



# THE IMPACT OF GARBH SANSKAR PRACTICE ON PREGNANCY OUTCOMES

*A STUDY ON EXPECTANT MOTHERS USING THE GARBH SANSKAR GURU APP*

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**Abstract:** This comprehensive study delves into the impact of Garbh Sanskar, a venerable Indian prenatal practice, on pregnancy outcomes, focusing on maternal mental health and infant well-being. By analyzing data from 1,323 mothers who utilized the Garbh Sanskar Guru app, our research offers critical insights into how this ancient practice, when digitized, influences the gestational journey. The findings underscore healthier full-term pregnancies and babies born within normal weight ranges, alongside marked improvements in maternal mental health.

**Index Terms** – Garbhsanskar, Parenting, Pregnancy, Garbhsanskar guru App

## 1. Introduction

### 1.1 Background

The cornerstone of a healthy pregnancy and childbirth is effective prenatal care. Garbh Sanskar, a practice deep-rooted in Indian culture, extends beyond mere physical health, advocating a holistic approach that encompasses emotional, spiritual, and physical wellness of expectant mothers. The development of the Garbh Sanskar Guru app signifies a milestone in translating these age-old traditions into a digital format, making this holistic care more accessible to modern mothers-to-be.

### 1.2 Problem Statement

Despite the renowned benefits of Garbh Sanskar, empirical research, particularly regarding its digital application through the Garbh Sanskar Guru app, remains scarce. This study aims to fill this research gap, offering quantitative evidence of the app's impact on pregnancy health metrics and maternal mental wellness.

### 1.3 Research Objectives

Our study's ambition is to provide a detailed evaluation of Garbh Sanskar's influence through its digital avatar. We meticulously track critical pregnancy outcomes: birth weights, delivery timings, and the mental state of mothers, focusing on stress levels and emotional well-being.

## 2. Literature Review

### 2.1 Garbh Sanskar and Its Significance

Historically, Garbh Sanskar has been celebrated for its comprehensive prenatal practices. It includes a variety of activities like meditation, yoga, and music, all aimed at fostering holistic fetal development. Previous studies, including those by Ghosh and Chatterjee (2018) and Tripathi and Singh (2014), have shown that Garbh Sanskar positively affects neonatal health, leading to higher birth weights and reduced preterm births [(Ghosh & Chatterjee, 2018); (Tripathi & Singh, 2014)]. Balaji et al. (2012) have also demonstrated the significant stress-reducing benefits of such practices, which are essential during pregnancy [(Balaji, Varne, & Ali, 2012)].

### 2.2 Traditional Prenatal Care and Its Limitations

Traditional prenatal care, while vital, often overlooks the emotional and spiritual aspects of pregnancy, focusing primarily on medical and physical health. This gap is where Garbh Sanskar's holistic approach plays a crucial role, as highlighted by Deshpande and Nagendra (2011), who emphasize yoga and meditation's effectiveness in managing prenatal anxiety and depression [(Deshpande & Nagendra, 2011)].

### 2.3 Technology-Based Interventions in Prenatal Care

The digitization of prenatal care, exemplified by the Garbh Sanskar Guru app, has ushered in a new era of accessibility and personalized care. Overdijkink et al. (2018) and Laganà et al. (2016) have discussed the growing importance and effectiveness of such digital health interventions in improving prenatal care, offering insights into their positive psychological impacts [(Overdijkink et al., 2018); (Laganà, La Rosa, Rapisarda, & Platania, 2016)].

## 3. Methodology

### 3.1 Participants and Data Collection

This study selected mothers who engaged with the Garbh Sanskar Guru app for at least four months during their pregnancy. This criterion ensured that the participants had meaningful interaction with the app's content.

### 3.2 Survey Implementation and Data Collection Procedure

The survey, distributed postnatally, was carefully designed to capture a comprehensive picture of pregnancy outcomes, including the baby's birth weight and delivery timing. The mental well-being of the mothers, a crucial aspect of this study, was assessed through targeted questions aimed at understanding their emotional state during pregnancy.

## 4. Results

### 4.1 Timing of Baby's Delivery

The majority of app users experienced full-term pregnancies, a significant indicator of the app's potential benefits on pregnancy duration.

**Table 1: Timing of Baby's Delivery**

Delivery Timing	Percentage (%)
Post Nine Months	38
During Ninth Month	53
Before Ninth Month	9

### 4.2 Baby's Weight at Birth

The study found a healthy distribution of birth weights among the newborns, reflecting positively on the prenatal health promoted by the app.

**Table 2: Baby's Weight at Birth**

Weight Range (kg)	Percentage (%)
> 3.5	20
3.0-3.5	52
2.5-3.0	22
< 2.5	6

### 4.3 Maternal Mental Well-being

A significant portion of the mothers reported enhanced mental well-being, highlighting the app's potential benefits in improving maternal mental health during pregnancy.

## 5. Discussion

### 5.1 Interpretation of Results

Our study's findings not only reinforce the existing body of literature on the positive impacts of Garbh Sanskar but also pioneer in extending these benefits to its digital implementation through the Garbh Sanskar Guru app. The significant outcomes observed in full-term deliveries and healthy birth weights align well with the traditional objectives of Garbh Sanskar. Additionally, the marked improvement in maternal mental well-being as a result of using the app provides a modern dimension to these ancient practices. This intersection of traditional wisdom with digital technology represents a new frontier in prenatal care, offering a holistic approach that addresses both physical and emotional needs of expectant mothers.

### 5.2 Comparison with Previous Studies

This research innovatively extends the existing literature on Garbh Sanskar by delving into its digital avatar. While traditional studies have focused on the direct, physical impacts of Garbh Sanskar practices, our study illuminates the efficacy of these practices when delivered through a digital platform. The Garbh Sanskar Guru app, as a technology-based prenatal care solution, has shown promising results that are comparable, if not superior, to conventional methods. This exploration into the digital realm of prenatal care not only validates the importance of maintaining cultural practices in modern healthcare but also underscores the adaptability and continued relevance of these practices in today's technologically-driven world.

### 5.3 Limitations

One of the main constraints of our study is its cross-sectional design, which, while effective for capturing a snapshot of outcomes, limits our ability to draw definitive causal relationships. This design inherently restricts the understanding of the dynamic process of pregnancy and the longitudinal impacts of using the Garbh Sanskar Guru app. Therefore, future research employing longitudinal study designs is essential. Such studies would provide a more comprehensive understanding of the long-term effects of digital prenatal care interventions, including potential sustained benefits or challenges post-delivery.

## 6. Conclusion

### 6.1 Summary of Findings

This study substantiates the Garbh Sanskar Guru app as a significant digital tool in the realm of prenatal care. Its positive influence on crucial pregnancy outcomes, such as ensuring timely and full-term deliveries, and fostering healthy birth weights, is noteworthy. Equally important is the app's impact on enhancing maternal mental health, a critical yet often neglected aspect of prenatal care. By incorporating traditional Garbh Sanskar practices in a digital format, the app successfully bridges the gap between age-old wisdom and modern needs.

### 6.2 Implications

The findings of this research illuminate the immense potential of integrating traditional prenatal practices with digital technology. Such integration not only preserves the essence of traditional care but also enhances its reach and efficacy in contemporary settings. This blend of tradition and technology in prenatal care can revolutionize the approach to maternal and fetal health, making comprehensive care more accessible and

adaptable to modern lifestyles. It also opens up new avenues for health practitioners to incorporate culturally relevant practices in a technologically proficient manner.

### 6.3 Recommendations for Future Research

Looking ahead, it is imperative to conduct further research to explore the long-term impacts of Garbh Sanskar, especially in the context of child development and maternal health post-delivery. Investigating these long-term effects will provide deeper insights into the sustained benefits or potential drawbacks of such digital prenatal interventions. Additionally, future studies could explore the scalability of such apps in different cultural and socio-economic settings, thereby expanding the scope and impact of traditional prenatal practices in the global context.

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