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Garbhini Paricharya A Ayurvedic Review

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ABSTRACT

Ayurveda has holistic and scientific approach in health management. So it equally emphasis on Pathya-Apathya to overcome disease with a better approach. In present work, information on various Pathya-Apathya described for the Garbhini, Garbhini Paricharya refers to antenatal or prenatal care which recommends Ahara and Vihara.

In Ayurveda, Garbhini paricharya is divided in three categories such as Masanumasik Pathya ahara Vihara Garbhasthapak karma and avoidance of Garbhopaghatakar Bhavas (diet and activities which are harmful to foetus). Modern medical science also believes that fetal growth is dependent on appropriate diet and life style of pregnant mother. Organogenesis is that period when important organ of fetus are developing. In the present review article prime focus is given on effect of diet and life style of pregnant woman on foetus described in Ayurveda and modern medical science.

Keywords: - Pathya Apathya in Garbhini, Ahara-Vihara,

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