



REVIEW THE EFFECT OF GARBHSANSKAR AND ITS CLINICAL IMPORTANCE FOR FETO- MATERNAL DEVELOPMENT.

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ABSTRACT-

GarbhSanskar is the practice of a few simple activities that contribute towards social, physical , spiritual, mental 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.Mother and child health forming a major area of concern finds special emphasis in Ayurveda, which uphold a complete caring plan in this regard called as *GarbhiniParicharya*.which is now a days taken as "*Garbhsanskar*" It is observed that, along with this Ayurvedic treatment, modern medication like Iron, Calcium, multivitamins, folic acid & protein supplement proves to be helpful to keep pregnant women healthy.

KEYWORDS- Garbhsanskar, Garbhini Paricharya, Foetus, Pregnancy,Masanumasik Chikits

INTRODUCTION-

Garbh means womb and **sanskara** means teaching good things or instilling good values. So GarbhSanskara means educating an unborn child. Among the sixteen rites mentioned in Indian culture since ancient times, one of the most important rites is garbhasanskara. According to Ayurveda, the best way to give birth to a healthy baby is garbhasanskara. This rite is an important part of Ayurveda and has also been accepted as a medical science. According to Garbhasanskara, mother and the growing baby in the womb are connected to each other at every moment. Mother's emotional state, mental state, her thinking, diet etc. all affect the fetus. That baby hears everything in the mother's womb. A mother's habits, even her desires, enter her baby in the form of samskaras, which later manifest themselves from time to time.

GarbhSanskara is the practice of a few simple activities that contribute towards social, physical, spiritual, mental 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.

The right stimulation from the external world, mainly by the mother, can make a huge development in its mental growth.

Acharya Charaka says that the foetus' mind is connected with the parents' mind, especially with the mother during pregnancy. Mother and child health forming a major area of concern finds special emphasis in Ayurveda, which uphold a complete caring plan in this regard called as *GarbhiniParicharya*. which is now a days taken as "*Garbhsanskara*" ⁽¹⁾

AIM- To review the literature of Garbhsanskara by Ayurvedic and Modern view.

OBJECTIVES-

- to follow proper modules of Garbhsanskara which was included in Ayurveda text for overcome Garbhupdrava and Garbhvyapad.
- To remove anxiety associated with delivery and minimize complications
- To facilitate healthy growth and development of foetus.
- To enculcate desired qualities in foetus.

MATERIAL AND METHOD-

In *Garbhini* life *Sagarbhavstha* (become a mother) is special event and in this period mother take proper care of herself and baby. Because of maternal mortality rate increases in today's era, *GarbhiniParicharya* is important and needful. *GarbhiniParicharya* is around care of pregnant women.

The tremendous growth of baby from the moment of conception to the time of birth depends entirely on nourishment from the mother. Pregnant women should follow a careful regimen is known as *GarbhiniParicharya*. In this study literature we studied month wise regimen according to *Charaka*, *Shushruta*, *Harita* and *Kashyapa Samhita*.

We also explained modern antenatal care, Nutrition in pregnancy & Prenatal counseling. Due to Aneamia. Viral hepatitis, Hemorrhage (APH & PPH), obstructed labour, malnutrition, elderly primigravida and other abnormalities *GarbhiniParicharya* is important and needful.

In Ayurveda various Acharya explained nine month *GarbhiniParicharya* in which mostly *Madhurarasatmak* (sweet), *Drava* (liquid) and milk products are preferred. Along with *Aahara*, *Yoga* and *Vihara* are also useful in pregnancy. As per modern view to make sure the pregnancy is intra uterine & not extra uterine, treat complications of first trimester, do laboratory investigations, early diagnosis and treatment of medical disorders.⁽²⁾

- According to Ayurveda, the diet taken by pregnant women gets divided on digestion into 3 parts
 - for self-nourishment
 - for nourishment of foetus
 - for milk production

As a result, diet of mother should be such that fulfils all these 3 needs In Ayurveda ,Acharya explained *Masanumasik Garbhini paricharya* to ensure maternal fetal development.

1) Ayurvedic *Masanumasik Garbhini Paricharya*.⁽³⁾

Month	Charaka (Sharirsthana)	Sushruta (Sharirsthana)
<i>Pratham mas</i>	<i>Anupskrut Ksheer</i> (Milk)	<i>Madhura & Sheet Dravya Aahara</i>
<i>Dwitiya mas</i>	<i>Madhur Aushadhisidhha Ksheer</i> (milk)	<i>Madhura & Sheet Dravya Aahara</i>
<i>Trutiya mas</i>	<i>Madhu + Ghrut + Kheera</i>	<i>Madhura & Sheet Dravya Aahara</i>
<i>Chaturtha Mas</i>	<i>Ksheer + Navneet</i> (Butter)	<i>Shashtikodan, Jangal Mans yukt Aahar + Payonavneet</i>
<i>Panchama Mass</i>	<i>Ksheer + Sarpi</i>	<i>Shashtikodan, Jangal Mans yukt Aahar + Payonavneet</i>
<i>Shashta mas</i>	<i>Madhur Aushadhisidhha Ksheer + Sarpi</i>	<i>Gokshurasidhha Yavagupan</i> (Rice gruel medicated with <i>Gokshura</i>)
<i>Saptam Mass</i>	<i>Madhur Aushadhisidhha Ksheer + Sarpi</i>	<i>Pruthakparnyadi Ghrut</i> (<i>Vidarigandhadi</i> group)
<i>Ashtam Mass</i>	<i>Ksheer Yavagu Sarpi</i>	<i>Anulomana of Vaayu – Asthapan Basti</i> with <i>Badar, bala, Atibala, Shatapushpa, Palash, ksheer, Mastu, Tail saindhava & Madhukadi Ghruta</i> . <i>Anuvasan Basti</i> with oil medicated with milk and Decoction of drug of <i>Madhura</i> group.
<i>Navam Mass</i>	<i>Anuvasan Basti</i> – Tail prepared with the drugs of <i>Madhura</i> group.	<i>Snigdha Yavagu</i> with <i>Jangal mans rasa</i> .
<u>Month</u>	<u>Vagbhata</u>	<u>Harita</u>
<i>Pratham mas</i>	Medicated <i>Ksheer</i>	<i>Yashtimadhu, Parushaksidhha Ksheer</i> or <i>Madhu mixed with Ksheer</i>
<i>Dwitiya mas</i>	<i>Madhur Aushadhisidhha Ksheer</i>	<i>Kakolisidhha Ksheer</i>

<i>Trutiya mas</i>	<i>Madhu + Sarpi + Ksheer</i>	<i>Krushara</i>
<i>Chaturtha Mas</i>	<i>Ksheer with 1 AkshaNavneet</i>	Medicated Rice
<i>Panchama Mass</i>	<i>Ksheer + Sarpi</i>	<i>Payasya</i> (Rice with milk)
<i>Shashta mas</i>	<i>MadhurAushadhsidhhaKsheerSarpi</i>	Sweetened <i>Dadhi</i> (Curd))
<i>Saptam Mass</i>	<i>MadhurAushadhsidhhaKsheerSarpi</i>	<i>GhrutKhand</i>
<i>Ashtam Mass</i>	<i>GhrutmishritaYavagu</i>	<i>Aahara</i> with <i>Ghruta</i>
<i>Navam Mass</i>	<i>AnuvasanBasti</i> with <i>Yoni Pichu</i>	Different varieties of <i>Aahara</i>

2) Samanya Aahara and Pathya

Following dietetic regimen prescribed for the women having a normal development of foetus. During first trimester of pregnancy, most women experience nausea and vomiting, thus she can't take routine diet, use of cold and sweet liquid diet and milk will prevent dehydration. By the end of second trimester, most women suffer from oedema of feet and other complication of water accumulation, use of *Gokshura* is a good diuretics and helps to reduce oedema by its Nephroprotective properties.⁽⁴⁾

Most women experience constipation in late pregnancy due to pressure of gravid uterus over the bowels and effect of Progesterone, use of enema which relieves the constipation. Tampon of oil may destroy pathogenic bacteria.

3) Prenatal care nutrition and preconceptional Counseling

Systemic supervision of women during pregnancy is called Antenatal care. It includes age, gravid, duration of marriage, occupation, history of present pregnancy and obstetrics history. In examination, built, height, weight are measured speculum examination prior to bimanual examination should done.

A.Diet: The increase calorie requirement is to the extended of 300 over the non pregnancy state.⁽⁵⁾

Iron	40mg	Carrot, Beet and Egg
Calcium	1000mg	Dairy product
Folic Acid	400ug	Green Leafy Vegetable
Vit.B12	2.2 ug	Animal Protein
Vit.A	6000 I U	Vegetable, Liver and Fruit
Riboflavin	1.6mg	Meat and Grains

B.Lifestyle

- I) Rest and Sleep – 8 hr at night and 2 hr at noon.
- II) Bowel – Plenty of liquid & vegetable
- III) Dental Care – Good dental hygiene
- IV) Avoid travelling, smoking, coitus
- V) Immunization should be done

4) Yoga in Pregnancy⁽⁶⁾

Here is a list of poses & *Yogasanas* which are considered safe for pregnant women.

First Trimester	Second Trimester	Third Trimester
<i>Tadasana</i> (Mountain pose)	<i>Virbhadrasana</i> (Warrior pose)	<i>Pranayam</i>
<i>MarjariAasana</i> (Cat Pose)	<i>Utthanasana</i>	<i>Utkatasana</i>
<i>Uttanasana</i> (standing forward bending)	<i>Vajrasana</i>	<i>Trilokasana</i>
<i>Shavasana</i>		

GarbhiniParicharya is a unique concept explained in detail in the classic textbook of Ayurveda for the women health. The classical textbooks have mentioned a strict regimen of a diet, medicine and activities under heading '*GarbhiniParicharya*'. *GarbhiniParicharya* is divided into 3 phases: first, second & third trimester. Their dietetic regimen prescribed by ancient Ayurveda science for pregnant women helps towards delivering a child having good health.⁽⁷⁾ *Aahara&Vihara* helps as a softening of *Apara*, Pelvis & waist, *Vatanulomana*, Detoxification & promotion of Strength. Nausea & vomiting are the main complications experienced by majority of women during pregnancy, scholars have advised liquid diet, use of cold & sweet diet because they prevent dehydration in addition *Madhura* group is have a anabolic property.⁽⁸⁾ In Second trimester, main complaint of women is oedema on legs, so that use of a *Gokshura* being a diuretic, and in third trimester, women suffers the complaint of constipation for that *Acharya Shushruta* explained the *AsthapanBasti* in 8th month, *AnuvasanBasti* by *Acharya Charaka* in 9th month. Some *Asanas* like *Utkatasana*, *Shavasana*, *Virbhadrasana* are useful in pregnancy. According to modern science Iron, Calcium, Protein supplement and immunization provides nourishment of *Garbhini* and foetus.

In Ayurveda various *Acharya* specifically mentioned nine month *GarbhiniParicharya* for maternal as well foetal health by using monthly dietary regimen which helps to keep pregnancy in normal state. Along with this various *Asanas* medication, *Pranayama&Omkaara* also helps to reduce the mental illness and keep mind calm.

EFFECT OF MUSIC THERAPY DURING PREGNANCY-

Your unborn baby can hear and respond to sounds from the seventh month onwards. So if you're listening to music, it's likely that she will be able to hear it too. Some experts believe that listening to music will stimulate your baby's brain development as well as develop her sense of hearing. As per studies, babies in the womb have shown increased brain activity when exposed to music. Some studies found that the 'memory' of music played to babies while they were still in the womb lasted after birth. These memories created before they were born, lasted until they were four months old. And even more importantly, some research suggests that gentle, classical music may encourage premature babies to feed, and could improve their vital signs like heart rate and O2 saturation levels.⁽⁹⁾

DISCUSSION:-

By following *GarbhiniParicharya*, we prevent pregnancy related complications like nausea, vomiting, placental abnormalities, pregnancy depression & also Puerperal psychosis. In *GarbhiniParicharya*, explained diet is in form of food not a medication so it is easily palatable. It is observed that, along with this Ayurvedic treatment, modern medication like Iron, Calcium, multivitamins, folic acid & protein supplement proves to be helpful to keep pregnant women healthy.

Ancient Acharya very much aware about the need of maternal care during pregnancy. The regimen explained in *GarbhiniParicharya* is in the form of food & not in the form of drug so it is *Satmya* to everybody. Month wise diet & *Pathya* is helpful to mother for nourishment, strength of body & overcome the month wise complaint like nausea & vomiting by liquid diet, oedema by *Gokshura* & Constipation by *AsthapanBasti*. Along with these *Yoga* & *Aasana* are also useful for maternal health of foetus. It improves the chances of normal pregnancy & labour. Integrative approach of Monthwise *GarbhiniParicharya* has a greatful scope with modern Antenatal care.

CONCLUSION- The popularity of Garbh sanskar is also because researcher have proven its relevance and importance in child development. There is scientific evidence that a baby in the womb responds to external stimuli and retains the ability to hear. Physician and expert further believe that there is a significant effect of active hormonal secretion by the mothers thought on the unborn child.

Garbhsanskar not only is it helping to educate the unborn child, it also has a great impact on the health of the mother. Positive thinking and attitudes promote the physical mother and build a strong mother-child relationship. By practicing fetal reform, the baby will have better habit of sleeping and breastfeeding. The benefits of Garbh Sanskar are not just that you educate your baby and develop a bond between mother and child. In fact, it has a profound effect on a mother's health. Positive thinking and attitudes encourage mothers physical and mental well being. Not only it is beneficial for mother and baby but also is helpful for society. To ensure the future citizens are healthy intelligent and physically fit.

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