Anti-natal care in ayurveda with special reference to garbhini paricharya.

Divya P. Pawar*1, Sameer Gholap2

1 Post Graduate Scholar
2 Assistant Professor and Guide,

Department of Prasuti Tantra Avum Striroga, SMBT College and Hospital, Nandi Hills, Dhamangaon, Igatpuri Nashik, Maharashtra, India.

*Corresponding Author: Email – divi.pawar94@gmail.com

ABSTRACT

Motherhood is a divine blessing. Anti-natal care is a potential timely care of mother and foetus till delivery from first month of her pregnancy which is co-related with Garbhini Paricharya explained in Ayurveda, to get Shreyasi Praja which ensure normal pregnancy and uncomplicated labour with delivery of a healthy baby from healthy mother. Wellbeing of garbha can be achieved only through of the wellness of the garbhini thus Acharyas have given it under Garbhini Paricharya concept.

In Ayurveda along with Trimester wise regimen, Garbhini Paricharya comprises Masanumasik Pathya (Month wise dietary regimen), Garbhopaghatakara Bhavas which are contraindicated Dietetics and mode of life for mother. Garbhasthapaka drugs which are useful for foetus.

AIMS AND OBJECTIVE

1) To study Garbhini Paricharya and establish its Ayurveda co-ordination.
2) To evaluate Trimester wise regimen.
3) To give proper nutrition, equilibrium of doshas, welfare and contraindication of mother and Foetus.

METHODOLOGY

Reviewing the modern science literature regarding Anti-natal care and Ayurvedic classics, commentaries also recently published books and Research journals, the Garbhini Paricharya collection done and attempt to get co-relation between Ayurveda and Modern Anti-natal care for healthy progeny.

CONCLUSION-

Ayurvedic preconceptional measure help to achieve the goal of preconception to have healthy and good progeny. Ayurvedic remedy for getting healthy progeny emphasizes again preventive aspect of Ayurveda.

KEY WORDS:

Garbhini Paricharya, Month wise dietary regimen, Garbhopaghatakara Bhavas, Garbhashapaka drugs, Anti-natal care.

INTRODUCTION:
In Ayurveda the term Garbhini means a Pregnant Woman and Sutika used for only after expulsion of Placenta [1]. Ayurveda gives month wise dietary regimen for welfare of pregnant woman and her baby in future. The ultimate aim of this regimen is nourishment of herself along with Foetus and breast milk.

To ensure normal pregnancy and uncomplicated labour with delivery of a healthy baby from a healthy mother our Acharyas have explained a detailed and systematic and month wise regimen and a list of do’s and don’ts to be followed in the antenatal period.

The main aims of Garbhini paricharya are

1) To study Garbhini Paricharya and establish its Ayurveda co-ordination.
2) To evaluate Trimester wise regimen.
3) To give proper nutrition, equilibrium of doshas, welfare and contraindication of mother and Foetus.
4) To protect Foetus from known / unknown hazards.
5) To promote normal growth and development of Foetus
6) To conduct normal delivery without any foetal and maternal complications. Thus, great importance has been given to garbhini paricharya in our classics.

GARBHINI PARICHARYA:

Paricharya is formed from two words ‘Pari+charya’. Pari means surrounding, Charya means manner of living according to Shastras [2]

The Garbhini Paricharya is grossly explained under 3 headings:

A. Masanuamsik pathya (month wise dietary regimen)
B. Garbhopaghatakara bhavas (substances and activities which are harmful for Foetus development)
C. Garbhasthapaka dravyas (Substances or drugs which stabilizes and maintain pregnancy)

A. MASANUAMSIK PATHYA (MONTH WISE DIETARY REGIMEN)

<table>
<thead>
<tr>
<th>Acharya</th>
<th>DIET</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1ST MONTH</strong></td>
<td></td>
</tr>
<tr>
<td>Charaka</td>
<td>Non medicated milk [3]</td>
</tr>
<tr>
<td>Sushruta</td>
<td>Sweet, cold and liquid diet [4]</td>
</tr>
<tr>
<td>Astanga Sangraha</td>
<td>Medicated milk [5]</td>
</tr>
<tr>
<td>Harita</td>
<td>Madhuyashti, madhuka puspa with butter, honey and sweetened milk [6]</td>
</tr>
<tr>
<td><strong>2ND MONTH</strong></td>
<td></td>
</tr>
<tr>
<td>Charaka</td>
<td>Milk medicated with madhura rasa (sweet) drugs [7]</td>
</tr>
<tr>
<td>Sushruta</td>
<td>Same as first month [8]</td>
</tr>
<tr>
<td>Astanga Sangraha</td>
<td>Same as Charaka [9]</td>
</tr>
<tr>
<td>Harita</td>
<td>Sweetened milk treated with Kakoli [10]</td>
</tr>
<tr>
<td><strong>3RD MONTH</strong></td>
<td></td>
</tr>
<tr>
<td>Charaka</td>
<td>Milk with honey and ghrita [11]</td>
</tr>
<tr>
<td>Sushruta</td>
<td>Same as first month [12]</td>
</tr>
<tr>
<td>Astanga Sangraha</td>
<td>Milk with honey and ghrita [13]</td>
</tr>
<tr>
<td>Harita</td>
<td>Krisara [14]</td>
</tr>
<tr>
<td><strong>4TH MONTH</strong></td>
<td></td>
</tr>
<tr>
<td>Charaka</td>
<td>Milk with butter [15]</td>
</tr>
<tr>
<td>Sushruta</td>
<td>Cooked shashti rice with curd, pleasant food mixed with milk and butter and</td>
</tr>
<tr>
<td>Astanga Sangraha</td>
<td>Milk with one tola (12gm) of butter [17]</td>
</tr>
<tr>
<td>-----------------</td>
<td>------------------------------------------</td>
</tr>
<tr>
<td>Harita</td>
<td>Medicated cooked rice [18]</td>
</tr>
</tbody>
</table>

**5th MONTH**

<table>
<thead>
<tr>
<th>Charaka</th>
<th>Ghrita prepared with butter extracted from milk [19]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sushruta</td>
<td>Cooked shastika rice with milk, meat of wild animals along with dainty food mixed with milk and ghrita [20]</td>
</tr>
<tr>
<td>Astanga Sangraha</td>
<td>Same as Charaka [21]</td>
</tr>
<tr>
<td>Harita</td>
<td>Payasa [22]</td>
</tr>
</tbody>
</table>

**6th MONTH**

<table>
<thead>
<tr>
<th>Charaka</th>
<th>Ghrita prepared from milk medicated with madhura (sweet) drugs [23]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sushruta</td>
<td>Ghrita or rice gruel medicated with Gokshura [24]</td>
</tr>
<tr>
<td>Astanga Sangraha</td>
<td>Same as Charaka [25]</td>
</tr>
<tr>
<td>Harita</td>
<td>Sweetened curd [26]</td>
</tr>
</tbody>
</table>

**7th MONTH**

<table>
<thead>
<tr>
<th>Charaka</th>
<th>Same as in sixth month [27]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sushruta</td>
<td>Ghrita medicated with Prithakaparnyadi group of drugs [28]</td>
</tr>
<tr>
<td>Astanga Sangraha</td>
<td>Same as charaka [29]</td>
</tr>
<tr>
<td>Harita</td>
<td>Ghrithakhanda (a sweet dish)</td>
</tr>
</tbody>
</table>

**8th MONTH**

<table>
<thead>
<tr>
<th>Charaka</th>
<th>Kshira Yawagu mixed with ghrita [31]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sushruta</td>
<td>Asthapan basti with decoction of Badari mixed with Bala, Atibala, Satapuspa, Patala etc., honey and ghrita. Asthapana is followed by Anuvasana basti of oil medicated with milk madhura drugs [32]</td>
</tr>
<tr>
<td>Astanga Sangraha</td>
<td>Kshira yawagu mixed with ghrita, asthapan basti with decoction of badari, anuvasana basti with oil medicated with Madhura drugs [33]</td>
</tr>
<tr>
<td>Harita</td>
<td>Ghrtitapuraka [34]</td>
</tr>
</tbody>
</table>

**9th MONTH**

<table>
<thead>
<tr>
<th>Charaka</th>
<th>Anuvasana basti with oil prepared with drugs of Madhura (sweet) group, vaginal tampon of this oil [35]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sushruta</td>
<td>Unctuous gruels and meat-soup of wild animals up to the period of delivery [36]</td>
</tr>
<tr>
<td>Astanga Sangraha</td>
<td>Same as Charaka [37]</td>
</tr>
<tr>
<td>Harita</td>
<td>Different varieties of cereals [38]</td>
</tr>
</tbody>
</table>

**CLINICAL IMPORTANCE OF GARBHINI PARICHARYA:**

**FIRST TRIMESTER**

Embryogenesis is the most important event that takes place during first trimester. Embryo requires energy which develops during embryonic and foetal stages. All this energy is provided by Kshira, ghrita, krishara. In this period women suffer with nausea and vomiting, thus results in dehydration, loss of nutrients. Vata is responsible for cell division. During first trimester vata dosha is alleviated in pregnant woman. In dietary regimen ghrita, milk, madhura dravyas, medicated shaliparni (Desmodium gangetium) siddha Ghrita, Kanaka rajat kwathit shitodhak are suggested which are well known for their vatashamak properties.

In embryonic period no drug should be given because drug can disturb the organogenesis and may lead to teratogenicity [45]. Only the folic acid supplementation is required because it is essential for production of methionine (for methylation reaction of DNA) [46]. Acharya
Kashyapa explained that foetus will not be stable before 4 months, so no medicine should be given.

**MILK -**

1) Progesterone hormone which is essential to continuation for pregnancy, milk is external source of this. Nourishment for Foetus till vyaktagarbha supplied from Rasa by Upasneha and Upasveda, for this milk is helpful; breast milk is the Upadhatu of Rasa Dhatu. Increased sr. IGF-1 in milk enhances the bone formation. It is a natural source of folic acid and contain Calcium and adequate quantity of water, Proteins, Vitamins etc. these are important for foetal development and foetal linear growth.

2) It is rich in Iodine thus boosts IQ.

3) Enhancing the maternal milk intake during pregnancy results in arise in birth weight foetal parameters.

4) Effect related to macro and micronutrients along with minerals.

**SECOND TRIMESTER**

According to Ayurveda Mamsadhatu development mostly occurs in 2nd trimester [48]. Fetal growth in 2nd trimester occurs by cellular hyperplasia and cellular hypertrophy [49]. Protein requirement is more. Most protein should be supplied from animal sources such as meat, milk, cheese because they furnish amino acids in optimal combinations. Meat helps in maintenance of pregnancy, provides nourishment to Foetus and suppresses alleviated vata of pregnant women. Cooked Shashtik Shali rice advised in Garbhini Paricharya is rich in carbohydrates and provides energy to the body [50]. It contains some amount of nitric oxide which increases the blood flow to the uterus.

During last month of second trimester pedal edema is observed, so ghrita medicated with Gokshura (Tribulus terrestris) is used. Ayurveda described qualities of Gokshura as Mutravirechaka (diuretic), Shothahara (anti-inflammatory) and Krimighna (anti-bacterial), so it helps to reduce edema and other complication of water accumulation by gravid uterus in the later months of pregnancy. Gokshura may also prevent the pre eclamptic toxaemia of pregnancy.

**THIRD TRIMESTER**

Ghee medicated with the Prithakparyadi group are advised to garbhini. It is given in pre-conceptional period and in ANC, Rich in Vitamins A & E, conjugated linoleic acid. It has Antioxidant with Antiviral properties. It is rich in medium chain fatty acids which are absorbed directly into liver & burnt as energy. Butyric acid in it supports production of killer T cells in the gut thus helps in healthy immune system [51].

At the 7th Month foetal lung get maturity, steroids help in lung maturity of the Foetus. Brihati (solanum indicum) one of the medicinal plant of the Vidarigandhadi group, its chemical constituents are steroidal alkaloid and steroid [52], hence this may be helpful in lung maturity of the Foetus.

From 8th month upto delivery Snigdha Yavagu and Jangala Mamsa rasa is advised as snigdha yavagu gives strength to the body, nourishes the body tissue and pacifies vata dosha. Meat is rich source of protein, vitamin, iron and other Mineral, fat and good amount of calories. It helps in the formation of muscular tissue and blood.
Most of the women experience constipation in pregnancy due to pressure of gravid uterus over the bowel and effect of progesterone. Basti is considered as the Paramachikitsa for Vatajavyadhis. Basti is indicated in pregnancy to prevent the vitiation of vayu. Apanavayu plays important role along with vyana vayu in act of contraction and relaxation of uterus and in expulsion of Foetus. Acharya Charaka mentions that basti by reaching up to umbilical region, sacroiliac region, flanks, hypochondriac region and churning up of fecal and morbid matter present there in and at the [53].

Medicines duly administered through the rectum with the help of basti remains in Pakwashaya in the region of pelvis and below the umbilical region where from veerya of the basti medicines spread over body just as water poured to roots reaches all parts of tree thus been through micro and macro channels [54]. Anuvasana basti is sneha basti, due to snehana property, the abdomen, flanks, sacrum and all the genital organs becomes snigdha. The Snigdha property removes the rukshata of vayu and thus it controls exaggerated vata. At the same time for expulsion of Foetus, the stretching of ligament is essential, so facilitates sukhaprasa. Anuvasana basti given in 9th month gives strength to women and relaxes pelvic ligaments for the preparation of labour [55].

Tampoon of oil in vagina provides lubrication of cervix, vaginal canal and perineum thus helps in normal labour. This may destroy pathogenic bacteria of vaginal canal and prevent puerperal sepsis. Regular use of tempoon might influence autonomic fibres governing myometrium and in regulating their functions

**BENEFITS OF GARBHINI PARICHARYA:**

1. Softening of Garbhadharini Kukshi (Abdomen)
   - Kati (Sacral region)
   - Parshva (Flanks)
   - Prishtha (Back)
2. To promote Strength and Complexion of women
3. To normalise Urine and Stool
4. Vatanulomana – Anulomana (Downward movement) of Vata for normal delivery of mother without any complication.
5. Delivery with ease of a healthy child endowed with excellent qualities in proper time.

**B. GARBHOPAGHATAKARA BHAVAS**

*(SUBSTANCES AND ACTIVITIES WHICH ARE HARMFUL FOR FOETUS DEVELOPMENT)*

**अनेन प्रथममासादरभ्य गर्भिण्या: प्रसवकाले गर्भधारिणीकृष्टीपश्चापृष्ठं मृदु भवति।

वायुश्चानुलोमः सम्प्रस्वपन्नः।**

According Acharya Vagbhata, Garbhini paricharya is needed for;

1) Softening of Garbhadharni Kukshi (Abdomen)
   - Kati (Sacral region)
   - Parshva (Flanks)
   - Prishtha (Back)
2) To promote Strength and Complexion of women
3) To normalise Urine and Stool
4) Vatanulomana – Anulomana (Downward movement) of Vata for normal delivery of mother without any complication.
5) Delivery with ease of a healthy child endowed with excellent qualities in proper time.

**मुत्रपुरीषं च प्रकृतिभूतं जरायुक्ष्म मार्गः प्रतिपत्तिः।

पुत्रं चेष्टं कल्यायुष्णान्तं सुखिनं सुखेन काले

बलवती प्रसूति। (अ.सं. शा.3/92)**
<table>
<thead>
<tr>
<th>No</th>
<th>Text</th>
<th>Garbhopaghathakara Bhava</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Charaka Samhita</td>
<td>Pungent drugs, Exercise, Coitus [39]</td>
</tr>
<tr>
<td>2</td>
<td>Sushruta Samhita</td>
<td>Coitus, Exercise, Excessive satiation, Excessive emaciation, Sleeping in day and awakening in night, Grief, Riding on vehicle, fear, Squatting, Oleation, Bloodletting, Suppression of natural urges etc. [40]</td>
</tr>
<tr>
<td>3</td>
<td>Astanga Sangraha</td>
<td>Pungent drugs, Exercise, Coitus, Emaciation, trauma, Conveyance causing excessive jerks, night awakening, day sleeping, Suppression of natural urges, Indigestion, prolonged stay in hot sun or near fire, Anger, grief, fear, terror, fasting, squatting, looking or hearing disliked Things etc. [41]</td>
</tr>
<tr>
<td>4</td>
<td>Astanga Hridaya</td>
<td>Excessive coitus, Exercise, carrying heavy weight, covering herself with heavy sheet, untimely sleep, squatting, grief, anger, excitement, suppression of natural urges, fasting, excessive walking, use of pungent, hot, heavy, hardly digestible food, use of red garment, use of wine and meat, sleeping in supine position, bloodletting, purifying measures and enemias etc. [42]</td>
</tr>
<tr>
<td>5</td>
<td>Kashyapa Samhita</td>
<td>Erect or flexed posture for long, shaking, excessive laughing, and trauma, cold water, garlic, looking declining moon, setting sun, seeing solar or lunar eclipse, misbehave with guests, rough behavior with beggars, perform oblation of ghrita for pacification, ghrita, garland, and pot filled with curd or ghrita, tie anything from thread or rope, wear tight garments etc. [43]</td>
</tr>
</tbody>
</table>

C. GARBHASTHAPAKA DRAVYAS
(SUBSTANCES OR DRUGS WHICH STABILIZES AND MAINTAIN PREGNANCY)

<table>
<thead>
<tr>
<th>No</th>
<th>DRAVYA</th>
<th>EFFECT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aindri (Bacopa monieri)</td>
<td>Components isolated from Centela asiatica such as Brahmoside and Brahminoside are responsible for CNS activator and leads to utero relaxant action.[56]</td>
</tr>
<tr>
<td>2</td>
<td>Brahmi (Centella asiatica)</td>
<td>Calcium antagonistic activity of Bacopa monnieri can be used as muscle relaxant and vascular relaxant.[57]</td>
</tr>
<tr>
<td>3</td>
<td>Satavirya (Asparagus recemosus)</td>
<td>Estrogenic effect of Shatavari on female mammary gland and genital organs of guinea pig. The saponin rich fraction of Asparagus racemosas shows inhibition of oxytocin induced uterine contraction in vivo.[58]</td>
</tr>
</tbody>
</table>
| 4  | Sahasravirya (Cynodon dactylon) | • The plant extract checks uterine bleeding, strengthen uterine muscle, avoid abortion and augments of fetal growth.[59]
• Methanolic extract of Cynodon dactylon has shown a promising effect in stress induced sexual dysfunction and in semen concentration. It has a potent aphrodisiac and male fertility activity. |

6 | January- 2020 | Vol. 08th | Issue: 1st | www.ayurlog.com | E- ISSN: 2320-7329
| 5 | **Amogha**  
(Stereospermum suaveolens) | Ethanol extract from stem bark of Stereospermum suaveolens given orally shows marked analgesic and anti-inflammatory response in comparison to indomethacin, aspirin and morphine. |
|---|---|---|
| 6 | **Avyatha**  
(Tinospora cordifolia) | The antioxidant capacity of Tinospora cordifolia stem methanol extract in daily oral administration of 500 mg/kg for 40 days. |
| 7 | **Shiva**  
(Terminalia chebula) | The use of *Terminalia chebula* in different fraction from fruit were screened for antibacterial and antifungal activity. Food extract of *Terminalia chebula* against staphylococcus aurius, s. epidermis, E. coli and pseudomonas. |
| 8 | **Arista**  
(Picrorhiza kurroa) | The most promising biopharmacological activity of biopolymers found in *Picrorhiza kurroa* shows immunomodulatory effect and hepatoprotective effect. |
| 9 | **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. |
| 10 | **Vishwasenkanta**  
(Callicarpa macrophylla) | Aqueous as well as ethanolic extract of leaves of Sida cordifolia shows potent anti-inflammatory potential. It has better anti-inflammatory profile in compare to diclofenac sodium. |

**MAINTENANCE OF SADVRITHA** –

- Sadavachara (C.Sha. 8:17)
- Devata, brahmana pujana, Shaucha, Achara, Hitorata (S.Sha.3:35)
- Krodha, shoka, asuya, irshya, bhaya, trasa, samkshobha varjana (C.Sha. 8:19)
- Saumya, manonukula katha shrvana (C.Sha. 8:20)
- Vatsalyadibhitwam (Jalpakalpataru)
- Exposure to brahma gosha, suvadya gosha (K.Sha.5:12)

**MEDICATED WATER FOR EXPECTANT MOTHER’S BATH**

(cf. Kash.१0/१८१)

The cold decoction of pulp of *bilva, karpasa, phamphana, pichumanda, agnimantha, jatamamsi* and pounded leaves of *eranda* or the water prepared with *sarvagandha* drugs should be used for bathing by the pregnant woman.

**MANIDHARANA BY EXPECTANT MOTHER**

(का.खि.२०/९८९)

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

**MRIDU ABHYANGA**

GEETA-VADYA SHRAVANA
YOGA IN GARBHINI
The women can practice the following poses [61]

1. Parvatasana can increase space in abdominal cavity and the respiratory movements become easy.
2. Trikonasan, parshwakonasan, virbhadrasan - These poses in standing position make the lower extremity light and increase confidence.
3. Baddhakonasan, janushirshasan, upvishtha konsan - These poses make the woman capable tolerating the labour pains. The perineal muscles get relaxed and the delivery becomes normal and easy.
4. Virasana, vajrasana - Helps to reduce the oedema on legs.
5. Sarvangasan, halasan and shirsasan can also practice in pregnancy with precautions and proper guidance.
6. Shavasana - Due to hyperemesis, anaemia, hypertension, asthma, mother becomes dehydrated. She get relief when she perform shavasana 2-3 times a day.
7. Pranayam - The regular practice of deep inhale-exale, anulom, viloma and bhramari pranayama increases oxygenation in pregnancy. [62]

BENEFITS OF MANTRAS
To Mother-
Chanting of Mantra controls the hormonal level of mother. It activates the parasympathetic nervous system that decreases the B. P. Heart rate. It improves the sleep, decreases nausea, back pain, headache. It lowers the risk of premature labour. It minimizes the chances of PIH. [63]

To Foetus
It stimulates the foetal activity. Causes mental & physical relaxation. Baby distinctly recognizes musical sound that he heard in the womb. There is proved changes in the HR & breathing pattern in response to the musical sound.

Specific mantras heard by the foetus in womb provides strong foundation for later learning, behaviour & clear pronunciation. The rhythmic tone of mantras with up & downs create a melodious effect in the body. Its defined as the Neuro-linguistic effect. This effect is possible even if meaning of mantras is unknown. So it can be said that mantra chanting in not only the superstition. But it is a music therapy or mantra therapy. [64]

DISCUSSION
As Pregnancy is the most important event in the every woman’s life. Ayurveda states complete diet for each month for healthy growth of baby in mother’s womb by Masanumasikaparicharya, Garbhapughatkarbhavas that may hamper the embryogenesis and can result in various known and unknown pathologies and congenital anomalies. Garbhasthapaka dravyas (Substances beneficial for maintenance of pregnancy) we have discussed various diets and various Dos and Don’ts in pregnancy similarly the modern medicine also describes Anti natal Care by Describing Antenatal Diet i.e. Extra calorie diet is required, All care from the time of conception till birth and healthy growth of the baby is best dealt by Ayurvedic practitioners. So the ancient Knowledge described is not only unique but also scientific with Modern Medical
sciences. So Antenatal Care described in Ayurveda is very beneficial.

CONCLUSION
1. The concept of prenatal care is now highlighted in modern science, which is mentioned in Ayurveda thousands of years ago.
2. Following Garbhini paricharya the woman remains healthy and delivers the child possessing good health, energy, voice, compactness and much superior to other family members.
3. The ancient Ayurvedic Literature described in Various Samhita; is not only unique but also scientific as Modern Medical sciences. So Antenatal Care should be done in integrated way i.e. as per Modern science and as described in Ayurveda.

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

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Divya P. Pawar, Sameer Gholap


January-2020 | Vol. 08th | Issue: 1st  www.ayurlag.com  E- ISSN: 2320-7329