

**GARBHASANSKAR :****A CONCEPTUAL STUDY FOR HEALTHY PROGENY**

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**ABSTRACT:**

*Garbhasanskar* is an ayurvedic concept to obtain a healthy progeny. "Garbha" is nothing but foetus, whereas "sanskar" means a process of increasing the potential. Here, *garbhasanskar* includes right from pre-conceptional care to post delivery. In today's competitive world and stressful life, it is a need that every expecting mother should undergo *garbhasanskar*, so as to receive a healthy baby and also to experience the joy of nine months journey of pregnancy without stress. *Garbhasanskar* includes various activities from preparing a couple to conceive, taking Ayurveda regimen diet, chanting, *garbha sanwad*, meditation, yoga etc. *Garbhasanskar* is building the physical, mental & social character of child during pregnancy, means *garbhasanskar* 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. And also our honorable PM Narendra Modi's dream to make atmanirbhar Bharat.

**Keywords:** *Garbhasanskar, masanumasikparicharya, designer baby*

**INTRODUCTION:**

Pregnancy is a stage of enormous physiological and psychological adaptation in the life of a woman. The literal meaning of *garbhasanskar* is educating the foetus in womb. It is the way of teaching good things to unborn baby in womb during pregnancy. There is scientific evidence that supports the practice of *garbhasanskar* and its effect on the unborn child. Modern studies have proved that a foetus can respond to external stimulus. In fact the hormonal secretions activated by the mother's thoughts can also impact the baby in the womb. Thus, *Garbhasanskar* is a complete protocol for maternal care from planning of conception till delivery of a healthy baby. *Garbhasanskar* 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 physical and intellectual ability<sup>1</sup>.

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

- In present scenario, in this competitive world it is very important that future generation needs to be very intelligent, creative, smart-working and resourceful.
- Bad progeny damages the family as well as the society at large. So, it is a need to cultivate good values and virtues in a baby.<sup>2</sup>

**AIM:**

To establish the role of *Garbhasanskar* for a healthy progeny.

**OBJECTIVES:**

1. To Evaluate Conceptual study regarding *Garbhasanskar*.
2. To create awareness among couples about *Garbhasanskar* to get the designer baby.

**REVIEW OF LITERATURE:**

1. 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.
2. Acharya Charaka mentioned the concept of "Shreyasipraja"<sup>3</sup>.
3. Acharya Vagbhata mentioned in Sharirasthana 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).<sup>4</sup>

4. 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.
5. Narada muni story: Narada muni teach Prahlad in the womb of his mother Kayadhu.

### Research Methodology:

**1.Pre-Conception Protocol-** It involves the preparation of the couple planning for 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 . Because it takes 74 days for sperm to develop. Including the transport on ductal system, it takes 3 months<sup>5</sup> (i.e. 90 days). Pre-conception care is also recommended by world health organization to maximizing the gains for maternal and child health.<sup>6</sup>

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

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

After these 90 days protocol, copulation is advised n ritukala.

If conception occurs; then follow masanumasika garbhini paricharya and pathya-apathya during ante-natal period.

**Garbhini Paricharya:<sup>7</sup>**

During pregnancy ,expecting mother should follow 9 month Garbhiniparicharya..

MONTH	DIET	EFFECT
1 <sup>st</sup>	<i>Anupsanskritksheera</i> (Non-medicated milk)	Milk prevents from dehydration and supply required nourishment
2 <sup>nd</sup>	Milk medicated with madhura rasa drugs.	Madhura drug group- is anabolic,helps in maintainance of proper health of mother and fetus.
3 <sup>rd</sup>	Milk with honey and ghrita	
4 <sup>th</sup>	Milk with butter	
5 <sup>th</sup>	Ghrita prepared with butter extracted from milk.	
6 <sup>th</sup>	Ghrita prepared from milk medicated with madhur drugs. Gokshur siddha sarpi/yavagu.	Gokshur –good diuretic prevents retention of water.
7 <sup>th</sup>	Ghrita prepared from milk medicated with madhura drugs. Prathkparni siddha ghrita ( <i>Dalhan-Vidarigandhadivarg</i> )	Prathkparni-Vitiated tridosha. Vidarigandhadivarg- Diuretic, anabolic, relieves emaciation, suppress pitta and kapha..
8 <sup>th</sup>	Kheerayavagu mixed with Ghrita.	
9 <sup>th</sup>	Anuvasanabasti & yoni pichu with madhura group tail.	• Effect on autonomous nervous system governing myometrium and help in regulating their function

*Acharaya Charaka & Acharya Vagbhata* mentioned that by the use of *garbhiniparicharya* from first to ninth month her *garbhadharini* (fetal membranes or vaginal canal), *kuksi* (abdomen), sacral region, flanks and back become soft, Vayumoves into its right path or direction; feaces, urine and placenta are excreted or expelled easily by their respective passages<sup>8</sup>.

**Type of Activities for *Garbhasanskar*:**

1. *GarbhaSamwad* (Baby talk)
2. Breathing exercise with Omkar
3. Reading good books
4. Keep yourself engaged in positive talks
5. *Jyotidhyana*
6. Ainting
7. Singing
8. Listening songs
9. Gardening
10. Knitting
11. *Yoga and Pranayam*

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

***Mantra***

1. *Garbhadhana mantra*
2. *Garbhasamraksha mantra*
3. *Ramrakshakavach mantra*
4. *Gayatri mantra*

*GarbhaSanskar can be more effective by means of sound. In the form of mantra and shloka 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. Such chanting also helps in oxygenation of brain, reduce heart rate, blood pressure and assist in creating calm brainwave activity<sup>9</sup>. 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.

### ***Yoga and Pranayam-***

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

### **DISCUSSION:**

The fetus gets an enormous amount of “hormonal bathing” through the mother. So its chronological rhythms are influenced by the mother’s sleep/wake cycles, eating patterns and her movements. 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 *garbhasanskar* protocol. Healthy genes transfer by both parents by *garbhasanskar* creates the healthy progeny. And this healthy DNA sequence is maintained generation to generation. It is also helpful in preventing from hereditary and congenital disease.

Baby’s personality begins to take shape in the womb. Designer baby means cultured, civilized, beautiful, brilliant, disease free baby. 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 pregnancy and to experience the joy of nine month journey and to make it memorable. That’s why *garbhasanskar* is important for every expectant to keep her healthy as well as for her healthy baby.

### **CONCLUSION:**

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

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