

Antenatal care for reducing ocular and auditory disorders

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Abstract

The aim of *Garbhini paricharya* is to maintain a healthy progeny, i.e., child having long life, good health and fortune, power of supremacy, energy, complexion and healthy sensory organs. Health of all sensory organs (*Indriya*) of individual can be affected by various factors like *Beeja vikriti*, diet consumed by mother during antenatal period, consumption of *garbhopaghatakarabhavas* and diseases occurred during pregnancy. These factors can lead to some disorders of eye or ear, which in turn can affect the whole life of the individual. With the help of Ayurvedic principles, it is possible to prevent from some of these eye and ear disorders to be transmitted to the foetus. For prevention of these disorders, several steps can be followed; preconceptional care, antenatal care and intrapartum and postpartum care. In families having history of eye or ear disorders, preconceptional *panchakarma* therapy to conception willing-couple and some medicines can be used for preventing transmission of such disorders to the foetus. According to Ayurveda, *Indriya utapatti* in foetus takes place in the third month and its *upachaya* in fourth and fifth months. During this period, it is important to prescribe specific diet, herbs which can increase the strength of particular organs in order to control some ophthalmic and auditory disorders. An attempt is made in this paper to elaborate the conceptual study of the etiological factors which can affect the functions of eyes and ears. Several measures are suggested to be followed during prenatal and natal period which can increase the strength of these organs and achieve *Indriyasampannata*.

Keywords: Antenatal, auditory disorders, *garbhopaghatakarabhava*, *Indriyasampannata*

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