



## **Mata v Garbh sangopan... Ayurvedic appraoch for Anc**

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### **ANTENATAL CARE**

Maternity Care from health professionals during pregnancy or the nine months of Gestation is ANTENETAL CARE.

Motherhood is a blessing n auspicious desire of every woman. Every couple deeply wish a bestowed child. It's a need of era. healthy progeny to survive as fittest by health, wisdom n skills.

According to Ayurved Garbhini paricharya is described with a very minute and thorough thought aspect. Every aspect of complete care is described in detail.

#### **ABSTRACT....**

The preventive healthy Care promotes healthy behavior during pregnancy by ANM or Doctor. Identifies and treat

potential health problem to prevent complications during pregnancy. Healthy Lifestyle promotion and regular check Up. Basic objective of garbhini paricharya in Ayurveda is to achieve a healthy progeny as well as to ensure a healthy mother or fetus during pregnancy, sustain during labor and remain healthy after labor. Garbhini Paricharya refers to Ahara, Vihara and Vichara along with Garbhopaghatakar Bhavas and Garbhashthapak Dravyas. To ensure pregnancy and uncomplicated labor with delivery of a healthy baby from a healthy mother. Our Acharyas have explained a detailed and systematic month wise regimen. List of do's and don'ts to be followed in the antenatal period. In this review study there is a Focus on Garbhini paricharya as per Ayurveda and the present scenario.

**KEYWORDS:**

ANC, MATA BAL SANGOPAN, Samhita etc.

**INTRODUCTION:**

Currently the age factor teenage or elderly women with their hectic schedule, job, travelling, mental stress, get conceived but face many problems due to lack of diet proper and mental and physical wellbeing. In spite of many health schemes run by govt. and private institutes many pt. not taking proper care during pregnancy and face hazards. Many have health issue commonly anemia and other fetus related issues like malnutrition. So, to

inculcate and cope up all these problems a short and simple to understand way is described in this article. All the ayurvedic samhita sutra for ante natal care mother and fetus, aahar vihar achar and modern aspects are included, so that there will be an easy pathway given to a pregnant and caretaking person for a healthy mother and fetus.

माता आणि गर्भ संगोपन

THREE TRIMESTERS...

### 3 ESSENTIAL CHECKUP

Identify and treat potential health problems to prevent complications.

- PHYSIOLOGICAL CHANGES
- MENTAL AND EMOTIONAL ROLE CHANGES
- PRENATAL NUTRITION
- LABOUR: HAZARDS, LBW, DEATH
- BIRTH: IMMUNIZATION, NUTRITION
- PARENTING: SPACING, EMOTIONAL AND PHYSICAL HEALTH DURING 9MONTHS



## 1<sup>ST</sup> VISIT:

## VISITS:

- UPT CONFIRMATION
- HISTORY TAKING: bp, dm, surgery, hospitalization
- FAMILY HISTORY: disease
- HABITS: smoking drinking tobacco chewing
- GENERAL EXAMINATION: weight, age, bp.
- BREAST EXAMINATION
- UTERUS EXAMINATION: P/S, P/ V
- AT RISK PREGNANCY DETECTION
- INVESTIGATION: CBC, HB, RH, BLOOD GROUP, HIV, VDRL



## 2<sup>nd</sup> VISIT:

### SECOND TRIMESTER: 5<sup>th</sup> MONTH CHECK UP

- FHS,
- FUNDAL GROWTH,
- FETAL MOVEMENT,
- GROWTH OF FOETUS,
- ANAMOLY SCAN,
- HB, CBC,
- WT, BP.



### 3<sup>rd</sup> VISIT:

- THIRD TRIMESTER:
- REGULAR CHECK UP
- FHS, FOETAL MOVEMENT, KICKING, POSITIONS ACCORDING TO OCCIPUT
- MOVEMENT 10 IN 2 HRS
- CBC, HB
- XYLOCAINE SENSITIVITY
- INJ. TT



- **Masanumasik paricharya: MONTHLY CARE**
- NUTRITION OF FOETUS (GARBH)
- GROWTH AND DEVELOPMENT OF FOETUS
- WELLBEING OF MOTHER (GARBHINI)
- MENTAL AND PHYSICAL DEVELOPMENT OF BOTH
- PROMOTING NORMAL LABOUR
- EDUCATING MOTHER FOR UPCOMING EVENTS
- EDUCATING FOETUS IN WOMB
- INTELLECTUAL DEVELOPMENT OF GARBHA
- SPIRITUAL WELLBEING OF BOTH
- SCIENTIFIC EVIDENCE OF SUPRAJANAN
- MEDITATION, MANTRA CHANTING, CHATING WITH EACH OTHER, ACCEPTANCE, UNDERSTANDING



## 1<sup>ST</sup> MONTH :

- प्रथमे मासि कललं जायते....3/14

शुक्र शोणित संयोगे तू खलू कुक्षी गते गर्भ संज्ञा भवती.... च.शा..4/11

- MORULLA-BLASTOCYST-TROPHOBLAST IMPLANTATION
- 4MM LENGTH, 1.25 -1.5GM WT
- CEREBRAL AND OPTIC VESICAL FORMATION
- APPEARANCE OF MEDULLARY GROOVE
- GARBHOPGHATKAR BHAV NIRUPA

**Kam, krodh, shok bhay adi manasik ,...**

**Tikshn, ushn, katu, guru ruksh, atitarpanaaharaj...**

**Shram, vyayam, vyavay, abhighat, vishamasan, utkatasan, bhraman, ekant, divaswapn shodhan karma, etc.viharaj**

**तत्रेमे गर्भोपघातकरा:1...**



तद्यथा..... अ. सं. शा.2/60-62)

- FOOD.
- JEEVANIYA GAN SIDH KSHEER
- YASHTIMADH, MADHUKPUSHP SIDH KSHEER, NAVNEET
- DRY FRUITS, RAW FRUITS, GREEN VEGETABLES, SPROUTS
- COW MILK
- CITRUS FRUIT, FOR ANOREXIA N NAUSEA
- AAMLA, GULKAND
- MAYURPICHA MASHI, SHANKVATI, GARBHPAL RAS



- 2<sup>ND</sup> MONTH
- द्वितीयशितोष्मनील

अ प्रापच्य नां तांना संघातो घन :संजायते, यदी पुमानं स्त्री चेत  
भि माना महाभू पेशी, नपुसंक चेदरबूद मिती...सु शा 3/14

- 25MM LENGTH, 4-20 GM WT. HEART BEAT APPEARS, INTESTINE DEVELOPMENT, CARTILAGES FORM DEVELOPMENT, SPINAL AND ELECTRICAL STIMUIPOSITIVE
  - FOOD: MADHUR SHEET AAHAR
  - KAKOLI, KSHEERKSKOLI SIDH DUDH
  - MAKHANE, MANUKA, SHINGHADA
  - USG FOR FOETAL HEART ACTIVITY
  - SPIRITUAL TRAINING, MEDITATION FOR ADAPTATION OF THE CONDITION
- YOGA....

International Research Journal  
IJNRD  
Research Through Innovation

• 3<sup>RD</sup> MONTH:

तृतीये हस्तपादशिरसा पंच पिंडका निवर्तन्ते अंगप्रत्यंग विभागाश्च सूक्ष्म भवती....3/14

- 10CM LENGHT 150GM WT.
- CNS, RS, CVS, EXTERNAL GENITALS DEVELOPEES
- KIDNEY GET FUNCTIONAL AS URINE INAMNIOTIC FLUID PRESENT
- FOOD GHRUT AND HONEY MIXED MILK, KRUSHARA
- PROTEIN RICH DIET RAGI, COCONUT BANANA, CURD. ETC.

International Research Journal

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• 4<sup>TH</sup> MONTH:

द्विहृदया च नारी दौहृदिनी माचक्षते...सु. शा.3/18

चतुर्थे मासि स्थिरत्व मापद्यते....च. शा.4/20

• 22CM LENGTH,240 GM WT.

• FHS, REFLEX

• FOOD: शष्ठी शालिक ओदन

• YAVAGU KSHEER, CURD, NAVNEET, JANGAL MANS

• MUSIC N MANTRA CHANTING



• 5<sup>TH</sup> MONTH :

• पंचमे मनःप्रतिबुद्धीतर भवती...सु. शा.3/16

पंचमे मासि गर्भस्य मांस शोनीतोपचयो भवत्याधिकान्येभ्योमासेभ्यः..... च. शा.4/21

• 30CM LENGTH 480GM WT.

• HEAD CIRCUMFERANCE MORE THAN BODY,  
RS BECOME ACTIVE; HICCUP APPEARS.

VX CAESEOSA APPEARS ALL OVER BODY.BRAXTONHICS CONTRACTION POSITIVE, MECONIUM IN INTESTINE

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- FOOD: KSHEER GHRUT SIDH SHASTIK ODAN
- GODUGDH, GOGHRUT, PAYAS
- JANGAL MANS
- MEDITATION TO FEEL GOOD
- GARBH SAMBHASHAN, SAMVAAD.
- CHATING
- SOOTHING MUSIC FOR EMOTIONAL WELL BEING



- 6<sup>TH</sup> MONTH:
- षष्ठे बुद्धि :..... सु. शा.3/36
- षष्ठे मासि गर्भस्य बलवर्णोपचयो भवत्याधिकानेभ्यो मासेभ्य..... च. शा.4/22
- 33CM LENGTH,1000GM WT.
- GENERALISED STEREOTYPE ACTIVITY, TACTILE STIMULATION
- FOOD: MADHUROUSHDH SIDH MILK's MEDICATED GHRUT.
- POPPY, WALNUT, ALMOND, GOKSHUR, SIDH COWMILK
- MILK WITH SAFRON, MANJISTHA, HARIDRA, YASTIMADU, BRAMHI, SHANKHPUSHPI
- SHATAVARI ASWAGANDHA SIDH DUDH
- PROPER DIET, REST, MEDITATION, READING LISTENING KATHA

• 7<sup>TH</sup> MONTH:

सप्तमे सर्वाङ्गप्रत्यङ्ग विभागः प्रव्यक्ततर.... सु. शा..3/37

- 40CM LENGTH, 1500GM WT.
- FAT DEPOSITION, PINK SKIN EYELIDS APPEAR, FULLY DEVELOPED GENITALS CEREBRAL CONTROL.
- AGE OF VIABILITY
- FOOD MADHUROUSHDH SIDH SARPI, PAYAS, GHRUTKHAND,
- PRUTHAKPARNI SIDHGHRUT, COWMILK
- DRYFRUIT FRUITS VEG.
- BREAST CARE,
- BRAIN GAMES, MEDITATION, MANTA CHANTING OR LISTENING.

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● 8TH MONTH.

अष्टमे भवत्यास्थिरी ओजः....3/38

- 46CM LENGTH,2.27 KG WT
- RAPID LUNG N BRAIN DEVELOPMENT
- VITALITY POWER DEFICIT HEARTBURN
- FOOD: KSHEER YAVAGU, GHRUT
- GHRUTPURAK, CEREALS, JANGAL MANS RAS
- ASTHAPAN BASTI WITH BADARI KWATH, BALA,ATIBALA, SHATPUSPAPATALA, HONEY N GHRUT
- ANUVASAN BASTI WITH MADUR OUSHDH SIDH MEDICATED OIL
- MEDITATION,
- YOGA FOR MUSCLE STRENGTH N RELAXATION..
- SUPT BADH KONASAN, VEERASAN,,PRANAYAM ANULOM VILOM, OMKAR CHANTING

• 9<sup>th</sup> MONTH :

• नवमदशम एकादश द्वादश मन्यतस्मिन् जायते.....3/39

• 50CM LENGTH 3.5 KG Wt.

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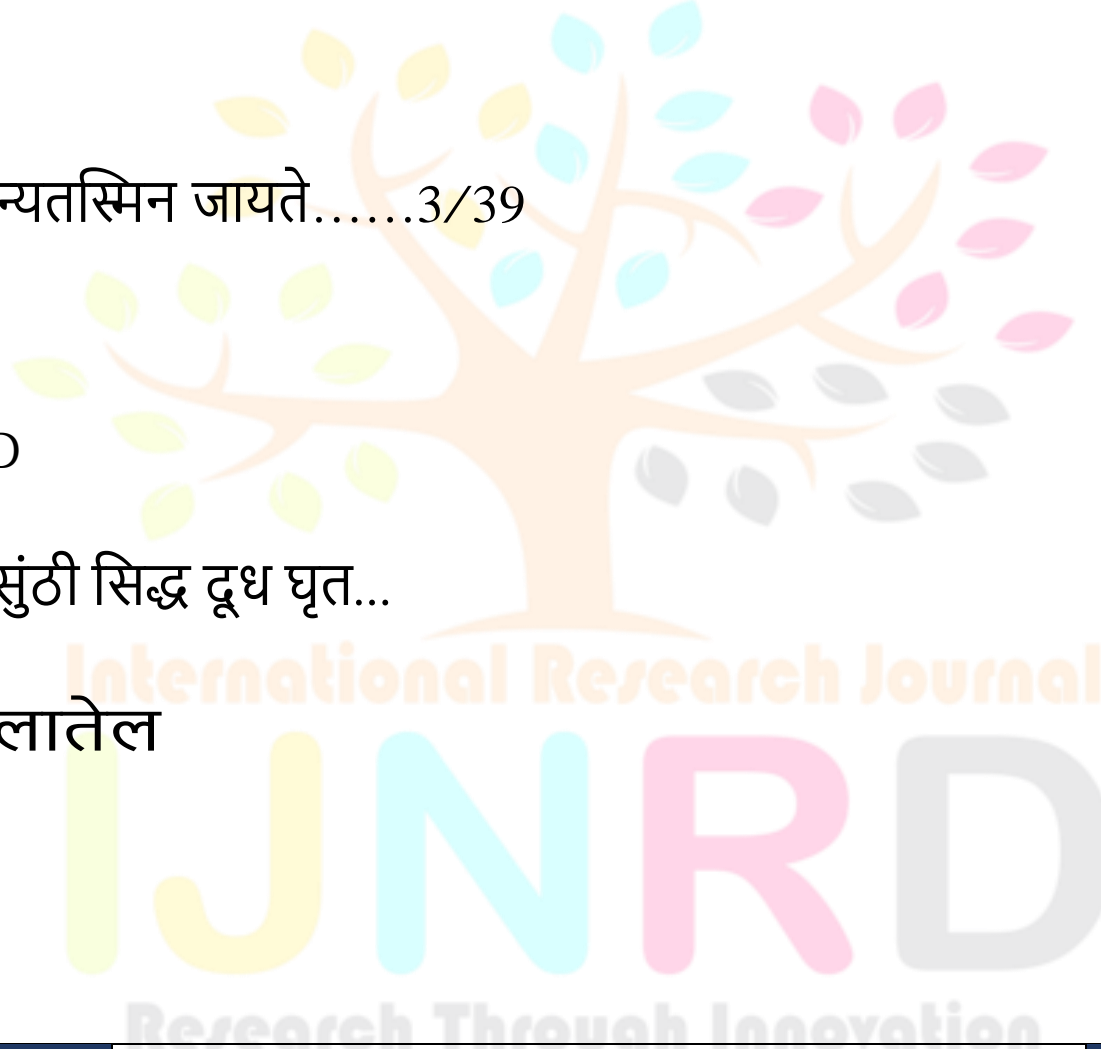
• FULLTERM FULL DEVELOPED

• LIGHT DIET, मांसरस सेवन, सुंठी सिद्ध दूध घृत...

• योनीपिचू जात्यादी, बलातेल

• अनुवासन बस्ती बलातेल

• MEDITATION



## YOGA IN PREGNANCY ....

### 1<sup>st</sup> TRIMESTER: (8)

- pranayam anulom vilom, nadi shodhan
- utthit trikasan
- vrikshasan
- veerbhadrasan
- vajrasan

### 2<sup>nd</sup> TRIMESTER: (9)

- vajrasan
- pranayam
- marjarasan
- tadasan
- bhadrasan
- matsyakridasan

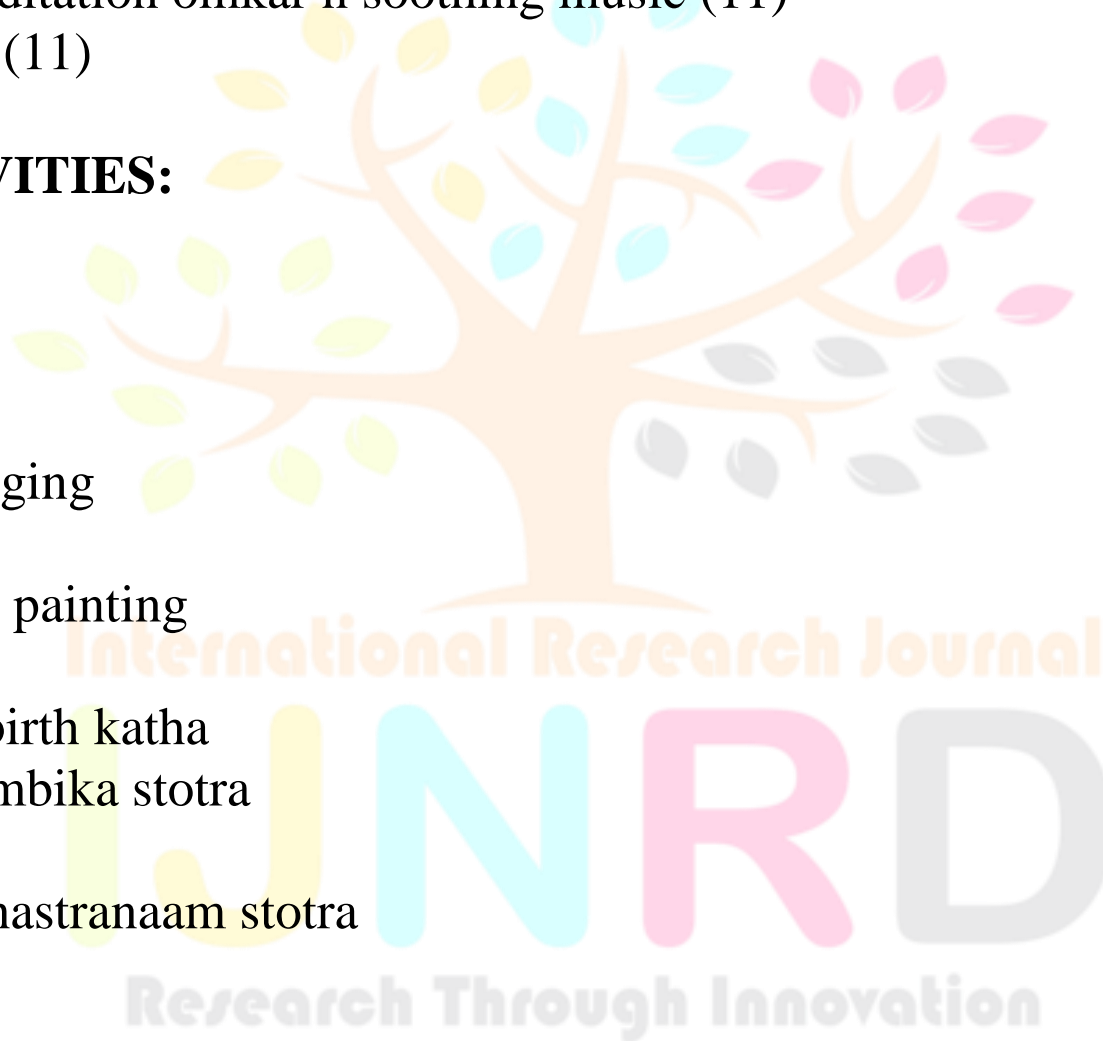
### • 3<sup>rd</sup> TRIMESTER: (10)



- Konasan, Badhkonasan
- Viparit karni
- Ardh and Purn titaliasan
- yognidra
- garbhsanskar by meditation omkar n soothing music (11)
- mantra for chanting (11)

• **TYPES OF ACTIVITIES:**

- Garbhasamvaad
- Reading Books
- Breathing Exercise
- Enjoying Music, singing
- Positive Talk
- Gardening, knitting, painting
- Jyotirdhyan
- Krishn n kartikeya birth katha
- Shri GarbhaRakshambika stotra
- Rammraksha
- Lalita and vishnusahastranaam stotra
- Bhagvatgita
- Laxmiastak
- Prush and srisukta listening or chanting



- Any of above regular chanting Bhaktprahad, abhimanyu, are the renowned examples of this educating in womb

### ❖ **BENEFITS OF GARBHINI PARICHARYA:**

1. Use of milk and other liquid diet in first trimester of pregnancy is essential to avoid dehydration and malnutrition and other complications of pregnancy.
2. Gokshura and drugs of Prithakapanyadi group help in preventing edema which is very common after second trimester.
3. Use of Basti in last trimester is essential to relieve constipation, strengthen myometrium and helps in regulating their function during labor.
4. Garbhsthapaka drugs are used during pregnancy to counteract any etiology of abortion or intrauterine death if present and results in healthy baby
5. Softening of pelvic muscles, waist, sides of the chest and back
6. Downward movement of vat- this is needed for the normal expulsion of fetus during delivery.
7. Normalization of the urine and stool and their elimination with ease

8. Promotion of strength and complexion
9. Delivery with ease of a healthy child endowed with excellent qualities in proper time.
10. Meditation yoga garbhsamvaad and listening mantras keeps mind stable n healthy.
11. Cumulatively all these have a great impact on mata and garbh sangopan healthy progeny.

## ❖ CONCLUSIONS

By this article which things are really needed n beneficial to the mother fetus during ante natal period explained. Good food and environment how does it effect on mind and body we all know. This practice is needed for healthy progeny. Positive thinking and good food spreads healthy positive vibrations. They are responsible for reducing anxiety depression, stress relief, opens senses intusion, increase compassion and bonding between fetus and parents, increase radiance, Boost immunity and empowers with high energy levels. Support emotional mental spiritual and physical wellbeing. Create transition in inner and outer world. Thus, every measure taken in these 9 months are responsible for a healthy mother and baby.

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