



IMPORTANCE OF GARB`HASANSKAR IN TODAYS LIFE

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ABSTRACT

The word Garbha in Sanskrit refers to the fetus in the womb and Sanskar means education of the mind. So, garbhasanskar translates into the process of educating the mind of the unborn baby. In Ayurveda, the word sanskar also introduced as "Sansakarao hi gunantaradhanam" means qualitative improvement is carried out by incorporating the specific qualities. Garbhasanskar includes monthwise antenatal care, diet and regimen plan according to month of pregnancy, music therapy (good classical and spiritual music), yogasana, mantra chanting, counselling.

Garbhasanskar is building the physical, mental & social character of child during pregnancy, means garbhasanskara is for desired and designer baby. That's why it is today's need of every expectant mother for healthy progeny to build a better nation.

Keywords: Garbhasanskar, Supraja, Sanskar, Antenatal mother

INTRODUCTION

Human is the greatest creation in the universe and rest other creations are appliances of human¹. Being the best creation, it is duty of human to produce progeny better than themselves. Everyone wants to produce good looking and cute baby having physical, mental and intellectual wellness and it is possible to follow ayurvedic methods of Garbhsanskar. Ayurveda promotes a similar analogy in regards to pregnancy and childbirth, mainly determined by four factors-Ritu(right time/period of conception), Kshetra(healthy uterus as well as a healthy to be mother), Ambu(good quality nutrients for proper nourishment and development of the fetus), Beeja(healthy ovum and sperm).

Acharya Charaka mentioned the concept of "Shreyasipraja"². Thus Garbhasanskar is a complete protocol for maternal care from planning of conception till delivery of a healthy baby. Garbhasanskar develops a bond between mother and child. The garbhasanskar is the process of selecting and transmitting positive influences to the fetus by means of Yoga, reading good scriptures, positive thinking, praying, healthy eating and cheerful behavior. An ideal garbhasanskar can be more effective by means of sound in the form of mantras, shlokas because the rhythmic sounds are captured by a child's subconscious mind very effectively. The vibrations of sound waves can influence both mother and her fetus therefore the music designed for garbhasanskar is useful for the health and personality development of fetus. The need of the hour is not to just give birth to any baby but to give birth to a baby with great qualities (Supraja)

Aims and objectives

- 1.To study the concept of Garbhasanskar.
- 2.To study the effects of Garbhasanskar on the mother and baby.

Materials and methods

Only textual materials have been used for this study, from which various references have been collected. The main Ayurvedic texts used in this study are Charak Samhita, Sushruta Samhita, Ashtang Sangraha, Ashtang Hridaya and the commentaries on it. Modern texts and related websites have also been searched.

What is Garbhasanskar-

A word 'Garbhasanskar' is itself self explanatory fetus/garbha means a new life taking shape in a woman's womb. During this pregnancy period whatever emotional perceptions a woman experiences. The same are transmitted to the fetus/garbha. The process of selecting and transmitting positive influences by means of yoga, reading, thinking, praying including healthy eating and cheerful behaviour is known as 'Garbhasanskar'³.

Need of Garbhsanskar-

Bad progeny is dangerously damages to the families as well as the society at large. It pollutes the core values of humanity and destroys its social fabric. That's why we need to cultivate good values and virtues. Hence it is duty of every parent to make every effort to inculcate good values and virtues in their children

When to start Garbhasanskar

While pregnant garbhasanskar is not only about the care taken during pregnancy but about starting preparation at least a year before conception. Garbhasanskar covers pre-pregnancy, pregnancy as well as the breast feeding phase, guiding parents until the child is about 2 years old.

There are many stages of garbhasanskar-

1.Sanskar before conception and sanskar of conception(Garbhadhan sanskar)--Deha shuddhi with panchakarma therapy (Purification of Body) ,Nadi shuddhi with yogasana and pranayam(Purification of Channels), Ahar shuddhi(Food Planning) ,Vihar shuddhi(Activities Planning)Sadvritta(moral conduct). On the 4th day of menstruation, both partners should wear white clothes after taking bath.The male partner should go to the bed by right leg and the female partner by left leg and then, after chanting the Mantra 'Ahrasi Ayurasi' they should start copulation in a pleasant mood⁴ .(The significance of this sanskara is highly important, as these ceremony purify and refine field (woman'reproductive system) and seed (sperms), thus the born child will posses high qualities.

2.Sanskar after conception(Garbhasanskar)-Ahar,Vihar,Consumption of medicated ghrita,Yogasananas,Pranayam,Music therapy,Mantra chanting,Councillling, Garbha Samwad (Baby talk), Breathing exercise with Omkar, Reading good books, Keep yourself engaged in positive talks/thinking,Painting,Singing,Gardening

Ahar,Vihar,Consumption of medicated ghrita-

Consuming herbal Ghee During Pregnancy Medicate Ghee made from cow's ghee is recommended during the 4 th, 5th, 7th, 8th, & 9th month of pregnancy as it is beneficial for the mental and physical development of baby and can help prevent congenital abnormalities in the fetus.

- a. In the 1st month- non-medicated milk should be given frequently, suitable diet
- b. In the 2nd month-milk prepared in medicines of Madhur Gana
- c. In the 3rd month-milk with honey and Ghee
- d. In the 4th month- milk with Navneet(butter)
- e. In the 5th month- milk with Ghee
- f. In the 6th month- milk prepared with medicines of Madhur Gana with Ghee
- g.In the 7th month- same as 6th month
- h. In the 8th month- milk and Yavagu mixed with Ghee
- i. In the 9th month- Anuvasan basti prepared with medicines of Madhur Gana

The gravida who follows this monthly diet regimen, her abdomen, back and gluteal region becomes soft and her flatus, urine and faeces pass easily during pregnancy⁵. Her skin and nail becomes soft and she becomes strong and she gives birth of a strong baby.Healthy eating habits diet is too much important in pregnancy as growth of foetus depends on helath and nutrition of the mother. A balanced diet full of vitamins, minerals, calcium, folic acid and iron. Garbhsanskar food in pregnancy includes satvik food that include all five tastes⁶

Yogasana,Pranayam-

Practicing Yoga or some light exercise Pranayama breathing exercise help to calm & relax body while preparing you for breath-controlling childbirth. Light exercise increases flexibility, improves blood circulation and reduces bodyache during pregnancy.

First Trimester Yoga-

1. Utthitatrikasan (Extended Triangle Pose)
2. Virbhadrasan (Warrior Pose)
3. Virkshasan (Tree Pose)

Second Semester Yoga

1. Vajrasan (Thunderbolt Pose)
2. Matsyakridasan (Flapping Fish Pose)
3. Marjariasan (Cat Stretch Pose)
4. Tadasan (Mountain Pose)
5. Bhadrasan (Gracious Pose)
6. Katichakrasan (Waist Rotating Pose)

Third Trimester Yoga

1. Ardhatitaliasan (Half Butterfly Pose)
2. Poornatitaliasan (Full Butterfly Pose)
3. Chakkichalanasan (Churning Mill Pose)
4. Utthanasan (Squat and Rise Pose)

Music therapy

Roll of music in Garbha Sanskar - Listening to music and reading to the unborn child can later help make your baby a sound and induce better sleeping habits. Your baby become more alert, aware and confident. It is believed that a fetus can respond to external stimuli, especially from the seventh month onward. The nearest sound for the baby is the mother's heartbeat, and that is why it is believed that a crying baby can be soothed by holding him or her close to chest - Garbhasanskar believes that the sound of the veena, a string instrument, and the flute, have sounds which can soothe the mind and the soul.

Positive thinking-

Positive thinking help to manage your emotions which is good, both for the mother and the baby.

Benefits of Garbha Samwad-

Garbhasanskara are special effort taken to stimulate baby's senses gently so that cortical development is maximum.

Mantra chanting-

Benefits of Mantra Chanting- "Man" means mind and "tra" means release. Mantra is a combination of transcendental sounds meant to release the mind from all anxieties. If some part of the body begins to vibrate at a wrong frequency, the energy becomes stuck and disease set in. Therefore, through "mantra" chanting, one can cause the stuck energy to become released, and we can return to our natural state of resonance, thus affecting a cure. Sound of specific mantra chanting will cause the left and right hemisphere of the brain to synchronize. Such chanting also helps in oxygenation of brain, reduce heart rate, blood pressure and assist in creating calm brainwave activity⁷. Thus in expectant mother mantra chanting can prevent pregnancy-induced hypertension, gestational diabetes and in fetus from intra uterine growth retardation. By mantra chanting new neural synaptic connection form in brain with vocal harmony.

Breathing exercise with Omkar

Anuswaram (Nasal sound), MMMM humming boosts the production of nitric oxide in the body. Nitric oxide is a molecule that our body produces to help its 50 trillion cells communicate with each other by transmitting signals throughout the entire body. Nitric oxide is important regulator and mediator of numerous processes in the nervous, immune and cardio-vascular system. Nitric oxide is synthesized in the vascular endothelium and syncytiotrophoblast from L-arginine. It significantly releases vascular smooth muscle, inhibits platelets aggregation and prevents intervillous thrombosis. Deficiency of nitric oxide contributes to the development of pregnancy induced hypertension in mother.⁸ Mother with gestational diabetes usually has lower levels of nitric oxide.

Probable Mode of Action of Garbhasanskara

Epigenetic is everywhere- What and when an expectant mother eat, when she sleep, where she live, to whom she interact, how she exercise, stress and environment, exposure to toxins, social factors, even ageing- all of these can eventually cause chemical modification around the genes that will turn those genes on or off over time. This chemical modification in genes which are more for disease can be cured by following garbhasanskara protocol. Healthy genes transfer by both parents by garbhasanskara creates the healthy progeny. And this healthy DNA sequence is maintained generation to generation. It is also helpful in preventing from hereditary and congenital diseases.

Discussion-

The fetus gets an enormous amount of “hormonal bathing” through the mother. So its chronological rhythms are maternal-child influenced by the mother’s sleep/wake cycles, eating patterns /preconception-care-policy and her movements. More than 60% intellect development occurs in intrauterine phase. In today’s fast paced life, it is need of every expectant mother for trouble free and disease free with pregnancy and to experience the joy of nine month journey and to make it memorable. That’s why garbhasanskara is, important for every expectant to keep her healthy as well as her healthy baby.

Conclusion:

The objectives of Garbhasanskar 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 garbhasanskar 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.

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