Contents

Section 1: Physical Wellbeing

1. Anatomy **3**

The Female Genital Tract *3*
Vulva *4*
Vagina *4*
Cervix *5*
Uterus: Womb *5*
Fallopian Tubes *5*
Ovaries *6*
Normal Pelvis *6*
The Male Genital Tract *6*
Fertilization *8*
Embryogenesis *10*
Placenta *11*
Maternal Pelvis *13*
Fetal Head *14*

2. Physiology of Pregnancy **15**

General Considerations *15*
Nervous System *15*
Respiratory System *16*
Circulatory System *17*
Excretory System *18*
Skeletal System *18*
Endocrines *18*
Gastrointestinal Tract *20*

3. Preparation for Pregnancy **21**

Investigations *21*
Medicines *22*
Diet and Exercise *22*
Lifestyle Changes *22*
Financial and Economic *22*

4. Exercise **23**

Six Steps of Meditative Asanas: By Swami Veda Bharati *24*

5. Nutrition and Supplements in Pregnancy 28

Folic Acid *28*
Omega 3 *30*
Calcium in Pregnancy *33*
Foods to be Avoided in Pregnancy *33*
Food Acquired Infections *34*
Five Food Groups *35*
Daily Menu *35*

6. Investigations in Pregnancy 39

Ultrasound in Pregnancy *39*
Other Investigations and the Timing of These Tests *41*

7. Common Symptoms and Questions Answered 44

Common Symptoms *44*
Consanguineous Marriage *47*
Assisted Reproductive Techniques *48*
Travel in Pregnancy *49*
Fetal Movements *50*
Why Weight Matters in Pregnancy? *50*
Contraception *51*
Cord Blood Cell Banking *52*

8. Common Medical Disorders in Pregnancy 53

Pregnancy Induced Hypertension (High Blood Pressure) *53*
Obesity *54*
Gestational Diabetes Mellitus *55*
Preterm Delivery *56*
Other Conditions *56*

9. Labor 57

Starting of Labor *57*
Stages of Labor *59*
Entonox *64*

10. Breastfeeding 69

Difficulties in Breastfeeding *71*

11. The Newborn 73

Common Problems *75*

12. Miscarriage 77

Abortion is Classified into Various Types *77*

Section 2: Psychological Wellbeing

13. The Sensitive Unborn 83

Garbhopanishad 83
Puranas 84
Prahlada 85
Abhimanyu 86
Parikshit 86
Himba Tribe of Africa 86
Scientific Evidence 87
Epigenetic Inheritance 89

14. Jivan Samskaras 93

15. Pranayama 99

Basic Functions of the Respiratory System 101
Breathing Practices 103

16. Concept of *Om* Childbirth 107

17. Meditation 109

Meditation will Lead to Health in all its Aspects 109

18. Ideal Daily Schedule for Mother 114

Prescribed Daily Prayers and Chanting for Whole Family 116
Commonly Asked Questions 118

Section 3: Spiritual Wellbeing

19. What We Are and Why We Are Here 121

20. Scientists Speak to the Sages 126

21. Spiritual Wellbeing of the Child 131

22. Prayer and Chanting 136

Gayatri Mantra 136
Other *Mantras* 138
Prayers 139

23. The Himalayan Tradition 140

Principal Tenets and Practices 141

Section 4: Personal Experiences

24. Experiences of New Mothers **145**

Mother 1 *145*
Mother 2 *148*
Mother 3 *150*
Mother 4 *151*
Mother 5 *152*
Mother 6 *153*
Mother 7 *154*
Mother 8 *155*
Mother 9 *157*
Mother 10 *159*
Mother 11 *160*
Mother 12 *163*
Mother 13 *164*

Appendix 165

Joints and Glands Exercise *165*
Posture *165*
Short Meditation *166*
Pranayama *184*

Bibliography 187

Index 191