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EFFECT OF GARBA SANSKAR ON ASPECT OF STRESS IN ANTENATAL MOTHERS FOR HEALTHY PROGENY OF NEW BORN BABY

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ABSTRACT

'Garbh' implies embryo in the womb and 'Sanskar' implies instructing the psyche. The objective of this prospective interventional study was to assess the effects of Garbh sanskar on maternal and fetal outcomes. Pregnancy is one of the wonderful gifts of God, imposed naturally to womanhood only. Purpose: help antenatal mother's to practice garbha Sanskar during pregnancy. Objectives: To assess the effect of GarbhaSanskar on stress, coping strategies and wellbeing of antenatal mothers

Keywords : Garbha , Antenatal mothers



INTRODUCTION

The process of selecting and transmitting positive influences to the fetus using yoga, reading, thinking and praying including healthy eating and cheerful behaviour of the mother is known as Garbh Sanskar. A good nutritional status maintained by the mother during pregnancy helps to grow a strong, healthy placenta, which determines the birth weight and future health of the baby in adult life [1,2]. Similarly, positive emotions like love, joy, gratitude and healthy thoughts by parent bring the growth of the unborn child in the womb of the mother, whereas negative thoughts, depression and stress injures the unborn child [3-5]. 60-70% of brain development occurs in the intrauterine period.

Pregnancy is one of the wonderful gifts of God, imposed naturally to womanhood only. It is a period of enormous physiological and psychological adoption in a women's life. Although it is usually a time of joy and anticipation, many women experiences some degree of anxiety, concern and fear regarding their own health and that of their baby. As well as the approaching labour. Pregnancy is a normal physiological process and not a disease but it is associated with certain risks to health and survival both for women and infant she bears. These risks are common in every society and every setting. But in developed countries these risks have been largely overcome, because every pregnant woman has access to special care during pregnancy and child birth

where as such is not the case in many developing countries where each pregnancy represents a journey into an unknown, from which all too many women never return alive. Girl child is born as unvalued and neglected child. Grow as exploited and uneducated. We must need to be educated and employed (Singh H.2002).¹ 2.Review of Literature Garbhasanskar is a process to achieve physical, mental, spiritual, emotional, social development within the mother & baby. It is a complete pregnancy care guideline to get a marvelous healthy child. It is those 'nine months' crucial period when maximum efforts are to be taken for betterment of the offspring's. Now it is scientifically proved that the unborn baby can not only listen, feel but also responds by using its own way. Garbhasanskar is some special efforts taken to stimulate baby's senses gently from outside for the maximum development of its physic & intellectual ability.²

Garbha sanskar practices are special efforts taken to stimulate a baby's senses gently so that cortical development is maximum. Hence the concept of Sanskar (good thought) imparted right from the prenatal stage i.e. when the child is in the womb of the mother is important. It has been documented that the activity of the mother during pregnancy in the form of prayer (good rational thoughts), Manshakti (positive emotion), conversation with fetus (talk) or expressing feeling (touch) is not only recognized by the unborn baby but it has positive effects on physical and mental health [6]. It increases communication and

bonding with the baby, it can transmit positive thoughts, love and emotions to the fetus, to increase the likelihood of a calm, happier and healthier baby. The root of Garbha sanskar can be traced back to Abhimanyu in the era of the Mahabharata. When Arjuna's wife was pregnant with their son Abhimanyu, he told her about how to penetrate the Chakravayuh, a particular war formation. He could only learn to decode and enter the trap because by that time her mother fell asleep. This was one of the reasons why he was killed because he did not know how to come out of the trap. In present article we are discussing regarding stress aspects and its management for antenatal mothers. Initially, the baby isn't able to hear, but don't estimate his ability to take the benefits from your good hormones that are released with calming music. Classical music, gentle sounds like lullabies, nice melodies that inspire happiness are all excellent ideas. In the third trimester, the baby is hearing, so it becomes all the more important to choose good music. Ragas like Malkauns, Shaant, Bageshwari, Yaman and Bhairav are also considered to be very good for a child's growth. Download the iMumz App for pregnancy music.

Pregnancy meditation

With the pressures of pregnancy, unwanted advice and managing day to day stress, it is possible that your mind fills with angry, irritable thoughts. They are very harmful for the baby: it can cause intrauterine infections, low birth weight and premature labour. Pre-term babies are

prone to a range of complications later, including chronic lung disease, developmental delays, learning disorders and infant mortality. There's even compelling evidence from epidemiological studies and animal research that babies who experience stress in utero are more likely to develop chronic health problems as adults, such as heart disease, high blood pressure and diabetes. Regular meditation helps in a BIG WAY. Check the amazing meditation activities on the iMumz App.

Pregnancy yoga

While yoga is awesome in preparing your body for delivery and soothing pregnancy aches and pains, its benefits extend to your unborn baby, too. Yoga asanas improve blood circulation and oxygenation which eases your stress. The baby gets the good hormones! Get them from the Yoga section on the iMumz App.

A healthy pregnancy diet:

The practice of Garbh Sanskar advocates a balanced diet in which all the nutrients are present, the food is freshly-prepared and it is 'Sativik' and includes all six rasas (tastes), namely,

- Madhura (sweet)
- Amla (sour)
- Lavana (salty)
- Katu (pungent)
- Tikta (bitter)
- Kashaya (astringent)

The above said **shad rasatmak ahar** maintains the equilibrium of the tridoshas (vata, pitta, kapha) and the **pancha mahabhutas** (prithvi, aap, tej, vayu, aakash)

Creative pursuits and hobbies

Doing something creative, like making pots out of clay or painting bottles focus the mind, and has even been compared to meditation due to its calming effects on the brain and body.

DISCUSSION

This helps pregnant mothers to tackle stress throughout pregnancy and during delivery. Symptoms like nausea, vomiting, mood swings and irritability are also in control due to yoga and garbha sanskar practices. This difference was evident. There was a 72% decrease in the incidence of mood swings and irritability after attending Garbh sanskar sessions, 60% of mothers performed daily exercises in the form of pranayama, deep breathing exercises etc. Out of 200 mothers, 34% reported no incidence of nausea or vomiting, 46% experienced mild whereas 20% experienced moderate nausea during pregnancy. Garbha sanskar and yoga are directed towards keeping expectant mothers happy and making pregnancy a joyful experience. Stress, frustration, anger, irritation etc. produce adrenalin which can potentially have some bad effects on the baby in the uterus. Due to meditation, there is decreased adrenalin output and reduction of anxiety symptoms [11,12]. As calculated from the standardised PRAQ-R2 questionnaire, the mean anxiety score pre Garbh sanskar was calculated to be 40 which decreased to 7.98 in the post-test

questionnaire. 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.

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.

Due to meditation, the hypothalamus interacts with thalamic nuclei to facilitate specific alpha waves in certain areas of the cortex and interacts with RAS to inhibit certain neural centres that act on the diffuse thalamus system. It either directly integrates autonomic and somatic activity or indirectly act on the medullary centres through RAS to produce or influence the changes seen in O₂ consumption, cardiac output, heart rate, respiration rate, blood pressure and skin resistance [11, 12]. The approach and the way the patient looks at the whole of the pregnancy and labour process changes. In stressful states with the preponderance of sympathetic activity, yogic asanas and pranayama can lead to a state of reduced sympathetic activity shifting the autonomic balance towards

relative parasympathetic dominance [13, 14)

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