



**Mother & Child care  
With Ayurveda  
Garbsanskar**

Miriam Elize Alberts

# **Mother & Child care With Ayurveda Garbsanskar**

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# Foreword by Dr. Amruta

Ayurveda is Science of life and explains the various ways of living healthy, happy, and long life.

Health is the most important requirement for living life with happiness and peace. Hence, Ayurveda has always given priority for maintaining health over treating diseases. Preventive health care is one of the unique gifts given by Ayurveda to humanity. The concept of preventive health care in Ayurveda includes, daily regimen, seasonal regimen and ethical regimen, but the most significant part of preventive health care is preconception and prenatal care. Different regimens explain various ways of maintaining physical and psychological health.

In ancient culture, a woman is considered as the center of society as she is responsible for creating the society. Ayurveda has a broad view behind structuring preconception and pregnancy care. Ayurveda says a healthy society starts with a healthy woman. Therefore, taking an appropriate care of woman during different phases of her life is ultimately going to result into formation of superior society, superior physically, psychologically, spiritually, and ethically. The book written by Miriam Alberts has open all this wisdom of Ayurveda for everyone. In current era, the interest in preventive health care is increasing across the globe. Moreover, this is the correct time to educate the society about different aspects of preventive health care especially woman's health care. Healthy woman is at the center of healthy family and eventually healthy society. Miriam explains step-by-step and phase by phase, detail management of different phases of woman's life. Simplicity of this book will help every reader to understand Ayurveda aspect of management, applications and their advantages of different phases of human life. This book includes detail management of different phases of life, starting from Preconception care for both partners, continuing with pregnancy care, delivery care, post pregnancy and breast-feeding care and even details of different rituals of early childhood. This book is well organized with simple way of explanation of ancient wisdom. In depth, explanation given by Miriam will be helpful for health care practitioner to help the community for achieving excellence in overall health of

society. I would like to congratulate Miriam for this spectacular work and wish her all the best! Very well done.

## About Dr. Amruta

Dr. Amruta Ketan Athale BAMS, MD (Ayurveda), R.M.A.S. (U.S.A), C.A.P (Canada) is a physician trained in Ayurveda and modern medicine in a 8.5 year program in India under the Maharashtra University of Health Sciences.

Being involved as Ayurveda Physician and Mentor, at the most reputable Ayurveda Hospitals, Clinics and Institutes for more than 17 years in India and Abroad taught her a practical approach for patients care.

She has traveled and lived extensively all over the world to offer consultations, develop and teach courses, deliver lectures, for health care professionals and individuals.

Currently she is practicing Ayurveda at her Ayurveda and Panchakarma center situated at Pune, Maharashtra, India. She is teaching Ayurveda to people from more than 30 countries. Many of her students are practicing Ayurveda all over the world.

<http://aryaayurvedaindia.org/>

# Foreword by Dr. Aiswarya

I feel immense pleasure to write the foreword to this excellent work on "Mother and Child Care with Ayurveda Garbsanskar" by Miriam Alberts.

Miriam is an Ayurvedic practitioner, teacher and founder of Ayurdaay Nilayam in the Netherlands. After years of learning, experience, hard work and dedication, she was able to understand the Ayurvedic system of medicine much deeper and I take this opportunity to appreciate her decision to share this valuable knowledge to millions of people through this book in a very simple manner.

Ayurveda, the science of life, lays great emphasis on preventive and curative aspects. It is more about how to live healthy and prevent illness. Even though it is one of the ancient Indian systems of medicine, it is now accepted and practiced throughout the world, which shows growth of Ayurveda. Now days, because of busy lifestyle more and more people are affected by health issues ranging from minor to major. This is much worse in the case of working women and mothers. They are having great responsibility with increased stress and anxiety. They can be successful only if they start practicing self-care. Because care for the family starts with self-care.

As you all know, motherhood is one of the most beautiful phase of a woman's life. It is the most precious gift of God. To be a successful mother is a dream of every woman. Therefore, this phase of life needs more care, attention and preparation as well. This book is regarding mother and childcare, which is one among the eight branches of Ayurveda. In this book, she has explained Ayurvedic view regarding mother and childcare in a simplified manner, which makes easy for common people to understand, as well as included information from classical texts, which are most useful for Ayurvedic students, practitioners and teachers. The basic principles in Ayurveda, female disorders, important medicinal herbs, the period from preparing for pregnancy till post partum care are very well explained. Month wise regimen to be followed during pregnancy to keep you physically and mentally healthy is very useful. She also included practical tips and home remedies which are very helpful. So those women who wish to be successful mothers should definitely read this book to understand and enjoy motherhood phase of their life with utmost pleasure and knowledge of Ayurveda.

After reading this book, we could realize that pregnancy not only mean giving birth to a baby but it aims to bring out a good healthy baby in all aspects. Through this book, Miriam takes the reader into a world which shows the importance of good health in bringing out a healthy offspring.

Apart from her career, Miriam is a successful mother, a guide as well as a good friend to her daughter. To my view, she is the epitome of elegance in bringing up her child as well as her career. Not many people could manage this work and life in such an ideal manner. So in my opinion, she is the most appropriate person to be the author of this excellent work on mother and child care. I have no words to praise her dedication, curiosity as well as eagerness to go deep into the ocean of Ayurveda. I really appreciate her keen nature of understanding even the minute things and the way of explaining and sharing all these grasped knowledge through this book. A good person with good mind and good intention will only have the willingness to share such learned information to others.

I would like to thank Miriam from the bottom of my heart for giving me an opportunity to write a few words on her precious work. I am sure, this beautifully crafted work will enrich the minds of all readers and the seeds of knowledge will be scattered all over the world through them. Let God Almighty shower his blessings upon her for more fruitful years in her life. Let this work bring a positive vibe in the minds of readers and hence bring up a tremendous victory in her career as an author.

Best wishes,

Dr. Aiswarya

# Introduction

'Care for mother & child with Ayurveda' is written for future parents and therapists, who want to guide couples in the process of preparing for pregnancy, during pregnancy itself and in the care of mother and child during and after childbirth.

In the last year of my Ayurvedic Studies, I had to write a thesis. I chose the subject "mother and child care". Through the years, I've become more and more aware of the fact that, the way in which we in the West experience pregnancy and the desire to have children is very different from that, which is described in the old classical texts. In the West, for example, it is not common for us to balance our own health before trying to get pregnant. Ayurveda writes that getting pregnant should be an extensive process and offers plenty of tips and advice to prepare in the best way possible. This is to ensure that we do not "just" get pregnant, but do everything possible, with our whole being, to bring a child into the world that is as happy and healthy as possible, with a long and healthy life span.

We all know that we pass on our genes, but we also pass on the quality of our body tissues. It is therefore important to ensure that both parents are as healthy as possible before attempting to have children.

Some parts of this book have been made accessible to everyone and other parts provide more medical information for professionals.

The book also contains chapters with tips and advice from the old texts that I left completely "as is". I have chosen not to adapt them to Western ideas so that the reader can choose for him or herself which practical tips are applicable to his or her situation.

We have chosen not to use diacritical (accent) marks in the transcription of Sanskrit.

The codes KL-XX refer to the Dravyaguna (herbs list) on page 122 and further.

Finally, I would like to thank my teachers and all the classical texts for their enormous source of knowledge. I hope that I have succeeded in converting difficult texts into understandable language so that the wonderful knowledge and wisdom of Ayurveda becomes accessible to all of us.