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ABSTRACT: The very rich and deep knowledge regarding the general management of pregnancy is found in Ayurveda texts. Child birth is a proud full event of every female's life. Only females have ability of child birth. Commonly we think that very less text present in Ayurveda about female health but situation is different. As far as possible, medication should be avoided during the first three months of pregnancy. Only symptomatic treatment with very mild herbs and a suitable diet should be offered. Diagnose high risk pregnancy factor in early for the mother and baby safety. The wealth of Ayurvedic understanding included the holistic principles of safe and healthy motherhood.

INTRODUCTION

Mother is the most attractive sound in the world and Pregnancy is a physiological process of female's life. Female life is more complicated then male's life. Menstrual cycle, pregnancy and child birth are the common physiological event accrues in normal female life. Many female have fear about menstrual cycle, pregnancy and child birth, due incomplete knowledge. Some doctor also treats pregnancy as a disease, but that should not treat as pathological conditions.

In the modern world, the Life style, food habit and just for Modern desires have increased stress, strain and restlessness which have resultantly expanded the spread of some disorders in female. To avoid this type of disorders we should follow the ayurvedic theories of life style and food habit etc.

In the present article review we lightening on the good food and habit for pregnant ladies and techniques associated to women health in the Ayurveda approach.

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Ayurveda texts have very rich knowledge of gynecology and obs. pregnancy is a natural and physiological process and normally it occur in reproductive age of every female

For the making the safe pregnancy, we can dived the method in two main parts, first is Diet and second one is Activity (Aahaar and Vihaar)

PART IST – DIET (AAHAAR)

First we describe about pregnant lady diet then activities next part. Acharya Charak described about month wise diet of a pregnant lady is very clearly. He told in our text charak Shastra's part sharer sthan.

Diet for first month of pregnancy: should take Cold Milk frequently and other normal food, seasonal fruits except papaya.

Month	Diet
Ist month	should take Cold Milk frequently and other normal food
IInd month	only Medicated Milk
IIIrd month	Milk with Ghee and Honey
IVth month	one Aksh Makkhan
Vth month	Milk with Ghee
VIth month	Medicated Milk and Medicated Ghee
VIIth month	
VIIIth month	
IXth month	

Acharya Sushrut also described about month wise diet of a pregnant lady as follow.

Month	**Diet**
Ist month	First three month Pregnant lady should take Madhur Sheet Drava

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IInd month	Madhur Sheet Drava
IIIrd month	diet especially in third month should take Shati rice with Milk
IVth month	Shati rice with curd and milk with Makkhan and mans rasa or fruit juice with rice
Vth month	Shati rice with Milk and milk-ghee mix with rice
VIth month	Shati rice with Ghee and medicated Ghee {Gokharu (tribulus terrestis)} or Yavangu
VIIth month	medicated Ghee {Prathak parnayadi}
VIIIth month	Aasthapan Basti with badara
IXth month	

When we combine the both Acharya's method, we prepare a new mix diet Chart is that –

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VIIIth month	Aasthapan Basti with Badara

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IXth month

PART IIND – ACTIVITIES

The mother-to-be should always try to be in a joyful humor, be clean, neat and well dressed. Wear simple clothes and avoid artificial ornaments. Especially she should avoid wearing ornaments in finger of hands and legs. Also avoid use of cosmetics and less use of chemical.

Engage in peaceful and benedictory activities. Sleep under a roof in a clean environment (not infested with insects such as mosquito's etc.). Not touch or contact maimed or deformed persons and she should avoid long walks.

Not indulge in anger, panic, or other agitating emotions

Don’t do hard work at first trimester strongly and third trimester also. But some exercise and yoga techniques are very useful for normal and safe labor as advice an Ayurvedic/BAMS doctor.

DISEASES DURING THE PREGNANCY –

Ayurveda explain many diseases, which are caused by pregnancy due to Mithya Ahar-Vihar by pregnant lady. The diseases which are caused by pregnancy are called Garbhopadravas. They are: nausea, anorexia, vomiting, and dryness of mouth, fever, edema, anemia, diarrhea and retention of urine. Their specific treatments are also richly described in Ayurveda texts.

The use of Dashamularishta in vattic fever, hima (cold infusion) of Yastimadhu, lotus and Sariva in paittic fever and Guduchi kwath in kapha fever to bring down temperature. Similar special treatments are advised for other diseases.

Several substances are absolutely contraindicated in pregnancy such as vacha (calamus root), kumari (aloe), or myrrh and substances like garlic and Heeng are to be used with extreme caution if at all.

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SOME DISEASE AND PRECAUTION:

1. Hypertension: Check the BP of pregnant lady in every visit.
2. Renal disorders: especially in diabetic lady
3. Cardiac disorders:
4. Pulmonary Embolisms:
5. Diabetes mellitus (DM):
6. Thyroid disorders: Shatavari granules have lacto-genic effect and it also effective in hyper-thyrodism.
7. Calcium metabolism disorders: use Mukta Pisti and Praval Pisti with Sitopiladi Churna.
8. Hematological disorders: use of Gud (Raw Sugar) after delivery increase heamoglobin.
9. GIT and Liver disorders: Ajvayan and Shunthi use.
10. Infections: avoid the after delivery infection should use Koshn Jal (lukewarm) for 2 month

CAUSES OF HIGH RISK PREGNANCY

- Due to poor social & economic condition
- Mother height <145 cm
- Mother's age < 18 or >35
- CPD = Cephalic pelvic disproportion
- Previous birth history
- Presentation
- Rh incompatibility

FEATURE OF MOTHER INDICATE DEFECTS IN EMBRYO:

Today we can now recognize and treat many pathological conditions in the fetus or the mother. We also recognize the importance of regular antenatal checkups to detect any changes as early as possible and take appropriate medical interventions.

For example some investigations are help to early diagnosis of embryological

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defects like α - feto protein present in amniotic fluid is major sing of the anal-cephalic (without head) Nural tube defect. Same like as the lecithin sphygnomylene present in amniotic fluid is more than 1.5 then fetus's lungs may be collapse. Hydro amniosis in Mother then kidney fail in fetal, Higher Ca++ indicate PDA (Paternt ductus asteriosis).

Ultrasonography also a very best and safe tool for diagnosis any defect in fetus.

CONCLUSION

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Ayurvedic physician should main target to make safe pregnancy and deliver health baby. Physician should try to help proper formation of the embryo, fetal development without anomalies, a comfortable full-term pregnancy, a timely and non-traumatic delivery, and maintenance of the health of the mother. Ayurvedic medicine can helpful for this purpose.

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