

**GARBHA SANSKAR-NEEDFULL FOR HEALTY AND INTELLECTUAL
GENERATION- REVIEW ARTICLE****Dr. M. S. Bhalgat^{1*} and Dr. Daivashali P. Firange^{2*}**¹H.O.D. and ²*P.G. Scholor,

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Article Received on 01/08/2019

Article Revised on 22/08/2019

Article Accepted on 11/09/2019

ABSTRACT

“Garbh Sanskar” or building the physical and mental character for a child during pregnancy through an ancient truth, it appears to have been forgotten. All parents want intelligent, healthy and cultured child are.

KEYWORDS: Garbha, Sanskar, Pregnancy.**INTRODUCTIONS**

‘A word Garbh Sanskar made from Garbha refers to foetus in womb and sanskar means education of mind, so Garbha sanskar translates in to the process of educating the mind of unborn baby.

The process of selecting and transmitting positive influences by means of yoga, reading, thinking, praying including healthy eating and cheerful behavior is known as ‘ Garbh Sanskar’ Due to Garbh sanskar there is special bond between mother and baby.

Talk to your baby about something different every day. Modulate your voice and tell them how happy you are to have him or her in your life and how you just cannot wait to hold your baby.

***When to start Garbh-sanskar While Pregnant**

Garbha Sanskar is not only about the care taken during pregnancy but about starting preparation at least a year before conception. Garbha Sanskar covers pre-pregnancy pregnancy as well as the breast feeding phase, guiding parents until the child is about 2 years old.

*** Roll of music in Garbha Sanskar**

- Listening to music and reading to the unborn child can later help make your baby a sound and induce better sleeping habits.

- your baby become more alert, aware and confident.

- It is believed that a fetus can respond to external stimuli, especially from the seventh month onward.

- The nearest sound for the baby is the mothers heart-beat, and that is why it is believed that a crying baby can be soothed by holding him or her close to chest

- Garbha Sanskar believes that the sound of the veena, a string instrument, and the flute, have sounds which can soothe the mind and the soul.

*** MATERIAL METHOD**

Charakacharya says:- The mind of the foetus fully assimilated with its parents whichever stories, songs and music a pregnant woman listens would consequently influence the mind of her foetus. If you want extraordinary a child with extraordinary and creative mind the pregnant woman should give up negative thinking and should always listen to such things which can influence her mind with positive thoughts and good sanskars.

*** Sharangdhar Sanhita Testifies the same thing**

A pregnant woman desiring to give birth to intelligent, courangeous, good looking and healthy child should listen and read the biographies of great people with such qualities.

In Ramayana too references are found that before birth of lord Rama during Putra Kameshti yagya the Agni devata give king Dashratha ‘Payas’ which can be considered as form of ‘ Garbha Sanskar’ Only.

In Mahabharat also there is a well known mythological story as to how lord Krishana had thought Abhimanyu to enter in ‘Chakravyuha’ when he was in his mother Subhadra’s womb. This story too proves the fact that men during mythological period too believed the concept of Garbha Sanskar.

*** Garbh Sanskar activates for pregnant woman****1) Healthy eating habits**

Diet is too much important in pregnancy as growth of foetus depends on helath and nutrition of the mother. A balanced diet full of vitamins, minerals, calcium, folic acid and iron.

Garbh sanskar food in pregnancy includes satvik food that include all five tastes.

2) Positive thinking

Garbh sanskar help to manage your emotions which is good, both for the mother and the baby.

3) Practicing Yoga or some light exercise

Pranayama breathing exercise help to calm & relax body while preparing you for breath-controlling childbirth.

Light exercise increases flexibility, improves blood circulation and reduces bodyache during pregnancy.

4) Meditation

As it distresses the mind important for body in this we get zero state or mind visualizing good things about baby while you meditate is also a great way to bond and think positively, which help both you & baby.

5) Prayer

Important for spiritual development of baby.

6) Consuming herbal Ghee During Pregnancy Medicate Ghee made from cow's ghee is recommended during the 4th, 5th, 7th, 8th, & 9th, month of pregnancy as it is beneficial for the mental and physical development of baby and can help prevent congenital abnormalities in the foetus.

CONCLUSION

So we should accept this method of influencing the foetus good values, This precisely a Garbha Sanskar. It has also been scientifically proved that subconscious mind of foetus can be influenced more powerfully than conscious mind of grown up child after birth.

DISSUCSION

To Complete in today's overgrowing population and resulting race our future generation needs to be very intelligent & creative. Woman power has been very raised. This Power can be enhanced actively by Garbh Sanskar done in to your child. The young couple desiring to become parents would like to take advantage of this method for their coming 'precious baby'.

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