

Garbhsanskar Mental and Intellectual Development of Unborn Child

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GARBHSANSKAR essentially means educating the mind of the fetus. This is derived from Sanskrit words Garbh [fetus in the womb] and Sanskar [educating the mind]. It is traditionally believed that a child's mental and behavioral development starts as soon as he is conceived. His personality begins to take shape in the womb, and this can be influenced by the mother's state of mind during pregnancy. This knowledge can be traced back to ancient scriptures and is included in the Ayurveda.

Although it may sound strange and weird, your bond with your child starts right from the time you conceive. It is not that when the child is born you know him. The baby listens to you and feels your feelings even when it is developing in your womb. You can shape up your baby's first impressions by listening to good music, visualizing, massaging gently meditating and of course, with the help of positive thinking.

The popularity of GarbhSanskar is also because researchers have proved its relevance and importance in the development of the child. There are scientific evidences that prove that a baby inside the mother's womb responds to the outside stimulus and has the ability to listen. Doctors and experts also believe that there is a significant effect of the hormonal secretions that are activated by the thoughts of a mother on the unborn baby

The advantages of GarbhSanskar are not only that you educate your child and there is development of a bond between the mother and the child. In fact, this has a great impact on the health of the mother also. The positive thinking and attitude promote physical well - being of the mother.

Experts encourage some of the practices of GarbhSanskar and say it may be worth talking to your baby, listening to music and reading educative books while you are pregnant. This shall make your baby have better sleeping habits, be more alert and confident, more content, more active at birth, better at breastfeeding and bond with parents better

Ancient Indian medicine has recognized the need for the mental, spiritual and physical preparation of the mother-to-be for the momentous event of childbirth. Ayurveda describes this theory as "Suprajajanan" or aumaternity This "Suprajajanan", as conceptualized in Ayurveda, involves the preparation of the couple planning pregnancy, three months prior to conception.

The beginning is by pindashuddhi or the purification of the gametes (sperm and ovum). If the couple is not in a state of mental stability and calmness, even if they are physically fit, they cannot give birth to a healthy child. This mental calmness and stability ("SathwaGuna") of mind is closely related to one's food habits and many other factors. Abstinence from spicy foods and addictive substances is advised.

Mother's bond with the child starts right from the time of conception. The mother can shape up baby's first impressions. The positive thinking and attitude promote physical wellbeing of the mother and the baby throughout the pregnancy and after. The advantages of GarbhSanskar are not only that you educate your child but there is development of a

bond between the mother and the child.

Chants, Meditation, and Mantras are most important during the process of GarbhSanskar. From the seventh month, fetus can hear the sounds from mother's womb and from the surroundings of mother and also responds to them. Sound of mother's heartbeats is the first and nearest sound heard by the fetus and hence when the mother takes her crying child close to her the child stops crying and becomes calm.

It is possible to give energy for the development of body mind and soul of the child in the womb by listening to special kind of music. For example, the sound of the veena, flute and Samaveda mantras gives health to the pregnant woman and the child within. There are various music cassettes and CDs of "GarbhSangeet" available in the market.

The wonderful gift of naturalize. The human body takes a little over nine months, rather ten lunar months to develop into a deliverables state from the human womb where it is implemented is the result of

The fertilization of the mother. Conception is the result of the fertilization of the ovum (female reproductive cell of the mother) by the sperm (Male reproductive cell of the father). The fertilized ovum is then divided into many cells and implanted in the tissues of the uterus about a week later. It is this fetus that starts growing in the uterine cavity receiving all its nutrients required for its growth from the mother through a complex structure called the placenta which develops with the fetus. The placenta is attached to the wall of the uterus and nutrient substances pass from mother's blood to the blood of the fetus, which is attached to the placenta by a connecting cord called the umbilical cord.

GarbhSanskar Leads to,

Happy ME = Happy My Child

Introduction: The Human body is an amazing psychosomatic creation incomparable with any other creation ingenuity. No amount of engineering or technological expertise can create a machine which can do all that a human body is capable of and is also a unique chemical laboratory.No laboratory, however well-equipped and however sophisticated, can perform the various functions and produce the chemical, biological and hormonal products which a human body produces. Indeed, Homo sapiens are the highest form of living organisms on the earth.

It is only human body that can produce another such body. For however advanced we may consider ourselves technologically, reproduction is essentially a biological process and cannot be achieved by laboratory experiments. Even the so called test tube babies are not laboratory babies for only certain functions in the chain of functions that results in the birth of a human being are carried outside the human body.

Nervous system takes a few months more for its further maturation after this birth. This in brief is the story of how a human being develops from conception to delivery. This admirable process takes place naturally

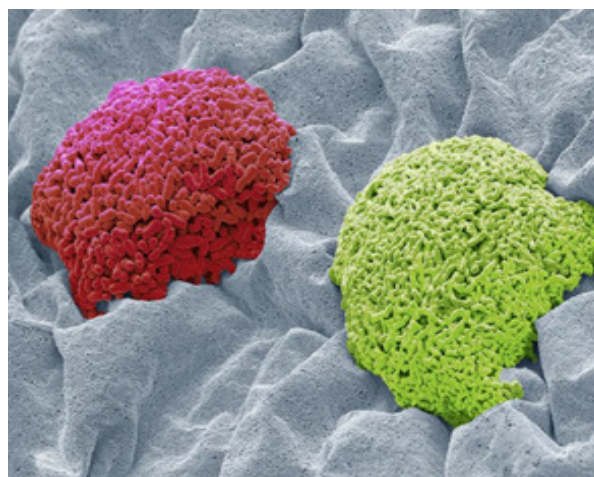
in perfect ease and comfort provided the mother is in perfect health. Unfortunately, several misgivings and misconceptions are prevalent about natural process of childbearing and as a result, what should normally be a happy and pleasurable experience to the mother is regarded as an ordeal. Child birth is regarded as a “curse of Eve”. It is considered as a necessary evil. Due to this wrong notion a fear tension pain syndrome obstructs the mind of the expectant mother and this affects the natural process of delivery. All-natural functions are enjoyable and pleasurable if in their fulfillment, nature is given full and free scope. It is unfortunate that even educated women harbor these misgivings and instances are not rare where fear and tension so grip an expectant mother, especially if she is from the affluent and the so-called modern strata of the society, **that she opts for a surgical intervention by way of a cesarean operation rather than go through normal labor. In reality, barring some unfortunately instances the period of child-bearing are a lovely experience for a healthy mother.**

In the fetus, the cell nurtured by the nutrients received from the mother, continue to multiply. They take various shapes and pattern and start playing their own special roles, some become the skin, some become the digestive organs, and some form the muscles, some turn into bones and connective tissues. This amazing process of growth and multi-faceted development climaxes into a miniature human being i.e., the body is ready for its journey into the world outside its mother's womb. However, the Nervous system takes a few months more for its further maturation after this birth. This in brief is the story of how a human being develops from conception to delivery. This admirable process takes place naturally in perfect ease and comfort provided the mother is in perfect health. Unfortunately, several misgivings and misconceptions are prevalent about natural process of childbearing and as a result, what should normally be a happy and pleasurable experience to the mother is regarded as an ordeal. Child birth is regarded as a “curse of Eve”. It is considered as a necessary evil. Due to this wrong notion a fear tension pain syndrome obstructs the mind of the expectant mother and this affects the natural process of delivery. All-natural functions are enjoyable and pleasurable if in their fulfillment, nature is given full and free scope. It is unfortunate that even educated women harbor these misgivings and instances are not rare

It is a blissful and rewarding experience perhaps the highest bliss for a woman is when she becomes the mother of a lovely child. While pregnancy and delivery are natural process which in normal healthy woman causes no serious problems, it is of the utmost importance that she is healthy both, physically and mentally. She must remain cheerful. Her diet must be well balanced and must contain adequate amounts of carbohydrates, proteins, fats, vitamins and minerals for, not only is she to subsist on this diet but she has also to provide adequate and proper nutrition to the baby growing within her who is relying solely on the mother for such nutrition. Alcohol, tobacco, and other stimulants should be avoided during pregnancy and even during the post-delivery days especially where the child is breast fed. Yogic practice properly performed can help a mother in avoiding such stimulants. It's also necessary for the mother to be engaged herself in light physical activities, light house hold work, light exercise. Leisure walks are not only beneficial but a must, it is also necessary to sleep well for adequate periods and to relax when one is not working. Selected yogic practices provide an admirable form of exercise which would serve the dual purpose of exercising the body and also providing proper relaxation to the mother to be.

Could baby's first bacteria take root before birth?

The womb was thought to be sterile, but some scientists argue that it's “where the micro biome begins”.



Most infants first come into contact with microbes during birth — or so researchers have assumed.

Credit: Edgard Garrido/Reuters.

Bacterial culture from a belly button: there is some debate as to how different parts of the body are first seeded with microbes.

Credit: Steve Gschmeissner/SPL.

“There are some very exciting questions to address.” Humans start to develop a collection of immune cells (to protect the fetus) while still in the womb. M says, which suggests some sort of microbial exposure. She wonders where these microbes come from and how the exposure occurs. There's so much to learn and explore!

REVIEW OF LITERATURE

Review of Literature

Garbhasanskar is a process to achieve physical, mental, spiritual, emotional, social development within the mother & baby. It is a complete pregnancy care guideline to get a marvelous healthy child. It is those 'nine months' crucial period when maximum efforts are to be taken for betterment of the offspring. Now it is scientifically proved that the unborn baby can not only listen, feel but also responds by using its known way. Abhyankar is some special efforts take stimulate baby's senses gently from outside for the maximum developments of its physical and intellectual ability.

A review of literature makes adequate preparation on basis for the exploration. It rationalizes the need for the reproducing some things and throws light on the practicability of the study and point out limitation of data collection, and helps to connect the findings from one study to another. A review of literature helps the researcher in numerous ways. It helps to evaluate what is already identified, what is still unidentified and inexperienced rationalize the need for the duplication its duplication. Various project illuminates on the practicability of the study and the problems that may be experience. It also helps to discover capable practical tools which lean to brightness on the ways to progress the effectiveness of the data collection and acquired helpful fact provided on how to enhance research. It expands the perceptiveness of the researcher and helps to grow and approaching necessary for the improvement of extensive conceptual context into which the difficulty fits. Review literatures includes a methodical recognitions, position, inspection and outline of the written materials that including formation on a research problem. An attempt has been made by the researcher to follow these steps in the review of associated research and non-research literature to extend the sympathetic and to achieve an approaching into the selected problem under study. An essential role of review literature predominantly for student occupy in their research project is to recommend ways of going about the dealing study on a topic of interest.

Literature were reviewed and prearranged under the following headings:

1. Literature related to garbhasanskar on antenatal mothers
2. Literature related to stress of antenatal mothers.
3. Literature related to coping strategies of antenatal mothers
4. Literature related to wellbeing of antenatal mothers

Literature Related to Garbha Sanskar on Antenatal Mother

The Sanskrit term Garbha refer fetus in the womb and Sanskar refer educating the mind. So Garbha sanskar basically refer develop the brain of the fetus. Traditionally ethnicity, it is assumed that value-based parenting start when the child is conceived relatively after the child is born that is why elders in the family speak about the significance of positive thoughts and feeling during pregnancy. Garbha sanskar has developed more and accepted due to scientific a fact that proves its significance and importance in the growth of a child. Research has confirmed that more than 60 percent of the baby's brain growth occurs in the intrauterine stage. Furthermore, studies have revealed that an unborn baby has the capability to pay attention and reply to outside stimulus. Doctors and experts accept as true that hormonal secretions generated can appreciably influence baby. While it may sound extraordinary and incredible bonding with baby does not have to stay until birth. Research indicates that even in the womb the baby

recognizes, understands hears listens and feels, perceived his mother's loving attachment. Communicating with baby is an important part of Garbha sanskar. Special techniques such as optimistic thinking, visualizing, music, relaxation, tender massage of the belly are used to create this communication and it is used to form baby. Easy meaning of sanskar is "Sanskaro hi gunaantaradhanam" means to substitute bad traits by superior ones. Basically, we can condition as creation changes. We can recognize the thought by simple example when we put in little amount of curd in milk, milk loses its character (Prakriti) and is changed to curd which is an abnormal form (Vikruti) but additional when we mix together this curd it additional changes properties to form butter and buttermilk which are still unsteady. After heating the butter, we get a final steady derivative i.e. ghee, which has good character enhancing with moment from this we can point up that substitution of feature depends on the kind of Sanskar restoration. Garbha means the 26 internal part here the fetus which is growing in mother's womb. Jointly Garbha+Sanskar mean reforming, polishing and ultimate, molding and cultivating the unborn. Garbha sanskar can be defined as developing a educated, civilized, cultured, pretty, purified, impressible, responsive but still physically, spiritually, psychologically, religiously steady people. The narrative of Abhimanyu is acceptably acknowledged in the Mahabharata., Arjun father of Abhimanyu educated how to go into the Chakravyuha the purposeful plan prepared by soldier to trap and beat the opponent when we was in his mother's womb. Abhimanyu had listen and memorized the narration of how to enter into chakravyuha by Krishna to Subhadra in the course of pregnancy in his way it has proven that fetus can listen and recall in the womb. When Prahlad's mother was pregnant she used to listen to devotional songs as a result, even though Prahlad took birth in a Rakshasa people he became a follower of Lord Vishnu. Vinayak Damodar Sawarkar great Indian Freedom fighter's mother used to read the brave stories from the Ramayana and Mahabharata so this shows that sanskar during pregnancy affect newborn. Ayurveda illustrate the theory of "Suprajajanan" or eu-maternity. This "Suprajajanan" refers as conceive in Ayurveda, include the training of the couple for preparation of pregnancy, three months before to conception. Pregnancy should not be by chance, it should be by choice. The Commencement is by pindashuddhi or the cleansing of the gametes (sperm and ovum). If the couple is not in a condition of mental steadiness and peace even if they are actually fit they cannot give birth to a healthy child. This mental peace and steadiness Sathwaguna of mind is directly associated to one's food habits and numerous other factors. Refusing from spicy and addictive substances is recommended. It is now generally prove that the fetus is not just a mindless accumulation of flesh, but a highly receptive and embryonic human being capable of receiving, perceive, assimilate and replay to external stimuli. It therefore understands that the fetus has a right to experience positive and inspirational response of garbha sanskar. Ayurveda recommend a meticulous daily practice of Garbha Sanskar for the pregnant women. Beside the recommendation for diet, and regular body care. 27 Garbha Sanskar is a meted of achieve Physical, psychological, religious, expressive, and societal development and accomplishment for the mother and baby. It is a total pregnancy care instruction to get a religious holy and blessed child. It is these nine months crucial stage when utmost efforts are to be taken for improvement of the progeny's. Today science has shown the evidence that the unborn cannot only pay attention, experience but reply by its own way. Garbha Sanskar is the way of particular efforts taken to encourage baby's senses tenderly for the utmost development of its physical and intellectual capacity.

Materials and Methods: The research method adopted for the study was a quantitative research approach. The research design was a “time series design”. A non - probability convenient sampling method was used for the study. Data was collected from 200 Antenatal mothers who have completed 12 weeks gestation

Inclusion criteria :

- The study is limited only to those antenatal mothers who are willing to participate in this study.
- Antenatal mothers who can read and understand Marathi and English language
- Antenatal mothers who have completed 12 weeks of gestation
- Antenatal mothers who are attending GarbhaSanskar classes conducted by researcher

Exclusion criteria

- Antenatal mothers who is severely ill
- Illiterate antenatal mothers
- Antenatal mothers who are practicing GarbhaSanskar before teaching.

Description of the Tool

Four sections were used to collect data from antenatal mothers related to Demographic variables, stress, coping strategies and wellbeing

Section -I- Section- I includes Part -I and Part -II.

Part -I -Dealt with structured questionnaire schedule for baseline data of ante natal Mothers, sample code no, Age, Education, Gravid, Working Status, Family Income, Education, Type of family, Weeks of gestation, History of abortion, religion, husband's education, husbands occupation, living area, decision making in the family.

Part (II) - Physical assessment of Antenatal mothers- Weight, pulse, Blood pressure, Hemoglobin, Fetal heart rate Section II - Stress scoring sheet - Physical stress during pregnancy, psychological stress during pregnancy, financial stress during pregnancy, frustration and self-perception stress during pregnancy.

Results and Analysis:

Section I: Demographic profile 78% of them were housewives, 47% of them had secondary education, 58% of them had joint family, and 20% of them had graduation and 3%

Figure:3 shows that in experimental group, 1% of them had gestational

age 8 weeks, 1% of them had 12 weeks of gestation, 19% of them had 13 weeks of gestation, 29% of them had 14 weeks of gestation, 13% of them had 15 weeks of gestation and 37% of them had 16 weeks of gestation. In control group, 7% of them had 13 weeks of gestation, 17% of them had 14 weeks of gestation, 19% of them had 15 weeks of gestation, 52% of them had 16 weeks of gestation and 5% of them had 17 weeks of gestation.

Discussion: Recent observation is that the 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 .

The Pregnancy Stress Rating Scale (PSRS) was developed by Chen and tested among pregnant women in Taiwan. Using principal axis factor analysis, she found a three-factor structure and factor loadings ranging from 0.33 to 0.87 for Chen’ Scale. Chen’s 28 stress items were distributed into three factors with factor.

“Stress from seeking safe passage for herself and her child through pregnancy, labor and delivery,” containing 11 items; factor 2, “stress from Identifying maternal role,” containing 12 items; and factor 3, 5 items. Alfonso’s pregnancy stress variables observed among women in the US include physical distress, weight gain and body change, emotional instability, job and career, money and living pattern.

Conclusion: The objectives of Garbha Sanskar technique is to create a healthy, good looking, brilliant, cultured, peace loving and free from hereditary disorders progeny for the future. In this study objective of garbha sanskar is to reduce stress and improve coping and wellbeing of antenatal mother. Since ancient times it has been known that the child in the womb adopts impressions from its surroundings and the behavior of its mother and also starts learning things. This fact has now been confirmed by modern science.

Major Findings of Study

The major findings of the study are, SECTION- I Description of Demographic data and Physiological parameters Part-(I) - Dealt with structured questionnaires for baseline data includes , Demographic variables of Mother were Age, education, type of family, gravida, working Status, Family Income, weeks of gestation, History of abortion, Religion, husbands education, husbands occupation ,Living area, , decision making in the family.. Part (II) -Physiological parameters includes mother’s weight, pulse, Blood pressure,

References

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