ABSTRACT
Proper care of mother and child during pregnancy exists in Traditional Indian culture since time immemorial. Every parent wants healthy, cultured, smart and intelligent child. For this the child should be given sacraments from the mother’s womb. Educating the mind of the unborn child is known as Garbhasanskar. The practices of Garbhasanskar start from preparation of the couple for planning of pregnancy. In this review conducts of Garbhasanskar have been discussed i.e., Sharira Shuddhi, Rajaswala paricharya, Ahara, Vihara, Garbhnini Paricharya, Garbhasamvad, music therapy, mantra chanting, Yoga, Pranayam, reading and listening positive stories, avoid negative thoughts and emotions.

KEYWORDS:- Ayurveda, Garbhasanskar, Healthy progeny.

INTRODUCTION
Dharma, Artha, Kama, and Moksha are the four Purushartha of human life according to Indian culture and the human life was divided into four stages to attaining them, Grihastha ashram (married life) is one of them, which is considered as most important stage of life because it gives healthy generation and future to the country.[1] Marriage is a sacrament according to Hindu culture. Procreation is a normal physiological process in which rapid
changes occurs in the body of pregnant women so that conceptus grow properly inside the uterus. Healthy progeny depends on mothers physiological and psychological status. Ayurveda describes this theory as “Supraja Janan” which involves preparation of the couple for planning of pregnancy. Word Garbha denotes “foetus in the womb”. Sanskar is “Sanskaro hi gunaantaradhanam uchyate” means substitute bad traits by superior one or bring out the positive changes. So, Garbhasanskar means educating the mind of the unborn child. A complete pregnancy care guideline to achieve a marvellous healthy child is known as Garbhasanskar. Proper care of mother and child during pregnancy exists in Traditional Indian culture since time immemorial, which can be traced back in ancient scriptures and Ayurveda literatures. The concept of Garbhasanskar is based on this. It is a process to obtain physical, mental, spiritual, and social development of baby. Every parent wants healthy, cultured, smart and intelligent child. For this the child should be given sacraments from the mother’s womb. The personality of child influenced by mother’s state of mind during pregnancy as it begins to take shape in the womb. Various research revealed that more than 60% of baby’s brain growth occurs in the intrauterine life. Inside the mother’s womb baby responds to the outside stimulus and flourish the bond between mother and child. The positive attitude and thinking also promotes physical wellbeing of mother also. The practices of Garbhasanskar includes Sharira Shuddhi, Rajaswala paricharya, Ahara, Vihara, Garbhini Paricharya, Garbhasamvad, music therapy, mantra chanting, Yoga, Pranayam, reading and listening positive stories, avoid negative thoughts and emotions.

Need of the study
Children are the world’s most valuable resources and foundation of future. Garbhasanskar provides better progeny and society. In present scenario competition increasing day by day, so it is the need of hour to promote Garbhasanskar to achieve smart, intelligent, creative, and civilized child. Bad progeny is burden for family and society as well. It destroys the core value of humanity that’s why we need to cultivate good values and virtues. Hence every parent should focus on Garbhasanskar.

Background of garbhasanskar
The Puranas, Manusmriti also emphasizes various conduct for the health and well-being of the mother and the foetus. Textbooks of Ayurved such as Charaka Samhita,[4] Sushruta Samhita[5] and Ashtanga Hridaya[6] describe it as a set of practices that promote the physical, mental, and spiritual well-being of the mother and the foetus.
Devrishi Narad taught ‘Om namah bhagwate vasudevaya’ to Mata Kayadhu during her pregnancy as a result of this Prahlad became a devotee of Lord Vishnu even, he took birth in a Rakshasa family. In Ramayana, Chakravarti Samrat Dashratha received “Payas” from Agni Deva in Putrakameshthi Yagya before the birth of Shri Ram is a beautiful example of Garbhasanskar. In Mahabharat Abhimanyu learned “Chakravyuha Bhedana” in mata Subhadra’s Garbhashaya. In this way it has proven that foetus can listen and recall in the womb.[7]

**Stages of garbhasanskar**

**Sanskar before conception (Preconception protocol)**

A set of conduct to achieve healthy pregnancy and progeny before conception is necessary. Health of both partner is of prime importance for well-being of the foetus. Preparation should be done 3 month (90 days) prior to conception. The brain of baby already started to develop before the pregnant lady knows she is expecting, that’s why Garbhadhana purva Sanskar is essential. WHO also recommends pre-conceptional care to attain maximum maternal and child health.[8]

Before trying to conceive, it is important to consult with a healthcare expert to ensure that both partners are healthy and ready for pregnancy. The process of Garbhasanskar starts with Sharira Shuddhi (Purification of body) which should be done by Panchakarma. It is a therapy which includes five types of procedure. It removes toxic and cellular by product from the body and creates a favourable environment in body. After shodhana Rasayana and Vajikarana aushadi should be given to achieve excellent Deha and Dhatu Bala. Rajaswala-paricharya in female should be followed properly.[9] In female Jeevaniya, Brimhaniya and Prajasthapana drugs like Shatavari, Guduchi, Amalaki, Bala, Brahmi and formulations like Amalaki Rasayana, Shatavari Ghrita, Phalaghrita, Shatapuspa churna can be given. While in male Milk, Goghrita, Amalaki Rasayana, Aswagandha Rasayana, Shilajatu Rasayana, Vajikarana Ghrita, Chyavanaprasha avaleha can be given.

A balanced and nutritious diet is essential for healthy pregnancy. This includes consuming foods that are rich in vitamins and minerals such as folate, iron, calcium, and omega-3 fatty acids. It includes a variety of whole grains, fruits, vegetables, lentils, milk, ghee, and other dairy products. It is also important for pregnant women to avoid processed and junk foods, as well as foods that are difficult to digest, such as spicy or fried foods. Regular exercise can help both partners to maintain a healthy weight and improve overall health. Concern should
be taken if partner having diabetes, hypertension or any other chronic disease and manage the condition before conception to ensure healthy pregnancy. Avoid harmful substances such as tobacco, alcohol etc. these are harmful for fertility and create complication during pregnancy. If there is a family history of genetic disorder, it is important to consult with genetic expert. If the couple is not in a state of mental stability and calmness, even if they are physically well, they cannot give birth to a healthy child. Mental stability and calmness (“Satva Guna”) of mind is necessary for healthy progeny so stress should be avoided. Waking up early in the morning, practicing Yoga or gentle exercise, meditation or practicing deep relaxation techniques, Adequate rest, sleep and engage in activities that promote relaxation and mental well-being is also recommended.[9]

**Sanskar during conception**

*Sanskar* during conception helps to achieve proper development of foetus. After 90 days of pre conceptional protocol copulation should advised on 4th day of menstruation (*Ritukala*). Environment should be pure. Both partners should take bath and wear white cloth. Male partner should go to bed by right leg and female partner by left leg. Chanting the holy mantra ‘Ahirasi Ayurasi ….’ after that couple should start copulation in pleasant mood. It contributes towards the successful combination of *Shukra* and *Shonita* inside the *Kukshi* to form healthy *Garbha.*[10]

**Sanskar after conception**

*Ahara*

Proper dietary regimen is necessary because growth and nourishment of foetus depends upon health status and diet of mother. The diet which contains all the six *Rasa* (*Madhura, Amla, Lavana, Katu, Tikta* and *Kashaya* Rasa) provides complete nourishment. *Garbhini paricharya* should be followed which is mentioned in table no.1.

**Table no. 1: Garbhini paricharya.**[4,5]

<table>
<thead>
<tr>
<th>Month</th>
<th>Diet</th>
<th>Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st month</td>
<td>Sanskar rahita Ksheera (non-medicated milk)</td>
<td>Prevents dehydration and provides nourishment.</td>
</tr>
<tr>
<td>2nd month</td>
<td>Milk medicated with Madhura Rasa Pradhan drugs</td>
<td><em>Madhura Rasa Pradhan</em> drugs are anabolic and helps in maintenance of proper healthy status of mother and foetus.</td>
</tr>
<tr>
<td>3rd month</td>
<td>Milk with honey &amp; Ghrita</td>
<td>Reduce Vomiting and diarrhoea</td>
</tr>
<tr>
<td>4th month</td>
<td>Milk with butter</td>
<td><em>Dauhradavastha: Hridya,</em></td>
</tr>
<tr>
<td>Month</td>
<td>Description</td>
<td>Ruchikara</td>
</tr>
<tr>
<td>-------</td>
<td>-------------</td>
<td>-----------</td>
</tr>
<tr>
<td>5th</td>
<td>Ghrita prepared with butter from milk</td>
<td>Helps in brain development of foetus</td>
</tr>
<tr>
<td>6th</td>
<td>Ghrita (Prepared from milk) medicated with Madhura Varga Dravya, Medicated with Gokshura</td>
<td>Gokshura- Good diuretic, prevents retention of water as well as its complications</td>
</tr>
<tr>
<td>7th</td>
<td>Ghrita prepared from milk medicated with Madhura Rasa drugs (Prathkparni siddha Ghrita)</td>
<td>Helps in growth and development of foetus</td>
</tr>
<tr>
<td>8th</td>
<td>Ksheerayavagu mixed with Ghrita</td>
<td>Pitta-shamak property</td>
</tr>
<tr>
<td>9th</td>
<td>Anuvasana basti and yoni pichu with Madhura Rasa Prdahan tail.</td>
<td>Effect on autonomous nervous system, governing myometrium and help in regulating their function during labour</td>
</tr>
</tbody>
</table>

Acharaya Charaka & Acharya Vagbhata mentioned that by the use of Garbhini Paricharya from first to ninth month her Garbhadharini (Foetal membranes or vaginal canal), kukshi (abdomen), sacral region, flanks and back become soft, Vayu moves into its natural direction, stool, urine and placenta are expelled easily.[4]

**Vihara**

The colour of wall of room, cloth, ornaments, and bed sheet of gravida should be white. Brahmacharya Palan refers to the practice of sexual abstinence during pregnancy as this is considered a critical time for the development of the foetus, after this period, sexual activity may be resumed but should be practiced with care. She should avoid sleeping in day and awakening in night, grief, excessive exercise, riding on vehicle, fear, suppression of natural urges.[5]

**Specific conduct of garbhasanskar**

**Garbha samvad**

Garbha samvad and positive visualization stimulates baby’s sense and create a positive and supportive environment for the developing foetus. It establishes a bond between the mother and the unborn baby, have a positive impact on the mother's mental and emotional well-being, reduce stress and anxiety levels in the mother. Garbha Samwad helps to create a positive and nurturing environment, improve cognitive function and language development,
promote a sense of security and well-being, which can have a positive impact on the baby’s overall development.[10]

**Music therapy**

Music therapy relax and stabilize mood swings, reduces anxiety level, negatives thoughts, physical and mental tension of pregnant women. Soothing music create a positive environment and provide relaxation for the developing foetus. The pitches of sound work on the *Tridosha* in our body, which means that Indian raga were designed to regulate the working of these *Dosha* as per there *sthana, kala and samanta* for the betterment of health. It helps to get better physical, intellectual, psychological, and spiritual development of the child, less disease exposure, high level of IQ & EQ, cope up with stress in better way.[11]

**Mantra**

Rhythmic sound in the form of *mantra* and *shloka* affects more as it captured and stored in subconscious mind of child. Mantra denotes “*Man*” means mind and “*tra*” means release i.e., a combination of transcendental sounds meant to release the mind from all anxieties. *Garbhasanskar Mantras* are special chants or recitations that have a positive impact on the physical, mental, and spiritual development of the unborn baby. Disease occurs when part of body begins to vibrate at a wrong frequency, the energy becomes stuck. “*Mantra*” chanting helps to release the stuck energy and return to natural state of resonance and cure the disease. Specific *Mantra* chanting helps to synchronize the left and right hemisphere of the brain, oxygenation of brain, reduce heart rate, blood pressure, and assist in creating calm brainwave activity Thus, *Mantra* chanting can prevent gestational diabetes, pregnancy-induced hypertension in expectant mother and intra uterine growth retardation in foetus.

*Anuswaram* (Nasal sound), *MMMM* humming boosts the production of nitric oxide in the body. 50 trillion cells of Nitric oxide communicate with each other by transmitting signals throughout the entire body. It is an important regulator and mediator of numerous processes in the cardio-vascular, nervous, and immune system. Nitric oxide is synthesized in the vascular endothelium and synchiotrophoblast from L-arginine and significantly releases vascular smooth muscle, inhibits platelets aggregation, and prevents intervillous thrombosis. Its deficiency leads pregnancy induced hypertension in mother.[12] Mother with gestational diabetes usually has low levels of nitric oxide. Some specific Mantras are *Garbha Raksha Mantra*, *Santan Gopal Mantra*, *Mahamrityunjaya Mantra*, *Gayatri Mantra*, *Hanuman Chalisa* which are recommended to be chanted during pregnancy. Reading and listening to
scriptures can promote spiritual well-being and create a positive environment for the developing foetus.

**Yoga and Pranayama**

Prenatal *Yoga* helps to promote strength, flexibility, and relaxation during pregnancy. The *Pranayama* during pregnancy should be gentle and should not involve holding the breath for extended periods or overexertion. The practice of alternate nostril breathing (*Nadishodhana*) can help to balance the flow of prana and promote a sense of calm and relaxation, which can be particularly beneficial during pregnancy. It should be done under the guidance of a qualified *Yoga* teacher or Ayurvedic practitioner.

**Dhoopana (Fumigation)**

Purification of the environment surrounding the pregnant mother and the developing foetus should be done by *Dhoopana karma*.

![Conducts of Garbhasanskar](image)

**Figure 1: Conducts of garbhasanskar.**

**DISCUSSION**

Childbirth is the most precious event in a woman’s life, that why special care is needed. *Garbhasanskar* provides complete pregnancy care guideline to achieve healthy progeny through various conducts. Detoxification through *Panchakarma* removes all the toxins from body, maintain the equilibrium of *tridosha*, *Rasayana* and *Vajikarana Aushadi* nourishes *Sapta Dhatu* and provide strength. A Proper diet, exercise, *Yoga, Pranayama* helps in maintaining healthy lifestyle and nourishes the foetus as well. Music therapy, *Garbha samvad*
relax the mind from all anxiety. It develops a deep attachment between mother and baby. It provides a holistic approach towards pregnancy and work on various levels, including physical, mental, and spiritual.

![Figure 2: Various levels of garbhasanskar.](image)

**CONCLUSION**

Various conducts of *Garbhasanskar* play a foremost role in every stage of pregnancy to achieve an excellent child and keeps healthy mind status of mother. It works from pre conceptional period up to birth of the child. Garbhasanskar creates good values and contributes towards proper physical and mental development, healthy and smart children. It works on the concept of Ayurveda for longevity. It plays the pivotal role in mother and child health care system. *Garbhasankar* training should be implemented for welfare of both mother and child in our nation.

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