

## Garbh Sanskar - Yoga And Counselling During Pregnancy

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### ABSTRACT

The meaning of garbhasanskar is educating the foetus in the womb. In Indian culture and especially in now days it is believed that education of material, traditional and spiritual values starts right from the foetal life in the womb.

Mother's bond with the child starts right from the time of conception. The baby listens to the mother and feels her feelings even when it is growing and developing in the womb. This is why it is important to transfer positive thoughts, positive energies and the emotions to the baby (and to the pregnant woman herself). The mother can shape up baby's first impressions by listening to good music, reading material that stimulates positive thinking, meditating, doing yoga and much more. The positive thinking and attitude promotes physical wellbeing of the mother and the baby throughout the pregnancy and after. The advantages of garbh sanskar are not only that you educate your child but there is development of a bond between the mother and the child.

### 1. INTRODUCTION

A good nutritional status maintained by the mother during pregnancy help to grow strong, healthy foetus, which determines the birth weight and future health of baby in adult life. Similarly positive emotions like love, joy, gratitude and healthy thought by parent brings the growth of the unborn child in the womb of the mother, Where as negative thoughts, depression and stress injures the unborn child. Hence the concept of Sanskar (good thought) imparted right from prenatal stage i.e. when the child is in the womb of mother is important. It has been documented that the activity of the mother during pregnancy in the form of prayer (good rational thoughts), Manshakti (positive emotion), conversation with foetus (talk) or expressing feeling (touch) is not only recognized by unborn baby but it has positive effects on physical and mental health. Thus, such mental and physical activity performed by parents with the intension of creating a positive environment and obtaining a growth of the baby is called Garbhasanskar. A Garbhasanskar is an intentional activity which helps to develop an intuitive connection with the unborn baby. It increases communication and bonding with baby, it can transmit positive thought, love and emotions to the foetus, so as to increase the likely hood of calm, happier and healthier baby. Thus Garbhasanskar helps to develop the baby in the womb by educating mother to involve her positive emotions and share with baby during pregnancy.

### 2. PREREQUISITES TO PLAN PREGNANCY (SUPRAJAJANAN):

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 pregnant. Given here are some tips for initiating a healthy pregnancy. A healthy pregnancy will lead to a healthy child birth. Ancient Indian medicine has recognized the need for the mental, spiritual and physical preparation of the mother-to-be for the momentous event of child birth. Ayurveda describes this theory as "Suprajajanan" or maternity This "Suprajajanan", as conceptualised in Ayurveda, involves the preparation of the couple planning pregnancy & dehashudhi three months prior to conception.

Garbhasanskar is part of vedic literature. The practice is so old that it is written in the 3,000-year-old Indian language Sanskrit. Any practice that has lasted that long is worth a look. It is all about bonding between mother and child which enable most possible mental, spiritual, physical wellbeing of antenatal and their fetus. Baby in mother's womb is like clay and can be moulded in any desired form because conscious brain is still not developed. During pregnancy sub conscious brain is developing with very fast pace and all subtle memories are stored in subconscious brain. Hence, foetus can be enriched with right cultural teachings, values and good behaviour.

Now days , The population there is so many health-related challenges growing day by day therefore our new generation should be very intelligent, resourceful and creative and garbhasanskar practices really will be helpful to achieve this aim. The ancient concept of having many children has become outdated. There are various studies conducted to assess the difference between normal pregnancy without garbhasanskar and with garbhasanskar practices which depicted the different nature and behaviour because soul comes in the womb with their inheritance properties, it is possible to improve intellect, emotional status, social and spiritual behaviour which ultimately helps to develop a better human being and a better society.

### 3. CONTEMPORARY TECHNIQUES OF GARBH SANSKAR:

**1. Prenatal yoga and exercise :** Engaging in prenatal yoga classes and exercises specifically designed for pregnant women can promote physical fitness, flexibility, and overall physical and mental well-being during pregnancy.

**2. Meditation and mindfulness :** Practicing meditation and mindfulness techniques can help expectant mothers relax, reduce stress, and cultivate a positive mindset, creating a calm and nurturing environment for the fetus.

**3. Nutritional guidance :** Seeking guidance from healthcare professionals and nutritionists to ensure a well-balanced and nutritious diet during pregnancy. This includes consuming foods rich in essential nutrients and avoiding harmful substances.

**4. Music therapy :** Listening to soothing and calming music, specifically designed for the prenatal period, can have a positive impact on both the mother and the fetus, promoting relaxation and emotional well-being.

**5. Positive affirmations and visualization :** Using positive affirmations and visualization techniques to cultivate a positive mindset and create a bond with the unborn child. This involves repeating positive statements and visualizing a healthy and happy pregnancy and childbirth experience.

**6. Emotional bonding :** Engaging in activities that promote emotional bonding between the mother and the fetus, such as talking, singing, and reading aloud, can help establish a strong connection and promote a sense of security for the unborn child.

**7. Supportive environment :** Creating a supportive and nurturing environment that includes the involvement of the partner, family, and loved ones. This involves providing emotional support, understanding, and encouragement to the expectant mother throughout the pregnancy journey.

**8. Mantras :** The recitation of mantras is believed to have a positive effect on the mental and spiritual development of the fetus. Mantras such as the Gayatri Mantra and the Mahamrityunjaya Mantra are commonly recited during Garbh Sanskar.

**9. Positive Thinking :** The mother is advised to maintain a positive outlook and avoid negative thoughts and emotions. It is believed that the mother's thoughts and emotions can have a profound impact on the mental and emotional well-being of the child.

**10. Massages :** Massages can help improve blood circulation, reduce stress and anxiety, and promote relaxation. Ayurvedic massages with herbal oils are commonly used during Garbh Sanskar. Ayurvedic massages, also known as abhyanga, are believed to be beneficial for pregnant women.

**11. Aromatherapy :** Certain aromas are believed to have a positive impact on the developing fetus. For example, the smell of jasmine is believed to promote relaxation and reduce anxiety of the mother which in turn helps to improve foetal nutrition and support.

**12. Positive affirmations :** Pregnant women are advised to repeat positive affirmations to themselves, such as "I am healthy and my baby is healthy." This is believed to help in the development of a positive mindset and reduce stress.

#### Benefits of Garbh Sanskar:

Garbh Sanskar focuses on taking care of the developing child within the womb. The following are some advantages of Garbh Sanskar's practice:

1. Encourages the physical and mental development of the fetus. Garbh Sanskar practices like yoga, meditation, and listening to calming music can do this.

2. Strengthens maternal-fetal attachment: Garbh Sanskar techniques like singing, talking, and reading to the unborn child can promote a close emotional connection between the mother and the child. It is thought that Garbh Sanskar fosters a stronger relationship and connection between the mother and the child. The mother's and the child's emotional and psychological welfare may benefit from this.

3. Encourages proper diet and healthy lifestyle choices. Garbh Sanskar practices can aid in promoting a healthy pregnancy by lowering stress levels.

4. Aids in birthing: Garbh Sanskar exercises like yoga and meditation can ease anxiety, promote calm, and build the mother's strength and stamina in order to better prepare her for childbirth.

5. Supports a child's whole development: Garbh Sanskar practices can support a child's total growth, which includes their physical, mental, emotional, and spiritual development.
6. Physical health has improved: Garbh Sanskar works to improve the physical wellbeing of the mother and fetus. It includes exercises like yoga, meditation, and pranayama that could enhance immunity, lower stress, and increase blood circulation.
7. Improved cognitive development: Some supporters of Garbh Sanskar assert that doing it while pregnant can improve the child's cognitive growth. This is due to the fact that a child's brain development begins while the mother is pregnant, and that the mother's mental and emotional condition can affect the child's brain development.
8. Better sleep patterns for both the mother and the infant may be facilitated by Garbh Sanskar practices including mantra recitation and listening to calming music.

#### 4. CONCLUSION

Garbh Sanskar training has gained popularity in recent years as a holistic approach to pregnancy and childbirth that combines traditional practices with modern medical techniques. Research studies have suggested that Garbh Sanskar training can lead to enhanced maternal health, decreased stress levels, and better pregnancy outcomes. It can also have a positive impact on fetal growth and development, cognitive and behavioral outcomes in infants, and improved mental health outcomes in children.

Moreover, Garbh Sanskar practices such as yoga, mindfulness, and music therapy have been found to promote maternal and fetal health during pregnancy. While further research is needed to fully understand the mechanisms underlying these effects and develop effective Garbh Sanskar training programs, the potential benefits make it a valuable approach for promoting healthy pregnancies and positive developmental outcomes for babies.

Garbh Sanskar has been found to be beneficial for supporting mental health and addressing mild physical issues related to pregnancy. However, it is important to note that Garbh Sanskar is not considered effective for treating infertility or addressing developmental abnormalities, according to existing research. Further research is needed to explore the potential benefits and limitations of Garbh Sanskar in these specific areas. It is always recommended to consult with medical professionals for appropriate treatment and management of infertility and developmental abnormalities during pregnancy.

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