



Available online through

www.jbsoweb.com



Review Article

PRENATAL CARE: AN AYURVEDIC PERSPECTIVE

Mahajan Dhanashri^{1*}, Bhoyar Manish²¹Lecturer, Department of Prasuti Tantra and Stri-roga, Vimaladevi Ayurved Medical College, Chandrapur, Maharashtra, India²Assistant professor, Department of Rasashastra and B. K, Government Ayurved College, Nanded, Maharashtra, India

*Correspondence

Dr. Mahajan Dhanashri
Lecturer, Department of Prasuti Tantra
and Stri-roga, Vimaladevi Ayurved
Medical College, Chandrapur,
Maharashtra, India

DOI: 10.7897/2321-6328.01330

Article Received on: 16/08/13

Accepted on: 13/10/13

Abstract

Pregnancy and childbirth have great importance in every woman's life. The proper care of pregnant woman imitates on the excellence and wellbeing of offspring. According to Ayurvedic perspective Garbhini Paricharya refers to antenatal care which recommends Aahara (specific dietary regimen), Vihara (Normal daily activities and therapeutic procedures), and modifications in psychological behaviour. In this article Garbhini Paricharya has been discussed in stepwise manner regarding nutritional supplementation to meet increased calorie requirements of pregnant woman, behavioural alterations to enhance spiritual and mental status, and herbal medications and procedures to treat complications during pregnancy. This enables Ayurvedic physicians in the prophylactic as well as therapeutic care of pregnant woman. Proper implementation of Garbhini Paricharya definitely ensures normal healthy delivery and healthy child of desired qualities and longevity.

Keywords: Garbhini Paricharya, Ayurveda, Garbhini, Antenatal care, Pregnancy

INTRODUCTION

Prevalence of maternal deaths is more in developing countries than developed one. The factors responsible are Hemorrhage (2.8 %), Complication of unsafe abortion (19 %), Pregnancy Induced Hypertension {PIH} (17 %), Infection (11 %), Obstructed labour (11 %).¹ Majority (80 %) of fetal death occurs in ante partum period due to causes like chronic fetal hypoxia (IUGR), Maternal Complications e.g. PIH, Infections, Fetal Congenital Malformation.² Antenatal care plays crucial role in conquering these obstacles. Antenatal care refers to the regular medical and nursing care recommended for women during pregnancy³. It is a type of preventive care which allows physician to treat and prevent potential health problems throughout the course of the pregnancy. It mainly involves providing prophylactic treatments, regular periodic checkups, Nutritional supplementation and suggesting do's and don'ts in pregnancy. Ayurveda places an enormous emphasis on the importance of caring for the mother before, during and after pregnancy. Garbhini Paricharya (Antenatal Care) refers to Aahara (specific dietary regimen), Vihara (Normal daily activities and therapeutic procedures), and modifications in psychological behaviour. The main intend behind advising Garbhini Paricharya is Paripurnatva (provide proper growth of the foetus and mother), Anupaghata (uncomplicated pregnancy)⁴, Sukhaprasava (for normal healthy delivery and healthy child of desired qualities and longevity).⁵ In antenatal period, the food consumed by the pregnant woman becomes congenial to the fetus.⁶ So there is an increase need of balanced diet with good nutritional value during pregnancy. Any negligence or deprivation in nourishment may affect physical and mental growth of fetus or it may lead to miscarriage, premature delivery and low birth weight. The care of the pregnant woman reflects on the quality and health of the offspring. To achieve this goal 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.

Normal Aahara and Vihara of Garbhini

Pregnant woman desirous of producing a healthy and good looking child should give up non-congenial diet and life style.⁷ Woman from the first day of pregnancy should remain in high spirit, religious, tinted with ornaments and should wear clean and white garments, doing spiritual rites, do auspicious deeds and worship holy being. Her sleeping and sitting place should be covered with soft cushion or mattress. The couch and the bed of a pregnant woman should be low, soft, and guarded on all four sides by a number of soft pillows or cushion. She should eat palatable, liquid, sweet and greasy substances treated with drugs increasing appetite. All these things should be followed till delivery. She should be protected from Garbhopaghatakara Bhavas (Factors harmful to fetus).⁸ Medicinal herbs from Jeevaniya Gana should be used internally as well as externally.⁹ Affectionate behaviour of husband and philanthropic nature of servants helps in maintenance of pregnancy.¹⁰ The living place of garbhini should be fumigated and spiritual atmosphere should be maintained by performing daily worships, Vedic hymns and holy songs.¹¹ She is advised to listen to scriptures - in some families the recitation (paaraayana) of suitable texts such as the Sundara Kandam (from the Ramaayana) or the tenth skanda of Bhaagavatha is performed routinely.

Articles Beneficial For Pregnant Lady

Sali and shashtik rice (rice having maturity 60 days), Mudga (green gram Vigna radiata) wheat flour of parched rice, butter, ghrita, milk, rasala (curd mixed with sugar and condiments), honey, sugar, jack fruit (*Artocarpus heterophyllus*), banana (*Musa acuminata*), fruits of Amalaki

(*Emblica officinalis*), draksha (*Vitis vinifera*), sour and sweet substances. Pleasant mode of life like using anointment with cooling agents, musk, sandal, camphor, moonlight bath should be followed. Vagbhata have advised bathing with cold

decoction of medicinal herbs which alleviates vata dosha. Dietary regimen described by different ancient texts have been compiled in following table^{4,5,12,13}

Table 1: Month wise dietary regimen for pregnant women

Months	Charaka	Sushruta	Vagbhata	Haarita
First	Sheeta Ksheera And Saatmya Bhojana	Madhur, Sheetta, Drava Aahaar	Upasansanskrita Ksheera For 1 st 12 Days Shaliparni (<i>Desmodium gangeticum</i>) Palasha Sidhha Ghrita (Ghee Medicated With <i>Butea monosperma</i>) Followed By Cold Decoction of Suvarna Rajata Sidhha Jala. Swadu, Sheetta Drava, Aahara.	Yashtimadhu (<i>Glycyrrhiza glabra</i>) or Parushaka (<i>Grewia asiatica</i>) or Madhupushpa With Navaneeta With Madhur Payo Anupana
Second	Madhur Aushadhi Sidhha Ksheera	Madhur, Sheetta, Drava Aahaar	Madhur Aushadhi Sidhha Ksheera	Kakoli (<i>Roscoeaprocerata</i>) Sidhha Ksheer
Third	Madhu Sarpi Sidhha Ksheera	Madhur, Sheetta, Drava Aahaar	Madhu, Sarpi, Ksheera	Krishara
Fourth	Ksheera and Laksha (10gms) Navaneeta	Shashtika Odana With Dadhi and Dugdha Navaneeta Sidhha Jangal Mamsa Yukta Hridya Aanna	Ksheera And Laksha (10gms) Navaneeta	Sanskrita Odana
Fifth	Ksheera and Ghrita	Shashtika Odan With Dugdha, Ksheera Sarpi Yukta Jangal Mamsa Yukta Hridya Aanna	Ksheera and Sarpi	Paayasa
Sixth	Madhur Aushadhi Sidhha Ksheera and Sarpi	Shwadanshra (<i>Tribulus terrestris</i>) Sidhha Sarpi or Yavagu	Madhur Aushadhi Sidhha Ksheera and Sarpi	Madhur Dadhi
Seventh	Madhur Aushadhi Sidhha Ksheera and Sarpi	Vidarigandhadi Sidhha Sarpi	Madhur Aushadhi Sidhha Ksheera and Sarpi	Ghritakhandha
Eighth	Ksheeryavagu and Sarpi	Asthapana Basti Followed by Anuvasana Basti	Ksheeryavagu And Sarpi Ashapana Basti Followed by Anuvasana Basti	Ghritapurana
Ninth	Madhur Aushadhi Sidhha Taila Anuvasana and Yoni pichu	Snigdha Yavagu and Jangal Mamsaras Till Delivery	Madhur Aushadhi Sidhha Taila Yonipichu	Vividha Anna

Asthapana Basti prescribed by Sushruta in eighth month should be given with Badarodaka (Medicated water with *Ziziphus jujuba*) mixed with Bala (*Sida cordifolia*), Atibala (*Abutilon indicum*), Shatapushpa (*Anethum sowa*), Palala (*Pestled Sesamum* Seeds), Milk, Curd, Mastu (Soar Butter), Oil, Salt, Madanphala, Honey and Ghrita. This should be followed by Anuvasana Basti of oil medicated with milk and decoction of drugs of madhura group.

First Trimester

The most important event during first trimester is embryogenesis.¹⁴ Mammalian embryo requires an increasing amount of energy as it develops during embryonic and fetal stages.¹⁵ All this energy is provided by Kshira, Ghrita, Krushara, milk medicated with madhur rasa medicine as it is rich source of energy. Secondly during this period woman suffer with nausea and vomiting. This may results in dehydration, loss of nutrients. The dietary regimen suggested by most of the ancient Acharyas during first trimester is in liquid state, of madhur rasa and having high nutritional value which helps to replenish the nutrients and corrects the dehydration. Vata is responsible for cell division during embryogenesis.¹⁶ The imbalance in vata dosha may hamper its normal functions and process of cell division. During first trimester vata dosha is alleviated in pregnant woman. In dietary regimen Ghrita, Milk, Madhur dravyas, Medicated Shaliprni (*Desmodium gangeticum*) sidhha Ghrita, Kanak-Rajat kwathit shitodak are suggested which are well known for their vatashaman properties. These dietary articles help in regulating normal functioning of vata.

Second Trimester

During second and third trimester more energy is required. According to Ayurveda mamsa dhatu development mostly occurs in 2nd trimester.¹⁷ Fetal growth in 2nd trimester occurs by cellular hyperplasia and cellular hypertrophy.¹⁸ 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. Milk and dairy products have long been considered nearly ideal sources of nutrients especially protein and calcium for pregnant woman.¹⁹ Milk provides nourishment and stability to the fetus.²⁰ Meat helps in maintenance of pregnancy, provides nourishment to foetus and suppresses alleviated vata of pregnant woman.²¹ Cooked Shashti rice advised in Garbhini Paricharya is rich in carbohydrate and provides energy to the body.²² During last month of second trimester pedal oedema is observed. So ghrita medicated with Gokshura (*Tribulus terrestris*) is used which is well known for its diuretic activity which in turns reduces oedema.²³

Third Trimester

Ghrita medicated with prithakparnyadi (vidarigandhadi) group of drugs are diuretic, balya, overcomes pedal oedema and provides nutrition to foetus. Rice Gruel (yavagu) consumption in eighth month make woman free from various diseases and delivers the child possessing properties like best health, energy, complexion, voice, compactness of body and much superior to other family members. Most women experience constipation in pregnancy due to pressure of gravid uterus over the bowel and effect of progesterone. Asthapana Basti (a procedure of administering the drugs

through urethra, vagina and anus) cleared retained faeces and is responsible for anulomana gati of vata. This is followed by Anuvasana Basti which helps vata to move in right direction. This facilitates delivery with ease and without complication.²⁴ Administration of Basti relieves backache aggravated during last month. In addition to this it may also affect the autonomous nervous system governing myometrium and helps in regulating their function during labour. Tampon of oil in vagina provides lubrication of cervix, vaginal canal and perineum thus helps in normal labour. It may increase stretching capacity of vagina helping in prevention from laceration and may be helpful in ripening of cervix prior to labour. Tampon of oil may be helpful in destroying pathogenic bacteria of vaginal canal and thus prevents puerperal sepsis.

Contraindicated Diet for Pregnant Woman

Consumption of excessive heavy, hot, pungent, substances like wine²⁵ Vishtambhi food (Hard to digest)²⁶

Contraindicated Life Style for Pregnant Woman

Excessive coitus, Exercise such as carrying of heavy weight, Squatting, Abnormal sitting, obnoxious Garments, Peeping in a pit or well, Sleeping in Supine position etc.²⁷ Vehicle ride, Misdeed by Indriya.²⁵

Benefits of Garbhini Paricharyaa

Woman sustains her healthiness and delivers the child having outstanding virtues in respect of Strength, Voice and Intelligence etc than other family members. Placenta (apara), Foetal Membrane or Vaginal canal, pelvis, waist, sides of the chest and back, becomes soft. Vata anulmana helps in expulsion of foetus during delivery and in normalization and elimination of urine and stool with ease. Moreover it facilitates easy removal of placenta. Her skin, nails becomes softer. Woman gains overall boost in strength and complexion.⁵ Aahar rasa produced in pregnant woman is utilized in providing nourishment to mother herself, nourishment and growth of baby and formation of stanya (breast milk).²⁸ which results into increase in calorie requirement during pregnancy. Pregnancy requires an additional 80000 kcal, most are accumulated in the last 20 weeks. To meet this demand, calorie requirement of 100 to 300 kcal per day is recommended during pregnancy. Calories are necessary for energy and whenever caloric intake is inadequate, protein is metabolized rather than being spared for its vital role in foetal growth and development. In Garbhini Paricharya the concept behind using food articles or preparations having madhura rasa predominance might be helpful in meeting the increased caloric needs during pregnancy. After going through Garbhini Paricharya suggested by different Acharyas it is observed that use of milk and madhur drug has been advised in each month. In pregnancy vata is increased. This may be due to obstruction by Garbha (foetus). Madhur rasa is congenial since birth, excellent for formation of dhatus, Vatashamak, preeminent in Brihan karma, Lactogenic, Increases longevity of life and excellent in enhancing complexion.²⁹ It may cross placental barrier and gives high energy nutrients to the foetus. Milk, it is also congenial, increases intellectual level (Medhya), Strength (bala), Lactogenic, Relieves dyspsia.³⁰ Iodine is found in milk and dairy products which is essential for producing hormones made by the thyroid gland which has direct effect on development the foetal brain.³¹ Milk is a

whole diet and good source of calcium. The drug of madhura group are anabolic, thus use of these will help in maintenance of appropriate health of mother and normal growth and development of foetus.

Nutritional significance of various dietary supplements used in Garbhini Paricharya

Shali-Shashtik (Rice)

It is rich in carbohydrates, provides fuel for body, excellent source of niacin, Vitamin D, Calcium, Fibre, Iron, Thiamine and Riboflavin.³²

Mudga (Green Gram or *Vigna radiata*)

It is rich source of low fat protein. It has a wide amino acid profile, providing at least every type of amino acids. It contains both insoluble and water soluble fibres. Water soluble fibre reduces LDL cholesterol and reduces risk for cardiovascular diseases. It has low glycemic index. It digests slowly and releases glucose into your bloodstream, stabilizing blood sugar which in turn lowers risk of developing diabetes.³³

Wheat

This food is very low in saturated fat, Cholesterol and Sodium. It is also a good source of dietary fibre and very good source of Manganese and Selenium.³⁴

Butter

It contains a high amount of saturated fat and provides 7 % of recommended dietary allowance of Vit A based on a 2000-Calorie diet. Vit A is important to vision health.³⁵

Ghee

It contains 112 calories/tbsp and 33 mg of cholesterol. The total fat content is 12.7 g. It provides many essential fatty acids such as omega-3 and omega-6 which provides anti-inflammatory properties, Regulate DNA products and assist with cellular communication. Protein content of ghrta 0.04 g/tbsp, which includes 17 amino acids essential for good health. It contains 3 % linoleic acid, an antioxidant. It also contains Vitamin A, D, E, K, Calcium, Potassium and small amount of riboflavin and pantothenic acid.³⁶

Rasala (Shrikhanda)

It contains 436 Calories , Total Fat 24.5 g, Sodium 6 mg, Total carbohydrate 40.8 g, Protein 10.1 g, Calcium 1 %, Vit C 1 %, Iron 1 %.³⁷

Milk

It is rich source of Proteins and Vitamins Proteins are vital for building and maintaining tissues such as muscles. It contains Vit A, D, B₁, B₂, B₆, B₁₁, B₁₂ Minerals Calcium, Phosphorus; Zinc, Lactose provides slow release of energy.³⁸

Honey

Energy – 64 calories in 1 tbsp

Fat- 0 g

Carbohydrate -17.3 g (fibre 0.04, Sugar 17.25)

Protein- 0.06 g³⁹

Sugar

It is rich in Carbohydrates.

Jack Fruit

They provides more calories, contains simple sugar like fructose and sucrose that when eaten replenishes energy. They are rich in dietary fibre, so acts as laxatives and relieve constipation. Fresh fruit has small amount of Vitamin A, Flavonoid pigments such as Carotene-B, Xanthine, Lutein. Both these elements together play a vital role in vision function. Vit A, Vit C helps body to develop resistance against infectious agents.⁴⁰

Banana

It contains low fat, no Cholesterol, Sodium dietary fibre 3.1 g, Sugar, Protein 1.3 g, Vit A 2 %, Vit C 17 %, Calcium 1 %, Iron 2 % High dietary fibre, high in potassium, very high Vit. B₆ and Vit C.⁴¹

Fruit of Amalaki

It is a rich source of antioxidants, iron, Vit. A, C Fibre, Potassium, Magnesium, Calcium etc. It prevents ageing, improves vision, prevents constipation, protects and cures diabetes, improves cardiovascular health and prevents anaemia.⁴²

Grapes

It has calorie value of 62, Total fat content is 0.3 g, Sodium 2 mg, Total carbohydrate 15.8 g, Dietary fibre 0.8 g, Sugar 14.9 g, Vit A 2 %, Vit C 6 %, Calcium 1 %, Iron 1 %.⁴³

Table 2: Daily requirement of Nutrients and Minerals during pregnancy

Nutrient or Mineral	Daily Requirement	Function
Vit A and Beta Carotene	770 mcg	Bones and Teeth growth
Vit D	5 mcg	Calcium and Phosphorus absorption, Bones and Teeth growth
Vit E	5 mg	Helps body to form and use R.B.C. and muscles
Vit.C	80-85 mg	Antioxidant, helps in iron absorption and building immunity
Thiamine B ₁	1.4 mg	Raises energy level and regulates nervous system
Riboflavin B ₂	1.4 mg	Maintains energy, good eyesight, healthy skin
Niacin B ₃	18 mg	Promotes healthy skin, nerves and digestion
Pyridoxine B ₆	1.9 mg	Helps in formation R.B.C.
Folic Acid	600 mcg	Supports the Placenta, prevents spina bifida and other neural tube defects.
Calcium	1000-1300 mg	Creates strong bones and teeth, prevents blood clots, helps muscles and nerve function
Iron	27 mg	Production of haemoglobin, prevents anaemia, low birth weight and premature delivery
Protein	71 mg	Production of amino acids and repairs cell
Zinc	11-12 mg	Helps to produce insulin and enzymes ⁴⁴

CONCLUSION

Ayurveda believe food as preeminent source to provide nourishment and medication during the pregnancy period. Ancient Classics proposes a wholesome diet during the period of pregnancy since this eventually results in foetal growth, maternal health, and post delivery lactation. In

Garbhini Paricharya normal daily activities and therapeutic procedures and modifications in psychological behaviour is advised. During first trimester, keeping physiology of pregnant woman in mind ancient Acharyas have given more emphasis on using highly nutritious household milk products which are easy to assimilate. In this period dietary regimen and treatment protocol is concentrated on providing nourishment and vata anulomana. In second trimester, Garbhini Paricharya helps in stabilization of garbha and useful in meeting energy and protein requirement. In third trimester drugs and practices which relieve oedema, constipation, backache etc. are employed. Garbhini Paricharya aims at excellence in the formation of the foetus, its development without anomalies, a secure full term delivery and maintenance of the health of the mother.

REFERENCES

- Unicef.org [Homepage on internet] New York: United Nation Children Emergency Fund, Inc.; c2011 preventing maternal death. Available from: <http://www.unicef.org/>; 2013.
- Dutta DC. Text book of Obstetrics, 4thed. New Delhi (India): New Central Book Agency (P) Ltd; 2004. p. 105.
- Wikipedia.org [Homepage on internet] New York: Wikipedia, Inc.; c2013 Prenatal Care. Available from: http://en.wikipedia.org/wiki/Prenatal_care/; 2013.
- Sushruta, Sushrut Samhita, edited by Vd. Yadavji Trikamji, with Nimbandhasangraha Commentary of Sri Dalhanacharya and Nyayacandrika Panjika of Gyadasacharya, 4thed. Sharirsthana Chapter 10 Verse No. 4, Chaukhambha Orientalia Varanasi; 1992. p. 387.
- Charaka, Charak Samhita, Edited by Kasinath Sastri and Dr Gorakhanath Chaturvedi with Hindi commentary Vidyotini, Reprint. Sharirsthana chapter 8 Vrese32, Choukhambha Bharati Academy, Varanasi; 2005. p. 939.
- Vridha Jeevaka, Kashyapasamhita, Edited by Hemaraj Sharma with Vidyotini Hindi commentary 4thed. Sutrasthan, Lehadhyay, Chaukhambha Sanskrit Sansthan, Varanasi; 1988. p. 4.
- Charaka, Charak Samhita, Edited by Kasinath Sastri and Dr Gorakhanath Chaturvedi with Hindi commentary Vidyotini, Reprint. Sharir sthana chapter 8 Vrese 21, Choukhambha Bharati Academy, Varanasi; 2005. p. 929.
- Vagbhat, Astanga Sangraha, Edited by Kaviraj Atridev Gupta with Hindi commentary, Reprint. Sharirsthana chapter 2 Verse 58, Krishnadas Academy, Varanasi, published by Oriental Publishers; 1993. p. 280.
- Vagbhat, Astanghrdaya, Edited by Harisastrri Paradkar, with commentaries Sarvangasundara of Arundatta and Ayurvedrasayana of Hemadri, collated by Dr Anna Moreshwar Kunte and Krishna Ramchandra Sastri Navre, Reprint. Sharirsthana chapter 1 Verse 42, Choukhambha Bharati Academy, Varanasi; 1995. p. 370.
- Vagbhat, Astanghrdaya, Edited by Harisastrri Paradkar Vaidya, with commentaries Sarvangasundara of Arundatta and Ayurvedrasayana of Hemadri, collated by Dr Anna Moreshwar Kunte and Krishna Ramchandra Sastri Navre, Reprint. Sharirsthana chapter 1 Verse 43, Choukhambha Bharati Academy, Varanasi; 1995. p. 370.
- Vridha Jeevaka, Kashyapasamhita, Edited by Hemaraj Sharma with Vidyotini Hindi commentary 4thed., Sharirasthan, Jatisutreeyadhyay, Chaukhambha Sanskrit Sansthan, Varanasi; 1988. p. 84.
- Vagbhat, Astanga Sangraha, Edited by Kaviraj Atridev Gupta with Hindi commentary, Reprint. Sharirsthana chapter 3 Verse 3-9,11,12, Krishnadas Academy, Varanasi, published by Oriental Publishers; 1993. p. 282-283.
- Harit, Harit Samhita Edited by Ramavalamba Shastri Samhita with Hindi commentary asha 1sted.,Tritiyi sthana chapter 49 Verse 1,2,3, Prachya Prakashan Varanasi; 1985. p. 404.
- Charaka, Charak Samhita, Edited by Kasinath Sastri and Dr Gorakhanath Chaturvedi with Hindi commentary Vidyotini, Reprint. Sharirsthana chapter 4 Vrese11, Choukhambha Bharati Academy, Varanasi; 2005. p. 870.
- CN Baker, SN Ebert. Physiology and biochemistry; Development of aerobic metabolism in utero: requirement for mitochondrial function during embryonic and foetal periods; OA Biotechnology 2013; 2(2): 16.
- Sushruta, Sushrut Samhita, edited by Vd Yadavji Trikamji, with Nimbandhasangraha Commentary of Sri Dalhanacharya and Nyayacandrika Panjika of Gyadasacharya, 4thed. Sharirsthana Chapter 5 Verse No. 3, Chaukhambha Orientalia Varanasi; 1992. p. 363.

17. Charaka, Charak Samhita, Edited by Kasinath Sastri and Dr Gorakhanath Chaturvedi with Hindi commentary Vidyotini, Reprint. Sharirsthana chapter 4 Verse 21, Choukhambha Bharati Academy, Varanasi; 2005. p. 875.
18. Personal Author F. Gary Cunningham - Williams Obstetrics section 6, 23rded Mc-Graw Hill Publication; 2010. p. 842.
19. Personal Author F. Gary Cunningham - Williams Obstetrics section 6, 23rded Mc-Graw Hill Publication; 2010. p. 207.
20. Vriddha Jeevaka, Kashyapasamhita, Edited by Hemaraj Sharma with Vidyotini Hindi commentary 4thed., Kalpasthan Bhojankalpa adhyay verse 86, Chaukhambha Sanskrit Sansthan, Varanasi; 1988. p. 210.
21. Vriddha Jeevaka, Kashyapasamhita, Edited by Hemaraj Sharma with Vidyotini Hindi commentary 4thed., Khilasthana Chapter 24 Verse 6 Bhojankalpa adhyay verse 86, Chaukhambha Sanskrit Sansthan, Varanasi; 1988. p. 359.
22. Caloriecount.about.com [Home page on Internet] New York; Free Online Diet Journal and Calorie Counter; Inc. Available from <http://caloriecount.about.com/calories-rice-white-long-grain-regular-i20045/>; 2013.
23. Bhavamishra Bhavaprakasanighantu Edited by Sri Brahmasankara Misra and Sri Rupalajai Vaisya with Hindi commentary Vidyotini, 8thed. Guduchyadi varga , Chaukhambha Sanskrit Sansthan, Varanasi; 1993. p. 293.
24. Sushruta, Sushrut Samhita, edited by Vd. Yadavji Trikamji, with Nimbandhasangraha Commentary of Sri Dalhanacharya and Nyayacandrika Panjika of Gyadasacharya, 4thed. Sharirsthana Chapter 10 Verse No. 8, Chaukhambha Orientalia Varanasi; 1992. p. 388.
25. Charaka, Charak Samhita, Edited by Kasinath Sastri and Dr Gorakhanath Chaturvedi with Hindi commentary Vidyotini, Reprint. Sharirsthana chapter 4 Verse 18, Choukhambha Bharati Academy, Varanasi; 2005. p. 874.
26. Vagbhat, Astanghrdaya, Edited by Pt Bhisagacharya Harisastri Paradkar Vaidya, with commentaries Sarvangasundara of Arundatta and Ayurvedrasayana of Hemardri, collated by Anna Kunte and Krishna Ramchandra Sastri Navre, Reprint. Sharirsthana chapter 1 Verse 45, Choukhambha Bharati Academy, Varanasi; 1995. p. 370.
27. Vagbhat, Astanghrdaya, Edited by Pt Bhisagacharya Harisastri Paradkar Vaidya, with commentaries Sarvangasundara of Arundatta and Ayurvedrasayana of Hemardri, collated by Dr Anna Moreswar Kunte and Krishna Ramchandra Sastri Navre, Reprint. Sharirsthana chapter 1 Verse 44-47, Choukhambha Bharati Academy, Varanasi; 1995. p. 370.
28. Vriddha Jeevaka, Kashyapasamhita, Edited by Hemaraj Sharma with Vidyotini Hindi commentary 4thed. Sutrasthana Chapter 18 Verse 6-7, Chaukhambha Sanskrit Sansthan, Varanasi, Edit IV; 1988. p. 359.
29. Vagbhat, Astanga Sangraha, Edited by Kaviraj Atridev Gupta with Hindi commentary, Reprint. Sutrasthana chapter 18 Verse 5-7, Krishnadas Academy, Varanasi, published by Oriental Publishers; 1993. p. 147.
30. Vagbhat, Astanga Sangraha, Edited by Atridev Gupta with Hindi commentary, Reprint. Sutrasthana chapter 6 Verse 54, 55 Krishnadas Academy, Varanasi, published by Oriental Publishers; 1993. p. 53.
31. Telegraph.co [Home page on Internet] United Kingdom: Telegraph online Health- milk to increase IQ of child; Inc; c. Available from <http://www.telegraph.co.uk/>; 2013.
32. Lundberg.com [Home page on Internet] Richvale. CA Lundberg family farms; Inc; c. Available from <http://www.lundberg.com/info/RiceFacts.aspx/>; 2013.
33. Livestrong.com [Home page on Internet] Santa Monica, CA 90404; Healthy living for prevention of diseases. Inc; c. Available from <http://www.livestrong.com/>; 2013.
34. Nutritiondata.self.com [Home page on Internet] New York; Useful source of nutritional values on web; Inc; c. Available from <http://nutritiondata.self.com/>; 2013.
35. Yourhealthybody.jillianmichaels.com [Home page on Internet] North Adams, MA 01247. Health, fitness and nutritional information for educational purposes. Inc; c, nutritional-value-butter-3724. Available from <http://yourhealthybody.jillianmichaels.com/>; 2013.
36. Livestrong.com [Home page on Internet] Santa Monica, CA 90404; Healthy living for prevention of diseases. Inc; c. Available from <http://www.livestrong.com/>; 2013.
37. Caloriecount.about.com [Home page on Internet] New York; Free Online Diet Journal and Calorie Counter; Inc; c. Available from <http://caloriecount.about.com/>; 2013.
38. Wikipedia.org [Homepage on internet] New York: Wikipedia, Inc.; c, Physical and Chemical properties of milk. Available from <http://en.wikipedia.org/wiki/Milk/>; 2013.
39. Fatsecret.com [Homepage on internet] New York; All things about food and diet; Inc.; c, Available from <http://www.fatsecret.com/calories-nutrition/usda/honey/>; 2013.
40. Nutrition-and-you.com [Homepage on internet] India; Guide to healthier nutrition; Inc.; c. Available from <http://www.nutrition-and-you.com/jackfruit.html/>; 2013.
41. Caloriecount.about.com [Home page on Internet] New York; Free Online Diet Journal and Calorie Counter; Inc; c. Available from <http://caloriecount.about.com/calories-bananas-i9040/>; 2013.
42. Wiki-fitness.com [Homepage on internet] New York; Guide to Fitness and Health; Inc; c. Available from <http://wiki-fitness.com/health-benefits-gooseberry-aml-nutrition/>; 2013.
43. Caloriecount.about.com [Home page on Internet] New York; Free Online Diet Journal and Calorie Counter; Inc; c. Available from <http://caloriecount.about.com/calories-grapes-i9131/>; 2013.
44. Americanpregnancy.org [Home page on Internet]; New York; American pregnancy Association; Inc; c. Available from <http://americanpregnancy.org/?s=pregnancy+health%2Fnutrients+vitamins/>; 2013.

Cite this article as:

Mahajan Dhanashri, Bhojar Manish. Prenatal care: An Ayurvedic perspective. J Biol Sci Opin 2013;1(3):273-277 <http://dx.doi.org/10.7897/2321-6328.01330>