

SYSTEMATIC REVIEW ON RELATIONSHIP OF MONTHWISE DEVELOPMENT OF FETUS AND CLINICAL CHANGES OF PREGNANT WOMEN WITH RESPECT TO GARBHINI PARICHARYA

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Abstract - Ayurveda gives precise description of *Masanumaska Garbha Vriddhi* though there were no modern imaging techniques like ultrasonography, MRI etc. It's a true that modern medical methods for this purpose had been developed today using advanced technology and combinations. Data were collected from the main texts of Ayurveda literature, reliable journal articles, reports and websites. The main purpose of this was to explore the mutual relationship between the monthly growth of the fetus and the physical and mental changes occurring in the body of the pregnant woman. Data was analysed by scientific basis systematically. The Ayurveda suggest that the protest of the pregnancy period controlled by various approaches like; Dietary regimen related to *Garbhini Paricharya*, avoiding *Garbhopghatkarbhava* and *Tridosha* vitiating. The healthy progeny may also be achieved by obeying rules of Ayurveda. For achieving this one is special think know about *Garbha* and its *Masanumashika* development. *Masanumasikahara Paricharya* if properly followed will not only avoid the defects in the fetus but also help in normal delivery. So, an anatomically *Garbhaja Vikrti* are prevented by the proper knowledge of development stage with proper life style, diet as indicated in Ayurveda. The monthly development of the fetus analyzed through the literature investigation with a scientific basis, and the monthly physical and mental changes of the pregnancy were confirmed. There was a hormone based relationship between mother and child. There was a relationship between mother and child based on nutrition. There was a reciprocal relationship between mother and child that operates on moods/thoughts.

Keywords: Garbhini Paricharya; Masanumasika; Monthly growth; Garbha