



## GARBHASANSKAR – A CRITICAL REVIEW

**Dr Komal Sehrawat \*, Dr Pragya Rohilla\*, Dr Latika Kaushik\***

Article DOI: <https://doi.org/10.36713/epra14778>

DOI No: 10.36713/epra14778

### ABSTRACT

*Together, Garbha and Sanskar mean shaping and cultivating the unborn while also reforming, polishing, and completing them. 'Garbha Sanskar' is the process of choosing and disseminating beneficial influences through yoga, reading virtuous scriptures, positive thinking, prayer, healthy diet, and joyful behaviour. Your link with your child begins the moment you become pregnant, despite the fact that this may seem bizarre and weird. It's not like you already know the baby when he's born. Even as it is growing inside of you, the baby listens to you and is sensitive to your emotions. By meditating, rubbing your infant gently, listening to calming music, and of course thinking positively, you can influence your baby's early impressions.*

**KEY WORDS:** shreyasipraja, Pinda Shuddhi, designer baby.

### INTRODUCTION

Ayurveda's "Shreyasipraja" can be obtained through Garbha Sanskar [1]. The idea of "Shreyasipraja" was mentioned by Acharya Caraka. Garbha Sanskar is a comprehensive procedure for maternal care, covering everything from conception planning to healthy baby delivery. According to Acharya Charak, the psyche of the parents, particularly the mother during pregnancy, is tied to that of the foetus.

Sanskar, which is in Sanskrit, denotes imparting excellent values or teaching good things. Garbha Sanskar then refers to educate an unborn child.

"Only after the union of Shukra and Shonit with Aatma in the uterus is the term Garbha. Only the union of shukra and shonit is not regarded as Garbha without the entry of Aatma.

"Sanskaro hi gunaantaradhanam".[2]

Sanskar means to replace undesirable traits with desirable ones. We can understand this simply as making modifications.

During pregnancy if efforts (Garbha Sanskar) are made by parents especially by mother then good traits will be inculcated in the foetus and may result in the birth of a baby with desired attributes. The method of Garbha Sanskar involves nursing the unborn child. During pregnancy, the mother's intellect and the unborn child are both being trained. The practise of a few straight forward exercises known as "Garbha Sanskar" promotes the social, physical, spiritual, and mental health of both mother and child. Scientific research has made it clear that a baby's ability to expand his or her mind and senses while still within the womb is limitless.

### NEED OF GARBHA SANSKAR

- To suppress the bad gunas and develop good gunas.
- Increased stressed level and unorganised life style.
- More nuclear families hence require guidance during the pregnancy.

In Ayurveda the concept of "Suprajajanan" or aumaternity is described. If a couple wants a shreshhi prajha, they need to undergo Pinda Shuddhi or the purification of gametes (sperm and ovum) three months prior conception. Even if couples are physically strong, they might not able to give birth to a healthy child. Parents especially mother eating habits and sedentary life style have a direct impact on child mental stability and tranquilly ("Sattva Guna").

### GARBHA SHAMBHAV SAMAGIRI:

A farmer requires four things in order to cultivate a healthy plant: a good or ideal season to plant the seed, a healthy seed, fertile soil, and ideal water. Similar analogies are used by Ayurveda to describe the birth of a healthy child.[3].

1) Rutu - Proper period or time for conception. (Raja Samaya)

2) Kshetra - a mother or woman with a healthy uterus. (Garbhashaya)



- 3) Ambu is a good source of nutrients for a developing foetus. (Rasa dhatu)
- 4) Beeja – Healthy Sperm and Ovum. (Purush Beeja and Stri beeja) [4]

### EFFECT OF STRESS AND LIFESTYLE ON PREGNANCY

When a pregnant woman is under a lot of stress and her protein intake is poor, the stress hormone "Cortisol" can pass the placental barrier. High cortisol levels can impact memory development in foetus [5].

Prenatal stress causes pregnancy and birth complications like- Pre-term labour, pre- term delivery, low infant birth weight, shortened gestational length, pre-eclampsia, gestational diabetes etc. [6]

Intake of fast food, preservatives, cold drinks, alcohol, smoking during the pregnancy affect the growth of foetus. Travelling, work place stress increases the level of cortisol in maternal blood thus maternal anxiety cause artery resistance and abnormal flow, increased resistance index and affect the growth of foetus leading to IUGR.

### ANCIENT REFERENCES OF GARBHA SANSKAR

1. Abhimanyu from Mahabharat learnt how to enter the chakarvayu- example of Garbha Sanskar.
2. Prahlad took birth in Rakshasa family but her mother used to listen bhakti songs and later he became a follower of Lord Vishnu- example of Garbha Sanskar.
3. Vinayak Damodar Sawarkar a freedom fighter, her mother during the pregnancy used to listen brave stories from Ramayana and Mahabharat- example of Garbha Sanskar [7].

### SOME BASIC ACTIVITIES DURING GARBHA SANSKAR

1. DIETARY REGIMEN
2. YOGA & PRANAYAMA
3. MUSIC THERAPY
4. MANTRA CHANTING

### DIETARY REGIMEN

A pregnant women can take Nitya Sevaniya Aahara: Shashtika shali (rice grown in 60 days), Godhuma(wheat), Yava (barley), Mudga (green gram), Saindhava (rock salt), Amalaki (Embllica officinalis), Antarikshajala or Divyodaka(rain water), Ghrita, Cow milk, Madhu, Jangalamams (meat of animals from arid land) [8]. She can take Rasayana dravyas (ksheer, sarpi), Satvika Aahara. She should avoid Vriudh Aahara.

### GARBHINI PARICHARYA

#### MONTH WISE DIETARY REGIMEN OF PREGANANT LADY

MONTH	CHARAK [9]	SUSHRUT [10]
1 <sup>ST</sup> MONTH	Non medicated ksheer(milk)	Madhur, Sheet, Liquid Diet
2 <sup>ND</sup> MONTH	Milk medicated with drugs mentioned in madhura skanda	Same as first month
3 <sup>RD</sup> MONTH	Milk with Ghrita and Honey	Same as first month and shasti rice with milk
4 <sup>TH</sup> MONTH	Milk with Navneet in aksh matra	Cooked sasti rice with curd, pretty and pleasant food mixed with milk & butter and Jangal mansa
5 <sup>TH</sup> MONTH	Milk with ghrita	Cooked shastika rice with milk, jangal mansa along with delicate cuisine combined with milk and ghrita
6 <sup>TH</sup> MONTH	Milk medicated with Madhura drugs + ghrita	Ghrita or yavagu medicated with gokshura.
7 <sup>TH</sup> MONTH	Same as in sixth month	Ghrita medicated with prithakaparnyadi group of drugs.
8 <sup>TH</sup> MONTH	Kshira Yawagu mixed with ghrita	Asthapana basti with decoction of badari mixed with bala, atibala, satpuspha, patala etc, honey and ghrita. Asthapana basti is followed by Anuvassana basti of oil medicated with milk and Madhura drugs



9 <sup>TH</sup> MONTH	Anuvasanabasti of oil medicated with Madhura drugs and Yoni pichu.	Jangal mansa rasa up to the period of delivery
-----------------------	--	--

## YOGA & PRANAYAMA

The term 'Yoga' is derived from the Sanskrit root 'YUJ', meaning 'to join' or 'to yoke' or 'to unite'. [11] Yog is not only exercise but it is union of the individual consciousness (Jivatma) with universal consciousness (Parmatma). Yoga helps at all levels: muscular levels (deep relaxation), pranic level (slowing down the breathe), mental level (increase creativity and will power), emotional level (enhancing happiness in life), intellectual level (sharpening intellect and calming down mind), spiritual level (move towards the casual state of mind).

Yoga and pranayama during pregnancy:

First we do the prayer:

Sangachhadawam samvadadhvam samvomanaansi jaanataam.

Devaa bhaagam yathaaa poorve sam janaanaa upaasate (Rigveda).

Aasana's to be done during pregnancy:

1. Swastha Vajarasana
2. Vajarasana
3. Swastikasana
4. Parvatasana
5. Marjarasana
6. Bhadrasana
7. Ardha upavista Konasana
8. Upavista Konasana
9. Sulabha Pawana Muktasana
10. Utkatasana

Pranayama during pregnancy: Sheetali, Bhramri, Omkar, Anulomaviloma

## Pregnancy benefits of yoga and pranayama

1. Relieving leg cramps and oedema in the later trimester.
2. Pranayama reduces nausea, motion sickness, and mood swings.
3. Allows for easier labour and shortens the first stage of labour.
4. It also heals the uterus, abdomen, and pelvic floor during the postpartum period. [12]

## MUSIC AND MANTRA THERAPY

Shabad is another name for sound treatment. A pregnant woman can engage in Garbha samvad (pleasant conversation with the unborn child) and listen to ragas and mantras. Garbha Sanskar Stotra, Raksha Kavch, Gopal Santan Mantra, Ramraksha Kavach, Gayatari Mantar, etc. are a few instances of mantras[13]. Ragas include, among others, the kalayani raga and the bahiravi raga.

## Benefits

1. The right and left hemispheres of the brain will synchronise when a certain mantra is said.
2. Chanting and listening also promote brain oxygenation, lower blood pressure and pulse rate, and support the development of relaxed brain wave activity.
3. Boost EQ (emotional quotient) and IQ (intellectual quotient).

## DISCUSSION

Garbha Sanskar instilled positive traits in the foetus during its intrauterine life. A baby is made and designed by its parents. In the womb, a baby resembles soil. The form of the pot will be determined by how the kumbkara (pot builder) shapes the soil. Similar to how our actions during pregnancy have an impact on the foetus. "Parents are the creators and designers of their baby"

## REFERENCES

1. Dr Ravidutta Dutt Tripathi, Caraksamita elaborated by caraka and drdhabala edited with "Vaidyamanorama" Hindi commentary Chaukambha Sanskrit pratisthan, volume 1, shareersthana, chapter 8, sloka 3, page no: 772.
2. Dr Ravidutta Dutt Tripathi, Caraksamita elaborated by caraka and drdhabala edited with "Vaidyamanorama" Hindi commentary Chaukambha Sanskrit pratisthan, volume 1, vimanasthana, chapter 1, sloka 20, page no:554.
3. PhadPrashantAdinath et.al, Pune (2015), Garbhasanskara- a natural extension of the concept of Achararasayana. Ayurlog: National journal of research in ayurved science-2014;3(2):1-8



4. *Sushrut Samhita* by Dr. Anantram Sharma, *sushrutoimarshani, chaukambha subharti prakshan, volume 2, shareer sthana, chapter 2, sloka 33, page no: 21.*
5. *Jyotsanadeshpande, Pune (2013) - The effect of selected aspect of garbhasanskara on stress, coping strategies and well-being of antenatal mothers- IJSR-ISSN (online):2319-706V*
6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5052760/#!po=11.0294>
7. <https://www.openaccessjournals.com/articles/garbhsanskar-mental-and-intellectual-development-of-unborn-child.pdf>
8. *Dr Ravidutta Dutt Tripathi, Caraksamita elaborated by caraka and drdhabala edited with "Vaidyamanorama" Hindi commentary Chaukambha Sanskrit pratisthan, volume 1, sutrasthana, chapter 5, sloka 12, page no: 86.*
9. *Dr Ravidutta Dutt Tripathi, Caraksamita elaborated by caraka and drdhabala edited with "Vaidyamanorama" Hindi commentary Chaukambha Sanskrit pratisthan, volume 1, shareersthana, chapter 8, sloka 31, page no-786-788.*
10. *Sushrut Samhita* by Dr. Anantram Sharma, *sushrutoimarshani, chaukambha subharti prakshan, volume 2, shareer sthana, chapter 10, sloka 4 page no: 127.*
11. <http://www.yogamdniy.nic.in/WriteReadData/LINKS/File577a4a83f0b-996b-4119-842d-60790971e651.pdf>
12. <https://ijmrr.medresearch.in/index.php/ijmrr/article/view/1365/2577>
13. <https://www.krishnacoming.com/blog/garbh-sanskar-mantra>