



GARBHASANSKAR – SHARIR

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ABSTRACT

According to WHO, childbirth and pregnancy is ‘Bio – psycho – social event ‘. So, planning for a good progeny starts from mother and father as the rule of “Garbage in and garbage out “. Sanskara is a continuous and periodical process of purification of parents as well as future child. Suprajanan and Shreyansi praja is none other than the child with multiple intelligence with number of good qualities, that make her to face the world confidently. and will be proved great contributor to the society and the universe.

KEYWORDS: According to WHO, childbirth and the universe.

INTRODUCTION

Life begins at conception not at birth. Embryos adopting to changing circumstances is a proved truth now. We are the Trustees of our genes and not an owner. We can inculcate the values and qualities into the fetus through different techniques of garbhsanskar and brain stimulation. Babies are more sensitive than we think. Babies are very conscious, aware, and communicative, so mother has to plan her daily routine as food habits, lifestyle, prayers, meditation, yoga, selfless service. For left brain stimulation, mother has to go through the subjects like math, science, language, history, logic and for right brain Stimulation – geometry, geography, art, literature, sports.

Preconception preparation for the parents consists of triad as -1. Welcome gesture for the coming generation. 2. introspection 3. To creat the proper environment [heathy, stressfree life]. Garbhasanskar are also based on epigenosis- parents are the genetic engineers for the child, There habits like love, haste, hate, addiction, create genetic imprinting on them by genetic imprinting signals.^[1]

Fetus is very receptive, but it is us in ability to transmit the proper messege to her. Our thoughts have different oscillations and vibrations, so one should be careful about it. So unwanted and unintended babies are more of antisocial and nuisance to society. we can tuned up our efforts with the growing embryos.

According to APPA [association of prenatal and perinatal psychology] embryos are capable of growing, maturing, repairing injury [intelligence definition]. Mere group of human cells have that of immense ability to regenerate, so stem cells banking is just like a: Biological insurance.^[2]

DISCUSSION

Pregnant mother and baby share experiences. Though they are distinct individual, yet fully interdependent. (Shared experiences like the air she breathes, food and drink she consumes, chemicals she is exposed to, emotions she feels). All cells responds to a loving environment. Babies and cells, tend to either grow or protect. They can't do both at the same. there is growth retardation in fear environment or protection mode. Depressed mother give birth to a hyperactive, low birth weight babies.

From the 14th day of conception – first neuron starts to grow. Rate of formation of neuron is 25 lack per minute. After birth, not a single neuron can be formed, thats why ‘full term baby ‘is necessary.^[3] Sushruta depicts ten months of pregnancy. Memory is directly proportional to the number of neurons formed and grown – neural connection should be strong. If mother is stressful and fearful, it damages or lowers the interneural connection. So they say – “Unhappy mothers may produce stupid childs“.^[4]

Ayurveda appreciates the importance of Suprajanan- the science related with – grooming the process of childbirth

well in advance- right from preparation for conception, achieving spiritual, physical, mental and emotional state of equilibrium of both mother and the foetus till the childbirth and thereafter in a superior manner. Since seven month, baby inside the womb can listen to mother's voice, external sounds and music; hence it is suggested that mother should spare some time daily and communicate with her baby.^[5] She should listen to good musical instruments having rhythmic resonance sounds like satar, veena, flute, which conveys moral values and good thoughts to the baby. It is even told to read or listen to chants of the Vedas.

Ahara-rasa that is nutrition or energy obtained from the mother's diet serves three important functions; nourishment of mother herself, nourishment and growth of the foetus or baby, preparation for formation of stanya (breast milk) there is specific preparation are mentioned by Charaka according to each month of pregnancy (ch. Sha.8 --, su.sha.10---, A.H. 2--).^[6] Sushruta explains some rules obeyed and followed by pregnant lady till the delivery. Charaka also explains Garbhoghatakara bhava cha.sha.21/8 –abortifaciant factors that can damage the foetus. Vagbhata and charaka –cha sha.8/22 prescribes specific diet regimen and code of conduct for the pregnant lady for suprajana, who follows the above regimen will have mridu (soft) kukshi (abdomen), kati (hips), parshva (waist), prishtha (back), skin and nails. Her bala (physical strength as well as immunity) and complexion will also improve. Vayu will move in downward direction. Her mala (stool), mootra (urine), and jarayu (amniotic fluid) will be expelled out through there respective routes. She will give birth to a icchitta (desired), shreshtha (famous), deerghayu (longlife span), and nirogi (healthy) baby easily.^[7]

Human body consists of five elements described by all three classical treatise of Ayurveda. A.H. sha 3-- Panchamahabhuta dhyan –meditation is very essential for both parents as these elements are responsible for formation of various senses and systems of the foetus as follows; 1. Prithvi –maintain the foetus (sthairyaa), 2. Aap – solidification (rakta, virya, snayu, mamsa), 3. Akash – creation of space or hollowness (dhwani), 4. Agni – proper digestion, 5. Vayu – segregation (vivechana).^[8]

After sixteen weeks of pregnancy, foetus is able to hear, so mother have to make a dialogue with the baby in a specialized Mother see language which act as a brain stimulant to the baby and she can react to this voice. According to puranas, there is not only five senses but also Atma and Manas present in the foetus therefore the personality development starts from the conception.^[9] In fifth month of pregnancy auditory and olfactory nerves starts developing. In seventh month, taste buds are growing so the baby can recognize different tastes. Therefore in India, a special ceremony of simmant puja being performed to fulfill all eating desires of the mother to be. In third trimester, father can perform a torch taste to stimulate the eye (chakshu indriya) development. In this

test, Father focus the torch over mothers lower abdomen and can see the changing movements of the baby in the direction of torch.

Before conception, parents should do bhujangasana, supta vajrasana, sarvangasana, dhanurasana. These can increase blood circulation, endocrine glands secretion controlled and weight control. For sukhprasuti (normal delivery) to increase the elasticity of back and pelvic floor muscles, Asanas like- bhadrasana, parvatasana, padmasana, gomukhasana, sulabha chakrasana, uttan tadasana, may prove helpful. Daily practice of Pranayama, jimhvabandha, simhamudra, brhmamudra also proved helpful as a breathing exercise during labour.^{[10][11][12]}

CONCLUSION

A stitch in time saves nine – if the parents follow Garbhasanskar regime properly, it will prove the process of developing the course of childbirth into the most momentous experience and creation of a healthful, conscious being and happy pregnancy.

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