



GARBHA SANSKAR (NUTURING THE UNBORN CHILD)

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INTRODUCTION

Parenthood is the most important responsibility of parents, yet many couples become parents without preparation. The idea of eugenics is the protection and enhancement of desired qualities and elimination of undesired /harmful trait in human race. These changes influenced by several factors including age , diet , environment and life style .

AGE

The eugenics often linked to reproductive age as capable of producing genetically healthy offspring. As there are higher chances of getting disabilities both physically and mentally in aged it is better not to get conception at better age beyond 35 years of female.

DIET

Eugenics believed that improving proper nutritive and dietary regimen will improve the genetic health for future generation. Diet rich in antioxidants , vitamin B12 and folate influence gene expression related to fetal growth , immune development and metabolic health.

LIFE STYLE

Life style such as physical activity ,stress ,smoking and alchol influence the health of new born by avoiding unhealthy life style directly influence the physical and mental health of individual thus helps to get a healthy child.

Garbha samskara influence the personality of an unborn child by nurturing the mothers emotional,physical and mental well being.

The term garbha sanskar is

शुक्रशोणितजीवसंयोगे तु खलु कुक्षिगते गर्भसंज्ञा भवति। (च.सं.शा. 4/5)

Garbha is the union of shukra,shonita and atma inside the garbhasaya.¹

Sasnka means sanskaro hi gunantaradhanam means the practices taken to improve the qualitiesd by the expected mother to get a healthy child by educating the mind of the fetus from its intra uterine life by which the born child will be called as "shreyasipraja" by Acharya Charaka. The growth and development of the healthy progeny depends upon the physiological and psycological chartacters adoption in womens life.

NEED OF THE STUDY

Garbha samskara as need of every expectant mother for a healthy progeny.

In present scenario with increased stress ,unhealthy life style and environmental factors impacting maternal and fetal health.

GARBHADHANA VIDHI

Garbha samskara is said to be one amongst 16 sanskara described for the first time in ghrya sutras . they are gsrbadana ,pumsavana and simantonnayana are the sanskaras are conducted before birth of the baby.

MYTHOLOGICAL REFERENCE RELATED TO GARBHASANSKARA ARE

Abhimanyu had listen and memorize the narration about entering into chakravyuha taught by Lord Krishna to Subhadra mother of Abhimanyu during her pregnancy condition . In this way it has proven that the fetus can listen and recall the incidences happened in its womb stay period.

Similarly Prahlad took birth in rakshasa family but his mother used to listen devotional songs of Lord Vishnu during her pregnancy period thus after taking birth of Prahlad become the follower of Lord Vishnu.

APPROPRIATE AGE FOR CONCEPTION

According to Acharya Susrutha ² age of conception for male at age of 25 years and female at age of 16 years are fully mature , valour , vigour and born child will possess the corresponding qualities.

Position of female during coitus flexion position of female should be avoided as vata dosha gets vitiated . If she lies in right lateral position kapha dosha gets vitiated and obstructs the garbhasaya. Lying in left lateral position pitta dosha gets Vitiated and it burns the entering shukra dhatu from male partner also asruk of herself.³

REGIMEEN DURING MENSTRUATION

Women carries a healthy offspring by following proper regimen during her day of onset of menstrual period the women is advised specific mode of living.

From the first day she should avoid tikshna ,lavana , katu ahara ,day sleeping ,application of collyrium ,coitus ,heavy physical exercises .⁴

Nasya ,vamana and swedana karmas are contraindicated.⁵

On the 4th day she should take bath has to wear newly cleaned white clothes ,ornaments,chanting mantras and she should see her husband.

She should consume meal made of ghrita ,Sali ,kshira .

Acharya Charaka ⁶explains putresti yagna for a healthy progeny .

GARBHA SAMBAVA SAMAGRI ⁷

Four factors essential for conception are

Ritu – ovulation

Kshetra – garbhasaya

Ambu – rasa dhatu obtained from ahara rasa

Bija – shukra and artava

Acharya Vaghbata⁸ had included vata dosha as an important factor for conception , fetal nourishment , growth and development carried specially by apana vata located in pelvic region.

Acharya Charaka mentions saumanasya garbhadharanam⁹ as happy / pleasant state of mind is one among the chief factors responsible for conception.

If a couple desire to have a healthy progeny there must be pure shukra dhatu , arthava dhatu with clean garbhasaya and yoni .

Purification process of above said elements required for conception such as snehana ,swedana , vamana , virechana , asthapana and anuvasana .¹⁰

After shodana karma , rasayana and vajikarana therapies should be done with the drugs said to improve qualities of dhatus and bala of individual.

FEMALES

PRAJASTHAPANA GANA

JEEVANIYA GANA

BRIHMANIYA GANA

MALE

AMALAKI RASAYANA

VAJIKARANA GHRITA

DIETARY RULES TO BE FOLLOWED BY BOTH MALE AND FEMALE AREMALE

Ghrita ,kshira ,shali , shastika , madhura rasa dravyas.

FEMALE

Tila , masha pittavardhaka dravyas

Ghrita and ksheera to male should be given in afternoon , taila , masha for female should be at night .

PUMSAVANA KARMA¹¹

It aims to achieve conception and to stabilize pregnancy .

Pumsavana karma varies according to the timing are

Achieving conception before a immediately after sexual intercourse .

Achieving stability.

Pumsavana to achieve the progeny till 3 months before the organs are evident.

METHODS OF PUMSAVANA

Aushada sevana

Aushada avagrahana

Asvasana

Yagna mantra

Simantonnayana samskaraIt is performed after 5th upto 8th month of pregnancy .

Emotional support given to pregnant women enhances emotional strength and positive growth of baby . It is essential for the psychological and physical development of child.

GARBINI MASANUMASIIKA PARICHARYA (DIETARY REGIMEN FOR PREGNANT WOMEN)

MONTH	CHARAKA ¹²	SUSRUTHA ¹³
1 ST	Non medicated milk with anupaskrita ksheera	Madhura ,seetha drava ahara
2 ND	Milk medicated with madhura aushada dravyas	Madhura , seetha drava ahara
3 RD	Milk with sarpi	Madhura ,seetha drava ahara .shasti rice with milk .
4 TH	One aksha matra of navanita extracted from milk	Cooked sasti rice with curd . food mixed with milk , butter and janhala mamsa.
5 TH	Ghrita prepared from butter	Shasti rice cooked with milk ,jangala mamsa and food mixed with ghrita , ksheera.
6 TH	Ghrita medicated with madhura varga dravyas	Ghrita / yavagu medicated with gokshura.

7 th	Ghrita medicated with madhura varga dravyas	Ghrita medicated with prthakparnyadi dravyas	
8 th	Kshira yavagu mixed with ghrita	Asthapana vasti should be given with decoction of badara mixed with bala , atibala , satapuspha ,patala madhu and ghrita. Anuvasana vasti with taila medicated with medicated with kshira and decoction of madhura varga dravyas.	
9 th	Anuvasana vasti with taila prepared with madhura gana dravyas and yoni pichu with taila prepared with madhura gana dravyas	Jangala mamsa rasa upto period of delivery.	

The important conducts of garbha samskara nurturing both mother and child during pregnancy are

GARBHA SAMVAD

It is for stimulation baby senses for cortical development like conversations , singing ,reading the stories of renowned persons , religious books with lound voice strengthens the emotional bond and wil iprove the mental qualities to the unborn child.

POSITIVE THINKING AND AFFIRMATIONS

Maintaining a positive mindset and self belief in positive affirmations helps to create healthy environment for a baby . Positive thoughts enhances mental and physical well being of the unborn child.

MUSIC THERAPHY

Raga , pitches of sound work on tridosha leads to physical , psychological , intellectual development .

Types of raagas during pregnancy are

Yaman ,Todi , Hindol , Sarang , Ahir Bhairav , Maru bihag , Bairagi , Jaunpuri and Abhogi.

Listening to music keeps away from anxiety by inducing positive environment for fetal development.

YOGA AND PRANAYAMA

Yoga integrate harmony and perfection of body , mind and spirit.

Asanas to be practiced during pregnancy period are Vajrasana , Swastikasana , Vrukshasana , Gomukhasana .

Pranayama are

Sheetali , Bhramari , Omkar , Anulomaviloma pranayama and Dyana mudra are advocated during pregnancy period to improve cognitive capacity of fetus.

MANTRA CHIKISTA

Recitation of mantras and slokas are more effective by means of sound captured by a childs subconscious mind. Some of the mantras to be chanted during pregnancy are garbhadana mantra , garbha samskara mantra , ramaraksha kavach mantra and Gayatri mantra .

These mantras help to reduce anxiety and mental depression to both expectant mother and fetus.

Chanting mantras helps in synchronizing right and left hemisphere of brain and controls heart rate , blood pressure by creating calm brainwave activity.

MEDITATION

Meditation relieves mental stress and imparts mental peace which helps to potentiates mind of children .

Meditation brings tranquility , enhances concentration , controls mood swings .Thus prevent chances of depression and enhances healthy development of child.

CONCLUSION

By following garbha samskara helps to achieve healthy progeny by dietary regimen , chanting mantras , meditation , practicing yoga will improve physical and mental development of children. It prevents complications associated with pregnancy and helps to prevent hereditary disorders.

The child in the womb adopts impression from its surroundings and behaviour of its mother , so mother is advised to remain happy and be in relaxed condition both physically and mentally throughout pregnancy period to help mental development of baby.

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