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Review Article



Review on *Garbha Sanskar* and its Role in Mental Development of Children

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Abstract

Garbha sanskar in Ayurveda described as specific conducts which are to be followed by pregnant women to acquire healthy pregnancy and giving birth of a healthy baby. The term *Garbha sanskar* related with the education of women who has baby in her womb and this conducts contributed towards the success of pregnancy. Traditionally it is believed that the mental and behavioral development of child starts from the intrauterine stage. Therefore it is essential to put maximum effort during this stage to ensure complete physical and mental built up of child. The personality of baby begins to take shape in the womb; moreover the physical and mental constitution of children is greatly affected by the mother's state of mind during pregnancy. The concept of *Garbha sanskar* helps to keep mother's mind healthy thereby imparts positive benefits towards the mental development of baby present inside the mother's uterus. Considering these all facts present article summarizes concepts of *Garbha Sanskar* and its role in the mental development of unborn child.

Keywords: Ayurveda, *Garbha Sanskar*, Pregnancy, Conception

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1. Introduction

Garbh Sanskar is described as one amongst the 16 *Sanskars* described for human beings, it is considered beneficial for physical and mental development of fetus. *Garbh Sanskar* imparts health benefits from the time of

conception. *Garbha Sanskar* helps to build up physical and mental character in child during pregnancy. (1-3) *Garbha sanskar* includes three sequential stages of caring or specific conducts as depicted in **Figure 1**.



Figure 1. Stages of *Garbha sanskar*

Garbha sanskar includes conducts related to the dietary regimen, chanting, expressing feeling, baby talk, walking, sleeping pattern, meditation and moral conducts, etc. *Garbh Sanskar* not only imparts mental and physical character but also build up social character and moral values in the personality of child.

Physiologically the combination of *Shukra* and *Shonita* inside the *Kukshi* forms *Garbha*, the physiology of

conception and pregnancy greatly affected by some factors i.e.; *Ritu*, *Kshetra*, *Ambu* and *Beeja*. (4-6)

The important conducts of *Garbh Sanskar* are as follows:

- ✓ *Pregnancy Healthy Diets*
- ✓ *Positive thinking*
- ✓ *Pregnancy Yoga*
- ✓ *Pregnancy Meditation*

- ✓ Prayer
- ✓ Reading books
- ✓ Pregnancy Natural Medicines
- ✓ Be Happy and relaxed
- ✓ Chanting of Garbh Sanskar Shloka

2. Role in Mental Development

It is believed that mental development starts from the time as formation of *Garbha* take places. The mental level of fetus in womb influenced by the mother's mind state and *Garbh Sanskar* play vital role in this regards. The specific conducts of *Garbh Sanskar* helps to keep healthy mind status of mother thus also boost up mental development of baby in mother's womb.

The baby responds to the outside stimulus thus moral or spiritual speech contributed greatly towards the moral and spiritual behavior of children. The dietary and daily routine as per the *Garbh Sanskar* affects hormonal secretions and alter mental level of unborn baby. The *Garbhasanskar* establish connection between mother and child therefore induces feeling of affection. *Garbh Sanskar* not only improves affects health status of baby but also affects health status of mother and helps her to remain healthy during and after pregnancy period.

The positive thinking and attitude as part of *Garbh Sanskar* promotes overall wellbeing of mother as well as baby. The prayer, *Manashakti*, conversation with foetus and other conducts of *Garbh Sanskar* offers positive effect on the mental health of unborn baby. Healthy diet, regular exercise and positive thoughts nourish brain of child.

The significance of *Garbh Sanskar* also has been proven in mythological text, the ancient texts described that *Garbh Sanskar* imparts specific values in the character of *Abhimanyu* and *Prahlad*. The *Abhimanyu*'s mind developed as warrior and he learnt some specific technique of war through the *Garbh Sanskar*, similarly *Garbh Sanskar* imparts spiritual conducts in the mind of *Prahlad* and later he became the divine king.

Garbh Sanskar develops learning ability in baby's mind through the various ways adopted by pregnant mother. The good mood of woman and melodious tunes, etc. is beneficial for the child. *Garbh Sanskar* accelerates the child's brain through the behavior and activities adopted by mother.

Garbh Sanskar suggest good sleeping habits for mother thus baby also get good sleep, the good sleeping pattern of baby inside the mother uterus offers mental calming and keep brain healthy. The conducts related to breastfeeding provides nourishment to the brain and maintain physical and mental health of unborn baby.

Positive attitude ensures mental well- being of mother, which is also linked to the well- being of baby inside her womb. *Garbh sanskar* helps to develop bond between the mother and unborn child thus imparts mental feeling of affection.

The chronological rhythms of fetus influenced by mother's activities like sleep cycle, eating habits and behavioral conducts, etc. *Garbh sanskar* suggests some conducts related to the sleeping habits, dietary pattern

and behavioral conducts, etc. These all maintain synchronization of mother with chronological rhythms of fetus thus helps in proper mental as well as physical development of children. It is believed that the optimum intellect development occurs in intrauterine phase thus it is prerequisite to take great care during this phase so get maximum mental strength in new born.

Garbh Sanskar develops immunity thus prevent loss of brain function associated with common diseases, boost confidence and self-esteem, decreases chances of depression due to the healthy attitude and positive circumstances while meditation provides mental peace and calmness.

Garbh sanskar should be started before conception or during the planning of conceiving, the pre-conception conducts helps to achieve healthy progeny that offers proper mental and physical development of child. *Garbh sanskar* covers pre-pregnancy, pregnancy and breastfeeding phases to ensure complete physical and mental development of child.

Garbh sanskar before pregnancy during conception contributed towards the successful combination of *Shukra* and *Shonita* inside the *Kukshi* to forms healthy *Garbha*, *Garbh sanskar* during pregnancy contributed towards the proper development of fetus and *Garbh sanskar* after pregnancy during breastfeeding stage contributed towards the nourishment of new born. (5-7)

3. Specific Conducts of Garbh Sanskar and their Impacts:

Pregnancy Healthy Diets

The dietary regime is very important in pregnancy since growth of foetus depends upon the health status of mother. The balanced and *Sattvik* diet recommended in pregnancy which includes all *Rasa* to acquire optimum nutritious benefits of food. The diet helps to maintain health of mother thus boost physical and mental health of children.

The *Garbh Sanskar* advocates balanced diet which contains all the nutrients, the fresh food is freshly which is *Satvik* and includes all *Rasas* suggested during pregnancy. The presence of all six *Rasa* (tastes) i.e.; *Madhura*, *Amla*, *Lavana*, *Katu*, *Tikta* and *Kashaya Rasa* provides complete nourishment to the mother and baby. The *Shad rasatmak ahar* maintains equilibrium of the *Doshas* thus restore health of mother thereby imparts positive health benefits in the development of fetus.

Positive thinking

The mood swing and irritation is very common in pregnancy that can hamper mental development of unborn baby, to avoid this it is advises that pregnant lady should think positively and feeling of well-being can stable mood. *Garbh sanskar* control emotion and create happy environment for proper development of fetus and to recues mental irritability of mother.

Pregnancy Yoga

Light exercise recommended but expert opinion is prerequisite during pregnancy, *Pranayama* as breathing exercises help to remain calm and provides mental

relaxation, light exercise improves blood circulation and helps in the nourishment of fetus.

Pregnancy Meditation

Meditation relieves mental stress and imparts mental peace which helps to potentiate mind of children. Meditation brings tranquility and enhances concentration, control mood swing thus prevent chances of depression and also linked with healthy mental development of child.

Prayer

Praying to the god or worship helps to develop spiritual characteristic in mother as well as in baby, the spiritual conducts improves mental strength and enhances self-belief, *Mantras* and *Shlokas* narrated in specific ways induces positive energy and establishes natural synchronization. The chanted prayers bless the baby and impart spiritual beliefs.

Reading books

Garbh sanskar recommends reading books mainly spiritual books or moral story which gives feeling of contentment and satisfaction. Reading educational books helps to shape the personality of the child present in the mother's womb.

Pregnancy Natural Medicines

Medicated ghee and some specific herbs are recommended during pregnancy by Ayurveda to improve mental and physical development of the baby. However expert physician advice recommended taking any medicines during pregnancy.

Chanting of Garbh Sanskar shloka

Chanting of *Garbh Sanskar shloka* imparts spiritual and moral values, helps to make inclination towards the god and worship, which ultimately boost self-confidence and mental strength. (6-8)

4. Conclusion

Garba Sanskar embeds *Sanskar* in the foetus and contributed towards the proper physical and mental development of children. The conducts of *Garba Sanskar* helps to prevent complication associated with pregnancy and control mood swing of mother which play vital role in the health of baby. *Garbhasanskar* helps to achieve healthy progeny with longevity. It is advices for mother to remain happy and relaxed during pregnancy period, these all positive approaches improves physical as well as mental development of children. Creative pursuits and indulgence in hobbies keep mother engage and happy which ultimately affects mental development of baby. *Garbha sanskar* includes conducts related to the *dietary* regimen, chanting, expressing feeling, baby talk, walking, sleeping pattern, meditation and moral conducts, etc. These specific conducts of *Garbh Sanskar* helps to keep healthy mind status of mother thus also boost up mental development of baby in mother's womb.

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Conflict of Interest

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