

A Literature Study of Ayurvedic Classics on Cultural Events Related to Childbirth

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Ayurveda means “The Science of Life” and it supports maintaining the protection of healthy individuals and curing unhealthy individuals. Ayurveda could play a significant role in prenatal (before birth) and postpartum (after birth) healthcare for pregnant mothers. Pregnancy and childbirth are considered as the most critical events in a woman's life cycle that regulate the stability and survival of human species in the world. Ayurveda considers childbirth to be a natural event. The objective of this study was to gather literature data on cultural events related to childbirth according to Ayurveda classics. The data is compiled through authentic Ayurveda texts, scientific journals, trusted websites following the PRISMA model. According to the literature analysis, Ayurvedic classical texts emphasize the *Garbha Samskara* (unique scientific way of planning the pregnancy) and *Garbhani Paricharya* (regimen for pregnant women according to each month). Especially when considering the childbirth Acharyas also mentioned the pregnant women enters the ninth month, she moves to *Sootikagara* (delivery room) which is specially prepared for delivery. Further, they described the *Mangalaacharana* (cultural ceremony for pay to God) and way of preparation for the delivery including both body and mind. This analysis will require creating successful awareness programs focused on maintaining the healthy pregnancy period and childbirth related to the traditional and Ayurveda systems.

Keywords: Childbirth, *Sootikagara*, *Garbhani*, Ayurveda, Pregnancy