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### Holistic approach of garbhsanskar through alternative and complementary medicine during pregnancy and its effect

Tejalbaben Girjashanker Joshi

Indian Board of Alternative Medicine, India

**Aim:** To determine the effect of holistic approach for garbhsanskar through alternative and complementary medicine during pregnancy for pregnancy induced hypertension, gestational diabetes mellitus, thyroid disorder, stress and energy level on to be mother and also effect on fetal development.

**Method:** it is a non-randomized, controlled, pilot, open label study. Total 204 pregnant patients were involved. Study conducted for 12 Weeks during pregnancy

**Intervention:** Customized Milos made approach for each patients using complementary and alternative medicine with Holistic Approach

**Result:** Total 52 patients were treated for PIH, and 51 patients achieved normal Blood pressure. 102 patients were treated for *hyperthyroidism* during pregnancy and 89 patients achieved baby's birth weight near to normal. 46 patients were treated for stress and out of it all 46 achieved their normal quality of life during pregnancy and delivered healthy baby at birth. 1 pregnant patient was treated for Fibroid during pregnancy and she has delivered 2.9kg baby. 3 patients were treated for amniotic fluid reduction. And all three achieved normal or near to normal fluid after giving the treatment.

**Conclusion:** Holistic approach of garbhsanskar through alternative and complementary medicine during pregnancy gives better holistic health for baby and the mother.

#### Biography

Tejalbaben Girjashanker Joshi has completed her MDAM from Indian Board of Alternative Medicine and pursuing her Postdoctoral studies from Trinity World University, UK. She is the Director of Shree Garbhsanskar Centre, India. She is a Visiting Consultant at Spandan Hospital Anand and Aakanksha Hospital and Research Institute Anand as Garbhsanskar Specialist. She is the author of a book: *Pre-Conceptional Garbhsanskar*.

drtejalgjoshi@gmail.com

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