbha and Garbhini, this drug promote general health of female and prevent common gynecological disorders.

Discussion

Significance of rasayana dravyas for Garbha poshana Administration of different Rasayana dravyas imparts benefits such as dirghayu, medha, rabha, smriti, rabha, varna, deha bala, indriya bala, kanti, vyadhikshamatva. 6 Rasayana dravyas nourishes and maintains the cell life, encourages the growth of new cells, prevents recurrent infection, expels the damaged cells, eliminates the toxic metabolites and pollutants, maintains the balance between mind and body, stabilizes physiological process and promotes homeostasis. Drugs having Rasayana properties also possess neuroprotective, haemopoietic, anabolic, nutritive and anti-inflammatory properties. Foods and drugs having rasayana properties when administered they are directly helps in tissue nourishment. Rasayana helps in rasa samvahana, this medium of uttama poshana contributes to prashasta dhatu nirmana. Drugs such as shatavari, kharjura, draksha, ksheera and ghritha are considered to be rasa vardhaka rasayanas. 7 Ksheera, ghrita and shatavari are the few of the examples of rasayanas acting at the level of rasa. Several rasayana dravyas are known to promote digestion of food and vitalize the metabolic activity resulting in turn to improve nutritional status at the level of dhatus. By promoting the competence of srotas i.e, the micro circulatory channels in the body leading to better bioavailability of nutrients to the tissues and improve tissue perfusion. This is another mode through which rasayana dravyas helps in promotion of nutritional status.

Conclusion

The fetus depends on the mother for both nutrition and oxygen, and when the mother doesn't provide enough nutrients, the fetus may grow abnormally. The quality and health of the progeny are influenced by the pregnant woman's care. The requirements of food and nutrition for the embryo or fetus would vary due to its continual development. Inadequate nutrition is a significant factor contributing to complications of pregnancy like low birth weight, IUGR, high mortality, prematurity, nutritional anaemia and perinatal loss as well as their sequels of mental and physical disabilities. So health of the pregnant women is maintained through proper garbhini paricharya right from the conception till delivery considering the different physiological changes taking place in garbhini along with the requirement of growing fetus. Different drugs and dietary articles having rasayana properties are prescribed during pregnancy

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