

## BRIEF UNDERSTANDING OF GARBHA SAMSKARA AND ITS ROLE ON DEVELOPMENT IN CHILDREN

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### ABSTRACT

The process of selecting and transmitted positive influences to the fetus using *Yoga*, thinking, reading and praying including healthy eating and cheerful behavior of mother is known as *Garbha Sansakara*. Positive emotion like joy, love gratitude and healthy thought by parents bring the growth of mother, whereas negative thoughts depression and stress injury the unborn child 70 % brain development occurred in intrauterine period. It has been documented that activities of mother during pregnancy in the form of prayer (Good rational thought), *Manas Shakti* (Positive emotion) conversation with fetus or expressing feeling (touch) is not only recognized by the unborn baby but it has positive effect on physical and mental health.

**KEYWORDS:** *Yoga*, *Garbha Samskara*, Depression, stress, pregnancy, mental health.

### INTRODUCTION

Pregnancy is remarkable journey, a time of profound change

and deep connection. Beyond the physical preparation for a new baby, many culture embrace practice that nurture the child development even before birth. In India, this ancient wisdom in

known as *Garbha Sansakara*, a holistic approach to pregnancy that focuses on the well-being of both mother and child. It is believed that education begins right from the moment of conception. *Garbha samskara* in ayurveda described as specific conduct which are to be followed by pregnant women to acquire healthy pregnancy and giving birth of healthy baby. Traditionally it is believed that the mental and behavior development of child start from intrauterine stage. The concept of *Garbha samskara* helps to keep mothers mind healthy thereby imparts positive benefit toward the mental development of baby present inside the mother uterus.

### **Discussion on *Garbha Samskara***

- ✓ “गर्भ” - Union of *Shukra*, *Aartava*, *Aatma* or *Jiva* inside *Kukshi*.
- ✓ “शुक्रशोणितजिक्षंजोगे तु खलु कृक्षेगते गर्भस्तग्य भवती ॥” (*Charaka Sharir Sthana 4/5*) The combinations of sperm, ovum and life principles implanted in womb is known as *Garbha* (Embryo).
- ✓ “संस्कार- संस्कारः हिं गुणांतरधनः ॥” - Which Increase's quality

*Garbha Samskara* is educating in the womb to sense, listen, dream, respond to outside stimuli. For expectant parents seeking a more mindful and positive pregnancy experience, understanding this beautiful tradition can be incredible rewarding.

Ayurveda *Garbha Sansakara* is to impact good values, create healthy progeny, intelligent children and maintain proper health of *Garbhini*. Reduce stress, anxiety to mother. Development brain and improve mental health in baby. Create bond between baby and mother.

### **Purpose of *Garbha Samskara***

In Ayurveda, *Garbha Sansakara* basically comprises of

1. Pre - conception (Beeja Samskara)
2. During pregnancy (Garbha Samskara).
3. Post delivery (Bal samskara).

Babies can hear, imbibe and learn in some unusual ways in womb. They received inputs has a powerful role in shaping their mind and temperaments.

Hormonal bathing

1. Happy Hormones- Serotonin, Dopamine.
2. Stress hormones - cortisol.

### Types of *Garbha Samskara*

*Samskara*'s are main field of *Grihya sutras*, Gautam Sharma sutra has listed 49 *Samskara*.

**Shodash Garbha Samskara:** According to acharya Vyas smriti 16 sanskar are described;

1. <i>Garbhadharana.</i>	7. <i>Annaprashana</i>	13. <i>Vivaha</i>
2. <i>Pumsavana</i>	8. <i>Chudakaran.</i>	14. <i>Vanprashsti</i>
3. <i>Simantonayana</i>	9. <i>karnavedhana</i>	15. <i>Sanyasa</i>
4. <i>Jatakarma.</i>	10. <i>upanaya</i>	16. <i>Antyeshti.</i>
5. <i>Namkarana</i>	11. <i>Vedarambha</i>	
6. <i>Nishkramana.</i>	12. <i>Samvartana</i>	

**Note:** *Garbhadhaarana, pusavana, and simantonayana* this *samskara* conducted before the baby birth.

### Important factors before *Garbha samskara*

#### *Garbhasambhav Samagri*

*Rutukala* (ovulation period), *Kshetra* (uterus), *Ambu* (Nutrients fluid from mother), *Beja* (sperm and ovum). Quality of *Beja* (sperm and ovum) is vital for healthy progeny. If there is any *dushti* in *Beja* then resulting fetus also will have abnormalities concerned with part developing from that *Beja*. The dosha which have mitigated *langhana* and *pachana*. Are likely to aggravate once again.

#### *Panchakarma before Garbha samskara*

The purification therapy *panchakarma* is important before *Garbha samskara*; *Panchakarma Shodhana* procedures indicated for both husband and wife. *Panchakarma* like *Vamana*, *Virechana* and *Basti*. *Shodhana* is best procedure to balance to *Dosha* in body. Before planning for conception, couple should be advised for *shodhana karma* as per indication.

- ✓ ***Vamana karma*** - *Pachana* and *Deepana* should be done for 3-7 days upto *Samyaka Lakshana*. *Vamana* is planned after the proper *Snehapana* and *Sarvanga Swedana*.
- ✓ ***Virechana karma*** - patient should be given *pitta utklesha aahara* and on next day *virechana karma* should be done. The patient should follow *sarsarjana karma* for 3 to 7 days.
- ✓ ***Basti karma*** - *Basti* to be given after completion of *parihara kala* of *Vamana* and *Virechana karma*.

### ***Rasayana and Vajikarana therapy***

For Female - *prajasthapana gana* drugs like Endri, Bramhi, etc. this drug helps implantation and stabilization of pregnancy. *Jivanaiya* and *Brihaniya* drugs like *Shatavari*, *Guduchi*, *Aamlaki*, *Nagkeshara*, *Bala* can be administered.

For Male - *Amalaka*, *Ashwagandha*, *Shilajatu Rasayan*, *Vajikarana ghrita*, *Kushmand Ghrita*, *Chavanprash Avaleha* can be administered.

### ***Three stages of samskara***

1. *Beeja samskara* - parents preparing for conception, choose exact time, mental stress reduces, ensuring physical.
2. *Garbha samskara* - the core practice of educating the womb through the mother's daily routine.
3. *Bala samskara*- (post-delivery period) - continue nurturing of baby after birth.

### ***Garbha samskara activities***

1. *Garbha samvada* - (talking to baby)- to stimulate baby senses gently so cortisol production and then stress reduction. All hormone emotions directly impact on baby unborn baby responds to different vibration and sounds with changes in their hearts rate or movement pattern when mother's voice is heard. Research proves Garbha samvada is impact on baby. *Garbha samvada* increase oxytocin levels, useful in lowering chances of genetic disorder, reduce stress.
2. Listening music, reading books - music calms mind uplifts mood, reduce stress, fetus feel in womb. Increasing baby auditory senses - improve mental stimulant and enhances baby. Music can shape baby's personality.
3. *Yoga* - meditation- *Pranayam* - *Yoga* improve blood circulation and oxygenation that reduce mother's stress. Baby's gets good hormone, relieve edema to mothers in last trimester. Improve autonomic function by triggering Neurohormonal mechanism by suppression of sympathetic activities

### ***Importance of Garbha Samskara***

- It helps to fetal mental development
- Stress reduce and promotes a positive energy
- Strengthen mother baby bonding
- Enhance baby intelligence and mental, and emotional growth.

- For the mother - *Garbha Samskara* in pregnancy it can help reduce stress and anxiety in mother. Promote a positive outlook, and prepares physically and emotionally for labor and motherhood. It strengthens the bond with her unborn child.
- For the family - *Garbha Samskara* can create positive and spiritual atmosphere in the home, encouraging partners and family members to be more involved and support during pregnancy time.
- For the baby - it is believed to contribute to the better physical and mental development. Proponents believe that babies who have experienced *Garbha Samskara* are often happy, calmer, and more responsive after birth.

## CONCLUSION

*Garbha samskaras* is a powerful way to create a positive environment for both mother and baby. Baby adopting mindful practices, expecting mother can nurture a happy, healthy and intelligent children. According to *Acharya Charaka* fetal mind is a blank canvas and it really imbibes stories, music and songs a pregnant mother is exposed to. Scientific studies have proved that the potential for enhancing baby's creativity and cognition can be activated by creating a good womb environment. Following *Garbha samskara* principles lead to formation of high quality *Dhatus* and increase quality of *Ojas* - which is essential for immunity. By following these *Satvika Gunas* increase which helps to attain spiritual bliss.

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