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Review Article

Maternal Health Care through Ayurveda W.S.R. To Garbhini Paricharya

Dr. Rakesh Nayak M.S. (Ayu)

Assistant Professor, Department of Prasuti Tantra and Stree Roga, Mandsaur Institute of Ayurvedic Education & Research, Mandsaur, Madhya Pradesh, 458001 India

Email Id: serviceheb@gmail.com, dr.rakeshnayak88@gmail.com

ABSTRACT:

Ayurveda, the ancient science of life focuses on protection of health based on life style followed by curing the sick hence Ayurveda could play a significant role in prevention of obstetric complication, and protecting the health of fetus from congenital anomalies as well as providing simple, healthier, effective cures for common ailments. Maternal health is the health of woman during pregnancy, child birth and the post partum period and maternal health care services are antenatal care, intra natal care, and post natal care services. Ayurveda the science of life could contribute significantly in improving mother's and new born's health as well reducing diseases and disabilities. The holistic regimen advised during various stages of pregnancy and child birth comprising of thoughts action, dietary modification and herbs aims to ensure a healthy and smooth child birth at the same time sustain the overall health, nutrition and well being of both the woman and the baby. Presently deals with only Garbhini Paricharya.

Keywords: Maternal health, Antenatal care, Ayurveda.

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