

## PREVENTIVE AND PROMOTIVE MEASURES IN ANTENATAL CARE WITH AYURVEDA AND YOGA FOR EXCELLENCE AND MULTI-DIMENSIONAL DEVELOPMENT OF FOETUS.

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Article Received on  
24 May 2017,

Revised on 14 June 2017,  
Accepted on 05 July 2017

DOI: 10.20959/wjpr20178-8980

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### ABSTRACT

World health organization is mentioned health as physical, mental, social, and spiritual well being. Status Human life is most intellectual creation having multidimensional excellent well being. The starting of life in human is from the time of conception and health status can be achieved by proper scientific measures mentioned in Ayurveda before conception and during pregnancy. Health status of fetus is depend upon the physical and mental status of mother and father, status of sperm and ovum, uterus vagina and preventive and promotive measures taken by pregnant woman as indicated in Ayurveda. Nutrition, daily regimens with specific does and don't in life style, mental status of pregnant woman & mother and a father at the time of conception is also needed to keep positive and stable. Thus, Ayurveda

aim Health (Swasthya) having excellent development of all dimensions known as “*Supraja*” (Ideal & excellent child) can be achieved by following all the measures indicated in Ayurveda. Yoga is a science deals with the stabilizing mind & hence induced positive physical health too. Practice of Yoga leads to multidimensional health development. Yoga results in preventive and promotive health. A couple if follow yoga and Ayurvedic life style can achieve an excellent and ideal child having multidimensional health. Yoga includes physical and mental practices as *Yama, Niyama, Asana, Pranayama, Dharana & dhyana*.  
key words: Antenatal, Ayurved, Yoga, promotive, multidimensional development

## INTRODUCTION

Ayurveda is an ancient medical science described all fundamental concepts for prevention and promotion of a health.<sup>[1]</sup> Yoga is a science deals with excellent state of mind and body aims to extreme power of self control.<sup>[2]</sup> Those science give emphasis on proper and ideal life style for multidimensional health status. The care or the measures should be followed from the time before conception for proper state of ovum and sperm in a couple.<sup>[3]</sup> Ayurveda describes role of a physical, mental, intellectual, social measures with imunomodulant diet, *rasayan dravyas*, *panchakarmas* wherever needed.

Human life is a most intellectual developed creation having multidimensional existence and capacities. These can be achieved by proper care and should be followed by measures even before time of conception. Healthy (*Shukra*) sperm, healthy ovum (*Aartava*), healthy and strengthened uterus, vagina, & excellent nutrition of a pregnant women with other daily regimen and antenatal care is needed for ideally healthy child.

### AIM & Objectives: (Antenatal care in Ayurveda)

#### AIM

Preventive and Promotive measures in antenatal care with Ayurveda and Yoga for excellence and multi-dimensional development of foetus.

Main objectives are

- To prevent health hazards to the foetus and a pregnant woman and role to reduce maternal mortality rate.
- To prevent any abnormality in sperms and over which are responsible for ideal development of a foetus.
- To promote and protect health status of a mother and a foetus during pregnancy.
- To promote and develop every dimension of a health as physical characteristics, mental health, intellectual development social & spiritual development.
- To aware about the importance of a pre conceptional and antenatal care for the excellent health status of a child.

### Antenatal care in Yoga (Main Objectives are)

- To determine effectiveness of yoga in prevention and promotion of a health status of a foetus & a pregnant women.
- To determine role of yogic practices for the multidimensional health status of a foetus.

- To understand role of yoga in a pregnant woman for protection for health.
- To study the role of antenatal measures indicated in Yoga. Shuddha (Proper or Purified)

Ovum (*Artav*) and shuddha (*Shukra*) sperm are fundamental need for ideal conception as mentioned by Acharya Sushrut.<sup>[4]</sup> Charaka Samhita also describes conditions for the proper conception as it occurs *anupahat* sperm have no any imbalance due to doshas and which consists all qualities of normal shukras fertilized with normal ovum unaffected by vitiated doshes, having healthy uterus, vagina in proper fertilization period.<sup>[5]</sup>

Description regarding the proper care of a couple before conception includes purificatory methods as *panchakarma*, with *utterbasti* for the equilibrium of the doshes, proper selected diet are essential for the normal semen, normal ovum and uterine functions.<sup>[6]</sup>

For the proper health of uterus and female genital system (*Aartavvah strotus*) certain rules are also require during menstruation. For a woman celibacy is indicated during those days of menstruation. She should restrict running, massage, weeping, bathing, laughing, exposure to sound. At the time of conception, woman and men sexually contact with whatever diet, behavior and activities, their progeny is also like that.<sup>[7]</sup>

### Antenatal Care

Acharya Sushrut mentioned antenatal care should be taken from the very first day. Diet, should be selected as cow milk, fresh fruits, relishing mainly liquid and sweet. Unctuous and processed with appetizers.<sup>[8]</sup>

Pregnant woman should take diet consisting mainly of sweet, cold, liquids in first, second and third month. Particularly in the third month she should fed with boiled satwik rice with milk. In forth, fifth and sixth with curd, milk and ghee respectively. In forth month food should be given with and butter and relishing food with milk and ghee, in the sixth month she should be given to drink adequate quantity of ghee processed with gokshur, in the seventh month, ghee processed with vidharigandhadi drugs should be given, thus foetus will be fully nourished.<sup>[9]</sup>

Acharya charaka has mentioned importance of antenatal care which results in proper and ideal development of foetus.<sup>[10]</sup> Pregnant women should take wholesome diet which already practices for a long time and already adjusted to her health status. Thus after nine month

antenatal period full of ideal & indicated ayurvedic care, a baby with a proper physical development, strength, complexion, mild and all normal characteristics, will born.

The factors important for *supraja* or ideally developed baby are that mentioned “Pure i.e. healthy sperm, Ovum, uterus, Vagina, and most ideal antenatal regimens including proper diet and all routine of the pregnant women. There are association between behavior, intake and all routine of a pregnant women and a health status of a baby and a process of a labor.”<sup>[11]</sup>

### Advice to Avoid certain Practices

Pregnant women should avoid physical exercise, excessive saturation, excessive dieting, sleep alterations i.e. day sleep and a awaking in night, grief, journey on vehicles, fear and squatting and should not suppress natural urges.<sup>[12]</sup> Pregnant women should not touch dirty, deformed and deficient body parts, should avoid foul smell and ugly sights, and also agitating talks, should not eat dry, stale, rotten and decomposed food. Mental, behavioral advices are also mentioned as irritating depressive mood of a pregnant mother can affect to development of a foetus. Pregnant women should avoid anger, infamous acts and loud speaking.

Acharya charaka mentioned the factors which are harmful for a development of a focus are described and advised to avoid throughout the pregnancy includes diet and other daily behavioral practices, pregnant women should avoid a very *ushna*, (*Atiushna*), *atiguru*, *spicy diet*, She should avoid packed foods, irradiated food or genetically engineered foods.<sup>[13]</sup> Food needs to be fresh and wholesome fresh vegetables and fruits, whole grains, and dairy products are the mainstay of the diet. Food should be delicious and usually cooked because it is easier to digest.<sup>[14]</sup>

Dark leafy vegetables are much important to consume, gratifying her desires will result, in a strong, long lived, virtuous, child. How food is eaten is just as important as what food is eaten. The mother should feel light, happy and satisfied after her meal. She should not feel unconliortable, have gas or pain or feel dult statwik foods will build *ojus*, These, include milk, ghee, fresh fruits. Ghee is a nourishing, unctuous food. It promotes digestion and is digested quickly. *Tamasik* food, often produce *ama* instead of *ojus* should be avoided. These are meat, eggs, alcohol and aged cheese leftover.

**Role of Panchakarma for *Supraja***

A couple should be undergone panchakarma procedure for detoxification and equilibrium of doshas, After proper panchakarma procedures which are needed, rasayan & vajikrma ayurveda drugs and diet should be advised. The proper guidance is given in Ayurveda texts for selection of diet, drugs and correct time & panchakarma procedures.<sup>[15]</sup>

**Role of Mental and intellectual act**

“Sanskar is a term which indicates enhancement of properties of a dravya by various processes. Foetus development can be achieved ideal by attending proper moral conducts mentally and intellectually.<sup>[16]</sup> As mind develops in forth month and intellect develops in sixth month of foetus, a pregnant women should follow a cheerful, calm, relaxed, positive mental activities.<sup>[17]</sup> Ayurveda has mentioned to keep pregnant women happy. She should be in good, pleasant circumstances. She should avoid anger, lust, stress, irritation, depression, excitement to keep her mind in balanced state.<sup>[18]</sup>

**Role of yoga in antenatal care**

Yoga is a science deals with the mind control. The way of development of health is described in yoga. The five sheaths of existence of human life mentioned by yoga. They are *annamaya kosha*, *pranmaya kosha*, *manomaya kosha*, *vidnanmaya kosh* & *anandmaya kosh*.

The disturbances of manomaya kosha percolate in to the *annamaya kosha* through the *pranamaya kosha*. Hence to achieve positive effects on health, yoga practices should be done according to layers of five sheaths. A comparative study in two texts “Bhrmaprakasana sukta and Garbhohanishad” deals with a topic that is clearly scientific & concerned with development of foutes.<sup>[19]</sup> Yoga practices during pregnancy work for proper and multi-dimensional development of a foetus. Yoga is safe, effective and beneficial for pregnant women. Yama and Niyams are moral conducts for positive mental health. Those are conducts regarding the personal and social aspects. Body and mind are closely related and one affects on another. In pregnancy stress and other psychological disturbance leads to vitiation of *vata dosha*. Vitiated vata affect on maternal and foetal health; to avoid emotional disturbances, yoga plays a precious role for promotion of mental health status of a pregnant woman and a foetus. *Hathayoga pradeepika*, a main yoga text describes *yama* as truth (*satya*), non-violence (*ahimsa*), non stealing (*asteya*), continence (being absorbed in a pure state of consciousness), forgiveness (*kshama*), indurance (*dhruti*), compassion (*daya*), humility (*aarjav*) and moderate diet. *Niyamas* include purity and cleanliness of body and mind

(*shouch*), satisfactory nature (*santosh*), creating tolerance by systematic training (*tapas*), regular learning of philosophy thoroly and ultimate faith on supreme (*eshwar pranidhan* ). As per the effects of *yama niyamas*, development of a foetus is promoted with respect to mental health and hence promotive for physical health.

For mental and physical strength of a pregnant woman and a foetus, following mentioned yoga practices are helpful. In breathing practices hand stretch beating, hands in and out breathing practices are beneficial. The procedure includes standing in *tadasana*, raising hands in front with inhalation and taking down with exhalation. The process should be uniform and slow. Five rounds followed by rest should be practiced. Loosening exercises of neck includes turning neck towards left and right for five times, moving neck forward and backward for five times should be practiced. Those practices are beneficial for neck muscles, mental health. In set of *aasanas*, *ardhakatichakrasan* is indicated. It can be practiced by standing in *tadasana*, raising right hand slowly and slowly bending towards left lateral. The same process should be practiced by rising left hand bending towards the right side. This *asana* can be practiced throughout pregnancy under the guidance of an expert and by an advice of a concerned doctor. This *aasana* is beneficial for liver function, keeping body healthy and flexible. *Vajrasan* (the ankle posture or thunderbolt pose) is the *asana* which can be practiced by a pregnant woman throughout pregnancy except having rheumatic or severely stiffness of knee joint or ankles. Bending right leg and keeping the heel tight under buttocks, bending left leg and keeping the heel tight under the buttocks and maintaining stable body posture with breathing awareness is the way of *asana*. It gives strength, beneficial to perineum muscles, pelvis, back and sciatica nerve. This *asana* can be practiced even after heavy food. *Shavasana* with instant relaxation technique should be practiced as relaxation involves allowing body and mind to become completely still and peaceful .In this procedure lying down in any lateral side and relaxing for at least ten minutes is indicated. In session of *shavasana*, mind should be focused on breathing rhythm. Thus relaxation and deep rest can be obtained through practicing this technique. In an ancient yoga book ‘Hatha Yoga Pradeepika, benefits of *shavasana* are described as it removes tiredness enables the mind (and whole body) to relax. *Swastikasana* should be practiced for stability of a mind .Yoga nidra technique is especially useful in facilitating mother’s suble perception about the child in her womb. This technique is useful for mental, intellectual development of foetus.

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