

EFFECT OF PARENTAL COMMUNICATION, MATERNAL MINDSET, YOGA, PRANAYAMA & DIET IN GARBH SANSKAR: AN AYURVEDIC REVIEW

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ABSTRACT

Garbh Sanskar is an ancient Ayurvedic concept that means "educating or nurturing the fetus in the womb." The word "Garbh" means womb or fetus, and "Sanskar" means values, impressions, or education. Together, it refers to the process of transmitting positive influences — physical, mental, emotional, and spiritual — to the unborn child through the mother. Ayurveda believes that the fetus is a conscious being, capable of sensing and responding to its environment. Just as the body of the fetus develops from the mother's nourishment, the mind and soul are shaped by the mother's thoughts, emotions, diet, behavior, yoga and surroundings. Therefore, Garbh Sanskar encourages pregnant women to maintain a healthy, peaceful, and spiritually uplifting lifestyle. This ancient wisdom is not just spiritual but also supported by modern science, which shows that the fetal brain starts developing very early, and the child can respond to sound, touch, emotions, and light from the womb. This article focus on the ayurvedic perspective of Garbh sambad – the practice of communicating with the unborn child, positive thinking and emotional balance, yoga and pranayama, sattvik aahar (wholesome dite).

KEYWORDS: Garbh samvad, Garbh Sanskar, yoga and pranayama, sattvik aahar, Maternal mindset.

INTRODUCTION

Garbhasanskara means reforming, polishing and ultimate moulding and cultivating the unborn. Simply, we can say, it is a process of selecting and transmitting positive influence by means of *Yoga*, reading, thinking, praying including healthy eating and cheerful behaviour. There is special bond between mother and baby due to *Garbha sanskara*. It is a process of training the baby as well as mothers mind during pregnancy. Pre-planning for pregnancy (*Supraja janani*), preparing the body in advance before conceiving helps greatly in having a healthy progeny. As in *charak Samhita* already mentioned as follow:

शुक्रशोणितजीवसंयोगे तु खलु कुक्षिगते गर्भसंज्ञा भवति॥५॥ (Cha. Sha. 4\5)

The combination of sperm, ovum and life-principle implanted in the womb is known as embryo.

संस्कारो हि गुणान्तराधानम्। (Cha. Vi. 1\21)

means to substitute bad traits by superior ones. In this review, a complete description about the *Garbha sanskara* has been discussed, along with these essential factors for conception, *Sodhana* (purificatory process), *Rasayan* and *Vajikarana*, *Ahara*, *vihara*, *Garbhini paricharya*, *Mantra*, meditation, stress, *yoga* and *Pranayama*.

PURPOSE OF GARBH SANSKAR

To ensure holistic development of the fetus.

To create a healthy, intelligent, and emotionally balanced child.

To establish a deep bond between mother, father, and the unborn baby.

“Pregnancy should not be by chance, it should be by choice.” The overall health of couple plays important role for conception to occur. As we know, healthy sperms are needed for getting pregnancy. Ayurveda describes this theory as “*Supraja Janani*” or maternity. This *Supraja janani* as described in Ayurveda, involves preparation of the couple planning pregnancy and *Dehasuddhi* three months prior to conception. *Sanskara* are the main field of *Grihya sutras*, *Gautam dharma sutra* has a list of 40 *Sanskara*. According to *Vyaas smriti* 16 *Sanskara* are there, believed to purify and elevate the human being at different stages of life from conception to death.

NO.	NAME OF SANSKAR	DESCRIPTION
1	<i>Garbhadhana</i> (गर्भाधान)	Ritual performed for conception with divine intention; beginning of life.
2	<i>Pumsavana</i> (पुंसवन)	Done in 2nd or 3rd month of pregnancy for healthy fetal development (and traditionally, for male progeny).

3	<i>Simantonayana</i> (सीमन्तोन्नयन)	Conducted in 4th to 7th month of pregnancy to stabilize the mind of the mother and ensure mental well-being of the fetus
4	<i>Jatakarma</i> (जातकर्म)	Ritual at the time of birth; includes giving honey/ghee, whispering mantra in baby's ear.
5	<i>Namakarana</i> (नामकरण)	Naming ceremony, usually performed on the 11th or 12th day after birth.
6	<i>Nishkramana</i> (निष्क्रमण)	First outing of the baby (usually 4th month) – exposure to sunlight and nature.
7	<i>Annaprashana</i> (अन्नप्राशन)	First feeding of solid food (usually 6th month) – introduction of annam (food).
8	<i>Chudakarana</i> (चूडाकरण)	First hair-cutting ceremony (mundan); symbolizes purification and new beginning.
9	<i>Karnavedha</i> (कर्णवेध)	Ear-piercing ceremony – believed to enhance intellect and health.
10	<i>Vidyarambha</i> (विद्यारम्भ)	Beginning of formal education – usually around 5th year.
11	<i>Upanayana</i> (उपनयन)	Sacred thread ceremony; initiates child into learning of Vedas and spiritual discipline.
12	<i>Vedarambha</i> (वेदारम्भ)	Formal beginning of <i>Vedic</i> study and recitation.
13	<i>Samavartana</i> (समावर्तन)	Completion of education and returning from Gurukul
14	<i>Vivaha</i> (विवाह)	entering the grihastha ashrama (householder stage).
15	<i>Vanaprastha</i> (वानप्रस्थ)	Gradual withdrawal from worldly life into spiritual retirement (optional in practice).
16	<i>Antyeshti</i> (अन्त्येष्टि)	Final rites after death; Symbolizes merging with the cosmo.

Garbhadhan, *Punsavan* and *Simantonayan* are *Sanskara* which conducted before birth of baby, rest after birth. Some references related to *Garbha sanskara* from *Samhitas* are mentioned below:

इच्छेतां यद्यत् पुत्रं तद्रूपचरितं स्त्रियां तौ पश्येतां जनपदं सदा चारपरम्परच्छत्रं॥ (Ch .SS .8/15)

The couple whoever wants male\female child, he\she should keep in mind and heart the same appearance, character, country and *Janapada*, if possible should visit those places, observe and try to adopt those food and living styles, dresses.

Some references related to *Garbha sanskara* are tabulated below:

CHARACTER	SCRIPTURE / SOURCE	GARBH SANSKAR INFLUENCE
Abhimanyu	Mahabharata	Learned Chakravyuha in womb – shows fetus can hear and remember.
Prahlad	Bhagavata Purana	Became a great devotee due to spiritual teachings heard in womb from Narad Muni.
Lord Rama	Ramayana	Born after Putreshti Yajna, divine food consumed by queens – result of pure conception.

Ashtavakra	Ashtavakra Gita, Mahabharata	Corrected his father's wrong pronunciation of Vedas while in womb – highly intellectual fetus.
Shukdev Rishi	Bhagavata Purana	Stayed in mother's womb for 12 years, completely enlightened before birth, heard Vedas from Vyasa.
Ved Vyasa	Mahabharata, Puranas	Born to sage Parashara and Satyawati, conceived with intention of creating a wise child – became compiler of Vedas.

GARBH SAMBAD (FETAL COMMUNICATION)

The communication with the fetus during pregnancy — is a subtle yet powerful concept deeply rooted in Ayurveda and Indian philosophy. It is a vital part of *Garbh Sanskar*, where the mother, father, and environment collectively contribute to shaping the mental, emotional, and spiritual development of the child. *Garbh Sambad* means dialogue or communication with the unborn fetus. It involves:

1. Positive speech, listening to spiritual texts, chants, and music.
2. Emotional bonding with the fetus by talking, singing, or expressing love and joy.
3. Helping in mental, intellectual, and emotional development of the baby in the womb.

This idea is supported both by Ayurvedic *Samhitas* and *Itihasa-Purana* references, where we see fetal learning and impressions being formed in uterus.

"मातुरभावो हि शिशोर्भवति" (ch.ss.4/27)

The mental state of the mother becomes the mental state of fetus. The fetus is highly sensitive to the mother's emotions, thoughts, and environment. Hence, speaking lovingly or chanting positive things affects the baby's mental makeup.

"यथा भावयते गर्भिणी तथा स्यात्" (Ah.ss.1/54)

As the pregnant woman thinks or imagines, so the child becomes. *Garbh Sambad* through positive visualization and speech is considered a subtle but strong way to influence the fetus.

"गर्भिण्या सेवितं नित्यं शृणुयाद् गार्भिकं शुभम्।" (Kashyapa Samhita – Garbhini Vimanam)

The pregnant woman should regularly hear auspicious and positive sounds during pregnancy. Music therapy, *mantras*, *Vedic hymns*, or even sweet conversation with the baby (*Garbh Sambad*) is recommended.

ROLE OF FATHER'S VOICE & PRESENCE: Ayurveda does not describe father's communication in detail, but modern *Garbh Sanskar* integrates it, supported by fetal response

to paternal voice from 5th month. Positive presence of the father provides emotional stability to the mother, which indirectly nurtures the fetus.

YOGA AND PRANAYAMA: yoga plays a powerful and transformative role in *Garbh Sanskar*, contributing to the physical, mental, emotional, and spiritual development of both mother and baby.

BENEFITS OF YOGA IN PREGNANCY

Higher incidence of:- Vaginal delivery.

Lower incidence of

1. Excessive gestational weight gain.
2. Gestational diabetes mellitus.
3. Gestational hypertensive disorders.
4. Preterm birth.
5. Cesarean birth.
6. Lower birth weight.

TRIMESTER	RECOMMENDED YOGA PRACTICES	BENEFITS IN PREGNANCY
First Trimester (1–3 months) (Focus: Stability, emotional balance)	Deep breathing (<i>Dirgha Shwas</i>) * <i>Anulom Vilom</i> (gentle) * <i>Vajrasana</i> (post-meal) * Gentle shoulder & neck rolls * Relaxation in <i>Shavasana</i>	<ul style="list-style-type: none"> ✓ Reduces nausea, fatigue ✓ Calms anxiety & mood swings ✓ Stabilizes hormonal changes ✓ Supports fetal implantation □ Establishes mother's calm mind = positive psychic environment for fetus □ <i>Mantra</i> chanting + <i>Pranayama</i> helps early fetal auditory response
Second Trimester (4–6 months) (Focus: Strength, flexibility, connection with fetus)	<ul style="list-style-type: none"> • <i>Baddha Konasana</i> (Butterfly Pose) * <i>Marjariasana</i> (Cat-Cow) * <i>Tadasana</i>, <i>Trikonasana</i> * <i>Bhramari Pranayama</i> * Guided fetal bonding meditation 	<ul style="list-style-type: none"> ✓ Strengthens pelvic muscles. ✓ Eases back pain, digestion. ✓ Improve blood circulation. ✓ Encourages emotional bonding with fetus. □ Enhance <i>Garbh samvad</i> (womb communication). □ <i>Nada yoga</i> and <i>mantras</i> influence fetal mind. □ Develops fetal awareness through sound breath and emotion.
Third Trimester (7–9 months)	<ul style="list-style-type: none"> • <i>Malasana</i> (Squat Pose) – if comfortable 	<ul style="list-style-type: none"> ✓ Prepares pelvic floor ✓ Increases flexibility for normal

(Focus: Preparation for delivery)	<ul style="list-style-type: none"> * Pelvic tilts * <i>Sukhasana</i> with deep breathing * <i>Ujjayi & Bhramari</i> * <i>Yoga Nidra</i> (deep rest) 	delivery ✓ Reduces labor anxiety ✓ Relieves swelling, insomnia <input type="checkbox"/> Builds mental strength for labour <input type="checkbox"/> Boosts confidence & pranic flow <input type="checkbox"/> Maintains a <i>sattvik</i> , calm state in fetus till birth
During Labour	1) <i>Ujjayi</i> Breathing → 2) <i>Bhramari</i> → 3) Squats (assisted) → 4) Gentle movement & breath →	Controls pain response and supports rhythm of contractions Reduces anxiety, promotes focus and calm Helps in natural dilatation and baby descent Supports smooth, active labour

ROLE OF MANTRA IN GARBH SANSKAR: *Mantra* plays a vital role in shaping the mental, emotional, and spiritual development of the unborn child.

1. Vibrational Impact:- *Mantras* are sacred sounds. Their vibrations stimulate the fetus's consciousness.
2. Mental Peace:- Chanting *mantras* calms the mother's mind, creating a positive hormonal and emotional environment for the baby.
3. Spiritual Connection:- *Mantras* are considered to purify the womb and help the fetus align with divine qualities.
4. Cognitive Development:- Regular exposure to sound patterns enhances auditory memory and brain development.

In *Garbh Sanskar*, *Ahata Nāda* is mainly used through: *Vedic mantras*, *Shlok* chanting, Classical music (especially *Ragas* like *Bhairavi*, *Yaman*, etc.).

BENEFITS OF COUPLE EXERCISE DURING PREGNANCY

- a. Physical fitness, Strengthens relationship and bonding.
- b. Enhances mental preparation for labour.
- c. Improves blood circulation and posture.
- d. Increases confidence and emotional security.
- e. Helps in child birth preparation.

Example are: Partner assisted walking or stretchings.
 Prenatal yoga poses like cat-cow, modified squats, supported tree pose.

Deep breathing and medication

Light partner massage

Birth ball exercises (with support)

AAHAR DURING PREGNANCY -: (सात्त्विक आहार = सात्त्विक विचार = सात्त्विक संतान)

Sāttvik Aahar means food that is pure, light, nourishing, and spiritually uplifting. In the context of *Garbh Sanskar*, this diet not only nurtures the mother's body but also builds the mental, emotional, and spiritual *sanskars* of the fetus.

"यादृशं अन्नं भुज्जते, तादृशी भवति मनः।" Means as is the food, so is the mind.

IMPORTANCE OF SĀTTVIK AAHAR IN GARBH SANSKAR

BENEFIT

EXPLANATION

Mental Clarity	➡	Keeps the mind calm and promotes positive thinking
Physical Strength	➡	Provides balanced nutrition for fetal growth
Spiritual Purity	➡	Increases Sattva guna, ideal for shaping good <i>sanskars</i>
Emotional Stability	➡	Prevents mood swings and promotes bonding with baby

MASANUMASIKA PARICHARYA (SUŚRUTA SAMHITĀ, (SHARĪRA STHĀNA 10/3–9))

Month	Recommended Substance	Purpose
1st Month	Milk – sweet, cooling, unctuous	To nourish the fertilized sperm and ovum (<i>śukra dhātu</i>)
2nd Month	Milk + Sweet herbs (like <i>Shatavari</i> , <i>Yashtimadhu</i>)	Supports fetal growth and nourishes <i>rasa dhātu</i> (primary nourishment fluid)
3 rd Month	Milk with ghee (clarified butter)	Strengthens the heart and mind; supports development of fetal organs
4 th Month	Ghee + Milk + Pomegranate, etc.	Enhances blood (<i>rakta</i>) and muscle (<i>mānsa</i>) tissue; aids in breast development
5 th Month	Ghee + Meat soup (from suitable animals/birds)	Nourishes fat (<i>meda</i>) and nerves (<i>snāyu</i>); aids fetal strength
6 th Month	Milk + Ghee + Oil-rich foods	Balances <i>vāta dosha</i> ; ensures continuous nourishment of fetus
7 th Month	Ghee + Medicinally processed barley, puffed grains (<i>laja</i>), roasted flour (<i>sattū</i>)	Alleviates <i>vāta</i> ; supports fetal stability and development
8 th Month	Special medicated ghee (<i>Ashtamāsāntaka Ghṛita</i>) + Start of basti therapy (medicated enema)	Ensures fetus remains comfortably in womb; prepares body for delivery
9 th Month	<i>Anuvasana Basti</i> (oil enema) + Vaginal tampon with medicated oil (<i>Yoni Pichu</i>)	For normal delivery

CONCLUSION

“A cultured womb nurtures a cultured world.”

Garbh Sanskar is not just a tradition – it is the science of nurturing life with purity, positivity, and consciousness. Ayurveda beautifully explains that the physical, mental, emotional, and spiritual development of a child begins in the womb. Through proper *ahara* (diet), *vihar* (lifestyle), *achar* (behavior), and *vichar* (thoughts), parents can impart positive *sanskars* to the unborn child. Practices like *sattvik aahar*, *yoga*, *pranayama*, *mantra* chanting, *garbh sambad* (fetal communication), and month-wise Ayurvedic care help create a calm, healthy, and spiritually enriched environment — essential for a divine, intelligent, and virtuous progeny. *Garbh Sanskar* empowers the parents to consciously shape the next generation, making it not only a path of wellness but also of cultural and moral foundation.

FACTOR	EFFECT ON FETUS
Maternal Thoughts (<i>Bhava</i>)	Shapes fetus's mind, emotions
<i>Mantra</i> & Music	Enhances sattva, promotes calmness
<i>Sattvik Aahar</i>	Nourishes body, mind, organs
<i>Garbh Sambad</i> (Talking)	Builds emotional bonding, boosts memorys
Paternal Communication	Emotional support to mother = fetal calm

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