

DPU

डॉ. डी.वाय पाटील आयुर्वेद महाविद्यालय व संशोधन केंद्र,
पिंपरी, पुणे - १८.

स्त्री रोग प्रसूतितंत्र विभाग

‘प्रचिती गर्भसंस्कार कार्यशाळा’

‘प्रचिती गर्भसंस्कार कार्यशाळा’ दर आठवड्याला शनिवारी आयोजित करण्यात येते. यामध्ये गर्भिणी अवस्था, बाळाची वाढ, गर्भिणी अवस्थेतील आहार, घ्यावयाची काळजी यासंदर्भात मार्गदर्शन करण्यात येते. तसेच योगासने, प्राणायाम, ध्यान याचा सराव करून घेतला जातो. त्यामुळे प्रसव प्रक्रिया सुलभ होण्यास मदत होते तरी याचा सर्वांनी लाभ घ्यावा

स्त्री रोग विभाग प्रमुख
डॉ. जयश्री पाटील

संपर्क

स्त्री रोग प्रसूतितंत्र विभाग

डॉ. डी.वाय पाटील आयुर्वेद महाविद्यालय व संशोधन केंद्र,
तिसरा मजला, संत तुकाराम नगर, पिंपरी, पुणे - १८.

संपर्क

डॉ. जयश्री पाटील - ९९२१२४४६९०

We have heard of Abhimanyu in the intrauterine life when lord Shri Krishna was explaining the secrets of chakravyuha to Subhadra. Many other references in ayurvedic granthas point to the possibilities of learning in the womb itself.

Divine Garbhasanskar is the process in which physical, mental, emotional, and spiritual well being of mother and child is looked after.

So the Garbhasanskar Classes Consist of :

1. Informative audio visual Lectures about Pregnancy and its complications.
2. Yoga, Pranayam, Meditation..
3. Music
4. Ayurvedic Garbhini Paricharya
5. Reading of Books and Chanting Mantras.



Pranayam : The regular practice of deep inhale-exhale, Anulom-Vilom and Bhramari Pranayam increase oxygenation in pregnancy and also bring positivity energy in mother to fight with stress.

Yoga : If Mother has practiced asanas before pregnancy, she can easily practice them in pregnancy with some precautions. But she should do them with trained and experienced teacher. At our place the trainers themselves are ayurvedic postraduates (Gynac) who know the adverse effects of unnecessary movements.



Music : Music and sound affect all living beings, even plants are positively influenced by music long before hearing is developed in utero, the child is aware of energetic muscular vibrations as well as the mother's emotional and bio-chemical response to them. Through shared musical experiences the relationship between the mother and child is strengthened enormously.

Ayurvedic Garbinihi Paricharya : It includes both diet and behaviour of pregnant lady. Ayurveda advises palatable, liquid, sweet and appetizing diet. Milk, butter, Ghee, must be liberally used in her diet. 'Kashyapa' has advised the use of hot water, milk and meat. According to him milk increases weight of the body and also suppresses 'vata' in pregnant women. Charaka and Sushruta have also explained monthly dietary regime.

The behavior includes avoiding "Garbhopghatkar Bhav" explain in detail. Her clothes, ornaments and prayers are also narrated. Basti (Medicated Enema) and Pichu (Vaginal tampon) are specific modules of ayurveda which help to soothe the vayu and facilitate easy vaginal delivery.

Reading of Books and Chanting of Mantras : Instead of watching soapy T.V. Serials action, movies, bad news, she can spend her time well by reading some informative books about pregnancy or religious books like Ramayana or Biographies of great people like Shivaji Maharaj, Mahatma Gandhi, Rani Laxmibai etc. Mantra is useful to balance the mind, both parents can Chant it regularly in pregnancy period.

A gynecologist is a person who is companion of pregnant patient since conception up to delivery. The birth is a journey for three of them, the doctor, mother and baby. Therefore all should make it a special event, something to be always remembered & treasured a joyful occasion to welcome the new additional to the family.

CONTACT US

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Our Inspiration



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