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GARBHASANSKAR - A TECHNIQUE OF EDUCATING FOETUS

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ABSTRACT

Concepts of Garbhasanskar and it's need in current scenario, Physical and mental purification before inception, Role of parenting to develop child's personality and IQ, Need for healthy and safe Pregnancy, Proper Conception along with great soul invitation from universe to mother's womb etc. The literal meaning of Garbhsanskara is educating the fetus in the womb. It is a way of teaching good things to unborn baby in womb during pregnancy. This is why when anyone gets pregnant in home, the elder people advice to have positive thoughts and emotions to the pregnant women. The popularity of Garbhsanskara is also because researchers have proved its relevance and importance in the development of child. There are scientific evidences that prove that baby inside the mother's womb responds to the outside stimulus and have the ability to listen. The objective of Garbhsanskara technique is to create a healthy, good looking, brilliant, cultured, peace loving and free from hereditary disorders progeny for the future. The advantages of Garbhasanskara are not only that you educate your child and there is development of a bond between the mother and the child. In fact, this has a great impact on the health of the mother also. The positive thinking and attitude promotes physical well-being of the mother.

KEYWORDS: Garbhasanskar, Pregnancy, Conception, Baby.

INTRODUCTION

The Sanskrit word Garbh means foetus in the womb and Sanskar means educating the mind. So, Garbhasanskar essentially means educating the mind of the foetus. It is traditionally believed that a child's mental and behavioural development starts as soon as he is conceived. His personality begins to take shape in the womb, and this can be influenced by the mother's state of mind during pregnancy. This knowledge can be traced back to ancient scriptures and is included in the Ayurveda.

Pre-Planning for your Pregnancy (Supraja janan)

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 childbirth.

Ancient Indian medicine has recognized the need for the mental, spiritual and physical preparation of the mother-to-be for the momentous event of childbirth. Ayurveda describes this theory as "Supraja janan" or eu-maternity This "Supraja janan", as conceptualised in Ayurveda, involves the preparation of the couple planning pregnancy &dehashudhi three months prior to conception.

Pregnancy should be by choice

The beginning is by pinda shuddhi or the purification of the gametes (sperm and ovum). If the couple is not in a state of mental stability and calmness, even if they are physically fit, they cannot give birth to a healthy child. This mental calmness and stability ("Sathwa Guna") of mind is closely related to one's food habits and many other factors. Abstinence from spicy foods and addictive substances is advised.

Ancient reference (The story of Abhimanyu)-

One of the most famous and well-known tales is that of Abhimanyu from the Mahabharata. When Arjuna's wife 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.

Sanskars perfomed in Garbhavastha-

1) Garbhadana-
2) Punsavana
3) Simantonayana
4) Jatakarma

Talking about expectant dads-

Talking about expectant dads, the first thing that comes to mind is that whether you are ready for taking up the responsibility of making her pregnant. *Indeed* it is a *great* experience and an enriching one as you prepare to welcome a *new* life in your family and when you are living day and night with the woman who is nurturing the life *inside* her body.

Let Her Sleep - The mom to be will often feel tired and exhausted during pregnancy. Allow her to take rest whenever she feels like. You can do your bit by playing her favourite music as she

prepares for sleep, or making the bed or providing breakfast in bed, whichever way makes her feel happy.

Make Sure that the Household Chores are Run Smoothly - During pregnancy there can be a lot of changes in the women like, an increased feeling of tiredness, anxiety and mood swings. All these affect her usual household work regardless of whether she is a working woman or not.

There are certain things that women like to do themselves and during pregnancy, they may not be able to do the same and this can be a big cause to upset them or make them feel emotional and cranky. As a partner, you are aware of these factors and here is the time when you can ensure that all the regular household activities go on as usual. This simply means that you need to take up additional responsibilities. Your woman would heartily thank you for that.

Feel the Baby - This is a very simple but a great way to make your woman feel great, wanted and loved. Pregnancy is a wonderful experience and you must not let the opportunity pass without feeling it deeply. Place your hand right at the places that the mom directs and "feel" the baby moving inside her belly. In this way you can enjoy the beautiful phase of your woman's pregnancy and there will be lots of memories which you can bundle-up for the rest of your life.

- Allow time - say about three to six months to get into shape, start good habits and get rid of any bad ones. Your partner's health in the couple of months before you conceive is particularly important because it takes 70 days for sperm to develop.

Pregnancy Diet

- Pregnancy is a long period and includes many abnormal feelings and atypical taste developments also. But at the same time it is very important for the would-be mother to give the child developing in her womb a balanced diet on regular basis. Pregnancy diet is a diet that is specially planned keeping in mind the well-being of the mother and the child. Everything has to be balanced and you also have to check out things at times.
- Food items that are rich in vitamins and minerals are essential for the pregnant woman. There is requirement of higher dose of certain vitamins and minerals. If this is not covered through pregnancy diet, they are prescribed dietary supplements. However, increase in servings of fruits and vegetables daily help pregnant women keep fit and it also protects the child from certain typical birth defects also.
- Two to three servings of dairy products is essential for a pregnant woman daily. This can include milk, yogurt, cheese and eggs as well. Milk and eggs are low-cost supplies of calcium and protein. For vegetarians, soy protein, nuts and beans can be good substitute.

- Three servings of cereals, whole wheat grains and other high complex carbohydrates are essential for pregnant women.
- Water is also an essential part that must be paid attention to. A pregnant woman must have at least 6 to 8 glasses of water daily, just make sure that the water is filtered and clean.

Which dietary supplements need to take

- Studies have shown that lack of folic acid in the first trimester can increase the risk of spinal tube defects and lip and palate deformities in the baby. Vitamins, iron and calcium are essential in your diet. Most doctors also recommend daily supplements of folic acid and vitamin B12 starting from the first month, and iron and calcium after the first trimester.

Foods to Avoid During Pregnancy

- Abstain from eating left over, deep frozen or frozen food.
- Other foods to be avoided during pregnancy include cold drinks, chicken, mutton, cigarettes, alcohol, tobacco, Pan-Masala and betel nut.
- Tea and coffee must be consumed in moderate quantities only.
- Although not proven research studies have indicated that including large quantities of nutmeg in the diet may be detrimental to the well-being of a pregnant woman.

Ayurvedic medicines :

- It advises mother-to be, to take certain herbs to be taken during each month of pregnancy. Milk decoction is one among them and it has to be drunk every day before going to bed. It is prepared by mixing 15gms of the monthly advised herb/200mls milk/800mls water then boil it and reducing it to 1/4th the quantity.
- First month- 8 flg leaf buds boiled in milk and then strained for three consecutive days. For the rest of the month the milk decoction with Bala (*Sida rhombifolia*). Guarantees a healthy child.
- Second month-Milk decoction with the herb Lakshmana (*Ipomeoa sepiaria*). Provides energy.
- Third month- Milk decoction is with *Solanum melenginum* (Bruhati)
- Fourth month-Milk decoction with *Desmodium gangeticum* (Shaliparni). Prevents intrauterine growth retardation
- Fifth month-Milk decoction with Amrita (*Tinospora cordifolia*)

- Sixth month-Milk decoction is with *Solanum xanthocarpum* (Kantakari). If there is water retention problem then *Tribulus Terrestris* may be given.
- Seventh month - Milk decoction along with *Hordeum vulgare* (yava). Sukha prasava Ghee is given to pave a way for an easy delivery.
- Eight month- *Maerua oblongiflia* and milk is given. Dhanwantaram 101 or Ksheerabala 101 is taken. Lubricates the reproductive channels in preparation for childbirth.
- Ninth month - Milk decoction with *Asparagus racemosus* (Shatavari) during this month.
- During pregnancy, women may undergo cramps, sleeplessness for which medicated oils like Dhanwantharam, Sahacharadi, Pinda tail are used. This ensures peripheral circulation too.
- To have a normal delivery medicated ghee like sukhaprasoothi ghrita is given.

Yoga During Pregnancy

- **Padmasana**
- **Butterfly Pose or Titali Asana-**This asana opens up your hips and inner thighs, and removes tension from the inner thigh area. In addition, it stretches your knees and groin area. It is one of the most beneficial pregnancy poses and if done consistently right from the first trimester, it will almost certainly ease childbirth to a great extent
- **Squats or Utthanasan-** This is similar to the position adopted by housecleaners when they sweep the floor, which is why sweeping floors is actually excellent exercise.
- **Cat Stretch Pose or Marjari Aasana** - This Aasans strengthens your neck, shoulders and spine, which is why it is also very good for the posture. In addition, it tones up the entire reproductive system, and is very beneficial for women before, during and after pregnancy.

The benefits of Yoga Asanas

- Relieves fluid retention which can be common in the last months.
- Influences the position of the baby and turning it in advance if need.
- Strengthening and massaging the abdomen helps stimulating bowel action and appetite.
- Raises the level of energy and helps in slowing down the metabolism to restore focus.
- Helps in reducing morning sickness, nausea and mood swings.
- Relieves tension around cervix and birth canal.
- Focuses on opening the pelvis to make labor easier and quicker.
- It helps in post natal care -it restores the uterus, abdomen and pelvic floor
- Also it relieves upper back tension and breast discomfort after delivery.

- It restores body shape after childbirth.

Meditation

- Breathing techniques and meditation also helps in developing positive thoughts and will make you feel well from within.
- If you want to get the best out of *Garbhsanskar*, you must be very careful with your lifestyle during pregnancy. Avoid watching horror movies and also avoid very spicy or fermented food items during this period for better physical, emotional and spiritual health of the baby.

Music Theorapy

- Research suggests that you don't have to listen to very slow music. Pop music too can help calm your baby, as your baby will find it easier to identify beats, and rhythmic sounds work well with babies. However, also remember that a baby's breathing pattern changes according to beats, and listening to pounding music with rapid beats for an extended period may stress out your baby.

Best music

- Various experiments have shown that plants exposed to classical music all day, thrive and grow well. On the other hand, plants exposed to heavy metal music all day shrivelled up. Heavy metal music had a very definite negative impact on plants. Although this doesn't mean that it will have the same negative effect on your baby, heavy metal music is not soothing, either for the mother or for the baby, and as such, it will certainly have no positive impact on your child. In addition, beats are random rather than rhythmic, and sudden shifts in volume may startle your child. Religious music and mantras impart positive vibrations and are a good idea. Stick to a mix of classical, pop and religious music and chants**.**

Garbhsanskar mantra

- The ancient scriptures and Ayurveda prescribe music and mantras to be listened to during pregnancy. The sound of the veena (Indian string instrument which is held by the Goddess Saraswati) and the Samaveda mantras also give health to the pregnant woman and the child within. It is possible to give energy for the development of the body, mind and soul of the child in the womb by listening to special music. The important qualities of leadership, bravery, creativity and love for all can be cultured in the child by listening to specific composition.

Communication with the Baby in womb

- Although it may sound strange and weird, your bond with your child starts right from the time youconceive. It is not that when the child is born you know him. The baby listens to you and feels your feelings even when it is developing in your womb. You can shape up your baby's first impressions by listening to good music, visualizing, massaging gently meditating and of course, with the help of positive thinking

CONCLUSION

Couples who have family history of diabetes, high blood pressure (hypertension), heart (coronary artery disease) like common disease, Congenital heart disease, Congenital hypothyroidism and so many other hereditary diseases should specially take support of Garbhsanskar technique for prevention. Female of older age more than 30 years should also take support of this technique.Since ancient times it has been known that the child in the womb adopts impressions from its surroundings and the behaviour of its mother and also starts learning things. This fact has now been confirmed by modern science.

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