

GARBHSANSKAR: INDIA'S ARCHAIC TREASURE

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Abstract

Garbhasanskar concepts and their relevance in today's world prior to conception, physical and mental purity is required. Parenting's role in the development of a child's personality and IQ, Pregnancy must be healthy and safe. Garbhsanskara literally means "educating the child in the womb." It's a means of instilling excellent values in an unborn child in the womb throughout pregnancy. This is why, when a woman becomes pregnant, the elders advise the pregnant woman to think and feel positively. Garbhsanskara is famous because researchers have demonstrated its significance and importance in a child's growth. Scientific evidence shows that the baby in the mother's womb responds to external stimuli and has the ability to listen. The goal of the Garbhsanskara approach is to produce future generations who are healthy, attractive, clever, cultured, peace-loving, and free of genetic illnesses. The benefits of Garbhasanskar include not only the education of your child but also the formation of a link between mother and child. In fact, this has a significant impact on the mother's health. The mother's physical well-being is aided by positive thoughts and attitude.

Keywords: Garbhsanskar, Pregnant Women, need of India

Introduction

In Sanskrit, garbh means foetus and Sanskar means education of the mind. Garbhasanskar means "educating the mind of foetus' in Sanskrit. For millennia, mental and behavioral development of a child was thought to begin at conception. During pregnancy, the mother's emotions has an impact on the baby's personality. Ayurveda includes this ancient knowledge.

Preparing for Pregnancy (Supraja janan)

Preparing the body adequately before conception will help ensure a safe pregnancy. Healthy sperm are essential for pregnancy, thus even the partner's health is vital. Here are some suggestions for a healthy pregnancy. A normal pregnancy leads to a normal delivery. The importance of the mother's psychological, spiritual, and physical preparation for childbirth was recognized in ancient Indian medicine. This is called "Supraja janan" or "eu-maternity" in Ayurveda. Ayurveda's "Supraja janan" refers to a couple's preparation three months before conception.

Pregnancy must be chosen.

The first phase is pinda shuddhi (gamete purification). It doesn't matter how powerful the pair is physically if they aren't mentally calm and peaceful. This mental serenity ("Sathwa Guna") is linked to one's eating habits. Avoid hot foods and addictive substances.

Reference from antiquity (The story of Abhimanyu)

The narrative of Abhimanyu in the Mahabharata is one of the most famous. At the time of their son's birth, Arjuna counseled his wife on how to join the Chakravyuh, a specialized battle formation. His mother had fallen asleep by the time he learned to decipher and defeat the trap. He was slain because he couldn't escape out of the trap.

During pregnancy, a woman's body is prone to be tired. Let her nap whenever she wants. Play her favourite music while she prepares for bed, makes the bed, serves breakfast in bed, or does anything else she enjoys. Prevent fatigue, anxiety and mood fluctuations caused by pregnancy. This affects her normal domestic duties, whether she is employed or not. Certain activities that women like for themselves may be unavailable to them during pregnancy, causing irritation or irritability. As a partner, you are aware of these concerns and must ensure that all ordinary domestic responsibilities are

completed. This is a simple yet powerful way to make your wife feel special. Pregnancy is a lovely experience, so enjoy it. Place your palm in the mother's direction and "feel" the baby move in her womb. This way, you will be able to completely experience your woman's pregnancy and have many memories to cherish for the rest of your life.

Diet during pregnancy

Pregnancy is a long period of strange moods and taste changes. However, it is crucial that the future mother provides a healthy diet to her unborn kid. Pregnancy diets are designed with the mother and child's health. Everything must be balanced, and double-checked. A pregnant woman's health depends on a vitamin and mineral-rich diet. Higher doses of some vitamins and minerals If the pregnant diet does not address this, they are given supplements. Increased daily fruit and vegetable consumption helps pregnant women stay fit and protects their babies from common birth problems. A pregnant lady needs 2–3 servings of dairy products every day. Milk, yoghurt and cheese, as well as eggs, are examples. Milk and eggs are cheap calcium and protein sources. Soy protein, almonds and beans are vegetarian options. Pregnant women need three servings of cereal, whole wheat grains, and other complex carbs. Water is another important factor to consider. A pregnant woman should drink six to eight glasses of filtered or purified water everyday.

A lack of folic acid in the first trimester has been linked to foetal spinal tube anomalies and lip and palate malformations. A balanced diet includes vitamins, iron, and calcium. Most doctors also recommend daily folic acid and vitamin B12 supplements, as well as iron and calcium after the first trimester.

Avoid leftovers or freezer meals, cold drinks, chicken, mutton, cigarettes, alcohol, tobacco, Pan-Masala, and betel nut while pregnant. Tea and coffee should be limited. However, evidence suggests that eating a lot of nutmeg during pregnancy may be harmful to the mother's health.

Yoga

Padmasana, Titli asana: Stretches hips and inner thighs, relieving inner thigh stress. It also stretches your knees and groin area. It's one of the best pregnant positions, and it almost surely helps with labour. The stance used by housecleaners when sweeping the floor is a squat, or Utthanasana. Marjari Asana: This asana strengthens the neck, shoulders, and spine. As a result, it is suitable for women before, during, and after pregnancy. These asanas have several advantages like:

- It reduces fluid retention, which has increased during last months.
- Affects the baby's position and, if necessary, turns it.
- Exercise and abdominal massage may help stimulate bowel movement and hunger.
- Boosts energy and metabolism while restoring attention.
- This medication can aid with mood swings and morning sickness.
- The cervix and birth canal are relaxed.
- The focus is on pelvic opening to stimulate and speed up labour.
- It helps the uterus, abdomen, and pelvic floor heal after childbirth.
- It also helps relieve upper back and breast soreness and reshape the body after childbirth.

Exercising your lungs and meditating can also help you develop pleasant thoughts and feelings.

To get the most out of Garbhsanskar, you must be extremely careful during pregnancy. For the baby's physical, mental, and spiritual health, avoid horror flicks and hot or fermented foods.

Music

Music Therapy "Research reveals that you don't have to listen to music that is really slow. Pop music can also help relax your infant because it is easier for your baby to identify beats and rhythmic sounds function well with babies. Although a baby's breathing pattern alters according to the beat, it might be stressful for your newborn to listen to pounding music with rapid beats for long periods of time. Many studies show that plants thrive when exposed to classical music all day. Extreme metal music shriveled plants. Heavy metal clearly harms vegetation. As a result, heavy metal music is not relaxing for either mother or child. Your child may be frightened by unexpected loudness fluctuations because the beats are random rather than rhythmic. Religious music and chanting are ideal suggestions. Combine classical, pop and religious music.

Garbhsanskar's Mantra According to ancient writings and Ayurveda, music and mantras should be listened to throughout pregnancy. A pregnant woman's and her unborn child's health benefit from the veena's music and the Samaveda mantras. A child's body, mind, and spirit can develop while listening to music. Leadership, bravery, inventiveness and a love for all can be imparted in a child by listening to particular songs. The right music, visualisation, gentle massage, meditation and good thinking can help shape your baby's early memories.

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