

Newsletter

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Ante Natal Care

What is Ante natal care (ANC)?

Pregnancy can be filled with many joys and wonders as well as concerns and fears. It is important for the mother to take care of herself and her baby too, with antenatal care. The care that is provided to a mother, which directly affects her baby, during the course of her pregnancy is called as Ante-Natal Care. The goals are the protection and nourishment of both the growing foetus and the mother. This care is described in Ayurved as 'Garbhiniparicharya'. Different medications, diet pattern, other lifestyle regimen and certain treatment modalities have been explained in Ayurveda according to the embryological development of the baby. These aim at attaining the best qualitative development of the baby at physical level according to the embryological phase. Along with the physical aspect, the mental and intellectual aspects of the baby are also considered.

The would be Mom is counselled regarding following certain guidelines of lifestyle. Ayurvedic medicines and Rasayanas are prescribed to enhance the foetal growth at physical, mental as well as intellectual levels. Maternal well-being is equally addressed with this. During this tenure of about 9 months, certain investigations like blood tests, sonography etc. are advised and foetal and maternal health is monitored accordingly. Certain changes in medicines and lifestyle are made in view of the findings of investigations whenever needed.

-Dr. Deepali Pawar

Importance of Ante natal care (ANC)?

The importance of Antenatal care during pregnancy is huge. From eating certain foods, taking prenatal vitamins, and having regular check-ups, antenatal care exists to ensure the least complications for both the mother and the foetus through the entire nine months leading up to the birth.

In ANC visit, blood pressure can be checked, weight can be monitored. Besides, any factors that could influence the baby's development, such as nutritional deficiencies (including excessive vomiting), intrauterine growth retardation, infections and potentially hazardous drug therapy can be detected.

Antenatal visits will detect any potential health concerns such as anaemia, gestational diabetes or pre-eclampsia, which can be treated when caught early. Antenatal care is a cornerstone of a healthy pregnancy, labour and baby, because throughout the pregnancy, prenatal check-ups are used to ensure both the mother and baby are progressing well.

The diet of the mother may have to go through some changes in order to meet the nutritional needs of the baby, ANC provides accurate nutritional information. ANC is also an opportunity to promote the use of skilled attendance at birth

and healthy behaviours such as breastfeeding, early postnatal care, and planning for optimal pregnancy spacing. Prenatal care is important to:

- Provide education about healthy behaviours during pregnancy.
- Monitor maternal and foetal wellbeing throughout the pregnancy.
- Detect early signs of potential complications of the pregnancy which can be screened and prevented.
- Provide anticipatory guidance for the woman and family.
- Schedule appropriate testing.

-Dr. Deepali Pawar

ANC - From Perspective of Ayurved.

Antenatal care comprises of careful history taking, thorough examinations and proper advice to the pregnant woman according to the need and complaints. Good ANC can also play a critical role in preparing a woman and her family for childbirth.

Approach of Ayurved towards motherhood is indeed a holistic one. According to the perspective of Ayurved, Garbhini Paricharya refers to antenatal care with recommendations of specific dietary regimen, activities as well as therapeutic procedures and modifications in behaviour.

The dietary regimen has been described to meet nutritional requirements of the growing foetus and pregnant women. As there is a continuous growth of the embryo, its monthly requirements of food and nutrition would also be different. Accordingly, a detailed month wise dietary regimen for the pregnant women with a list of things, that are prescribed and proscribed, is explained in Ayurved under Garbhini Paricharya during the complete tenure of pregnancy.

Garbhiniparicharya also describes behavioural alterations to enhance the mental status which plays a vital role in maintaining the health of the mother and promotes good development of the foetus.

Medications during the complete antenatal period and certain procedures in the last trimester have also been advised in Garbhiniparicharya.

Garbhini Paricharya not only provides the needs of the growing foetus, but also helps in the maintenance of maternal health and provides strength and vitality required during labour and aids for successful lactation after delivery.

Dietetics and mode of life which are contraindicated during pregnancy are known as Garbhopaghatakara bhavas (factors which can cause complications during pregnancy.) They should be avoided during pregnancy. Garbhoghatakara bhavas can be consequential in severe complications during pregnancy. So basically the do's and don'ts of pregnancy have been described in detail in

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Garbhini Paricharya. The goal is the protection and nourishment of both the growing foetus and the mother.

At Dyumna Women's Clinic, approach towards pregnant women comprises of counselling, Rasayana therapy and certain procedures. From the moment the pregnancy is confirmed, the woman is counselled to follow certain guidelines of living. These guidelines include modifications of both diet and behaviour. Pregnancy specific Yogasanas and Pranayama are also advised. Rasayanas are specialised herbomineral combinations which are prescribed to promote development of the foetus and maintain good health of the mother. They also help to ease the common pregnancy discomforts observed in pregnancy. Rasayanas are extremely effective in dealing with complications such as IUGR, gestational diabetes mellitus (GDM), hyperemesis gravidarum, pregnancy induced hypertension etc.

Mode of delivery whether normal(vaginal) or with Caesarean section, depends on numerous factors and cannot be guaranteed to be normal. But good tone and strength of the uterine muscles and overall strength of the mother does help in normal delivery. Certain procedures are advised in Ayurved in the third trimester to facilitate these conditions.

The care of the pregnant woman reflects on the quality and health of the offspring. In today's erratic work schedule, the pregnant women also not being exception to it, work for the whole span of pregnancy. This may deprive them of essential nutrients, required rest and stress free life. Inadequate care during this time disrupts a critical link in the continuum of care, and affects both the woman and child. Proper implementation of Garbhini Paricharya is necessary to establish good health of the mother and the child as well as to promote eventless pre and post-natal period.

-Dr. Smita Chandrachood

Diet in pregnancy

- Along with medication, diet is a very important factor for would be mother as well as foetus during pregnancy.
- Considering this point, a pregnant lady should be very careful about the quality, quantity and timings of her meals.
- As far as possible the dietary choices of the would be mother should be considered barring the foods which can prove disturbing to her metabolism.
- The would be mother should feel light, happy and satisfied after her meal. She should not feel uncomfortable,

have gas or pain, or feel dull.

- In this phase one should not only consider only the nutritive values, but digestion, absorption and assimilation is equally important as that in turn gets circulated through the placenta to provide nutrition to the foetus.
- Ayurved considers food to be the best source of nourishment as well as medication for the pregnant woman.
- Month wise dietary regimen is described in Ayurveda.
- For an expecting mother, milk, honey and ghee are appreciated in all the three trimesters.
- Honey with milk and yoghurt is also advised for pregnant women.
- Use of ghee (clarified butter) is also advised to pregnant lady. It promotes digestion.
- Use of Mamsa Rasa (chicken soup) is also advised during pregnancy. It should be organic and should not be procured from commercial poultry farms.
- Organic brown sugar and jaggery should be preferred over refined sugar.
- Unpolished grains should be opted for instead of polished ones.
- One should try having organic food to the maximum possible extent and avoid having ones grown using chemical fertilizers and those loaded with pesticides.
- Stale food should not be consumed.
- Though there is craving for chocolates and bakery products, they should be consumed in limited quantity.
- Rice, Wheat, Green gram, Milk, Ghee, Home-made butter, Indian gooseberry (Amla), Black raisins, Pomegranate should be consumed in more quantity.
- Sources of Iron: Spinach, Amaranth, Radish leaves(Muli), Sweet potato, Pumpkin, Dates, Black Raisins, Walnuts, Eggs, Meat, Brown Rice.
- Sources of calcium: Milk, ghee, yoghurt, spinach, soybean, dried figs, almonds.
- Sources of protein: Eggs, chicken, milk and milk products, almonds, soybean, lentils etc.
- At Dyumna women's clinic, we provide month wise dietary guidance in detail.

Personalised diet plan is suggested when needed considering the conditions like Gestational diabetes mellitus, pregnancy induced hypertension, intrauterine growth retardation, etc.

-Dr. Deepali Pawar

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Contact : care@dyumnawomensclinic.com www.dyumnawomensclinic.com Ph. No : 020-25465886

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