



**GARBHA SANSKAR: ANCIENT WISDOM OF AYURVEDA FOR HEALTHY PROGENY**

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**ABSTRACT:**

*Garbha Sanskar* is a traditional Indian concept that involves taking care of the mother and the foetus during pregnancy, with the belief that it can have a positive influence on the child's physical, emotional, and intellectual development. *Garbha Sanskar* practices include a variety of Ayurvedic practices, such as diet planning, yoga, pranayama, massage, and meditation, which are believed to promote a healthy pregnancy and a healthy baby. These practices are designed to help balance the doshas (vata, pitta, and kapha), promote good digestion and elimination, and enhance overall vitality and well-being. *Garbha Sanskar* is having a positive impact on the health and well-being of both the mother and child. *Garbha Sanskar* is having a positive impact on the health and well-being of both the mother and child.

**KEY WORDS:** *Garbha Sanskar*, designer baby, Epigenetics, *Masanumasik Paricharya*, *Shreyasipraja*.

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## INTRODUCTION:

*Garbha Sanskar* is a concept in traditional Indian culture that involves taking care of the mother and the foetus during pregnancy, with the belief that it can have a positive influence on the child's physical, emotional, and intellectual development. Every parent heartily desires to have a very healthy, good looking, intelligent and cultured child, For this it is essential to nurture the biological and inner growth of the baby right since the embryonic state. The Concept Of "Shreyasipraja" Was Explained By Acharya Charaka.<sup>[1]</sup>

The term "*Garbha Sanskar*" comes from the Sanskrit words "*Garbha*" meaning womb and "*Sanskar*" meaning impression. The idea is to create a positive and peaceful environment for the foetus, both physically and mentally, by practicing various rituals, yoga, meditation, and listening to calming music.

Some of the practices involved in *Garbha Sanskar* include following a healthy diet, practicing yoga and meditation, reciting mantras and prayers, listening to classical music and chanting, reading and listening to positive stories, and avoiding negative thoughts and emotions.

**Garbha Sanskar : Ancient Wisdom Of Ayurveda For Healthy Progeny**

The concept of *Garbha Sanskar* has been mentioned in ancient Indian texts like the *Vedas, Puranas, and Ayurveda*. According to *Acharya Sushruta* by observing the specific mode of life the born children are handsome endowed with goodness have long life repay the debits of parents and are excellent <sup>[2]</sup>. It is believed that the practice can help in the overall development of the child, including their physical, emotional, and intellectual growth.

*Garbha Sanskar* includes practices like a balanced diet, yoga, meditation, and listening to soothing music. It also involves reading and listening to positive stories and avoiding negative emotions like stress and anxiety. The practice is believed to reduce the chances of congenital defects, improve the immune system, and promote overall health and well-being for both the mother and child.

## NEED OF STUDY

As there have been some studies conducted on the effects of *Garbha Sanskar*, the results have been inconclusive, and further research is needed to establish a clear link between the practice and the health of the mother and child.

A scientific study could help to identify the specific *Garbha Sanskar* practices that are most beneficial and provide evidence-based recommendations for pregnant women. It

could also help to dispel any myths or misconceptions surrounding Garbha Sanskar and ensure that pregnant women are receiving accurate and reliable information.

In addition, a study on *Garbha Sanskar* could also help to bridge the gap between traditional Indian practices and modern medical care. By incorporating the best practices of both, it may be possible to provide a more holistic and comprehensive approach to prenatal care that benefits both the mother and child.

Overall, there is a need for scientific study on *Garbha Sanskar* to provide a better understanding of its potential benefits and help pregnant women make informed decisions about their health and the health of their unborn child.

#### **AIM OF THE STUDY**

The main aim of *Garbha Sanskar* is to promote the overall health and well-being of the mother and child. It is believed that by following a healthy lifestyle, including a balanced diet, regular exercise, meditation, and positive thinking, pregnant women can provide a nurturing environment for the foetus.

The practice also aims to promote the intellectual, emotional, and spiritual development of the child. *Garbha Sanskar* involves activities like reading and listening to

positive stories, reciting mantras and prayers, and listening to calming music. These practices are believed to have a positive impact on the child's cognitive and emotional development.

Overall, the aim of *Garbha Sanskar* is to provide a holistic approach to prenatal care that focuses on the health and well-being of both the mother and child. By promoting a healthy lifestyle and positive thinking, pregnant women can create a nurturing environment for their unborn child and promote their overall development.

To assess the impact of *Garbha Sanskar* on the physical, emotional, and intellectual development of the child.

*Garbha Sanskar* practices on reducing the risk of pregnancy complications, such as preterm labor or low birth weight, and enhancing the immune system of the mother and child.

Overall, the aim of a study on *Garbha Sanskar* would be to provide scientific evidence to validate its effectiveness and determine its potential as a complementary approach to modern prenatal care. By evaluating the practices and benefits of *Garbha Sanskar*, it could help provide a more comprehensive and holistic approach to prenatal care, which can benefit both the mother and child.

#### **OBJECTIVE:-**

The objective of *Garbha Sanskar* is to provide a positive and healthy environment for the

foetus during pregnancy, with the ultimate goal of promoting the physical, emotional, and intellectual development of the child. Some of the specific objectives of *Garbha Sanskar* are:

1. To promote a healthy pregnancy: *Garbha Sanskar* aims to create a positive environment for the foetus by promoting a healthy lifestyle, including a balanced diet, exercise, and relaxation techniques.
2. To reduce the risk of pregnancy complications: *Garbha Sanskar* practices are believed to reduce the risk of pregnancy complications, such as preterm labor, gestational diabetes, and high blood pressure.
3. To enhance the immune system: *Garbha Sanskar* practices like meditation and pranayama are believed to enhance the immune system of the mother and child, reducing the risk of infections during pregnancy.
4. To promote emotional well-being: *Garbha Sanskar* practices are also aimed at promoting emotional well-being for both the mother and child, reducing stress and anxiety during pregnancy.
5. To enhance cognitive development: *Garbha Sanskar* practices like reading

and listening to positive stories are believed to enhance the cognitive development of the child.

#### **OBSTACLES:**

Overall, the objective of *Garbha Sanskar* is to provide a comprehensive and holistic approach to prenatal care that promotes the health and well-being of both the mother and child.

There can be several obstacles to practicing *Garbha Sanskar*. Some of the common obstacles are:

1. Lack of awareness: Many pregnant women and their families may not be aware of the practice of *Garbha Sanskar* or may have misconceptions about it.
2. Cultural and regional differences: The practice of *Garbha Sanskar* can vary greatly depending on the culture and region. This can make it difficult to standardize the practice and determine its effectiveness.
3. Time constraints: *Garbha Sanskar* practices can be time-consuming, and pregnant women may find it challenging to make time for them, particularly if they are working or have other family obligations.
4. Skepticism from the medical community: Some medical

professionals may be skeptical of the effectiveness of *Garbha Sanskar*, particularly if there is a lack of scientific evidence to support its claims.

5. Financial constraints: Some *Garbha Sanskar* practices may require significant financial investment, which may not be feasible for all pregnant women and their families.

Overall, these obstacles can make it challenging for pregnant women to practice *Garbha Sanskar*, particularly in urban areas where traditional practices may be less common. However, with increasing awareness and education, it is possible to overcome these obstacles and promote the benefits of *Garbha Sanskar*.

### **GARBHA SANSKAR: Impact of Lifestyle On Foetus**

Garbha Sanskar emphasizes the importance of maintaining a healthy lifestyle during pregnancy as it can have a significant impact on the development and well-being of the foetus. Here are some ways in which a mother's lifestyle can impact the foetus:

1. Nutrition: The nutrients that a mother consumes during pregnancy directly affect the growth and development of the foetus. A balanced diet that includes adequate amounts of proteins, carbohydrates, fats, vitamins,

and minerals is crucial for the proper development of the foetus.

2. Exercise: Moderate exercise during pregnancy can help improve blood circulation, reduce stress, and promote foetus development. However, it is essential to consult a healthcare provider before starting any exercise regimen during pregnancy.
3. Stress: High levels of stress during pregnancy can affect the foetus brain development and increase the risk of behavioural and emotional problems later in life.
4. Smoking and Alcohol: Smoking and alcohol consumption during pregnancy can lead to developmental delays, low birth weight, and other health problems for the baby.
5. Environmental toxins: Exposure to environmental toxins during pregnancy can harm foetus development and increase the risk of birth defects, cognitive impairment, and behavioral problems.

Overall, the mother's lifestyle choices can significantly impact the health and development of the foetus during pregnancy. *Garbha Sanskar* emphasizes the importance of maintaining a healthy lifestyle during

pregnancy to provide a positive and healthy environment for the foetus.

So Mother Should Practice Similar Behaviour In Terms Of Faith, Hearing, Honesty, Or Straightforwardness, Humanity, Charity, Compassion Or Mercy And Politeness Or Courtesy As She Wishes To Be The Nature Of Her Child [3].

### **GARBHA SANSKAR : Effect Of Stress On Expectant Mother And Foetus:-**

Stress during pregnancy can have a significant impact on both the expectant mother and the foetus. Here are some effects of stress on the mother and the foetus:

1. **Hormonal changes:** Stress triggers the release of stress hormones, such as cortisol and adrenaline, which can have a negative impact on the mother's health. Chronic stress during pregnancy can cause hormonal imbalances and increase the risk of pregnancy complications, such as preterm labor and gestational diabetes.
2. **Increased risk of mental health problems:** Prolonged stress during pregnancy can increase the risk of mental health problems, such as anxiety and depression, in the mother.
3. **Reduced blood flow to the foetus:** Chronic stress can lead to the constriction of blood vessels, reducing

blood flow to the foetus. This can result in reduced foetus growth and development.

4. **Cognitive and behavioral problems:** Children born to mothers who experience high levels of stress during pregnancy are at an increased risk of cognitive and behavioral problems, such as attention-deficit/hyperactivity disorder (ADHD), anxiety, and depression.
5. **Reduced immunity:** Prolonged stress can weaken the immune system of both the mother and the foetus, making them more susceptible to infections and other illnesses.

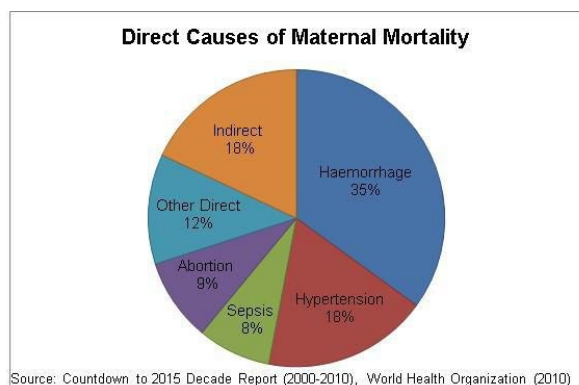
Garbha Sanskar emphasizes the importance of reducing stress during pregnancy through various practices such as yoga, meditation, and relaxation techniques. By reducing stress, expectant mothers can promote their own health and well-being, as well as the health and development of the foetus

The emotions experienced by parents can have a significant impact on their offspring, both during pregnancy and after birth.

During pregnancy, the mother's emotional state can influence the developing fetus in a variety of ways. For example, high levels of stress or anxiety in the mother have been associated with a higher risk of preterm birth,

low birth weight, and developmental problems in the child. Similarly, depression during pregnancy has been linked to an increased risk of behavioral and emotional problems in the child later in life.

#### MATERNAL COMPLICATION IN TODAY'S ERA



**FIGURE NO. 1 WHO REPORT STATING DIRECT CAUSES OF MATERNAL MORTALITY.**

#### DESCRIPTION OF GARBHA SANSKAR IN CLASSICS:

*Garbha Sanskar* is an ancient practice that is described in various classical texts of India. Here are some descriptions of *Garbha Sanskar* from some of these texts:

1. Ayurvedic texts: *Ayurvedic* texts, such as *CharakaSamhita*, *SushrutaSamhita*, and *AshtangaHridaya*, describe *Garbha Sanskar* as a set of practices that promote the physical, mental, and spiritual well-being of the mother and the foetus. These practices include a balanced diet, exercise, meditation, and relaxation techniques.
2. Yoga texts: Yoga texts, such as *Patanjali's Yoga Sutras* and *Hatha Yoga*

*Pradipika*, describe *Garbha Sanskar* as a practice that prepares the mother for childbirth and promotes the healthy development of the foetus. These texts emphasize the importance of *yoga asanas*, *pranayama*, and *Dhyana* during pregnancy.

3. Puranas: The *Puranas*, which are ancient Hindu texts, describe *Garbha Sanskar* as a practice that promotes the spiritual and cultural development of the foetus. These texts emphasize the importance of reading religious scriptures, listening to music, and performing spiritual rituals during pregnancy.
4. Manusmriti: *Manusmriti*, which is an ancient Hindu text that provides guidelines for human conduct, describes *Garbha Sanskar* as a practice that ensures the health and well-being of the mother and the foetus. The text emphasizes the importance of a healthy diet, clean environment, and positive thoughts during pregnancy.

Overall, these classical texts provide detailed descriptions of *Garbha Sanskar* and emphasize its importance for the healthy development of the mother and the foetus. The practices described in these texts continue to be

relevant today and are still widely used in modern *Garbha Sanskar* practices.

*Acharya Vagbhata* Explained That Bad Child Born In Even Worthy And Influential Families Are A Curse And Can Spoil The Families<sup>[4]</sup>. This Reference Highlights The Fact That Garbha Sanskara Impact The Behavior Of Child And Forms The Basis Of *Garbha Sanskar* .

#### **Ancient References Of Garbha Sanskar:-<sup>[5]</sup>**

*Garbha Sanskar* is an ancient practice that has been referenced in various texts of India. Here are some examples of ancient references to *Garbha Sanskar*:

1. Rigveda: The *Rigveda*, which is one of the oldest texts in the world, contains several hymns that describe the importance of a healthy pregnancy and the role of the mother in promoting the well-being of the foetus.
2. Garbha Samvad : *Devrishi Narad* taught 'Om namah bhagwate vasudevay' to *Prahalad* in garbhashaya of *Mata Kayadhu*.
3. With reference to *Ramayana*, before the birth of *Shriram*, *Chakravarti Samrat Dashratha* received "Payas " from *Agni Deva* in *Putrakameshthi Yagya* as a beautiful example of *Garbha Sanskara*.

4. In *Mahabharata* *Abhimanyu* learned "*Chakravayuh Bhedana*" in mata *Subhadra's garbhashaya*.

5. *Jijabai* taught *Shivaji* by 'garbha samvad' through prayers and positive thoughts.

Overall, these ancient references to *Garbha Sanskar* demonstrate the long-standing tradition of this practice in India and the importance that has been placed on the health and well-being of the mother and the foetus for thousands of years.

#### **PRECONCEPTION OF PROTOCOL**

Pre-conception protocol refers to a set of guidelines and practices that couples can follow before conception to ensure a healthy pregnancy and a healthy baby. Here are some key components of a pre-conception protocol:

1. Consultation with a healthcare provider: Before trying to conceive, it is important to consult with a healthcare provider, such as an obstetrician or a midwife, to ensure that both partners are healthy and ready for pregnancy.
2. Balanced diet: A balanced and nutritious diet is important for both partners to ensure that they are getting all the essential nutrients necessary for a healthy pregnancy and a healthy baby. This includes consuming foods that are rich in

vitamins and minerals such as folate, iron, calcium, and omega-3 fatty acids.

3. Regular exercise: Regular exercise can help both partners maintain a healthy weight and improve overall health, which can increase the chances of a successful pregnancy.
4. Manage chronic conditions: If either partner has a chronic condition such as diabetes or high blood pressure, it is important to manage the condition before conception to ensure a healthy pregnancy.
5. Avoid harmful substances: Both partners should avoid harmful substances such as tobacco, alcohol, and recreational drugs, as these can negatively impact fertility and increase the risk of pregnancy complications.
6. Genetic counseling: If there is a family history of genetic disorders, it is important to consider genetic counseling to assess the risk of passing on the disorder to the baby.
7. Stress management: Managing stress is important for both partners, as stress can negatively impact fertility and increase the risk of pregnancy complications.

#### **GARBHADHAN PURVA SANSKARA (PLANNING FOR BABY)- 90 Days Protocol.**

1. **Prakritiparikshana also known as Ayurgenomics**, is a field of study that combines principles of *Ayurveda*, the traditional Indian system of medicine, with modern genomics. The term "*Prakriti*" in *Ayurveda* refers to an individual's unique constitution, which is believed to be determined by the three doshas or energy forces - *Vata*, *Pitta*, and *Kapha*. Ayurgenomics aims to identify genetic variations associated with the doshas and understand how these variations can influence an individual's health and disease susceptibility.
2. **Rajahswalaparicharya And Panchakarma Shareera Shudhi** Also Known As Cellular Cleansing Eg. *Sharirashudhi* Of Married Couple By *Vamana*, *Virechana*, *Basti*.
3. **Garbha Sanskara Aaharshuddhi** is a practice in Ayurveda that focuses on the diet of a pregnant woman to ensure the proper growth and development of the foetus. According to Ayurveda, the health and well-being of the mother during pregnancy can have a profound impact on the health of the baby. The principles of *Garbha Sanskara Aaharshuddhi* involve eating a diet that is nutritious and easy to digest. The diet should be rich in essential nutrients such as protein, vitamins, and minerals, and should include a variety of

whole grains, fruits, vegetables, and lean proteins.

In addition to a nutritious diet, the principles of *Garbha Sanskara Aaharshuddhi* also emphasize the importance of eating mindfully and in a peaceful environment. It is believed that the emotional state of the mother during pregnancy can also have an impact on the baby, so it is important for the mother to maintain a positive and peaceful state of mind.

Some specific dietary recommendations for *Garbha Sanskara Aaharshuddhi* include consuming milk, ghee, and other dairy products for their high calcium and protein content, as well as eating foods that are rich in iron, such as green leafy vegetables and lentils. It is also important for pregnant women to avoid processed and junk foods, as well as foods that are difficult to digest, such as spicy or fried foods. Overall, *Garbha Sanskara Aaharshuddhi* can be a powerful practice in ensuring the health and well-being of both the mother and the developing foetus. It is important for pregnant women to work with a qualified Ayurvedic practitioner to develop an appropriate diet plan based on their unique needs and circumstances.

4. **Garbha Sanskara Viharashuddhi** is a practice in Ayurveda that focuses on the daily routine of a pregnant woman to ensure a healthy and balanced pregnancy. According to Ayurveda, maintaining a balanced daily routine during pregnancy can help to promote physical, emotional, and spiritual well-being for both the mother and the developing foetus.

The principles of *Garbha Sanskara Viharashuddhi* involve establishing a daily routine that is conducive to a peaceful and balanced state of mind. This may include waking up early in the morning, practicing yoga or gentle exercise, and meditating or practicing deep relaxation techniques. It is also recommended to establish regular meal times and to eat a nutritious and balanced diet, as described in the *Garbha Sanskara Aaharshuddhi* practice. Adequate rest and sleep are also important during pregnancy, and it is recommended to establish a regular sleep routine and to get plenty of rest throughout the day. In addition to establishing a regular daily routine, it is important for pregnant women to avoid stress and engage in activities that promote relaxation and mental well-being.

This may include spending time in nature, practicing mindfulness or other stress-

reducing techniques, and avoiding stressful situations or environments. Overall, *Garbha Sanskara Viharashuddhi* can be a powerful practice in promoting a healthy and balanced pregnancy. It is important for pregnant women to work with a qualified Ayurvedic practitioner to develop an appropriate daily routine based on their unique needs and circumstances.

#### 5. **Brahmacharya Palana**

In the context of *Garbha Sanskara*, *Brahmacharya* refers to the practice of sexual abstinence or moderation during pregnancy. It is believed that maintaining a state of *Brahmacharya* during pregnancy can help to conserve and channel the life force energy of the mother and the developing foetus, promoting their health and well-being.

In *Ayurveda*, it is recommended for pregnant women to avoid sexual activity during the first trimester, as this is considered a critical time for the development of the foetus. After this period, sexual activity may be resumed but should be practiced in moderation and with care.

The practice of *Brahmacharya* during pregnancy also involves the cultivation of self-control and moderation in other areas of life, such as diet and lifestyle. This may

include avoiding excessive or indulgent behaviors, practicing mindfulness and self-awareness, and engaging in practices such as yoga and meditation to promote physical and mental well-being.

Overall, the practice of *Brahmacharya* during pregnancy is considered an important aspect of *Garbha Sanskara*, as it can help to promote a healthy and balanced pregnancy and support the growth and development of the foetus. However, it is important to consult with a qualified Ayurvedic practitioner to develop an appropriate plan based on individual needs and circumstances.

#### 6. **Garbha Sanskar Nadishuddhi- Pranayama and Yogikakriya:**

In the context of *Garbha Sanskara*, *Nadishuddhi* is a yogic practice that can help to promote the health and well-being of the developing foetus and the mother during pregnancy. The practice involves the purification of the *nadis*, or energy channels, in the body through the practice of *Pranayama* and *yogik kriyas*. During pregnancy, the mother's body undergoes significant changes, and the practice of *Nadishuddhi* can help to support these changes and promote a healthy pregnancy. The practice of pranayama during pregnancy should be gentle and should not involve holding the

breath for extended periods or overexertion. The practice of alternate nostril breathing (*Nadishodhana*) can help to balance the flow of prana and promote a sense of calm and relaxation, which can be particularly beneficial during pregnancy. *Yogic kriyas* can also be incorporated into a *Garbha Sanskara* practice, with some modifications. For example, the practice of *Neti* (nasal cleansing) can help to clear congestion and improve the flow of *Prana*, while the practice of *Trataka* (gazing practices) can promote a sense of calm and concentration. It is important to practice *Nadishuddhi* during pregnancy under the guidance of a qualified yoga teacher or Ayurvedic practitioner, as the practices can be quite powerful and should be tailored to individual needs and abilities. With proper guidance, the practice of *Nadishuddhi* can help to promote a healthy and balanced pregnancy, and support the growth and development of the foetus.

## **7. Prayavaranashuddhi- Agnihotra Fumigation**

In the context of *Garbha Sanskara*, *Prayavaranashuddhi* refers to the purification of the environment surrounding the pregnant mother and the developing foetus. The practice of

*Agnihotra* fumigation is one way to purify the environment and promote a healthy and balanced pregnancy.

*Agnihotra* is a Vedic fire ritual that involves the burning of specific organic materials at sunrise and sunset. The smoke and ash produced during the ritual have been found to have antimicrobial and air-purifying properties, which can help to reduce the levels of harmful pathogens in the environment.

During pregnancy, the practice of *Agnihotra* fumigation can help to reduce the risk of infection and promote a healthy and balanced environment for the developing foetus. The ritual can be performed using specific organic materials such as ghee, rice, and herbs, and should be performed in a clean and quiet space.

It is important to note that the practice of *Agnihotra* fumigation should be performed under the guidance of a qualified practitioner, as it involves the use of fire and specific organic materials. The ritual should also be performed with care and attention to safety, and should not be performed in areas where it may cause harm or disturbance to others.

Overall, the practice of *Agnihotra* fumigation can be an effective way to purify the environment and promote a

healthy and balanced pregnancy in the context of *Garbha Sanskara*. However, it should be used in conjunction with other

*Ayurvedic* practices and under the guidance of a qualified practitioner.

**GARBHINI PARICHARYA<sup>[6]</sup>**

**TABLE 1 Masanumasika Paricharya and its effect on mother and progeny**

Month Wise	Diet Regimen	Effect Of Diet
First	Non Medicated Milk As Frequently As Desired According To <i>Bala</i> And <i>Agni</i> <sup>[7]</sup>	Milk Helps To Relieve Vomiting Dehydration, Anemia And Full Fill Needed Nourishment
Second	Milk Medicated With <i>Madhura Varga Dravya</i> <sup>[8]</sup>	<i>Madhura Varga Dravya</i> full Fill The Required Nutritional Demand Of Mother & Foetus
Third	Milk With Honey And Ghee unequal quantity <sup>[9]</sup>	Reduce Vomiting And Diarrhoea
Fourth	Butter Extracted From Milk <sup>[10]</sup>	<i>Dauhrivadavastha: Hridaya ,Ruchikara ,Chakshushya.</i>
Fifth	Ghee Prepared From Butter <sup>[11]</sup> Extracted From Milk	<i>Mana Pradurbhav</i> Of Foetus, Brain Development Of The Foetus Occurs.
Sixth	<i>Ghee</i> (Prepared From Milk) Medicated With <i>Madhur Varga Dravya</i> , Rice Gruel <sup>[12]</sup> Medicated With <i>Gokshura</i> <sup>[13]</sup>	<i>Gokshura</i> In 6 <sup>th</sup> Month Is <i>Ojovardhaka</i> , And <i>Mutrakaraka</i> In Foetus & Checks Pedal Edema In Mother.
Seventh	Ghee Medicated With <i>Prthakparnayadi</i> <sup>[14]</sup>	<i>Prthakparnayadi</i> Helps In Growth And Development Of Foetus
Eighth	<i>Yavagu</i> <sup>[15]</sup> Prepared With Milk And Ghee	<i>Pitashamak</i> Property.
Ninth	<i>Anuvasana Vasti</i> with Oil Prepared with <i>Madhura Varga Dravya</i> And <i>Pichu</i> of Same Oil Given For Lubrication Of Cervix & Vagina <sup>[16]</sup>	<i>Prasavavastha</i>

This *Garbhini Paricharya* has good impact on foetus, mother's reproductive system &

she gives birth to a beautiful progeny who has all qualities in it.

## **TYPE OF ACTIVITIES FOR GARBHA SANSKARA**

*Garbha Sanskar* is a set of traditional practices that aim to promote the physical, mental, and spiritual well-being of both the mother and the developing foetus during pregnancy. Here are some of the *Garbha Sanskar* activities that can be performed during pregnancy:

1. **Prenatal Yoga:** Prenatal yoga is a form of physical exercise that can help to promote flexibility, strength, and relaxation during pregnancy. It is a low-impact exercise that is safe for pregnant women.
2. **Meditation:** Meditation is a form of mental exercise that can help to promote relaxation and reduce stress and anxiety levels during pregnancy. It can also have a positive impact on the developing foetus.
3. **Music Therapy:** Listening to soothing music can promote relaxation and create a positive environment for the developing foetus. It can also have a positive impact on cognitive and emotional development.
4. **Pranayama:** Pranayama is a set of breathing exercises that can help to purify the body, promote relaxation, and improve overall physical and mental health during pregnancy.
5. **Reading and Listening to Scriptures:** Reading and listening to scriptures can promote spiritual well-being and create a positive environment for the developing foetus.
6. **Positive Visualization:** Practicing positive visualization techniques can help to create a positive and supportive environment for the developing foetus.
7. **Ayurvedic Diet:** Following a balanced and healthy diet that includes Ayurvedic principles can provide the necessary nutrients for the developing foetus and promote healthy growth.
8. **Massages:** Prenatal massages can help to reduce stress levels, improve blood circulation, and promote relaxation during pregnancy.

Overall, *Garbha Sanskar* activities aim to promote physical, mental, and spiritual well-being during pregnancy, and create a

positive and supportive environment for the developing foetus. These practices can have a positive impact on both the mother and the developing foetus, and help to ensure a healthy and happy pregnancy.

*Garbhsanskar* before pregnancy during conception contributed towards the successful combination of *Shukra* and *Shonita*<sup>9</sup> inside the *Kukshi*<sup>10</sup> to form healthy *Garbha*, *Garbhsanskar*<sup>11</sup> during pregnancy contributed towards the proper development of foetus and *Garbhsanskar* after pregnancy during breastfeeding stage contributed towards the nourishment of new born.

#### **Benefits Of *Garbha Samwad*-**

- *Garbha Samwad* is a practice of communication with the unborn baby in the womb. Here are some of the benefits of practicing *Garbha Samwad* during pregnancy:
- **Bonding with the Baby:** *Garbh Samwad* helps to establish a deep and meaningful bond between the mother and the unborn baby. It can help to create a sense of connection and closeness, which can have a positive impact on the mother's mental and emotional well-being.
- **Promotes Emotional Development:** Communicating with the unborn baby

can promote emotional development in both the mother and the baby. It can help the baby to feel loved and nurtured, which can have a positive impact on their emotional development.

- **Reduces Stress and Anxiety:** Practicing *Garbha Samwad* can help to reduce stress and anxiety levels in the mother. It can create a sense of calm and relaxation, which can have a positive impact on both the mother and the unborn baby.
- **Positive Impact on Cognitive Development:** Studies have shown that talking to the unborn baby can have a positive impact on their cognitive development. It can help to promote language development and improve cognitive function.
- **Creates a Positive Environment:** *Garbha Samwad* helps to create a positive and nurturing environment for the unborn baby. It can help to promote a sense of security and well-being, which can have a positive impact on the baby's overall development.

Overall, practicing *Garbha Samwad* can have a positive impact on the emotional, cognitive, and overall development of the unborn baby.

It can also promote emotional well-being and reduce stress and anxiety levels in the mother, which can have a positive impact on both the mother and the baby.

### **Mantra**

*Garbha Sanskar* Mantras are special chants or recitations that are believed to have a positive impact on the physical, mental, and spiritual development of the unborn baby. Here are some commonly used *Garbha Sanskar* Mantras:

1. *Beej Mantra*: This is a mantra that is believed to promote fertility and conception. The *Beej mantra* is "Om HreemShreemKleemSarvaPraharan ayogadhaarayNamah."
2. *Garbha Raksha Mantra*: This mantra is believed to protect the mother and the unborn baby during pregnancy. The *Garbha Raksha Mantra* is "Om DevendraniNamastubhyam, DevendrapriyaBhamini / VivaahamBhagyamaarogyam, SheeghramAyushmantaanjaha /"
3. *Santan Gopal Mantra*: This mantra is believed to promote the healthy growth and development of the unborn baby. The *Santan Gopal Mantra* is "Om

*ShreemHreemKleemGlaumDevakisu tGovindVasudevJagatpateDehi Me Tanayam Krishna TvaamahamSharanamGatah."*

4. *Mahamrityunjaya Mantra*: This mantra is believed to promote physical, mental, and spiritual well-being and is often recited during pregnancy. The *Mahamrityunjaya Mantra* is "OmTryambakamYajamaheSugandhimPushtiVardhanamUrvarukamivaBandhananMrityorMukshiyamaamritat."
5. *Gayatri Mantra*: The *Gayatri Mantra* is a powerful mantra that is believed to promote overall well-being and is often recited during pregnancy. The *Gayatri Mantra* is "Om BhurBhuvaSwaha, Tat SaviturVarenyamBhargoDevasyaDhimahiDhiyoYo Nah Prachodayat."

Overall, *Garbha Sanskar* Mantras are believed to have a positive impact on the physical, mental, and spiritual development of the unborn baby, and can also promote the overall well-being of the mother. It is important to note that these mantras should be recited with faith and devotion,

### **Benefits Of Mantra Chanting-**

Overall, *Garbha Sanskar Mantras* are believed to have a positive impact on the physical, mental, and spiritual development of the unborn baby, and can also promote the overall well-being of the mother. It is important to note that these mantras should be recited with faith and devotion.

### Yoga And Pranayam-

1. *Garbha Sanskar Yoga* and *Pranayama* are a set of practices that are believed to have a positive impact on the physical, mental, and spiritual health of the mother and the unborn baby. Here are some commonly used Yoga and Pranayama practices in *Garbha Sanskar*:
2. *Anulom Vilom Pranayama*: This Pranayama involves alternate nostril breathing, which is believed to promote relaxation, reduce stress, and improve overall well-being.
3. *Bhramari Pranayama*: This Pranayama involves humming,

which is believed to promote relaxation, reduce anxiety, and improve overall well-being.

4. *Ujjayi Pranayama*: This Pranayama involves deep, slow breathing, which is believed to promote relaxation, reduce stress, and improve overall well-being.
5. Prenatal Yoga: Prenatal Yoga involves a series of gentle yoga postures that are modified for pregnant women. Prenatal Yoga is believed to promote relaxation, reduce stress, improve circulation, and promote overall well-being.
6. Yog Nidra : *Yog Nidra* is a relaxation pose that involves lying down on your back with your arms and legs spread out. *Yog Nidra* is believed to promote relaxation, reduce stress, and improve overall well-being.
7. Overall, *Garbha Sanskar Yoga* and *Pranayama* are believed to have a positive impact on the physical, mental, and spiritual health of the mother and the unborn baby.

**Table 1 TRIMESTERWISE YOGASANA AND PRANAYAM**

TRIMESTERS	First	Second	Third
<i>Yogasanna</i>	<i>Sukshamavyayama,</i> <i>Vrukshasana,</i>	<i>Gomukhasan</i>	<i>Utkatasana,</i> <i>Vajrasana</i>

	<i>Trilokasana</i>		
<i>Pranayam</i>	<i>Anulom – Vilom, Bhramari, Sheetal, Omkar</i>	<i>Omkar Anuloma – Vilom Garbhachintan</i>	<i>Dhyan Mudra Omkar Relaxation</i>

### PROBABLE MODE OF ACTION OF GARBHA SANSKARA

1. *Garbha Sanskara* is believed to work on various levels, including physical, mental, and spiritual.
2. Physical Level: *Garbha Sanskara* practices like yoga, pranayama, and diet planning are believed to improve the physical health of the mother and the unborn baby. These practices can help improve circulation, reduce stress, and promote relaxation, all of which can have a positive impact on the physical well-being of the mother and the baby.
3. Mental Level: *Garbha Sanskara* practices like mantra chanting, positive visualization, and *Garbha Samvad* are believed to have a positive impact on the mental health of the mother and the unborn baby. These practices can help reduce stress, promote relaxation, and create a positive

environment for the baby to grow and develop.

4. Spiritual Level: *Garbha Sanskara* practices like performing *Agnihotra*, meditation, and prayer are believed to have a positive impact on the spiritual well-being of the mother and the unborn baby. These practices can help create a spiritual connection between the mother and the baby, and promote a sense of peace, harmony, and well-being.
5. Overall, *Garbha Sanskara* practices are believed to create a positive environment for the mother and the unborn baby, promoting physical, mental, and spiritual well-being.

### DESIGNER BABY

1. It is important to understand that *Garbha Sanskar* is not about designing a baby or altering their genetics in any way. It is a set of practices that are aimed at

promoting the physical, mental, and spiritual well-being of the mother and the unborn baby.

2. *Garbha Sanskar* practices focus on creating a positive environment for the baby to grow and develop, through practices like yoga, pranayama, diet planning, positive visualization, and meditation. These practices are believed to have a positive impact on the health and development of the baby, but they do not alter their genetic makeup.
3. It is important to note that altering the genetics of a baby is not ethically or morally acceptable. The concept of designer babies, where parents can select specific traits for their child, raises serious ethical concerns and has not been widely accepted in the scientific or medical community.
4. In summary, *Garbha Sanskar* is not about designing a baby or altering their genetics, but rather promoting their overall health and well-being through various practices that create a positive environment for the baby to grow and develop.

## DISCUSSION

*Garbha Sanskar* like similar practices exist in different cultures around the world with their own unique names and rituals.

Here are a few examples:

1. Ayurveda in India: *Garbha Sanskar* is a part of Ayurveda, which emphasizes the importance of a healthy and balanced diet, yoga, meditation, and other practices to promote the physical, emotional, and spiritual health of the mother and the baby.
2. Taoism in China: In *Taoism*, the practice of "prenatal education" is based on the belief that a child's personality and health are influenced by the mother's state of mind during pregnancy. *Taoists* recommend that pregnant women avoid negative emotions such as anger, fear, and worry, and focus on cultivating positive emotions such as happiness, contentment, and gratitude.
3. Islam: *Islamic* culture also places great importance on the spiritual and physical well-being of the mother and the child during pregnancy. Pregnant women are advised to recite prayers, read the *Quran*, and engage in good deeds to promote positive energy around the baby. They are also

encouraged to eat a healthy diet and avoid harmful substances.

4. Native American culture: In Native American culture, the practice of "sacred pregnancy" involves a combination of physical and spiritual practices to promote the well-being of the mother and the baby. This includes eating a healthy diet, practicing meditation, connecting with nature, and participating in traditional rituals.
5. Judaism: In Judaism, the practice of "Taharat Hamishpacha" emphasizes the importance of cleanliness and purity during pregnancy. This involves observing certain dietary restrictions, refraining from sexual activity during certain times, and engaging in spiritual practices such as prayer and meditation.

#### **Current practices of Garbha Sanskar;**

Here are some of the current practices of *Garbhasanskara*:

1. Ayurvedic Diet: Expectant mothers are advised to follow a nutritious diet that is rich in proteins, vitamins, and minerals. The diet includes fruits, vegetables, whole grains, dairy products, and nuts. They are also advised to avoid spicy and fried foods.

2. Yoga and Meditation: Expectant mothers are encouraged to practice yoga and meditation to stay physically and mentally healthy. Yoga *asanas like Sukhasana, Vajrasana, and Cat-Cow* pose can help in relieving stress and pain during pregnancy.
3. Music Therapy: It is believed that playing soothing music during pregnancy can help in calming the baby and promote healthy development. Classical music, *bhajans, and mantras* are played to the mother and the baby.
4. Reading Scriptures: Pregnant women are advised to read scriptures like *Bhagavad Gita, Ramayana, and Mahabharata* to help in developing positive emotions in the mother and the baby.
5. Massages: Massages using oils like sesame oil, coconut oil, or olive oil are performed to help in relaxation and reduce stress.
6. Spiritual Practices: Spiritual practices like *puja, lighting lamps, and performing havans* are performed to create positive energy in the environment and for the well-being of the mother and the baby.

Overall, *Garbhasanskara* is a holistic approach towards pregnancy that

focuses on the physical, mental, and spiritual well-being of the mother and the baby practices and rituals to promote the well-being of both the mother and the baby during pregnancy.

## CONCLUSION

1. *Garbha Sanskar* is an ancient Indian practice that focuses on creating a healthy and nourishing environment for the unborn baby to promote their overall well-being. Ayurveda, the traditional system of medicine in India, is an important part of *Garbha Sanskar* practices, as it provides guidelines for maintaining health and preventing disease.
2. *Garbha Sanskar* practices are based on the concept of "Ayurveda for longevity," which emphasizes the importance of living in harmony with nature to promote health and longevity. Ayurveda recognizes that the health of the mother and the unborn baby is interdependent and that the health of the mother during pregnancy can have a significant impact on the health and well-being of the baby.
3. *Garbha Sanskar* practices include a variety of Ayurvedic practices, such

as diet planning, yoga, pranayama, massage, and meditation, which are believed to promote a healthy pregnancy and a healthy baby. These practices are designed to help balance the doshas (vata, pitta, and kapha), promote good digestion and elimination, and enhance overall vitality and well-being.

4. In summary, *Garbha Sanskar* is based on the concept of "Ayurveda for longevity," which emphasizes the importance of living in harmony with nature to promote health and longevity. *Garbha Sanskar* practices incorporate a variety of Ayurvedic practices to create a healthy and nourishing environment for the unborn baby, which can help promote their overall well-being and vitality.

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