



E-ISSN: 2321-2187

P-ISSN: 2394-0514

www.florajournal.com

IJHM 2023; 11(3): 34-37

Received: 25-02-2023

Accepted: 30-03-2023

Utkarsha Nikam

Department of Streeroga and
Prasutitantra, CSMSS Ayurved
College Sambhajinagar,
Maharashtra, India

Sandhya Yennawar

Department of Streeroga and
Prasutitantra, CSMSS Ayurved
College Sambhajinagar,
Maharashtra, India

Jayashri Deshmukh

Department of Streeroga and
Prasutitantra, CSMSS Ayurved
College Sambhajinagar,
Maharashtra, India

Importance of *Garbhasanskar*: A review

Utkarsha Nikam, Sandhya Yennawar and Jayashri Deshmukh

DOI: <https://doi.org/10.22271/flora.2023.v11.i3a.867>

Abstract

A good nutritional status maintained by the mother during pregnancy help to grow strong, healthy placenta, which determines the birth weight and future health of baby in adult life. Similarly positive emotions like love, joy, gratitude and healthy thought by parent brings the growth of the unborn child in the womb of the mother. Whereas negative thoughts, depression and stress injures the unborn child. Hence the concept of Sanskar (good thought) imparted right from prenatal stage i.e. when the child is in the womb of mother is important. It has been documented that the activity of the mother during pregnancy in the form of prayer (good rational thoughts), Manshakti (positive emotion), conversation with foetus (talk) or expressing feeling (touch) is not only recognized by unborn baby but it has positive effects on physical and mental health. Thus, such mental and physical activity performed by parents with the intension of creating a positive environment and obtaining a growth of the baby is called Garbhasanskar so in this article we describe importance of Garbhasanskar.

Keywords: Garbhasanskar, Striroga Prasutitantra, foetus

1. Introduction

The meaning of garbhasanskar is educating the foetus in the womb. In Indian culture and especially in Hinduism it is believed that education of material, traditional and spiritual values starts right from the time the foetus is formed in the womb. Science has proved that baby in the womb can learn from initial stages. Mother's bond with the child starts right from the time of conception. It is not after the child is born. The baby listens to the mother and feels her feelings even when it is developing in the womb. This is why it is important to transfer positive thoughts, positive energies and the emotions to the baby (and to the pregnant woman herself). The mother can shape up baby's first impressions by listening to good music, reading material that stimulates positive thinking, meditating, doing yoga and much more [1].

In the fetus, the cell nurtured by the nutrients received from the mother, continue to multiply. They take various shapes and pattern and start playing their own special roles, some become the skin, some become the digestive organs, and some form the muscles, some turn into bones and connective tissues. This amazing process of growth and multifaceted development climaxes into a miniature human being i.e., the body is ready for its journey into the world outside its mother's womb. However, the Nervous system takes a few months more for its further maturation after this birth. This in brief is the story of how a human being develops from conception to delivery. This admirable process takes place naturally in perfect ease and comfort provided the mother is in perfect health. Unfortunately, several misgivings and misconceptions are prevalent about natural process of childbearing and as a result, what should normally be a happy and pleasurable experience to the mother is regarded as an ordeal. Child birth is regarded as a "curse of Eve". It is considered as a necessary evil. Due to this wrong notion a fear tension pain syndrome obstructs the mind of the expectant mother and this affects the natural process of delivery. All-natural functions are enjoyable and pleasurable if in their fulfillment, nature is given full and free scope. It is unfortunate that even educated women harbor these misgivings and instances are not rare [2].

2. Review of Literature

2.1 Garbha sanskar: In Ayurveda, the word sanskar is used in a wide sense of education, training, cultivation, polishing, refinement, a purificatory ceremony to change the qualities.

There are 3 stages of Garbha sanskar

1. Sanskar before conception.
2. Sanskar of conception
3. Sanskar after conception.

Corresponding Author:**Utkarsha Nikam**

Department of Streeroga and
Prasutitantra, CSMSS Ayurved
College Sambhajinagar,
Maharashtra, India

2.2 Garbhadhan sanskar

A normal reproductive tract, balanced hormonal status, mental health, healthy gametes and right age are required for conception. Age for marriage and conception Marriageable age for male is 21 years and that for the female is 12 years. The husband and wife should be 'Atulyagotriya' which means they should not belong to the same genetic-tree. Age of conception is mentioned as 25 years for male and 16 years for female. Essential factors for conception-Four factors are mentioned in Ayurveda, which are Ritu (ovulation), kshetra (uterus/reproductive system), Ambu (nourishing substances) and Beej (sperm and ovum). The proper development and functioning of these factors is necessary for Supraja nirman. 'Saumanasya agra Garbhadharanam' is mentioned by Acharya Charak, which means a happy mood and good psychological status is agra (best) for conception [3].

2.3 Punsavana sanskar

It is a type of Ayurvedic genetic engineering to ensure birth of a healthy child. It mainly aims to achieve conception and to stabilize pregnancy. This is also called 'Garbharakshana sanskar' [4].

2.4 Simantonnayan sanskar

In this sanskar, a ritual is performed in 'fourth month of pregnancy' for purification of atmosphere, for the peace of mother and fetus. During this period of pregnancy, the woman undergoes certain hormonal changes which causes emotional imbalance. To overcome this the ritual is performed to increase her power of moral understanding and ensure birth of healthy child.

Excluding these 3 sanskars, all others are performed after birth of child.

2.5 Sanskar of conception

On the fourth day of menstruation, both the partners should wear white clothes and garland after taking bath. They should copulate on even days for birth of male child and on odd days for a female child. They should go to the bed – male by right leg and female by left leg while chanting the Mantra – 'Ahirasi Ayurasi' and should start copulation in a pleasant mood [5].

2.6 Sanskar after conception

These include the paricharyas of Ahar, Vihar and Sdavritta to be followed by the garbhini. Literature Related to Garbha Sanskar on Antenatal Mother The Sanskrit term Garbha refer fetus in the womb and Sanskar refer educating the mind. So Garbha sanskar basically refer develop the brain of the fetus. Traditionally ethnicity, it is assumed that value-based parenting start when the child is conceived relatively after the child is born that is why elders in the family speak about the significance of positive thoughts and feeling during pregnancy. Special techniques such as optimistic thinking, visualizing, music, relaxation, tender massage of the belly are used to create this communication and it is used to form baby. Easy meaning of sanskar is "Sanskaro hi gunanttaradhanam" [6] means to substitute bad traits by superior ones. Basically, we can condition as creation changes. We can recognize the thought by simple example when we put in little amount of curd in milk, milk loses its character (Prakriti) and is changed to curd which is an abnormal form (Vikriti) but additional when we mix together this curd it additional changes properties to form butter and buttermilk which are still unsteady. After heating the butter, we get a final steady

derivative i.e. ghee, which has good character enhancing with moment from this we can point up that substitution of feature depends on the kind of Sanskar restoration. Garbha means the 26 internal parts here the fetus which is growing in mother's womb. Jointly Garbha+Sanskar mean reforming, polishing and ultimate, molding and cultivating the unborn [7]. Vinayak Damodar Sawarkar great Indian Freedom fighter's mother used to read the brave stories from the Ramayana and Mahabharata so this shows that sanskar during pregnancy affect newborn. Ayurveda illustrate the theory of "Suprajajanan" or eu-maternity. This "Suprajajanan" [8] refers as conceive in Ayurveda; include the training of the couple for preparation of pregnancy, three months before to conception. Pregnancy should not be by chance, it should be by choice. The commencement is by pindashuddhi or the cleansing of the gametes (sperm and ovum). If the couple is not in a condition of mental steadiness and peace even if they are actually fit they cannot give birth to a healthy child. This mental peace and steadiness Sathwaguna of mind is directly associated to one's food habits and numerous other factors [9]. It is these nine months crucial stage when utmost efforts are to be taken for improvement of the progeny's. Today science has shown the evidence that the unborn cannot only pay attention, experience but reply by its own way. Garbha Sanskar is the way of particular efforts taken to encourage baby's senses tenderly for the utmost development of its physical and intellectual capacity [10].

3 Discussions

3.1 Masanumasik Pathya Ahara (Monthly dietary regimen) during pregnancy

Ayurveda advised that Garbhini (pregnant lady) should take sweet, liquid, nutritive diet with good quantity of milk, freshly cooked rice, meat or meat-soup, butter extracted from milk, milk cooked with Madhura group of drugs and other congenial diet. Fetus derives its nutrition from mother, what so-ever she takes the rasa derived is divided in three parts i.e. for the nourishment of the mother, for nourishment of fetus and for development of breasts / formation of breast milk [11]. The requirement of mother nutrition varies according to development of fetus and changes month wise.

3.2 List of Garbh Sanskar activities for pregnant women

According to Ayurved, Garbh Sanskar is one of the best ways to give birth to a healthy baby. It's all about the mother maintaining a sound state of mind, not only mentally, but physically, emotionally and spiritually as well. Ayurvedic garbh sanskar suggests certain guidelines to keep in mind for the pregnant mother. These include:

3.3 Healthy eating habits

The dietary regime is an essential aspect of pregnancy, as the growth of foetus depends upon the health and nutrition of the mother. According to ayurved the ahara- rasa, which is nutrition or energy obtained from the mother's diet, helps in nourishment of the mother herself, the growth of baby and preparation for formation of breast milk. A balanced diet full of vitamins and minerals is recommended to this end. The Garbh sanskar foods in pregnancy should have a balanced amount of calcium, folic acid and iron. Garbh sanskar food in pregnancy includes sattvik food which refers to freshly prepared nutrient- rich food that includes all five tastes, namely, sweet, salty, pungent, bitter and sour.

3.4 Positive thinking

pregnancy can make you moody and irritable. Garbh sanskar helps you manage your emotion which is good, both for the mother and the baby. You could cultivate a hobby or just do things that make you happy.

3.5 Practicing yoga or some form of light exercise

Garbh sanskar recommends that pregnant women take up some light form of exercise or yoga for the physical well-being of both the mother and the child. Here are the benefits of exercise: Pranayama breathing exercises help to calm and relax the body while preparing you for breath- control during child birth. Light exercise increase flexibility, improves blood circulation and reduces backaches during pregnancy. Specific Garbh sanskar yoga asanas boost the mother's chances of having a full term normal delivery with minimal labor pain.

3.6 Meditation

Meditation is an important aspect of Garbh sanskar and is beneficial for the body as it de- stresses the mind. It involves getting into 'zero state of mind', which can help bring peace and tranquility, and enhance concentration. Visualizing good things about the baby while you meditate is also a great way to bond and think positively, which can help both you and baby.

3.7 Prayer

Praying is an important part of Garbh sanskar, and is believed to be good for spiritual development of the baby. Ancient scriptures contain mantras and shlokas which are beneficial for unborn babies. The prayers that are chanted bless the baby with good health and moral values and are an essential part of spiritual beliefs.

3.8 Listening to music which brings peace to mind

Garbh sanskar states that a baby can respond to music while in mother's womb. In fact, ancient literature says that a baby starts hearing and responding to its surroundings from fourth month of pregnancy. This is why the mother should listen to melodious music which calms her. Soft and spiritual songs or mantras and shlokas are said to be beneficial for both the mother and the child.

3.9 Reading calming or spiritual books

Garbh sanskar recommends reading spiritual books, which brings about a feeling of contentment and satisfaction. In fact, garbh sanskar also stresses on the fact that reading educational books shapes the personality of the child in the womb. It is believed that reading when pregnant can help pass on the wisdom to the unborn child. Books with moral values or mythological stories are recommended, but you can always choose another book you enjoy reading.

3.10 Benefits of garbh sanskar during pregnancy

It is up to the mother to shape up the first impressions of the baby. Positive thinking and a positive attitude can go a long way in ensuring the mental and physical well- being of the mother, which is linked to well- being of the baby inside her womb as well. Garbh sanskar helps develop that eternal bond between the mother and her unborn child. While experts encourage practicing garbh sanskar for the well-being of the mother, there are also long- term benefits for the baby that might not immediately be recognized. Communication with the baby is 'garbh sanwaad' that contributes to the mental growth of the baby and helps to build a strong bond with the

mother. Listening to music and reading to the unborn child can later help make your baby a sound sleeper or induce better sleeping habits. Your baby might become more alert, aware and confident. The baby might also respond to stimulus better and be more active and content. The mother- baby bonding also benefits as your baby might even begin breastfeeding in better way.

3.11 How garbh sanskar music helps your child

Since it is believed that a foetus can respond to external stimuli, especially from the seventh month onwards, the therapeutic effect of music can play an essential role according to garbh sanskar. The nearest sound for the baby is the mother's heartbeat, and that is why it is believed that crying baby can be soothed by holding him or her close to the chest. As the child hears something familiar, it can bring about a sense of calmness. The same logic applies to music, and much like the rhythm of a beating heart, the rhythm of music has a calming effect on a baby too. Garbh sanskar believes that the sound of the veena, a string instrument, and the flute, have sounds which can soothe the mind and the soul.

Garbh sanskar finds its roots in ancient practices. It focuses on the well- being of the mother and the healthy development of the child. But more than this, garbh sanskar focuses on fostering an everlasting bond between the mother and the child. A healthy diet, positive thoughts, regular exercise and a loving bond, are the components of garbh sanskar. Practice the simple tenets of garbh sanskar and experience the peace they offer.

4. Conclusion

Recent observation is that the stress hormone 'cortisol' can cross the placental barrier when a pregnant woman is under a high degree of stress and dietary protein is low. High cortisol levels can effect fetal brain development, specifically memory. The objectives of Garbha Sanskar technique is to create a healthy, good looking, brilliant, cultured, peace loving and free from hereditary disorders progeny for the future. In this study objective of garbha sanskar is to reduce stress and improve coping and wellbeing of antenatal mother. Since ancient times it has been known that the child in the womb adopts impressions from its surroundings and the behavior of its mother and also starts learning things. This fact has now been confirmed by modern science.

5. References

1. <http://sohamayurveda.com/garbhsanskar.html>
2. Jyotsna Singh, Garbhsanskar Mental and Intellectual Development of Unborn Child, Madhav University, India.
3. Brahmananda Tripathi, Caraksamhita, Chaukhamba surbharti prakashan, Vol. 1, Shareersthana.
4. https://wjpr.s3.ap-south-1.amazonaws.com/article_issue/1614935510.pdf
5. Tewari PV. Ayurveda Prasutitantra Evam Streeroga – Prasuti Tantra, Part 1, Chaukhamba Orientalia, Varanasi; c2011, 227.
6. Trapti Agarwal, *et al.* Garbha sanskar – A boon to get supraj. The pharma innovation journal. 2018;7(6):454-456.
7. Vaidya Jadavaji Trikamji Acharya, Narayana Ram Acharya. Sushruta, Sushruta Samhita, Sharirasthana, 5/3, reprint edition, Chaukhamba Surbharati Prakashana, Varanasi; c2012, 363.

8. Vaidya Jadavaji Trikamji Acharya & Narayana Ram Acharya, Agnivesha, Charaka & Dridhabala, Charaka Samhita, Sharirasthana, 3/3 Chaukhamba Surbharati Prakashana, Varanasi; c2011. p. 308.
9. Shrimad Bhagvad Geeta. Gorakhpur: Geeta press; 33rd ed. Adhyaya 6/41; c2011. p. 116.
10. Premavati Tiwari. Ayurvediya Prasutitantra & Striroga, Part 1, second edition, reprint; c2011.
11. Bhisgacharya Kashyapa Samhita, Sharir sthana, 5/14, vidyotini hindi commentary, SS. Varanasi: Chaukhambha Sansthan; c2004.