



# Need for the Implementation of Garbh Sanskar Scheme in India: An Overview

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## Abstract

Government of India adopted the Reproductive, Maternal, New-born, Child and Adolescent Health (RMNCH+A) framework in 2013, It essentially aims to address the major causes of mortality and morbidity among women and children. This framework also helps to understand the; delays in accessing and utilizing health care services.

Janani Shishu Suraksha Karyakram (JSSK) implemented with the objective of reducing maternal and neonatal mortality by promoting institutional delivery among poor pregnant women.

Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) entitles all pregnant women delivering in public health institutions to absolutely free and no expense delivery including Caesarean section

LaQshya Labour room Quality improvement Initiative.

Garbh Sanskar 'scheme/Policy should be adapted at National Level. Garbh Sanskar Therapy 'which will help in the development of the baby's brain and also strengthen the bond between the mother and child'.

The beginning has been made in BHU, Varanasi, where the pregnant women would be exposed to the 'Garbh Sanskar Therapy 'in the Ayurvedic department of the state-run hospital.

**Keywords:** Garbha, Sanskar, Policy, Mother-Child Healthcare, Therapy,

## I. INTRODUCTION

Garbh Sanskar is one of the 16 sanskars prescribed for human beings.

Garbh means womb and sanskar means teaching good things or instilling good values. So Garbh Sanskar means aligning an unborn child towards a good mindset.

This is very important. It is highly beneficial for physical development, for the development of the brain of the fetus. If Garbh Sanskar is described in fewer words, then it means educating the child from the time of conception.

With the birth of 25 million children each year India accounts for nearly one fifth of the world's annual child births. Nearly 46 per cent of all maternal deaths and 40 per cent of neonatal deaths happen during labour or the first 24 hours after birth. Pre-maturity (35 per cent), neonatal infections (33 per cent), birth asphyxia (20 per cent) and congenital malformations (9 per cent) are among the major causes of new-born deaths.

# Ayurvedic Garbha Sanskar: The Art and Science of Pregnancy

Garbhasanskar is a scientific fact as mentioned in Ayurveda to get the “Shreyasipraja”. Sanskar is a process of increasing the potential. Garbhasanskar includes pre-conceptional care, care during pregnancy and post-delivery (balsanskar). In today’s fast paced life, it is need of every expectant mother for trouble free and disease free pregnancy and to experience the joy of nine month journey and to make it memorable. The activity of expectant mother during pregnancy in the form of taking Ayurveda regimen diet, chanting, baby talk, expressing feeling(touch), meditation etc. Garbhasanskar is building the physical, mental & social character of child during pregnancy.

## Type of Activities for Garbha Sanskara

GarbhaSamwad (Baby talk)

Breathing exercise with Omkar

Reading good books

Keep yourself engaged in positive talks

Jyotidhyana

Painting

Singing

Listening songs

Gardening

Knitting

Yoga and Pranayam.

Uttar Pradesh Government has decided to adopt ‘Garbh Sanskar’ scheme under which pregnant women will be given therapy.



The beginning has been made in BHU, Varanasi, where the pregnant women would be exposed to the ‘Garbh Sanskar Therapy’ in the Ayurvedic department of the state-run hospital.

Under this ‘unique therapy’, pregnant women will be given music therapy, Veda therapy, meditation therapy, and worship therapy so that the baby can be nurtured in the womb.

This activity of ‘Garbh Sanskar’, in Ayurveda, has been performed since long but modern hospitals have discontinued this practice. But now we have started this initiative of ‘Garbh Sanskar Therapy’ which will help in the development of the baby’s brain and also strengthen the bond between the mother and child”.

According to science, it is believed that babies’ mental and behavioural development starts right from the time a mother gets pregnant.

The Ayurvedic practice 'Garbh Sanskar' claims to provide proper nourishment during pregnancy so that healthy mental growth could be provided to the unborn child.

Under this scheme, the pregnant women are being asked to listen to sacred music, read Vedas and perform activities. "We also advise them to eat nutrient-rich food and stay fit so that the baby is delivered healthy,"

Women have the power of designing the human mind in the womb itself. The only time a human's DNA can be changed is in the womb and mothers play the all-important role.

There is scientific evidence that proves that a baby in the womb can respond to external stimuli that impinge on mum-to-be. If she is not happy or is struggling with stress or fear during pregnancy, it creates negative pressure on the baby's nervous system.

### Interventions under Child Health

Based on the identified causes of mortality, five major strategic areas have been identified to improve child health outcomes. These are:

- 1.Newborn Health
2. Nutrition related
3. Interventions to address Interventions interventions pneumonia and diarrhoea.
4. Interventions to address birth defects, disabilities, delays and deficiencies.
5. Immunization activities

Garbha Sanskar Therapy can be included prior to birth itself.

Healthy eating can help mums-to-be feel good and also gives essential nutrients to the baby in the womb for growth.

In same manner Healthy thoughts during pregnancy helps mums-to-be feel good.

Garbh sanskar were beneficial in increasing the pain threshold of the patient in labour.

It increases the oxygen saturation of the mother and fetus.

It causes the duration of labour to decrease.

It decreases the chances of instrumentation and caesarian rates.

Fetal outcome after delivery is improved.

Labour pain is caused by the contraction of the uterine muscle and stress.

Stress causes an imbalance in the uterine muscle contractions.

Yoga and Garbh sanskar are acting positively in reducing the stress, thus helping the patient to bear down properly and effectively. Yoga and garbh sanskar make the attitude of the patient positive.

UP govt adopts 'Garbh Sanskar' scheme for pregnant women .

Newer interventions to reduce newborn mortality have also been implemented, including- Vitamin K injection at birth, Antenatal corticosteroids in preterm labour, Kangaroo Mother Care.

This should include Garbha Therapy as well.

Steps taken for improving maternal and child health in the country

Under National Health Mission (NHM), technical and financial support to the States is given as per the proposals submitted by the States/UTs in the form of Programme Implementation Plans (PIPs) based on the requirements, including maternal and child health and state specific innovations, and the approvals are accorded as Record of Proceedings (RoP) to States/UTs.

Further, one of the components of the 12-packages to deliver Comprehensive Primary Healthcare under Ayushman Bharat – Health & Wellness Centres (AB-HWC) scheme is “Care in pregnancy and childbirth” and includes:

- Early diagnosis and registration of pregnancy and issuing of ID number and Mother and Child protection card
- Ensuring four antenatal care checks of high risk pregnancies including screening of Hypertension, Gestational Diabetes, Anaemia, HIV, Hepatitis b, Thyroid Profile for hypo- or hyper- thyroidism, syphilis, etc.
- Referral and follow up of the high risk pregnancy cases.
- Counselling regarding care during pregnancy including information about nutritional requirements
- Facilitating institutional delivery and supporting birth planning

## II.CONCLUSION

Garbh sanskar and yoga have great potential as an effective therapy to tackle stress during pregnancy and delivery.

It helps in the good mental and physical development of the baby.

Scope of the study:

- a) Should be a part of ANC treatment in government set up

- b) Yoga and Garbhasanskar should be included as a part of the curriculum in Obstetrics and Gynaecology postings.
- C) Include Garbha Therapy as part of National Scheme.

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