



“Garbha Sanskar: Mental and intellectual development of unborn child.”

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ABSTRACT-

‘Garbha Sanskar’ for building the physical and mental character for a child during pregnancy through an ancient truth, it appears to have been forgotten. all parents want intelligent, healthy and cultured child. *Garbha Sanskar* is a scientific fact as mentioned in Ayurveda to get the ‘Shreyasipraja’. *Sanskar* is the process of increasing the potential. *Garbha sanskar* includes preconceptual care, care during pregnancy and post-delivery [*Bal Sanskar*]. In today's fast paced life, it is need of every expectant mother for trouble free and disease-free pregnancy. the activity of expectant mother during pregnancy in the form of taking Ayurveda regimen diet, chanting, baby talk, expressing feeling [touch], meditation etc. *Garbh Sanskar* is building the physical, mental and social character of child during pregnancy, means *Garba Sansar* 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.

KEYWORD- Ayurveda, conception, *Garbha*, *Sanskar*, pregnancy, healthy progeny.

INTRODUCTION-

Human is the greatest creation in the universe and rest other creation are appliances of human.¹ Being the best creation, it is the duty of human to produce progeny better than themselves. Everyone want to produce good looking and cute baby having physical, mental and intellectual wellness and it is possible to follow Ayurvedic method of *Garbh Sanskar*. *Garbh Sanskar* means educating the mind of the foetus. this is derived from Sanskrit word *Garba* [foetus in the womb] and *Sanskar* [educating the mind]. the combination of *Shukra* [sperm], *shonita* [ovum] and *jiva*

[soul] inside the *kukshi* [uterus] is known as *Garbha* [foetus]²

Garbha is a result of combination of four factors coming together properly just like *Ritu* [season], *Kshetra* [field], *Ambu* [water] and *Beeja* [seed] coming together give rise to *Ankur* [sprout]³. It is traditionally believed that a child's mental and behavioural development starts as soon as he is conceived. His personality begins to take shape in the womb, and this can be influenced by the Mother's state of mind during pregnancy. this knowledge can be traced back to ancient scriptures and is included in Ayurveda.

The popularity of *Garbh Sanskar* is also because the researchers have proved its relevance and importance in the development of the child. There are scientific evidences that prove that a baby inside the mother's womb responds to the outside stimulus and has the ability to listen. Doctors and experts also believe that there is significant effect of the hormonal secretions that are activated by the thoughts of the mother on the unborn baby.

The advantage of *Garbhasanskar* are not only that you educate your child and there is development of bond between mother and the child. in fact, this has a great impact on the health of the mother also. the positive thinking and attitude promote physical wellbeing of mother. It has been documented that the activity of the mother during pregnancy in the form of prayer [good rational thoughts], *manashakti* [positive emotion], conversation with foetus [talk] or expressing feeling [touch] is not only recognised by Unborn baby but it has

positive effect on physical and mental health.⁴ thus, such mental and physical activity performed by parents with the intention of creating a positive environment and Obtaining a growth of baby is called *Garbhasanskar*.

NEED OF STUDY- *Garbhasanskar* as need of every expected mother for a healthy progeny is important because-

- To compete in present scenario over growing population and competitions. that's why future generation need to be very intelligent, creative, smart working and resourceful. it is believed that 'the hand that rocks the cradle, rules the world.'
- Bad progeny is dangerously damage to the families as well as 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 parents to make every effort to include good values and virtues in their children.

METHODOLOGY-

literary references collected from Ayurveda i.e. classics, commentaries, modern literatures, research journals available in institute library, online portal like pub Med central, Ayush research portal and Google Scholar and analysed to frame conceptual work.

There are many stages of *Garbhasanskar*-

1. *Sanskar* before conception
2. *Sanskar* of conception
3. *sanskar* after conception

SANSKAR BEFORE CONCEPTION-

Some *sanskar* are done before conception which are as follows.

- a. *Deha sudhi* [purification of body]
 - b. *nadi shuddhi* [purification of canals]
 - c. *Ahar Suddhi* [food planning]
 - d. *Vihar Suddhi* [activities planning]
- a. ***Deha sudhi***- purification of body purification of body is done by panchakarma by removing cellular waste and toxic by-products from the body. *Snehan* [oleation therapy] and *Sweden* [sudation therapy] are preoperative procedures which are done before panchakarma. main procedure of panchakarma are *Vaman*, *Virechan*, *Anuvasan Vasti*, *Asthapan vasti* and *Shirovirechan*. *Kapha dosha* is purified by *Vaman*, *Pitta Dosha* is purified by *Virechan*, *Vata dosha* is purified by *Anuvasan* and *Asthapan vasti* and *Kapha Dosha* of supraclavicular region is purified by *Shirovirechan*. after panchakarma, post-operative procedure is done which is called *Sansarjan karma* in which *paya*, *Vilepi* [liquid diet] is given to improve the *Jatharagni* [digestive power]⁵.
- b. ***Nadi shuddhi***- [purification of channels]- in Ayurveda word '*nadi*' is used for artery, vein, nerve and *strotas* [channels]. but in yoga, *nadi* are channels which carry *prana* [consciousness]. in *yoga* there are three main *nadi*- *ida*, *Pingala* and *sushumna*. *Nadi shudhi* is done by various *pranayams* that is *Surya bhedhan*, *Chandra Bhedan* and *Anuloma viloma*.

- c. ***Ahar suddhi*** [food planning]- man should take mainly *madhur* drugs like *jivaniya*, etc. prepared in milk and ghee and women should take mainly *Til* [sesamum indium] oil, *urad* [vigna mungo] and pitta aggravating foods.⁶
- d. ***Vihar Suddhi***- [Activities planning]- both partners should involve in the sexual act .They should make the environment pure by *dhoop* [medicated fumigation] and deep [lightening by *ghee* and cotton piece]. they should kept spider plant, ivy plant, etc. inside the room and in the campus to purify the air and absorb the electromagnetic radiations.

2] SANSKAR OF CONCEPTION-

-on the 4th day of menstruation, both partners should wear white clothes and garland 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 mantras '*Ahirasi Ayursi.....*' they should start copulation in pleasant mood.⁷

3] SANSKAR AFTER CONCEPTION-

The *Ahar* and *Vihar* which are beneficial for gravida are also beneficial for the foetus. therefore, the *sanskar* for foetus and gravida are same. *manth* [aqueous solution] of white *yava* mixed with honey and *ghee* should be kept in the silver pot and should be given to the lady for 7 days⁸

the colour of wall of the room, bed sheet, cloth and ornaments of gravity should be white. the husband and friends of gravida should tell pleasant stories to make her happy. the stories and songs listened by gravid affect the mind of the foetus. there for the gravity should listen various mantras and

good music and she should always avoid anger, grief, fear, copulation and unsuitable diet. the study provides preliminary evidence that maternal music exposure beneficially affects neonatal behaviour.⁹

She should follow monthly diet regimen which is as follows-¹⁰

- A. In the first month- non medicated milk should be given frequently, suitable diet.
- B. In the second month- milk prepared in medicine of *madhur gana*
- C. In the third month- milk with honey and *ghee*
- D. In the 4th month- milk with *navneeth* [butter].
- E. In the 5th month- milk with *ghee*.
- F. in the six months- milk prepared with medicine of *madhur gana* with *ghee*
- G. In the 7th month- same as six month.
- H. in the eight months- milk and *yavagu* mixed with *ghee*.
- I. In 9th month *anuvasan vasti* prepared with medicine of *madhur gana*. Practicing *yoga* or some light exercise pranayama breathing exercise help to claim and relax body while preparing you for breath controlling childbirth. light exercise increases flexibility, improve blood circulation and reduce body ache during pregnancy.

DISSCUTION-

the foetus gets an enormous amount of 'hormonal bathing' through the mother. so, its chronological rhythms are influenced by mother's sleep/ wake cycles, eating patterns 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 pregnancy and to experience the joy of 9 months journey and to make it memorable. that's why *Garba Sanskar* is important for every expected to keep her healthy as well as for her healthy baby.

CONCLUSION-

Garba Sanskar means embedding good value [*Sanskar*] in the foetus. in prevents complication during pregnancy like pregnancy include hypertension, postpartum haemorrhage. All procedure of *Garbhasanskar* helps in every stage for the all-round development of healthy, beautiful, social and smart progeny with longevity. Thus, *Garbha sanskar* work on the theme of 'Ayurveda for longevity' concept. It plays the prime root role in mother and child healthcare system of our nation.

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