



Review Article

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GARBHA SANSKAR- NEED OF EVERY EXPECTANT MOTHER FOR HEALTHY PROGENY: A REVIEW ARTICLE

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ABSTRACT

Garbhasanskar is a scientific fact as mentioned in Ayurveda to get the “Shreyasipraja”. Sanskar is a process of increasing the potential. Garbhasanskar includes pre-conceptional care, care during pregnancy and post-delivery (balsanskar). In today’s fast paced life, it is need of every expectant mother for trouble free and disease-free pregnancy and to experience the joy of nine-month journey and to make it memorable. The activity of expectant mother during pregnancy in the form of taking Ayurveda regimen diet, chanting, baby talk, expressing feeling(touch), meditation etc. Garbhasanskar is building the physical, mental & social character of child during pregnancy, means garbhasanskara is for desired and designer baby. That’s why it is today’s need of every expectant mother for healthy progeny to build a better nation.

Key Words: Designer baby, Shreyasipraja, Masanumasikaparicarya, Epigenetics

INTRODUCTION

Pregnancy is a period of enormous physio-pathological and psychological adoption in a women's life. Pregnancy stimulates every tissue and organ to function at a higher intensity. Growth and development of a healthy progeny depends upon the physiological and psychological adoption in a women's life. Thus, a pregnant woman must be given special care throughout the pregnancy. Acharya Caraka mentioned the concept of "Shreyasipraja". Thus, GarbhaSanskara is a complete protocol for maternal care from planning of conception till delivery of a healthy baby. Garbhasanskara develops a bond between mother and child. It is a process of educating the fetus in the womb. It is a special effort taken to stimulate baby's sense gently from outside for the maximum development of its physic and intellectual ability.

NEED OF THE STUDY-

GarbhaSanskara as need of every expectant mother for a healthy progeny is important because-

- To compete in present scenario overgrowing population and competitions. That's why future generation needs to be very intelligent, creative, smart-working, and resourceful. It is believed that "the hand that rocks the cradle, rules the world".
- Bad progeny is dangerously damages to the families as well as the society at large. It pollutes the core values of humanity and destroys its social fabric. That's why we need to cultivate good values and virtues. Hence it is duty of every parent to make every effort to inculcate good values and virtues in their children.

AIM-

To establish the role of GarbhaSanskara in every expectant mother for a healthy progeny.
Objectives 1. Conceptual study regarding GarbhaSanskara.

2. To establish the GarbhaSanskara as gold standard protocol for every expectant mother to get a designer baby.

METHODOLOGY

Literary references collected from Ayurveda i.e. classics, commentaries, modern literatures, research journals available in institute library, online portals like Pubmed central, Ayush research portal and Google scholar and analysed to frame conceptual work. Obstacles

- Lack of public awareness
- Unplanned pregnancy
- Late visit for antenatal care
- Change in lifestyle
- Environmental changes
- Quality of food and medicines

IMPACT OF LIFESTYLE ON FETUS- Use of preservatives, soft drinks, food addictive's, tobacco, alcohol by expectant mother with technological tempest like use of microwave, laptop and mobile phones during pregnancy period effects on fetus. Family disputes, travelling during first and third trimester, work place stress, financial status, fear, this all causes increase level of stress hormone cortisol in mother body. Thus maternal anxiety cause artery resistance and abnormal flow increased resistance index.

Effect of Stress on Expectant Mother And Fetus- Stress cause activation of hypothalamic-pituitary-adrenal axis and inflammatory responses during pregnancy can affect maternal health during and beyond pregnancy. Stress hormone "Cortisol" can cross the placental barrier when a pregnant woman is under a high degree of stress and dietary protein is low. High cortisol levels can effect fetal brain development, specifically memory. Stressed mothers are more susceptible to infection and illness during pregnancy. Prenatal stress causes pregnancy and birth complications like- Preterm labor, preterm delivery, low infant birth weight, shortened gestational length, pre-eclampsia, gestational diabetes.

Description of GarbhaSanskara in Classics- AcharyaCaraka mentioned the concept of "Shreyasipraja". AcharyaVagbhata⁵ mentioned in Shareerasthana that the couple desiring specific qualities in their offspring should surround themselves by pictures of personalities

having similar qualities, hear their stories and should always think about such personalities (when they are expecting a baby). Intercourse results in fertility and couple gets the child of desired qualities. Acharya Vagbhata also mentioned that spoiled children are a curse even for influential and worthy families. This reference forms the basis of garbhasanskara and highlights the fact that garbhasanskara influence behavior of child.

Pre-Conception Protocol- It involves the preparation of the couple planning pregnancy, 90 days prior to conception. Ahara (diet), Vihara (lifestyle), Sadavritta (moral conduct), along with varied therapies. Preparing the body well in advance before conceiving will help greatly in having a healthy pregnancy. Even partner's health is important for conception to occur as healthy sperms are required for getting pregnancy. Because it takes 74 days for sperm to develop (According to tritium-labeled biopsies). Including the transport on ductal system, it takes 3 months (i.e. 90 days). Pre-conception care is also recommended by world health organization to maximizing the gains for maternal and child health.

GarbhadhanPurvaSanskara (Planning for baby)-

90 days protocol.

- Prakritiparikshana (Ayurgenomics)
- Rajaswalaparicharya in female, shodhanain couple vamana/virechana/basti (Panchkarmashareerashuddhi- Cellular cleansing)
- Aaharashuddhi (Special food planning)
- Viharashuddhi (Special daily routine)
- Bhramcharyapalan
- Nadishuddhi- Pranayama and yogikakriya
- Prayavarashuddhi- Agnihotra fumigation.

Type of Activities for GarbhaSanskara

- GarbhaSamwad (Baby talk)
- Breathing exercise with Omkar

- Reading good books
- Keep yourself engaged in positive talks
- Jyotidhyana
- Painting
- Singing
- Listening songs
- Gardening
- Knitting
- Yoga and Pranayam

Benefits of Mantra Chanting- “Man” means mind and “tra” means release. Mantra is a combination of transcendental sounds meant to release the mind from all anxieties. If some part of the body begins to vibrate at a wrong frequency, the energy becomes stuck and disease set in. Therefore, through “mantra” chanting, one can cause the stuck energy to become released, and we can return to our natural state of resonance, thus affecting a cure. Sound of specific mantra chanting will cause the left and right hemisphere of the brain to synchronize. Such chanting also helps in oxygenation of brain, reduce heart rate, blood pressure, and assist in creating calm brainwave activity. Thus in expectant mother mantra chanting can prevent pregnancy-induced hypertension, gestational diabetes and in fetus from intra uterine growth retardation. By mantra chanting new neural synaptic connection form in brain with vocal harmony.

Anuswaram (Nasal sound), MMMM humming boosts the production of nitric oxide in the body. Nitric oxide is a molecule that our body produces to help its 50 trillion cells communicate with each other by transmitting signals throughout the entire body. Nitric oxide is important regulator and mediator of numerous processes in the nervous, immune, and cardio-vascular system. Nitric oxide is synthesized in the vascular endothelium and syncytiotrophoblast from L-arginine. It significantly releases vascular smooth muscle, inhibits platelets aggregation, and prevents intervillous thrombosis. Deficiency of nitric oxide

contributes to the development of pregnancy induced hypertension in mother. Mother with gestational diabetes usually has lower levels of nitric oxide.

DISCUSSION The fetus gets an enormous amount of “hormonal bathing” through the mother. So its chronological rhythms are influenced by the mother’s sleep/wake cycles, eating patterns and her movements. More than 60% intellect development occurs in intrauterine phase. In today’s fast paced life, it is need of every expectant mother for trouble free and disease free pregnancy and to experience the joy of nine month journey and to make it memorable. That’s why garbhasanskara is important for every expectant to keep her healthy as well as for her healthy baby.

CONCLUSION

Garbhasanskara means imbibing good values (Sanskara) in the fetus. It prevents complications during pregnancy like pregnancy induced hypertension, post-partum hemorrhage. All procedure of garbhasanskara helps in every stage for the allaround development of a healthy, beautiful, social, and smart progeny with longevity. Thus, garbhasanskara works on the theme of “Ayurveda for longevity” concept. It plays the prime root role in mother and child health care system of our nation.

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