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GARBHSANSKAR:-MENTAL AND INTELLECTUAL DEVELOPMENT OF UNBORN CHILD

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ABSTRACT

Garbhsanskar Leads to, Happy ME = Happy My Child

There is no parent in the world that doesn't want the best for their child. The anticipation of the child to come is accompanied by many emotions' excitement, happiness, anxiety, and worry.

One way to curb the anxiety is by ensuring a healthy pregnancy, and you can do this by making the right efforts, by "right efforts" we mean GARBHASANSKAR.

GARBHSANSKAR essentially means educating the mind of the fetus. This is derived from Sanskrit words Garbh [foetus in the womb] and Sanskar [educating the mind]

Easy meaning of sanskar is "Sanskaro hi gunaanttaradhanam" means to substitute bad traits by superior ones. It is traditionally believed that a child's mental and behavioural development starts as soon as he/she is conceived.

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KEYWORDS: *Garbhasanskar, Garbh, Foetus, Sanskar*

INTRODUCTION

Garbhasanskar is a process to achieve **PHYSICAL, MENTAL, SPIRITUAL, EMOTIONAL and SOCIAL** development within the mother & baby. It is a complete pregnancy care guideline to get a marvellous healthy child.

It is those 'nine months' crucial period when maximum efforts are to be taken for betterment of the offspring. Now it is scientifically proved that the unborn baby can not only listen, feel but also responds by using its known way.

According to modern science, 80% of human brain development occurs in the mother's womb. Factors like stress, anxiety, and negativity can adversely affect this process. Research has shown that extreme levels of stress may even lead to preterm delivery. Conversely, maintaining a positive and joyful lifestyle during pregnancy, as suggested by ancient Indian science, contributes to the birth of a happy and healthy child. According to modern scientific research, a newborn has 100 billion neurons developed. The process of brain development begins on the 16th day of pregnancy and continues until delivery. During this process, approximately 2.5 lakh neurons develop every minute.

The facts now proven by modern science were already documented in ancient Indian scriptures like Charak Samhita, Sushrut Samhita, Kashyap Samhita, and Garbhopanishad. These texts, written thousands of years ago, offer detailed insights into the monthly developmental stages, do's and don'ts, the ideal environment for pregnant mothers, and the activities they should engage in during pregnancy. The advice and lifestyle tips provided in these ancient texts are supported by modern science and recent research. [1]

➢ IMPORTANCE OF GARBHASANSKAR IN PRECONCEPTION

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 "**SUPRAJAJANAN**".
This "Suprajajanan", as conceptualized in Ayurveda, involves the preparation of the couple planning pregnancy, three months prior to conception. The beginning is by **PINDASHUDDHI** 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 ("SathwaGuna") of mind is closely related to one's food habits and many other factors. The fetus starts developing brain after 5 weeks, and it keeps on growing further as the pregnancy progresses. Studies have proven that the fetus can respond to external stimuli. The mother's thoughts also affect the baby in the womb.

Garbh Sanskar has a huge positive effect on both the unborn baby and the mother. Good thoughts from the mother promote the secretion of "happy hormones" in the baby. GarbhSanskar is the practice of imparting good thoughts to the unborn child via the mother.

Mother's bond with the child starts right from the time of conception. The mother can shape up baby's first impressions.

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Experts encourage some of the practices of GarbhSanskar and say it may be worth talking to your baby, listening to music and reading educative books while you are pregnant. This shall make your baby have better sleeping habits, be more alert and confident, more content, more active at birth, better at breastfeeding and bond with parents better
The positive thinking and attitude promote physical wellbeing of the mother and the baby throughout the pregnancy and after.

- **IN WHICH MONTH SHOULD A PREGNANT WOMAN START GARBH SANSKAR?**

According to the experts, 'Garbh Sanskar' practices should be started three months before conception. Satvik food and Naadi Shuddhi will cleanse and purify your body for a healthy conception.

As soon as you get the good news of pregnancy, remember that there is gene environment interaction happening, right away. Your psychological, physiological and genetic environment is impacting the tiny embryo. It's time to make a schedule of activities to follow Garbh Sanskar practices immediately!

Pregnancy is the stage where a woman experiences a lot of changes both physiologically and psychologically. The practice of implementing the process of developing the mind of the fetus in the womb starts from the antenatal stage
Garbh Sanskar is the practice of a few simple activities that contribute towards social, physical , spiritual, mental and emotional well-being of both mother and child. With the benefit of scientific research, it is well-proven now that the baby, when in the womb, has infinite capacity to grow his or her mind and senses if the right external stimulation is given. **The baby is not an 'object' lying in the womb but a smart, and receptive human-in-development**.
Acharya Charaka says that the foetus' mind is connected with the parents' mind, especially with the mother during pregnancy.

- **WHAT ARE GARBH SANSKAR ACTIVITIES FOR A PREGNANT WOMAN?**

The concept of prenatal education involves exposing the developing fetus to various stimuli, such as soothing music, positive affirmations, and engaging activities. It is believed that these experiences can have a positive impact on the child's cognitive abilities, emotional wellbeing, and overall development.

Some contemporary techniques of Garbh Sanskar include:
1. **Prenatal yoga and exercise**: engaging in prenatal yoga classes and exercises specifically designed for pregnant women can promote physical fitness and flexibility during pregnancy. yoga is awesome in preparing your body for delivery and soothing pregnancy aches and pains, its benefits extend to your unborn baby, too. Yoga asanas improve blood circulation and oxygenation which eases your stress. The baby gets the good hormones!
2**. Pregnancy Meditation**: With the pressures of pregnancy, managing day to day stress, your mind may fill with irritable thoughts. They are very harmful for the baby it can cause intrauterine infections, low birth weight and premature labour. Pre-term babies are prone to a range of complications later, including chronic lung disease, developmental delays and learning disorders, and infant mortality. Regular meditation helps in a BIG WAY. Practicing meditation techniques can help expectant mothers relax, reduce stress, and cultivate a positive mindset, creating a calm and nurturing environment for the fetus.
3**. Healthy Pregnancy Diet**: Shad rasaatmak ahar maintains the equilibrium of the tridoshas (vata, pitta, kapha) and the pancha mahabhutas (prithvi, aap, tej, vayu, aakash)
4. **Music therapy**: Calming music releases happy hormones. Classical music that inspire happiness are all excellent ideas. From 20th week, the baby is hearing, so it becomes all the more important to choose good music. Ragas like Malkauns, Shaant, Bageshwari, Yaman and Bhairav are also considered to be very good for a child's growth.
5.: **Garbhasanvad (Positive affirmations) and Emotional bonding**:- Communicating with Your Unborn Child. Ayurveda says an unborn baby is associated with **mana** right from conception. He or she can understand the emotions and feelings behind the thoughts of the mother. So the mother can start communicating with the child as early as the first month itself. Using positive affirmations and visualization techniques to cultivate a positive mind-set and create a bond with the unborn child.

The unborn baby can hear from week 20 onwards.
Here is a helpful guide:

- Talk aloud, not in your mind.
- Tell a story with morals.
- Tell the father to also talk.
- Address baby directly.
- Refer to yourself in 3rd person: "Mumma loves you baby, she is waiting for you."
- Turn off background noises like that of the TV or phone when talking.

6**. 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.
7. **Creative pursuits and hobbies**
Both sides of the brain - the left side which is responsible for being focused and logical and the right side which is artistic, feelings, visualization, and extracurricular can be developed right from when the baby is unborn by doing activities to shape a balanced learning brain.
80% of the baby's brain development happens in the womb. The unborn baby is forming neural connections

FOR RIGHT BRAIN GROWTH

- Card-making
- Painting
- Cartooning
- Photography
- Waste-product craft work
- Playing musical instruments
- Sewing and Knitting

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- Gardening
- Quilling

FOR LEFT BRAIN GROWTH

- Chess
- Uno cards
- Memory games
- Riddles
- Suduko
- Puzzles and sums
- Reasoning exercises
- Tongue twisters

➢ **BENEFITS OF GARBH SANSKAR FOR THE BABY IN THEIR ADULTHOOD**

- Long-term strength of immune system.
- Development brain.
- Better confidence and self-esteem.
- Significantly lowering baby's chances of depression in later life.
- Making baby feel loved and wanted.

DISCUSSION

Garbhasanskar is an ancient Vedic method through which parents can give birth to a child with advanced qualities or can produce a child with the qualities of their choice. In ancient times, people used to select qualities as per their need and by practising this method, they used to give birth to a child with the same qualities. There are many proofs of this in history.

This is a matter of ancient times but today science has also accepted its effect and has also presented evidence or proof of it. Hence, it is clear that Garbh Sanskar is such a scientific method through which the parents can sow the seeds of desired qualities in the child and bring a child with the desired best qualities into this world.

GARBH SANSKAR STAGES-

1. Before pregnancy
2. Conception
3. After pregnancy

Scientificity of Garbhsanskar :-

Garbhasanskar is a unique discovery of ancient sages through which parents and family members together provide all kinds of education to the foetus during pregnancy so that when it comes into this world, how to live? How to behave? How and what is necessary to know and understand, it should already have basic knowledge of all these aspects, this effort can be made through this Garbha Sanskar process and the effect of this process is also seen directly. Many examples like Prahlad, Ravana, Bharat, Abhimanyu confirmed that the understanding and knowledge of the child can be developed during pregnancy itself.

Today science has confirmed that the foetus hears, feels and learns the behaviour of its parents and family members during pregnancy.

Today science has studied three important aspects of Garbha Sanskar through its research and found that efforts for it are effective from the time of formation of ovum and sperm because at that time the qualities of ancestors are transferred to the next generation in the form of genes

Their selection depends on the behaviour, thoughts and diet of the parents and if efforts are made by the husband and wife at this time, then by selecting the desired qualities, a seed with good qualities can be created and a child with such qualities can be born.

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