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Ayurveda Insights on *Garbhopaghatakarabhava*: A Review of Feto-Fatal Factors

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Abstract

Introduction

Pregnancy, or *garbhini avastha*, represents a significant and auspicious phase in a woman's life, marked by the creation of new life essential for the continuation of both family and society. This period is crucial and demands careful attention, preventive measures, and precautions from both the expectant mother and her family. Mental peace is as vital as a nourishing diet and a safe lifestyle. A detailed description of factors, known as *garbhopaghatakar*, which can potentially harm the fetus, exists in Ayurvedic literature. These factors are primarily categorized as fetal and maternal, with further subdivisions into various secondary influences. A new term, "Feto-Fatal Factors of *garbhopaghatakar bhava*," is proposed to describe these influences in detail.

Materials & Methodology:

This study compiled literary references from Ayurvedic texts, including *Caraka Samhita*, *Sushrutasamhita*, *Ashtanga Hridaya*, *Kashyapa Samhita*, *Yogratnakar*, *Harita Samhita*, and *Bhava Prakasha*, along with previous research publications. Data collected was analyzed and synthesized to support the study's findings.

Results:

The study findings indicate that certain factors have the potential to cause fetal deformities, complications, or, in severe cases, fetal demise. These insights underscore the need for careful monitoring and management of both maternal and fetal factors during pregnancy.

Discussion and Conclusion:

The analysis highlights the critical role of identifying and managing *garbhopaghatakarabhava* to promote healthier pregnancy outcomes. The study suggests that integrating these Ayurvedic principles can contribute to a preventive approach in maternal healthcare, ultimately reducing the risk of fetal disorders.

Keywords: feto-fatal-factors, *upaghata*, *garbhavyapad*, *garbhini paricharya*

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