



## Ancient Practice of *Garbh Sanskar* and its Importance in Modern Scenario

Dr. Ranjita Naharia<sup>1</sup>, Dr. Anand Prakash Verma<sup>2</sup>

<sup>1</sup>Assistant Professor, Samhita Dept., Govt. Ashtang Ayurveda College, Indore (M.P.) India.

<sup>2</sup>Associate Professor, Samhita Dept., RN Kapoor Memorial Ayurvedic College, Indore (M.P.) India.

**ABSTRACT:** *Garbh Sanskar* is ancient practice of nurturing mental, physical and emotional environment of mother during her pregnancy stage to promote overall well-being of both mother as well as her unborn child. This ancient practice combines holistic habits that include balanced nutrition, *Yoga*, recitation of *Mantra*, prayer and meditation, etc. This process inculcates positive values in the subconscious mind of *Garbh* (fetus) and also nourish mother in all means to manifest optimal strength in all dimensions. The practices of *Garbh Sanskar* maintain well being of mother and child, these effects subsequently reflects in the later stages of pregnancy and after the child birth. The current scenario witnessed hampered pattern of life style which significantly deteriorate health of women carrying fetus, this may cause problem in normal child birth or disrupt health of new born. Therefore practices of *Garbh Sanskar* become crucial in modern's day life style to prevent mother and child from the harmful effects of stressful pattern of current scenario. This article highlights ancient practice of *Garbh Sanskar* and its importance in modern scenario.

**KEY-WORDS:** Ayurveda, *Garbh Sanskar*, Pregnancy, Fetus, Mother, Child

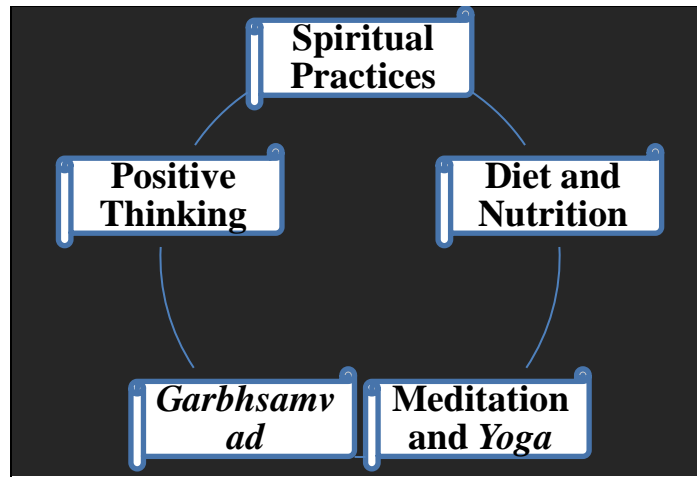
**INTRODUCTION:** The term "*Garbh Sanskar*" encompasses practices that influences unborn child's persona by nourishing mother's emotional, physical and mental behaviors. Fetus absorbs energies and positive vibration from its surrounding environment through the mother. Thus *Garbh Sanskar* affects future personality and overall well-being of children. *Garbh Sanskar* emphasizes stress-free and joyful atmosphere during the pregnancy. It is believes that this practice affects child's mental, emotional, spiritual and physical development in the womb. Through advisory living or regimen, mother can impart positive impression to her baby by fostering a positive and healthy environment. According to scientific evidence significant portion of brain developed during the gestation process. Anxiety and stress, etc. can hinder brain growth and lead to complications related to the child birth and mental development. *Garbh Sanskar* promotes positive pregnancy, provides optimal fetal development including birth to a healthy child [1-4].

*Garbh Sanskar* advocates wholesome and righteous lifestyle for expecting mothers. It affects growth and development of child through the balanced patter of lifestyle of mother. The practices of *Garbh Sanskar* based on the fact that mother's well-being and positive behavior during the pregnancy affects future qualities of her child. Mother's emotional and mental state impacts development of fetus. It is believed that child in fetus can recognize sounds from the womb, thus nurturing this stage may help in optimal cognitive growth. Since fetuses can discern to sounds, thus induction of calming and positive sound waves can aids in their sensory development. The language learning also begins in utero, thus *Garbhsamvad* encourage early

language learning. Joyful and stress-free environment support development of healthy brain and also enhances cognitive capabilities [4-6].

The *Garbh Sanskar* plays a crucial role in shaping the fetus's development including mental, physical and spiritual growth. This practice strengthening bond between mother and child also enhances mother's emotional and spiritual health. *Garbh Sanskar* supports behavioral growth of the unborn child and creates nurturing environment for healthy baby.

**Kala and Practices and *Garbh Sanskar*:** It should begin with pregnancy and continue throughout the pregnancy period. However some specific conduct of this practice needs to be done under expert supervision if pregnant women suffer with some physical or mental issues. The major conducts of this practice is depicted in **Figure 1**.



**Figure 1: Major practices of *Garbh Sanskar***

These practices of *Garbh Sanskar* nurturing both mother and child during pregnancy, the overall practices of *Garbh Sanskar* and their detail descriptions are as follows [6-8]:

**1. Diet and Nutrition:**

Balanced and nutrient-rich diet is considered important for both the mother as well as her baby. Nutritional diet according to expert suggestion ensures supply of essential nutrients and prevents harmful impact of unwholesome diet. The dietary supplement contributes towards the health maintenance of mother and promotes physical as well as mental development of fetus appropriately.

**2. Meditation and Yoga:**

Meditation and *Yoga* enhance both physical and mental strength, promoting relaxation and stress relief. Prenatal yoga exercises improve physical compatibility and flexibility. Mindfulness techniques like meditation promote calmness and provide positive environment for the fetus development.

**3. *Garbhsamvad*:**

Conversations, singing, or reading aloud to the unborn child strengthens emotional bonding and creates a sense of security for the baby. This practice improves sensory function and creates a nurturing atmosphere.

**4. Positive Thinking and Affirmations:**

Maintaining a positive mindset and self belief in positive affirmations helps to create healthy environment for the baby. Positive thoughts enhance mental and physical well-being of the unborn child.

**5. Music Therapy:**

Soothing and calming music provides benefits for both the mother and child by promoting emotional balance and mental relaxation. This practice keeps away from anxiety and break circuit of unwanted thoughts that come in mind usually. Music therapy also induces positive environment for fetal development.

**6. Spiritual Practices and Mantras:**

Chanting *Mantras*, engaging in prayers and reading sacred texts including *Gayatri Mantra* support the spiritual development and instill positive values and helps in moral growth.



**Spiritual Practices with meditation**

**7. Emotional Support:**

A supportive network of family and surrounding peoples enhances emotional strength and ensures positive growth of baby. The nurturing environment is essential for the psychological and physical development of child.

**8. Prenatal Education:**

Learning about childbirth and parenting equips the mother with the knowledge to face the journey ahead confidently.

**9. Creative Activities:**

Engaging in art work, enjoying hobbies and writing work, etc. reduces stress and promotes emotional balance that helps in successful completion of pregnancy period.

**10. Massages and Aromatherapy:**

Mild massages with herbal oils reduce stress and improve blood circulation, similarly non-allergic aromatherapy, using natural scents like jasmine induces calming effects and relaxes mind leading to the sound sleep.

Practices of *Garbh Sanskar* should not be done without professional guidance; the expert guidance is must to acquire maximum benefits of this practice. *Garbh Sanskar* ideally starts before conception, during the period of family planning. However if not so then it can be practiced at any stage of pregnancy. Balanced nutrition, regular exercise, sufficient rest and joyful life style, etc. are essential for optimal growth of fetus.

Unhealthy habits like smoking, taking stress, consumption of junk foods and alcohol should be avoided. *Yoga* and meditation along with breathing exercises can help to reduce mental stress. Positive and joyful environment helps to maintain emotional balance during pregnancy [8-10].

### **NEED OF GARBH SANSKAR IN CURRENT SCENERIO:**

In today's fast-paced world, *Garbh Sanskar* has gained renewed importance as it offers a comprehensive approach to caring for both the mother and unborn child during pregnancy. With rising stress levels, unhealthy lifestyle choices, and environmental factors impacting maternal and fetal health, *Garbh Sanskar* provides a time-honored method to enhance physical, emotional, and mental well-being. Practices like *Yoga*, meditation, positive affirmations, and a nutritious diet help to alleviate anxiety associated with modern's day stressful lifestyle. *Garbh Sanskar* promotes emotional balance and support health of fetus.

Modern research underscores the vital role of prenatal care in shaping a child's cognitive and emotional development, aligning with *Garbh Sanskar's* focus on cultivating a positive and nurturing environment. It addresses the negative effects of maternal stress, which can impair fetal brain development. *Garbh Sanskar* offers a valuable way to boost maternal health, reduce pregnancy risks, and provide a balanced foundation for the baby, making it an essential practice for today's demanding lifestyle [9-14].

### **Advantages of Practicing *Garbh Sanskar* [1-3, 10-15]**

1. Practices like *Yoga*, meditation and calming music in *Garbh Sanskar* support the overall growth and development of fetus.
2. Activities such as *Garbhsamvad*, singing and reading strengthen emotional closeness between the mother and baby, contributing to their emotional and psychological development.
3. *Garbh Sanskar* encourages a balanced diet which ensures nourishment of mother as well as baby.
4. Exercises like prenatal *Yoga* build the mother's strength and stamina which further ease labor and delivery (child birth).
5. The practice nurtures the mental, emotional, spiritual and moral aspects of a child's growth. Improves maternal and fetal physical health, boost immunity, enhance blood circulation and reduces stress.
6. *Garbh Sanskar* contributes to better brain development in the fetus, as the mother's mental and emotional state can positively influence cognitive growth of child.
7. *Mantra* recitation and calming music as part of *Garbh Sanskar* can improve sleep quality for both the mother and the unborn child.
8. The practice of *Garbh Sanskar* helps to maintain health of mother during pregnancy and support birth of healthy baby, the optimal health of mother and baby put a strong foundation of society as well as nation, thus *Garbh Sanskar* practice strengthen future of society by nurturing all aspect of pregnant women and her baby.

### **CONCLUSION**

The practices of *Garbh Sanskar* acquired specific attention in current scenario since it provide great advantages in pregnancy and childbirth. This includes holistic practices blending traditional approaches with modern aspects. *Garbh Sanskar* reduce stress during pregnancy, boost maternal health and imparts positive effects on fetal growth. It support cognitive and behavioral development of infants, inculcate moral and spiritual values and improved mental health of children. Techniques like *Yoga*, music therapy and mindfulness exercise contribute to the psychological well-being of mother and baby. More research is needed to fully

understand the mechanisms behind these benefits and to develop scientific rationale of *Garbh Sanskar* practices.

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