

A Literature Review on Concept of Antenatal Care through Ayurvedic Philosophy

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Ayurvedic philosophy is based on holistic thinking. The progress of humanity is its goal. The well-being of one individual has an impact on the well-being of the entire society, the environment, and the cosmos. And also, the most significant position in humanity is that of the woman. Women are responsible for childbirth and the creation of the human race. The women are "the prime source of progeny," according to Charaka Acharya. Ayurveda emphasizes the importance of caring for the woman before, during, and after pregnancy. As a result, the review concentrated primarily on antenatal care. Antenatal care refers to the care given to an expectant mother from the time of conception until the beginning of labor. In Ayurveda, antenatal care falls under the Garbhini Paricharya (GP). This literature study aims to explore the information and concepts related to antenatal care and to understand the clinical importance of GP according to Ayurveda. The review was conducted using authentic books of Ayurveda and different standard electronic databases like Google Scholar and PubMed, which publish research articles and journals. Pregnancy is a special time in a woman's life. A healthy woman is especially important to bare the fetus in the uterus and deliver the baby in a healthy state. In Ayurveda, proper ahara (diet), vihara (lifestyle), and vichara (psychological aspect) are considered GP. Food is considered the best source of nourishment and medication for pregnant women. Because the baby is dependent on the mother's nourishment, when the mother follows proper ahara, vihara and psychological aspects, it leads to proper development and growth of the fetus as well as the health of the mother. According to the evidence found in this study, it could be concluded that Ayurveda clearly emphasizes the importance of antenatal care along with the GP.

Keywords: Pregnancy, antenatal care, *Garbhini paricharya*, *ahara*, *vihara*