

## Garbhasanskar – Need of the Era

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### Abstract

*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. The positive thinking and attitude promotes physical wellbeing of the mother and the baby throughout the pregnancy and after. The advantages of garbhsanskar are not only that you educate your child but there is development of a bond between the mother and the child.*

**Keywords:** Garbhasanskar, Pregnancy, Suprajanan, Foetus, Conception

### Introduction

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. A Garbhasanskar is an intentional activity which helps to develop an intuitive connection with the unborn baby. It increases communication and bonding with baby, it can transmit positive thought, love and emotions to

the foetus, so as to increase the likelihood of calm, happier and healthier baby. Thus Garbhasanskar is a scientific way of educating baby in the womb by educating mother to involve her positive emotions and share with baby during pregnancy.

Awareness to the sensation, mothers imbibe through her five senses, can provide a positive environment for a child to thrive.

### Prerequisites to plan Pregnancy (Suprajajanan)

Preparing the body well in advance before conceiving will help greatly in having a healthy pregnancy. Even partner's health is important for conception to occur as healthy sperms are required for getting pregnant. Given here are some tips for initiating a healthy pregnancy. A healthy pregnancy will lead to a healthy childbirth.

Ancient Indian medicine has recognized the need for the mental, spiritual and physical preparation of the mother-to-be for the momentous event of childbirth. Ayurveda describes this theory as "Suprajajanan" or eu-maternity. This "Suprajajanan", as conceptualised in Ayurveda, involves the preparation of the couple planning pregnancy & dehashudhi three months prior to conception.

### Preconceptional Preparations

The beginning is by beejashuddhi or the purification of the gametes (sperm and ovum).

If the couple is not in a state of mental stability and calmness, even if they are physically fit, they cannot give birth to a healthy child. This mental calmness and stability ("SathwaGuna") of mind is closely related to one's food habits and many other factors. Abstinence from spicy foods and addictive substances is advised.

### **Garbhasanskar significant Age-old reference ( About Abhimanyu in Mahabharata )**

One of the most famous and well-known tales is that of Abhimanyu from the Mahabharata. When Arjuna's wife was pregnant with their son Abhimanyu, he told her about how to penetrate the Chakravyuh, a particular war formation. He could only learn to decode and enter the trap because by that time her mother felt asleep. This was one of the reasons why he was killed because he did not know how to come out of the trap.

### **Diet During Pregnancy**

- Pregnancy is a long period and includes many abnormal feelings and atypical taste developments also. But at the same time it is very important for the would-be mother to give the child developing in her womb a balanced diet on regular basis. Pregnancy diet is a diet that is specially planned keeping in mind the well-being of the mother and the child. Everything has to be balanced and you also have to check out things at times.
- Food items that are rich in vitamins and minerals are essential for the pregnant woman. There is requirement of higher dose of certain vitamins and minerals. If this is not covered through pregnancy diet, they are prescribed dietary supplements. However, increase in servings of fruits and vegetables daily help pregnant women keep fit and it also protects the child from certain typical birth defects also.
- Two to three servings of dairy products is essential for a pregnant woman daily. This can include milk, yogurt, cheese and eggs as well. Milk and eggs are low-cost supplies of calcium and protein. For vegetarians, soy protein, nuts and beans can be good substitute.
- Three servings of cereals, whole wheat grains and other high complex carbohydrates are essential for pregnant women.

- Water is also an essential part that must be paid attention to. A pregnant woman must have at least 6 to 8 glasses of water daily, just make sure that the water is filtered and clean.

### **Essential Dietary Supplements in Pregnancy**

- Studies have shown that lack of folic acid in the first trimester can increase the risk of spinal tube defects and lip and palate deformities in the baby. Vitamins, iron and calcium are essential in your diet. Most doctors also recommend daily supplements of folic acid and vitamin B12 starting from the first month, and iron and calcium after the first trimester.

### **Sound Sleep in Pregnancy**

- The mom to be will often feel tired and exhausted during pregnancy. Allow her to take rest whenever she feels like. You can do your bit by playing her favorite music as she prepares for sleep, or making the bed or providing breakfast in bed, whichever way makes her feel happy.

### **Food to skip during Pregnancy**

- Abstain from eating left over, deep frozen or frozen food.
- Other foods to be avoided during pregnancy include cold drinks, chicken, mutton, cigarettes, alcohol, tobacco, Pan-Masala and betel nut.
- Tea and coffee must be consumed in moderate quantities only.
- Although not proven research studies have indicated that including large quantities of nutmeg in the diet may be detrimental to the well-being of a pregnant woman.

### **Bless the feeling of Motherhood**

- This is a very simple but a great way to make your woman feel great, wanted and loved. Pregnancy is a wonderful experience and you must not let the opportunity pass without feeling it deeply. Place your hand right at the places that the mom directs and "feel" the baby moving inside her belly. In this way you can enjoy the beautiful phase of your woman's pregnancy and there will be lots of memories which you can bundle-up for the rest of your life.
- Allow time - say about three to six months to get into shape, start good habits and get rid of any bad ones. Your partner's health in the couple of months before you conceive

is particularly important because it takes 70 days for sperm to develop.

**Month-wise Pregnancy Diet and Medicine**

- It advises mother-to be, to take certain herbs to be taken during each month of pregnancy. Milk decoction is one among them and it has to be drunk every day before going to bed. It is prepared by mixing 15gms of the monthly advised herb/200mls milk/800mls water then boil it and reducing it to 1/4th the quantity.
- First month- 8 flg leaf buds boiled in milk and then strained for three consecutive days. For the rest of the month the milk decoction with Bala (*Sidarhombifolia*). Guarantees a healthy child.
- Second month- Milk decoction with the herb Lakshmana (*Ipomeoasepiaria*). Provides energy.
- Third month- Milk decoction is with *Solanum melenginum* (Bruhati)
- Fourth month- Milk decoction with *Desmodium gangeticum* (Shaliparni). Prevents intrauterine growth retardation
- Fifth month- Milk decoction with Amrita (*Tinosporacordifolia*)
- Sixth month- Milk decoction is with *Solanum xanthocarpum* (Kantakari). If there is water retention problem then *Tribulus Terrestris* may be given.
- Seventh month - Milk decoction along with *Hordeum vulgare* (yava). Sukhprasava Ghee is given to pave a way for an easy delivery.
- Eighth month- *Maerua oblongifolia* and milk is given. Dhanwantaram 101 or Ksheerabala 101 is taken. Lubricates the reproductive channels in preparation for childbirth.
- Ninth month - Milk decoction with *Asparagus racemosus* (Shatavari) during this month.
- During pregnancy, women may undergo cramps, sleeplessness for which medicated oils like Dhanwantharam, Sahacharadi, Pinda tail are used. This ensures peripheral circulation too.
- To have a normal delivery medicated ghee like sukhaprasootherita is given.

**Meditation in Pregnancy**

- Breathing techniques and meditation also helps in developing positive thoughts and will make you feel well from within.
- If you want to get the best out of *Garbhsanskar*, you must be very careful with your lifestyle during pregnancy. Avoid watching horror movies and also avoid very spicy or fermented food items during this period for better physical, emotional and spiritual health of the baby.

**Yoga in Pregnancy**

- Padmasana

- **Butterfly Pose or Titali Asana**- This asana opens up your hips and inner thighs, and removes tension from the inner thigh area. In addition, it stretches your knees and groin area. It is one of the most beneficial pregnancy poses and if done consistently right from the first trimester, it will almost certainly ease childbirth to a great extent
- **Squats or Utthanasana**- This is similar to the position adopted by housecleaners when they sweep the floor, which is why sweeping floors is actually excellent exercise.
- **Cat Stretch Pose or Marjari Aasana**- This Aasana strengthens your neck, shoulders and spine, which is why it is also very good for the posture. In addition, it tones up the entire reproductive system, and is very beneficial for women before, during and after pregnancy.

**The benefits of Yoga Asanas**

- Relieves fluid retention which can be common in the last months.
- Influences the position of the baby and turning it in advance if need.
- Strengthening and massaging the abdomen helps stimulating bowel action and appetite.
- Raises the level of energy and helps in slowing down the metabolism to restore focus.
- Helps in reducing morning sickness, nausea and mood swings.
- Relieves tension around cervix and birth canal.
- Focuses on opening the pelvis to make labor easier and quicker.
- It helps in post natal care - it restores the uterus, abdomen and pelvic floor
- Also it relieves upper back tension and breast discomfort after delivery.
- It restores body shape after childbirth.

**Music in Pregnancy**

- Research suggests that you don't have to listen to very slow music. Pop music too can help calm your baby, as your baby will find it easier to identify beats, and rhythmic sounds work well with babies. However, also remember that a baby's breathing pattern changes according to beats, and listening to pounding music with rapid beats for an extended period may stress out your baby.

**Garbhsanskar Mantropachara**

- The ancient scriptures and Ayurveda prescribe music and mantras to be listened to during pregnancy. The sound of the veena (Indian string instrument which is held by the Goddess Saraswati) and the Samaveda mantras also give

health to the pregnant woman and the child within. It is possible to give energy for the development of the body, mind and soul of the child in the womb by listening to special music. The important qualities of leadership, bravery, creativity and love for all can be cultured in the child by listening to specific composition.

### **Inter-Communication with the Foetus in the Womb**

- Although it may sound strange and weird, your bond with your child starts right from the time you conceive. It is not that when the child is born you know him. The baby listens to you and feels your feelings even when it is developing in your womb. You can shape up your baby's first impressions by listening to good music, visualizing, massaging gently meditating and of course, with the help of positive thinking

### **Conclusion**

Garbhsanskar is an opportunity to impart spiritual thoughts in the baby right from the time of conception. In this view, the garbhsanskar should be directed towards raising the sattva guna (or good qualities and positive thinking in the material sense) to achieve the ultimate goal. In simple words garbhsanskar should be used to impart the seed of future spiritual knowledge and interests in the baby.

Most of the people want the baby to be intelligent and materialistically prosperous etc...In that case the mother can do the things that can help improve the qualities like positive thinking, inspiration and more...but in my personal view material things are ultimately immaterial (matter very little in the long run)...so my view is more on the religious lines towards every individual facing the God in the long run.

Also, while doing these efforts we need to be within practical limits and not do excess of one type of thought...because excess of anything can be ultimately harmful...and many times can not change the course of life (in fact it can create imbalances). Ultimate success comes when all such small actions come together and lead an individual to the higher goal in the life - highest level of sattva guna.

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