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GARBH SANSKAR: THE ANCIENT INDIAN WISDOM OF NURTURING THE UNBORN

Author's Name: Mrs. Prof Nandini D. Dave[1] Dr. M. U. Mansuri[2] Dr. Shobha Kundgol[3]

Affiliation:

1. PHD. Nursing Scholar, Sai Tirupati University, Udaipur, Rajasthan, India
2. Dean, Department of Nursing, Sai Tirupati University, Udaipur, Rajasthan, India
3. Professor, Venkateshwar College of Nursing, Sai Tirupati University, Udaipur, Rajasthan, India

Corresponding Author Name & Email Id: Mrs. Prof Nandini D. Dave, nan2006du@gmail.com

ABSTRACT

Garbh Sanskar is an ancient Indian practice that emphasizes the holistic nurturing of the unborn child through physical, mental, and spiritual well-being of the mother during pregnancy. Rooted in Vedic traditions, it includes activities like chanting mantras, listening to classical music, practicing yoga, maintaining a nutritious diet, and fostering emotional harmony. These practices aim to enhance fetal development by creating a positive and balanced environment. While traditionally spiritual, several components of Garbh Sanskar are supported by modern science, particularly in prenatal psychology and fetal brain responsiveness to external stimuli. This integrative approach promotes the health and well-being of both mother and child, bridging cultural wisdom with contemporary prenatal care.

Keywords: Garbh Sanskar, prenatal care, fetal development, Vedic tradition, maternal well-being, yoga in pregnancy, mantras, emotional health, spiritual practices, Indian culture.

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INTRODUCTION

Garbh sanskar - an oldest practice in Indian culture. It helps to maintain physical, mental and social wellbeing of mother-family. In ancient time in India garbh ,means womb and 'sanskar' is related to spiritual and social nourishment of fetus during antenatal period. 'Garbh sanskar' -rituals plays is very much important part in pregnancy period of any women. Garbh sanskar improve connection between mother and child. The way mother connect to her child without seeing is remarkable process. Indian are having Vedic rich tradition, cultural values and imparting this knowledge to next generation with modern medicine , science during prenatal period brings changes in new areas. Garbh sanskar mainly emphasize the connection between mothers mind, body and their sprit with child during the pregnancy.

THE PHILOSOPHY OF GARBH SANSKAR

In ancestor India Vedic tradition believe that the fetus in completely not influence by external environment. The womb is affected by mentally and spiritually. In ancient texts, there is many scripts which represent that mind of unborn baby is able to receive and absorb emotions, sounds, brain activities of mother. This philosophy of 'garbh sanskar' state that mother's emotion during pregnancy has a significant effect on unborn baby. 'Garbh sanskar' include singing, Preaching and listing of mantras. Practice of yoga helps to maintain emotional balance in mothers well being during pregnancy. All this helps to have healthy and intelligent baby.

THE ROLE OF MOTHER IN GARBH SANSKAR

Role of mother in Garbh Sanskar is in central of this process. Her physical, mental and social well being is directly impact on unborn baby's development. The peaceful environment, silent and clam mind, balance life style with nutritious food maintain healthy hormones and positive energy during crucial time of pregnancy. Child's growth is completely depend on mother's well being.

1. Physical Role: Mother's physical well being is important for fetus. As a growing fetus demands more nutrition during pregnancy period help to maintain good growth level of child. Mothers physical health can be maintain with the help of yoga, pranayam [breathing exercise], proper diet and good sleep.

2. Mental Health and Emotional Balance: Mother's emotional state is directly affecting unborn baby. Feeling of security between family members, love- affection can help to reduces mother's stress. Angers issue can be resolved with emotional bonding between both parents.

3. Social and Spiritual Practices: Socially mother is power pillar of any family. A pregnant woman is going through many phases during antenatal period. Social security between family members will develop good environment in family. Spiritual practices of whole family can improve physical and mental health of mother.

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Spiritual well-being is also emphasized in 'Garbh Sanskar'. Practices such as prayer, chanting mantras, and engaging in religious or spiritual rituals are thought to create a positive aura around the mother, which in turn nurtures the unborn baby. The recitation of mantras, particularly those like the 'Gayatri mantra' or the "Garbh Sanskar" mantra, is believed to connect the mother and baby with divine energy, enhancing the child's intellectual and spiritual growth.

PRACTICES AND TECHNIQUES IN GARBH SANSKAR

'Garbh sanskar' involve many activities for fetal physical, mental and spiritual development

Techniques and Practices in Garbh Sanskar

Garbh Sanskar involves a range of activities designed to enhance the fetus's physical, emotional, and intellectual development. Some of these practices include:

1. Listening to Music: It is believed that the unborn child can hear sounds from the outside world around the 16th week of pregnancy. Listening to soothing classical music or specific sound frequencies is believed to help the child's brain development. Classical music, especially Indian ragas, is considered beneficial for developing the child's intellect and emotional intelligence.

2. Mantras and Chanting: Reciting mantras and chanting positive affirmations are integral parts of Garbh Sanskar. The vibrations created by the sound of mantras are believed to affect the fetus's brain development. The Gayatri mantra, for example, is often chanted to invoke divine light and wisdom, ensuring a healthy and intelligent child. The repeated chanting of certain mantras is believed to instill calmness, confidence, and positivity in both the mother and child.

3. Positive Visualization and Affirmations: Visualization techniques involve the mother imagining the unborn child as happy, healthy, and intelligent. The practice of positive affirmations involves the mother repeatedly saying or thinking positive statements such as "My baby is healthy and strong," or "My child is calm and wise." This practice aims to create a positive mindset, which can have a profound impact on the child's development.

4. Reading and Storytelling: Reading positive, educational, or spiritually enriching stories to the unborn child is another significant aspect of Garbh Sanskar. It is believed that the fetus can absorb the language, rhythm, and emotional tones of the voice, leading to increased intellectual stimulation. Many traditional stories, especially those with moral lessons, are considered beneficial for fostering virtues in the child.

5. Yoga and Breathing Exercises: Yoga and pranayama are highly recommended during pregnancy as they help to strengthen the body, improve flexibility, and promote mental clarity. Certain yoga poses that focus on relaxation and breathing techniques are particularly beneficial during pregnancy. These practices help alleviate common pregnancy discomforts, reduce stress, and create a calming environment for both mother

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and child.

6. Nourishing the Body: A healthy diet is central to Garbh Sanskar. The mother is advised to consume a balanced diet rich in vitamins, minerals, and nutrients that support both her health and the development of the child. Foods that promote brain development, such as nuts, seeds, milk, and fruits, are especially emphasized. Additionally, drinking warm water with herbs like ginger and turmeric is thought to aid digestion and maintain physical well-being.

SCIENTIFIC PERSPECTIVE ON GARBH SANSKAR

While Garbh Sanskar is rooted in ancient Indian traditions, modern scientific research also supports some aspects of its philosophy. Studies have shown that the fetus can indeed respond to sounds from the outside world, and the quality of the mother's emotional health during pregnancy can influence the child's development. Research in prenatal psychology supports the idea that stress, anxiety, and depression during pregnancy can have negative effects on both the mother and the baby, leading to premature birth, low birth weight, and developmental delays.

Additionally, studies on fetal brain development indicate that the fetus is highly receptive to external stimuli. Music and sound, in particular, have been found to stimulate the brain, and the child's response to certain sounds may influence cognitive development.

Although not all aspects of Garbh Sanskar may have direct scientific backing, the importance of emotional well-being, mental balance, and physical health during pregnancy is universally acknowledged by healthcare professionals.

CONCLUSION

Garbh Sanskar is a holistic approach to prenatal care that blends ancient wisdom with modern practices to ensure the well-being of both the mother and the unborn child. By promoting physical, emotional, and spiritual health, Garbh Sanskar helps create a nurturing environment that fosters healthy brain development, emotional intelligence, and overall well-being in the child. While modern science has not fully explored all aspects of Garbh Sanskar, the practices based on emotional balance, nutrition, and mental well-being align with contemporary knowledge about prenatal care. For expectant mothers, Garbh Sanskar offers a comprehensive framework for preparing themselves and their unborn child for a healthy and prosperous future.

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