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CONCEPTUAL STUDY REGARDING GARBHASANSKARA FOR HEALTH AND INTELLUTUAL DEVOLPEPMENT OF BABY

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ABSTRACT

Pregnancy is Psychological and Physiological events of every Women's life. A pregnant woman experiences mixed emotions which gives her overwhelm feelings. Which may cause negative and positive impact on mothers and babies health. Positive emotions like love, joy, gratitude, healthy thoughts by parents brings good growth of the unborn child in the womb. In the present article we are discussing regarding Garbhasanskara For Health And Intellutual Devolpepment Of Baby

Keywords: Garba Sanskara ,health

INTRODUCTION

Ayurveda is a system of natural healing which is very complete both in terms of its treatments and also in its understanding of the human being. It offers a unique perspective on curing of disease, for preventive health and ultimately for spiritual liberation. As promulgated by the Vedas and Darshanas the ultimate goal of Ayurveda is chaturvidha purushartha prapti.¹ For this very purpose it primarily concentrates on attaining a complete physical, mental, social and spiritual health. Sushruta defines healthy person as Swastha a state of total equilibrium.² Thus health is not only attainment of physical but also mental, social and spiritual well being. Then only a person is considered to be completely healthy. There are three main causes for the diseases i.e. Asatmendriyaartha, Asamyoga, Prajnaparadha and Parinama/ Kala. ³ The Atiyoga, Ayoga and Mithyayoga of these three factors are the main cause for all the diseases where as their Samyakyoga leads to health. The first one is directly related to the Indriyas/Sense organs.

Pregnancy which can be achieved by having garbhasanskar practices.^{2A} Sanskrit term that means "education in the womb" which is stem from the belief that a baby's mental and behavioral development. Pregnancy is a psychological as well as physiological event of women's life, there are mixed emotions experienced by the pregnant women which gives the overwhelm feeling. But sometimes it can

cause negative impact of mother as well as babies health.^{1,13,14} A good nutritional status maintained by the mother during pregnancy help to grow strong, healthy placenta, which determines the birth weight and future health. Similarly, positive emotions like love, joy, gratitude and healthy thought by parent brings the growth of the unborn child in the womb of the mother, whereas negative thoughts, depression and stress injures the unborn child. Hence, it is necessary to have healthy mental as well as physical status during begins right from the time he is conceived.³ Garbh means "the womb" and Sanskar means "the ethics" or values. The nurturing of your child and teaching the ethics inside mother's womb can be the most blissful thing any parents can do. Prenatal education practices as well as disciplined lifestyle provide by our highly skilled team members to the antenatal mothers can helps them to achieve the Vedic knowledge of Garbhasanskar.⁴ There are several mythological stories which is associated with performing garbhasanskar during pregnancy, one of the story of Abhimanyu is most popular, which believed that the son of Arjun learned how to enter the Chakravayuh (strategic arrangement of a warrior to entrap and defeat the enemy) when he was in the maternal womb. Science also has proved that baby can learn from initial stages, baby listens to the mothers feelings, emotions thus a positive thinking and attitude helps in better development thus all this special efforts of garbhasanskar

should be taken at maximum maturity.^{5,15} Garbhasanskar is part of Ayurvedic medicine, one of the world's oldest medical systems. The words mean education of a baby's mind in the womb.⁶ The practice is so old that it is written in the 3,000-year-old Indian language Sanskrit. Any practice that has lasted that long is worth a look. It is all about bonding between mother and child which enable most possible mental, spiritual, physical wellbeing of antenatal and their fetus.⁷ Baby in mother's womb is like clay and can be moulded in any desired form because conscious brain is still not developed. During pregnancy sub conscious brain is developing with very fast pace and all subtle memories are stored in subconscious brain. Hence, foetus can be enriched with right cultural teachings, values and good behaviour.⁸ With boom in the population there is so many health-related challenges growing day by day therefore our new generation should be very intelligent, resourceful and creative and garbhasanskar practices really will be helpful to achieve this aim.⁹ The ancient concept of having many children has become outdated. There are various studies conducted to assess the difference between normal pregnancy without garbhasanskar and with garbhasanskar practices which depicted the different nature and behaviour because soul comes in the womb with their inheritance properties, it is possible to improve intellect, emotional status, social and spiritual behaviour which ultimately helps to

develop a better human being and a better society.^{10,11}

Prajnaparadha is directly related to the mind and intellect. Ayurveda clearly explains the bad deeds of Mana/mind, Kaya/body and Vak/speech which come under Prajnaparadha and should be avoided at any cost. The treatment for this is considered as Dhi vijnana, Dhriti vijnana and Atmadi Vijnana, – Self understanding or spiritual healing. Among the three kinds of mental constitution, Saatwika prakruti is the best as it is Laghu, Prakashaka etc. ⁴ This is achieved only when we follow proper diet, dietetics, good conducts and behavior. Ayurveda is replete with its unique concepts viz. Dinacharya, Rutucharya, Sadvritta, Swasthavrutta, Achara rasayana, Ahara vidhi vidhana etc. Vedas mention the mantra "Matrudevo bhavall meaning the mother is higher consciousness and it is true as a newborn's whole world is only his/her 'Mother'! A crying baby finds peace in his mother's lap. Only Ayurveda promotes for a healthy baby; both Shiva (male energy) and Shakti (female energy) need to be healthy. Ayurveda emphasizes upon four important factors as a basis for a healthy child. As for growing a healthy plant, a farmer needs to have four factors – a good/right season when the seed is planted, a healthy seed, fertile soil and optimum water. Ayurveda propagates similar analogy regarding the birth of a healthy child. 1) Rutu – Right time/period of conception. 2) Kshetra – healthy uterus as well as healthy woman/mother 3) Ambu –

Good quality nutrients for growth of fetus.

4) Beeja – Healthy Ovum and Sperm.

Ayurveda has always stressed upon a healthy society. Man is a social animal. His health thus depends on his good interpersonal relations in the society. Each individual makes up this society. Hence if a single individual is healthy he contributes to a healthy society at large. Garbha Sanskar, where Sanskar is nothing but modulation of one's qualities. 'Garbha Sanskar' or modulating the physical and mental characteristics of a fetus during pregnancy is a well known ancient truth. It is a scientific fact as mentioned in Ayurveda thousands of years back. All parents desire intelligent healthy and well cultured child but are unaware that they can choose to do so as per the science of Ayurveda. The word 'Garbha Sanskar' is itself self explanatory. Foetus/garbha means a new life taking shape in a woman's womb. During this period whatever emotional perceptions a woman experiences the same are transmitted to the foetus/Garbha. The process of selecting and transmitting positive influences by means of yoga, reading good scriptures, positive thinking, praying, healthy eating and cheerful behavior is known as 'Garbha Sanskar'. During the nine month period of pregnancy Ayurveda has documented what a pregnant woman should eat; to which God/deity

As per Charakacharya the foetal mind is like a plain canvas and it imbibes stories, songs and music a pregnant woman is exposed to and thus would consequently

influence the mind of her foetus. Clearly, if you want your child to be well behaved with extraordinary and creative mind the pregnant woman should give up negative thinking and should always listen to such things which can influence her mind with positive thoughts and good Sanskars. A pregnant woman desiring to give birth to intelligent, courageous, good looking and healthy child should listen to and read the biographies of great people with such qualities. In Ramayana also a reference is found that before the birth of Lord Rama during 'putra kameshti yagya' the Agni devata gave King Dashratha 'payas' which can be considered as a form of 'Garbha Sanskar'. In Mahabharat also there is a well known mythological story as to how Lord Krishna had taught Abhimanyu to enter in 'chakravyuha' when he was in his mother Subhadra's womb. This story too proves the fact that men during mythological period too believed and practiced the concept of Garbha Sanskar. Ayurveda too is replete with many such do's and don'ts stated for the Garbhini to be followed which are nothing but the Garbha Sanskar. It has also been scientifically proved that subconscious mind of a foetus can be influenced more powerfully than conscious mind of grown up child after birth. An ideal Garbha Sanskar 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 foetus therefore the music designed for

Garbha Sanskar is useful for the health and personality development of foetus. To compete in today's overgrowing population and resulting challenges and competitions our future generation needs to be very intelligent, resourceful and creative. It is believed that "The hand that rocks the cradle, rules the world". The need of the hour is not to just give birth to any baby (prajanan) but to give birth to a baby with great qualities (suprajanan). This focus was never so important than before when most of the families especially in urban setup give birth to and raise a single child. Thus quality precedes quantity. The Garbha Sanskar is nothing but a natural extension of the concept of Achara Rasayana

Hence improper lifestyle or following bad conducts lead to deranged doshic equilibrium. Any disturbance in the equilibrium of Dhatus (Vatadi) is mentioned as disease and their state of equilibrium as health. Health and disease are also defined as pleasure and pain. Charak has mentioned that heterogeneous qualities of aggravating factors are alleviators of Dhatus (doshas). Hence, by following opposite conduct of bad conduct i.e. Achara Rasayana person can preserve or attain the Doshic equilibrium. One more view which can explain the role of Achara Rasayana which states that Achara Rasayana will reduce the stress and thus prevent the release of free radicals and improves the psychoneuroimmunity.¹⁰ Anger or any exogenous stressors can

have a direct impact upon cardiovascular diseases through the Hypothalamus pituitary- adrenal (HPA) axis and the sympathetic nervous system, their activation leading to an excessive liberation of corticosteroids and catecholamine. Chronic liberation of such stress hormones can produce an avalanche of events, including hemodynamic and metabolic dysfunctions, vascular problems, immunosuppression¹¹, and disorders of the cardiac rhythm. Stress can also contribute to the adoption of an unhealthy lifestyle (smoking, consumption of high caloric aliments, alcohol and caffeine consumption).¹² Prolonged sleep curtailment leads to a general enhancement of markers for inflammatory activity e.g. C-reactive protein, an important clinical biomarker of inflammation. While the sleep period in human is characterized by a profound downregulation of the two stress systems, the HPA axis and the Sympathetic nervous system (SNS). Thus immunity is boosted by proper nocturnal sleep.¹³ Optimum sleep is the body's key mechanism of repair and restore. Hence nidra is said to be an important basic pillar of our health.

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