

## What to observe for an expectant mother – Ayurvedic Advocacy

Having a child is a boon to the family. In the present era of stress and strain, both conception and maintenance of pregnancy need utmost care and concern. Ayurveda recommends routine inclusion of *Jeevaneeya Oushadha* like ghee, milk, butter etc. in *Garbhinicharya* (Antenatal care). She may always be surrounded by husband, mother or other affectionate family members or servants. She must avoid contact with focus of infections, excessive exercise, sexual intercourse, heavy weight lifting, use of electronic gadgets, irregular sleeping pattern, prolonged driving, travelling, walking, suppression or forceful initiation of urges, situations causing mental agony, fasting, heavy oily spicy foods, alcohol, tobacco or other narcotic agents. Usage of following medicinal preparations in the prescribed time period will help in achieving healthy progeny. Although these medicines are herbal preparations, these should be taken strictly in consultation of an Ayurvedic doctor.

Period in weeks	Recommended medicinal preparations
0-4	Milk decoction prepared with <i>Madhuka</i> ( <i>Glycyrrhiza glabra</i> - Liquorice), <i>Shakabeeja</i> ( <i>Tectona grandis</i> - Teak), <i>Payasya</i> ( <i>Pueraria tuberosa</i> – Indian kudzu), <i>Suradaru</i> ( <i>Cedrus deodara</i> - Deodar)
5-8	Milk decoction prepared with <i>Madhura</i> (sweet) drugs, <i>Ashmanthaka</i> ( <i>Ficus rumphii</i> – Mock bodh), <i>Krishnatila</i> (Black sesame), <i>Tamravalli</i> ( <i>Rubia cordifolia</i> – Indian madder ), <i>Satavari</i> ( <i>Asparagus racemosus</i> )
9-12	Milk, honey, ghee, milk decoction prepared with <i>Vrikshadani</i> ( <i>Vanda roxburghii</i> ), <i>Payasya</i> , <i>Lata</i> ( <i>Combretum indicum</i> ), <i>Utpala</i> ( <i>Nymphaea alba</i> – White water lily), <i>Sariba</i> ( <i>Hemidesmus indicus</i> - Sarsaparilla)
13-16	<i>Ksheeranavaneeta</i> (butter), milk decoction prepared with <i>Anantha</i> , <i>Sariba</i> , <i>Rasna</i> ( <i>Alpinia galanga</i> - Galangal), <i>Padma</i> ( <i>Nelumbo nucifera</i> – Indian lotus), <i>Madhuka</i>
17-20	<i>Ksheerasarpi</i> (ghee), milk decoction prepared with <i>Brihatidvaya</i> ( <i>Solanum indicum</i> – Indian nightshade), <i>Kashmarya</i> ( <i>Gmelina arborea</i> - Beechwood), <i>Ksheerishungatvak</i> ( <i>Ficus benghalensis</i> – Indian banyan), ghee
21-24	<i>Ksheerasarpi</i> prepared with <i>Madhura</i> drugs, milk decoction prepared with <i>Prishniparni</i> ( <i>Uraria picta</i> ), <i>Bala</i> ( <i>Sida cordifolia</i> – Country mallow), <i>Sigru</i> ( <i>Moringa oleifera</i> – Drum stick tree), <i>Svadamshtra</i> ( <i>Tribulus terrestris</i> ), <i>Madhuparnika</i> ( <i>Tinospora cordifolia</i> - Giloy)
25-28	<i>Ksheerasarpi</i> prepared with <i>Madhura</i> drugs, milk decoction prepared with <i>Sringataka</i> ( <i>Trapa bispinosa</i> – Water chestnut), <i>Bisa</i> ( <i>Nelumbo nucifera</i> - Indian lotus), <i>Draksha</i> ( <i>Vitis vinifera</i> ), <i>Kasheru</i> ( <i>Scirpus grossus</i> - Scirpus), <i>Madhuka</i> , Sugar
29-32	Milk gruel with ghee, milk decoction prepared with <i>Kapitha</i> ( <i>Limonia acidissima</i> – Elephant apple), <i>Vilva</i> ( <i>Aegle marmelos</i> – Bael tree), <i>Brihati</i> , <i>Patola</i> ( <i>Trichosanthes dioica</i> – Sponge gourd), <i>Ikshu</i> ( <i>Saccharum officinarum</i> - Sugarcane), <i>Nidagdhika</i> ( <i>Solanum xanthocarpum</i> – Wild eggplant)
33-36	Milk decoction prepared with <i>Sariba</i> , <i>Anantha</i> , <i>Payasya</i> , <i>Madhuka</i>
37-40	Milk decoction prepared with <i>Payasya</i> , <i>Madhuka</i> , <i>Nagara</i> ( <i>Zingiber officinale</i> - Ginger), <i>Suradaru</i>

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