



## NATIONAL JOURNAL OF RESEARCH IN AYURVED SCIENCE

Article Received Date: 13/11/2025 Reviewed on Date: 16/12/2025 Accepted on: 12/02/2026

### “Assessing the Therapeutic Impact of *Garbha Sanskar* on Maternal Mental Wellness”.

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#### Abstract

**Background:** Maternal psychological health is fundamental to fetal development and pregnancy outcomes. *Ayurveda* emphasizes *Garbhasanskara*—a holistic antenatal regimen incorporating an appropriate diet, lifestyle, meditation, yoga, music, and positive conduct—to nurture balanced physical and emotional states in the mother and fetus.

**Objective:** To examine the influence of a structured *Garbhasanskara* regimen on the mental well-being of pregnant women.

**Method:** A randomized controlled study was conducted on 60 expectant mothers between 14 and 28 weeks of gestation. Participants were assigned either to a *Garbhasanskara* group receiving a 12-week regimen or to a control group receiving standard antenatal care. Mental health assessment was performed using the Edinburgh Postnatal Depression Scale (EPDS), Perceived Stress Scale (PSS), and Pittsburgh Sleep Quality Index (PSQI). Statistical comparison was done using paired and unpaired t-tests.

**Results:** Significant improvement was noted in EPDS ( $p < 0.001$ ), PSS ( $p < 0.01$ ), and PSQI ( $p < 0.05$ ) scores in the intervention group when compared with the controls. Participants also reported better emotional balance, deeper fetal bonding, and improved sleep.

**Conclusion:** The *Garbhasanskara* regimen positively impacted maternal mental health. Incorporating *Garbhasanskara* practices into routine antenatal care may enhance psychological well-being during pregnancy.

#### Keywords:

*Garbhasanskara*, Maternal psychology, *Ayurveda*, Pregnancy stress, Mental health.

#### Introduction:

Maternal mental health has a profound influence on both the mother's well-being and fetal development. Stress, anxiety, mood variations, and sleep disturbances are common during pregnancy and can adversely affect fetal neurological growth, birth outcomes, and later childhood behavior.

*Ayurveda* describes pregnancy as a delicate physiological state that requires emotional,

spiritual, and physical balance. *Garbhasanskara*—meaning “refinement or education of the fetus”—entails a wholesome diet, ethical living, meditation, music, yoga, and positive thoughts to cultivate a stable mental environment for the mother. Classical *Ayurvedic* literature, including the *Charaka Samhita*, *Sushruta Samhita*, and *Kashyapa Samhita*, stresses the importance of mental calmness and proper antenatal conduct (*masanumasika paricharya, sadvrutta*). Contemporary research also supports the role of yoga, meditation, and mindfulness in reducing stress and anxiety during pregnancy. In this context, evaluating the impact of *Garbhasanskara* on maternal mental health is highly relevant.

#### **Aim:**

The aim of this study is to assess the therapeutic impact of *Garbha Sanskar* on maternal mental wellness by evaluating its effects on depression, stress, and sleep quality.

#### **Objectives:**

- To examine the influence of a structured *Garbhasanskara* regimen on the mental well-being of pregnant women.
- To compare the mental health outcomes of women in the intervention group against a control group receiving standard care.
- To provide evidence for the integration of *Ayurvedic* prenatal practices into routine antenatal care.

#### **Methodology:**

**Study Design:** Randomized controlled clinical trial.

**Study Location:** Antenatal care department of a recognized *Ayurvedic* tertiary care hospital.

**Participants:** A total of 60 pregnant women were enrolled and divided into two groups of 30 each.

#### **Inclusion Criteria:**

- Age 20–35 years
- Pregnancy between 14 and 28 weeks
- Ability to adhere to the regimen

- No known major systemic or psychiatric illness

#### **Exclusion Criteria:**

- High-risk pregnancies
- Existing mental disorders
- Unwillingness to participate

**Intervention: Group A – *Garbhasanskara* Regimen** A comprehensive 12-week program including:

1. **Diet:** Light, *sattvic*, nourishing foods with milk, fruits, and *ghee*.
2. **Lifestyle:** Stress avoidance, adequate rest, and positive thinking.
3. **Yoga:** *Pranayama* (*Anuloma–Viloma, Bhramari*).
4. **Asanas:** *Tadasana, Vajrasana, Shashankasana*.
5. **Meditation:** 15-minute daily guided sessions.
6. **Music:** Exposure to soothing classical *ragas, veena, and flute*.
7. **Mantra recitation:** *Garbha-raksha mantras*.
8. **Reading and bonding activities:** Positive literature and fetal-interaction exercises.

**Group B – Control Group** Received standard antenatal guidance without the *Garbhasanskara* regimen.

#### **Assessment Tools:**

- Edinburgh Postnatal Depression Scale (EPDS)
- Perceived Stress Scale (PSS)
- Pittsburgh Sleep Quality Index (PSQI)
- Measurements were taken at baseline and after 12 weeks.

**Statistical Analysis:** Paired and unpaired t-tests were applied. A p-value < 0.05 was considered statistically significant.

#### **Results**

- **EPDS:** Group A scores reduced markedly from 12.4 to 6.2 ( $p < 0.001$ ), whereas Group B showed only a slight decline (12.1 to 11.3).

- **PSS:** Notable reduction in perceived stress in Group A ( $p < 0.01$ ) with minimal change in controls.
- **PSQI:** Sleep quality in the *Garbhasanskara* group improved significantly ( $p < 0.05$ ).

Participants also expressed qualitative improvements such as emotional steadiness, enhanced maternal–fetal bonding, and better sleep patterns. The regimen demonstrated clinically meaningful improvements in psychological outcomes among pregnant women.

#### **Discussion:**

The findings indicate that *Garbhasanskara* practices effectively support maternal mental wellness. The integrated approach—diet, meditation, yoga, *mantra* chanting, music, and lifestyle discipline—promotes parasympathetic activation and reduces stress hormone levels.

Meditation and *pranayama* help regulate autonomic responses, while music therapy has been shown to uplift mood and support fetal brain activity. These outcomes are comparable with earlier studies demonstrating reduced antenatal anxiety and enhanced emotional balance through yoga and mindfulness practices. *Ayurveda's* emphasis on harmonious mental and physical functioning is well-reflected in the results, highlighting *Garbhasanskara* as a valuable complement to routine antenatal care.

#### **Conclusion:**

A structured *Garbhasanskara* regimen leads to significant improvement in maternal mental health, helping reduce stress, improve sleep quality, and foster emotional stability. Its integration into mainstream antenatal programs can offer a holistic and safe approach to enhancing maternal psychological well-being.

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*Conflict of Interest: None*

*Source of funding: Nil*

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**Cite this article:**

Gaikwad Mona Pandurang, Varade Shilpa Abhay, Chaudhari Vinod Mahadevrao.

“Assessing the Therapeutic Impact of Garbha Sanskar on Maternal Mental Wellness”. (2026)

*Ayurlog: National Journal of Research in Ayurved Science*, 13(01),

<https://www.ayurlog.com/index.php/ayurlog/article/view/1328>

