

GARBHA SANSKAR- NEED OF EVERY EXPECTANT MOTHER FOR HEALTHY PROGENY

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ABSTRACT

Garbhasanskar is a scientific fact as mentioned in *Ayurveda* to get the “*Shreyasipraja*”. *Sanskara* is a process of increasing the potential. *Garbhasanskar* includes pre-conceptional care, care during pregnancy and post-delivery (*balsanskar*). 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 nine month journey and to make it memorable. The activity of expectant mother during pregnancy in the form of taking Ayurveda regimen diet, chanting, baby talk, expressing feeling(touch), meditation etc. *Garbhasanskar* is building the physical, mental & social character of child during pregnancy, means

garbhasanskara 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.

KEYWORDS: *Garbhasanskar, Shreyasipraja.*

INTRODUCTION

Pregnancy is a period of enormous physio-pathological and psychological adoption in a women’s life. Pregnancy stimulates every tissue and organ to function at a higher intensity. Growth and development of a healthy progeny depends upon the physiological and psychological adoption in a women’s life. Thus, a pregnant woman has to be given special care throughout the pregnancy. *Acharya Caraka* mentioned the concept of “*Shreyasipraja*”. Thus *Garbha Sanskara* is a complete protocol for maternal care from planning of conception till delivery of a healthy baby. *Garbhasanskara* develops a bond between mother and child. It

is a process of educating the fetus in the womb. It is a special effort taken to stimulate baby's sense gently from outside for the maximum development of its physic and intellectual ability.

Need of the Study-GarbhaSanskara as need of every expectant mother for a healthy progeny is important because-

- To compete in present scenario overgrowing population and competitions. That's why future generation needs 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 damages to the families as well as the 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 parent to make every effort to inculcate good values and virtues in their children.

Aim- To establish the role of *GarbhaSanskara* in every expectant mother for a healthy progeny.

Objectives

1. Conceptual study regarding *GarbhaSanskara*.
2. To establish the *GarbhaSanskara* as gold standard protocol for every expectant mother to get a designer baby.

METHODOLOGY

Literary references collected from *Ayurveda* i.e. classics, commentaries, modern literatures, research journals available in institute library, online portals like Pubmed central, Ayush research portal and Google scholar and analysed to frame conceptual work.

Obstacles

- Lack of public awareness
- Unplanned pregnancy
- Late visit for antenatal care
- Change in lifestyle
- Environmental changes

Quality of food and medicines

- Addiction to mobile, internet and television

- Modern medicine

Impact of Lifestyle on Fetus- Use of preservatives, soft drinks, food addictive's, tobacco, alcohol by expectant mother with technological tempest like use of microwave, laptop and mobile phones during pregnancy period effects on fetus. Family disputes, travelling during first and third trimester, work place stress, financial status, fear, this all causes increase level of stress hormone cortisol in mother body. Thus maternal anxiety cause artery resistance and abnormal flow increased resistance index.

Effect of Stress on Expectant Mother And Fetus- Stress cause activation of hypothalamic-pituitary-adrenal axis and inflammatory responses during pregnancy can affect maternal health during and beyond pregnancy. Stress hormone "Cortisol" can cross the placental barrier when a pregnant woman is under a high degree of stress and dietary protein is low. High cortisol levels can effect fetal brain development, specifically memory. Stressed mothers are more susceptible to infection and illness during pregnancy. Prenatal stress causes pregnancy and birth complications like- Preterm labor, preterm delivery, low infant birth weight, shortened gestational length, pre-eclampsia, gestational diabetes.

Description of Garbha Sanskara in Classics- *AcharyaCaraka* mentioned the concept of "Shreyasipraja". *AcharyaVagbhata* mentioned in *Shareerasthana* that the couple desiring specific qualities in their offspring should surround themselves by pictures of personalities having similar qualities, hear their stories and should always think about such personalities (when they are expecting a baby). Intercourse results in fertility and couple gets the child of desired qualities. *AcharyaVagbhata* also mentioned that spoilt children are a curse even for influential and worthy families. This reference forms the basis of *garbhasanskara* and highlights the fact that garbhasanskara influence behavior of child.

Ancient References of Garbha Sanskara

- In *Ramayana*, also a reference is found that before the birth of Lord Ram during "Putra kameshtiyagya" the *agnidevata* gave King *Dashratha* "Payas" which can be considered as a form of *garbhasanskara*.
- The story of *Abhimanyu (Mahabharata)*- When *Arjuna's* wife *Subhadra* was pregnant with their son *Abhimanyu*, he told her about how to penetrate the *chakravyuh*, a particular war formation. He could only learn to decode and enter the trap because by that time her

mother felt asleep. This was one of the reasons why he was killed because he did not know how to come out of the trap.

- *Narada muni* story: *Narada muni* teach *Prahlad* in the womb of his mother *Kayadhu*.
- Common personality of positivity among Lord Buddha, Swami Vivekananda, Shivaji Maharaja was inculcated by positive thought of their mother's prayer.

Pre-Conception Protocol- It involves the preparation of the couple planning pregnancy, 90 days prior to conception. *Ahara* (diet), *Vihara* (lifestyle), *Sadavritta* (moral conduct), along with varied therapies. Preparing the body well in advance before conceiving will help greatly in having a healthy pregnancy. Even partner's health is important for conception to occur as healthy sperms are required for getting pregnancy. Because it takes 74 days for sperm to develop (According to tritium-labeled biopsies). Including the transport on ductal system, it takes 3 months (i.e. 90 days). Pre-conception care is also recommended by world health organization to maximizing the gains for maternal and child health.

Garbhadhan Purva Sanskara (Planning for baby)- 90 days protocol.

- *Prakritiparikshana* (Ayurgenomics)
- *Rajaswalaparicharya* in female, *shodhanain* couple *vamana/virechana/basti* (*Panchkarma-shareerashuddhi*- Cellular cleansing)
- *Aaharashuddhi* (Special food planning)
- *Viharashuddhi* (Special daily routine)
- *Bhramcharyapalan*
- *Nadishuddhi- Pranayama* and *yogikakriya* □ *Prayavaranashuddhi- Agnihotra* fumigation.

The importance of *garbhadhana purva sanskara* is that the development of the brain of baby has already started even before the lady knows she is expecting. The brain starts to show its presence as early as 5 weeks of pregnancy. In 36 weeks the development of brain is complete.

After these 90 days protocol, copulation advised in *ritukala*. If conception occurs; then follow *masanumasika garbhini paricharya* and *pathya-apathya* during ante-natal period.

Garbhini Paricharya

During pregnancy follows 9 month *Garbhini paricharya*.

MONTH	DIET	EFFECT
1 st month	<i>Anupsanskritksheera</i> {Nonmedicated milk}	☐ Milk prevents from dehydration and supply
2 nd month 3 rd month 4 th month 5 th month	Milk medicated with <i>madhura rasa</i> drugs Milk with honey & <i>ghrita</i> Milk with butter <i>Ghrita</i> prepared with butter extracted from milk	required nourishment. ☐ <i>Madhura</i> drug group- is anabolic, helps in maintainance of proper health of mother and fetus.
6 th month	<ul style="list-style-type: none"> • <i>Ghrita</i> prepared from milk medicated with <i>madhura</i> drugs • <i>Gokshur siddha sarpi/yavagu</i>^[12] 	☐ <i>Gokshur</i> - Good diuretic prevents retention of water as well as its complications.
7 th month	<ul style="list-style-type: none"> • <i>Ghrita</i> prepared from milk medicated with <i>madhura</i> drugs • <i>Prathkparni siddha ghrita (Dalhan-Vidarigandhadival</i>^[31]) 	<ul style="list-style-type: none"> • <i>Prathkparni</i>-Vitiated <i>tridosha</i>. • <i>Vidarigandhadivarg</i>-Diuretic, anabolic, relieves emaciation, suppress <i>pitta</i> and <i>kapha</i>.
8 th month	<i>Kheerayavagu</i> mixed with <i>ghrita</i>	
9 th month	<i>Anuvasanabasti & yoni pichu</i> with <i>madhura</i> group oil.	☐ Effect on autonomous nervous system governing myometrium and help in regulating their function during labor.

Along with normal nutritious diet, specific diets for each month of antenatal period depending on embryogenesis. These specific diets cause impact on fetus, especially effective on reproductive and endocrine systems.

Type of Activities for Garbha Sanskara

- *GarbhaSamwad* (Baby talk)
- Breathing exercise with *Omkar*
- Reading good books
- Keep yourself engaged in positive talks
- *Jyotidhyana*
- Painting
- Singing
- Listening songs

- Gardening
- Knitting
- *Yoga and Pranayam*

Benefits of *Garbha Samwad*- *Garbhasanskara* are special effort taken to stimulate baby's senses gently so that cortical development is maximum.

Learning process: Stimuli → Sensory organs → Mind → Intellect → Knowledge.

Benefits of listening music- The pitches of sound work on the *tridosha* in our body, which means that Indian raga were designed to regulate the working of these *dosha* as per there *sthana*, *kala* and *samanta* for the betterment of health. Also observed that it leads to better physical, psychological, intellectual and spiritual development of the child, also observed that the children who receive music therapy during pregnancy days have a better healthy life with less disease exposure, high level of IQ & EQ, they could cope with stress in a better way, learn facts faster.

Mantra

- *Garbhadhana mantra*
- *Garbhasamraksha mantra*
- *Ramrakshakavach mantra*
- *Gayatri mantra*

GarbhaSanskara can be more effective by means of sound in the form of *mantra* and *shloka* because the rhythmic sounds are captured by a child's subconscious mind very effectively.

Benefits of Mantra Chanting- "*Man*" means mind and "*tra*" means release. *Mantra* is a combination of transcendental sounds meant to release the mind from all anxieties. If some part of the body begins to vibrate at a wrong frequency, the energy becomes stuck and disease set in. Therefore, through "*mantra*" chanting, one can cause the stuck energy to become released, and we can return to our natural state of resonance, thus affecting a cure. Sound of specific mantra chanting will cause the left and right hemisphere of the brain to synchronize. Such chanting also helps in oxygenation of brain, reduce heart rate, blood pressure and assist in creating calm brainwave activity. Thus in expectant mother *mantra* chanting can prevent pregnancy-induced hypertension, gestational diabetes and in fetus from

intra uterine growth retardation. By *mantra* chanting new neural synaptic connection form in brain with vocal harmony.

Anuswaram (Nasal sound), *MMMM* humming boosts the production of nitric oxide in the body. Nitric oxide is a molecule that our body produces to help its 50 trillion cells communicate with each other by transmitting signals throughout the entire body. Nitric oxide is important regulator and mediator of numerous processes in the nervous, immune and cardio-vascular system. Nitric oxide is synthesized in the vascular endothelium and syncytiotrophoblast from L-arginine. It significantly releases vascular smooth muscle, inhibits platelets aggregation and prevents intervillous thrombosis. Deficiency of nitric oxide contributes to the development of pregnancy induced hypertension in mother.^[17] Mother with gestational diabetes usually has lower levels of nitric oxide.

Yoga and Pranayam- Yoga practices integrate harmony and perfection of body, mind and spirit.

Trimester	Yogasana	Pranayama
<input type="checkbox"/> <input type="checkbox"/> FIRST <input type="checkbox"/> <input type="checkbox"/>	Trilokasana Sukshnavyayama Relaxation Vrukshasana	Sheetali Bhramri Omkar Anulomaviloma
<input type="checkbox"/> SECOND <input type="checkbox"/>	Gomukhasana Relaxation	Bhramri Omkar Anulomaviloma GarbhaChintana
<input type="checkbox"/> THIRD <input type="checkbox"/>	Vajrasana Utkatasana	Omkar Relaxation Dyana mudra

Probable Mode of Action of Garbha Sanskara

Epigenetic is everywhere- What and when an expectant mother eat, when she sleep, where she live, to whom she interact, how she exercise, stress and environment, exposure to toxins, social factors, even ageing- all of these can eventually cause chemical modification around the genes that will turn those genes on or off over time. This chemical modification in genes which are more for disease can be cured by following *garbhasanskara* protocol. Healthy genes transfer by both parents by *garbhasanskara* creates the healthy progeny. And this healthy DNA sequence is maintained generation to generation. It is also helpful in preventing from hereditary and congenital diseases.

Designer Baby

Baby's personality begins to take shape in the womb. Designer baby means cultured, civilized, beautiful, brilliant, disease free offspring with physical strength and other qualities like sincerity, humanity, compassion, spirituality, courage, loyalty etc. which are the need for present era. Garbhasanskara- a natural extension of the concept of Achararasayana.

DISCUSSION

The fetus gets an enormous amount of "hormonal bathing" through the mother. So its chronological rhythms are maternal-child influenced by the mother's sleep/wake cycles, eating patterns /peconception-care-policy 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 with pregnancy and to experience the joy of nine month journey and to make it memorable. That's why *garbhasanskara* is, important for every expectant to keep her healthy as well as her healthy baby.

CONCLUSION

Garbhasanskara means imbibing good values (*Sanskara*) in the fetus. It prevents complications during pregnancy like pregnancy induced hypertension, post-partum hemorrhage. All. procedure of *garbhasanskara* helps in every stage for the all- with around development of a healthy, beautiful, social and smart progeny with longevity. Thus *garbhasanskara* works on the, theme of "Ayurveda for longevity" concept. It plays the prime role in mother and child health care system of our nation.

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