

**GARBHSANSKAR: MODERN WAY TO HAVE DREAM CHILD****Mrs. Hiral H. Panchal, Lecturer, PhD Scholar, Maniba Bhula Nursing College, UTU, Bardoli.****ARTICLE INFO****Article History:***Received on 02/01/2022**Received in 06/01/2022  
revised form**Accepted on 10/01/2022**Published online on 12/01/2022***Key Words:**

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**Corresponding Author:****Mrs. Hiral H. Panchal****ABSTRACT**

Every woman dreams for pregnancy and a healthy child. Traditional practices to develop the child healthy in the womb are very familiar and popular, but developing the child mentally & intellectually is least known. Garbh sanskar is a modern practice to develop the child not only physically, but also mentally, socially & spiritually. It is a new way to have your dream child. It includes many activities which involve mother, parents & family. It serves different benefits to the mother & baby. Different garbh sanskar training centers are providing this facility to the antenatal mothers during their pregnancy period.

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**Introduction:**

Every parent wants the best for their child. A healthy pregnancy is necessary to ensure the baby's well-being after birth too. Garbh sanskar has gained popularity as an enabler for the mental and physical development of the baby. The word itself is a divine as it sounds. Garbh means "the womb" and Sanskar means "the ethics" or values. The nurturing of child and teaching the ethics inside mother's womb can be the most blissful work any parent can dream of. Our Ancient history is the biggest evidence of this spiritual journey of the Garbh Sanskar.  
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**Meaning of Garbh Sanskar:**

The word garbh in Sanskrit refers to fetus in the womb, and sanskar means education of the mind. So, garbh sanskar translates into the process of educating the mind of unborn baby. The practice has been a part of Hindu tradition since time immemorial and is evidenced by stories of how garbh sanskar had a very positive effect on mythological characters like Abhimanyu, Astabakra and Prahlad who were enlightened in their mother's womb.

**Time to start Garbh Sanskar:**

Garbh sanskar is not only about the care taken during pregnancy, but about starting preparations at least a year before conception. Garbh sanskar covers pre-pregnancy, pregnancy as well as the breastfeeding phase, guiding parents until the child is about two years old.

**Benefits:**

Mothers who have followed it says that their babies are able to cross the initial mile stones such as speaking, crawling, walking earlier than other babies & show extra ordinary development.

**The other benefits are:**

- 1. Helps in baby's growth & development:** science says that baby's brain develops up to 60% while in the womb & an unborn baby can respond to outside influences that he is subjected to such as light, music & other movements. So when mother thinks positive & stays happy, she helps in circulating good hormones in her body which deeply impact the well being of her baby.
- 2. Helps keep the baby calm & stay positive:** listening to good music increases positivity & gives a lot of good vibes to unborn baby as well. It will affect his mental & physical development as well.
- 3. Strengthens the bond:** nothing can calm a baby more than his mother's voice. When the baby listens to music & or stories read out by the mother, he is more calm & at peace & establishes bond with mother before birth. This shall make better sleeping habits for the baby. This helps in easing out breast feeding troubles which in turn help in strengthening bond between mother & baby.

**4. . Helps develop the baby's brain:** the music of flute, veena & Vedas that mother listen as part of garbh sanskar helps in faster development of baby's brain as well.

**Different prenatal education practices:**

References to garbh sanskar can be found in ancient Hindu Puranas and the Vedas. But the practice is not limited to India alone. Different cultures around the world encourage nurturing the bond between the mother and the growing baby, which is similar to the concept of 'education in the womb'. These include:

- **Autosuggestion and hypnosis:** These are meditation techniques which occupy the mind with an idea that can turn into reality.
- **Color therapy:** This includes the use of light and color to balance the mind. Certain colors can uplift the mood and have a positive effect on the mind.
- **Aromatherapy:** This uses the senses of smell that sharpens the senses, and soothes the body and mind. Essential oils and other aromatics may be used to help the mother de- stress.

**List of Garbh Sanskar activities:**

According to Ayurveda, Garbh Sanskar is one of the best ways to give birth to a healthy baby. Ayurvedic garbh sanskar suggests certain guidelines to keep in mind for the pregnant mother. These include:



### Healthy eating habits

The dietary regime is an essential aspect of pregnancy, as the growth of fetus depends upon the health and nutrition of the mother. According to ayurveda the ahara- rasa, which is nutrition or energy obtained from the mother's diet, helps in nourishment of the mother herself, the growth of baby and preparation for formation of breast milk. A balanced diet full of vitamins and minerals is recommended to this end. The garbh sanskar foods in pregnancy should have a balanced amount of calcium, folic acid and iron. Garbh sanskar food in pregnancy includes sattvik food which refers to freshly prepared nutrient- rich food that includes all five tastes, namely, sweet, salty, pungent, bitter and sour. Ayurveda recommends the consumption of panchamrut, which is beneficial for boosting potency and immunity. This is made with one spoon curd, honey, sugar and two spoon of ghee or clarified butter mixed with eight spoon of milk. Abstinence from addictive substances is advised.

### Positive thinking

Pregnancy can make you moody and irritable. Garbh sanskar helps you manage your emotion which is good, both for the mother and the baby. You could cultivate a hobby or just do things that make you happy.

### Practicing yoga or some form of light exercise

Garbh sanskar recommends that pregnant women take up some light form of exercise or yoga for the physical well- being of both the mother and the child. Here are the benefits of exercise: Pranayama breathing exercises help to calm and relax the body while preparing you for breath- control during child birth. Light exercise increase flexibility, improves blood circulation and reduces backaches during pregnancy. Specific garbh sanskar yoga asanas boost the mother's chances of having a full term normal delivery with minimal labor pain.

**Meditation:** Meditation is an important aspect of garbh sanskar and is beneficial for the body as it de-stresses the mind. It involves getting into 'zero state of mind', which can help bring peace and tranquility, and enhance concentration. Visualizing good things about the baby while you meditate is also a great way to bond and think positively, which can help both you and baby.

**Prayer:** Praying is an important part of garbh sanskar, and is believed to be good for spiritual development of the baby. Ancient scriptures contain mantras and shlokas which are beneficial for unborn babies. The prayers that are chanted bless the baby with good health and moral values and are an essential part of spiritual beliefs.

### Listening to music which brings peace to mind

Garbh sanskar states that a baby can respond to music while in mother's womb. In fact, ancient literature says that a baby starts hearing and responding to its surroundings from fourth month of pregnancy. This is why the mother should listen to melodious music which calms her. Soft and spiritual songs or mantras and shlokas are said to be beneficial for both the mother and the child.

### Reading calming or spiritual books

Garbh sanskar recommends reading spiritual books, which brings about a feeling of contentment and satisfaction. In fact, garbh sanskar also stresses on the fact that reading educational books shapes the personality of the child in the womb. It is believed that reading when pregnant can help pass on the wisdom to the unborn child. Books with moral values or mythological stories are recommended, but you can always choose another book you enjoy reading.

### Keeping the mind relaxed and happy

As per garbh sanskar, the mother should not indulge in activities or practices which stress her out. Taking undue stress or watching or reading things which scare or worry you, are not recommended during pregnancy as there they trigger the release of hormones which may have an adverse effect on the fetus. Try and be physically, mentally, emotionally and spiritually contented during the nine months for the sake of your baby.

### Consuming herbal ghee during pregnancy

Medicated ghee made from cow's milk ghee is recommended during the 4th, 5th, 7th, 8th and 9th month of pregnancy by ayurveda. It is said to be beneficial for the mental and physical development of the baby and can help prevent congenital abnormalities in the fetus. According to ayurveda, medicated ghee might also help the mother have a full- term normal delivery. However, do consult your doctor as every pregnancy is not the same.

### Channel your creativity

Being creative during pregnancy not only keeps your mind occupied, but as per garbh sanskar, creativity can be passed on to your baby as well. Hobbies like knitting, painting, gardening or even pottery can help in busting stress and keep you happy.

### RESEARCH EVIDENCE:

A study conducted by Jyotsna Singh (2018) on garbh sanskar: mental & intellectual development of unborn child signified that activities of garbh sanskar help the mother to reduce the level of stress & anxiety. This will affect on mental development of unborn child.

Another study conducted by Jyotsna Deshpande, (2016) on effect of selected aspects of garbh sanskar on stress, coping strategies and well being of antenatal mothers, found that antenatal mothers who were exposed to selected aspects of garbh sanskar had significantly reduced stress, improves coping strategies & well being of them.

### **CONCLUSION:**

Pregnancy is the joyful period of every women & having dream child is the expectation of every couple. Garbh sanskar provides various activities which will focus on developing the child physically, mentally, socially & spiritually. It provides the connectivity with baby by different means of activities. It starts not only from the period of conception, but from planning the pregnancy & continues up to 2 years of age of child.

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