

Science of Garbh Sanskar

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The two powerful gifts we can give to our children, “Sanskar” and “Wings”!

■ INTRODUCTION

Garbh Sanskar is a scientific method to educate the fetus in womb. Garbh denotes the fetus in the womb; Sanskar is to educate the mind. Every parent wants to see their child healthy, happy, intelligent, and virtuous. To make everyone’s dreams to make future generation happy and healthy come true, this project is the need of hour.

As we know, infant mortality rate (IMR) and maternal mortality rate (MMR) have decreased due to the efforts of various organizations working for “healthy mother and healthy baby”. One of today’s challenges in the society is to deal with the younger generation that lacks moral and emotional values which is clearly depicted by the spiraling social crimes and terrorism. This raises the question, how and when can we instill sanskars and increase emotional quotient (EQ) and spiritual quotient (SQ) in the future generation?

The foundation should be strong to build a house. To bring about a change in the society, we have to instill sanskars in the fetus itself. Garbh Sanskar is an effort to purify and refine the accumulated negative evil tendencies and enlighten the pure inner core of the subconscious mind by teaching good things to unborn child right in mother’s womb.

Some of the great examples of “Garbh Sanskar” can be found in many mythological stories in Indian history. The story of Abhimanyu quoted in the Mahabharata is very well known. Abhimanyu, son of Arjuna, learned how to enter the chakravyuha when he was in his mother’s womb. He remembered his father’s story when he became a warrior in the Kurukshetra war. Another great story depicting importance of Garbh Sanskar is the story of Prahlad. He was born to a family of demons. His mother listened to devotional prayers and stories about lord Vishnu, while he was in her womb. As a result, he became a devotee of lord Vishnu. Another one is the well-known story of Hanuman.

His mother, Anjana, was a devotee of lord Shiva. When she was pregnant, she ate a blessed dessert that was meant to produce divine children. Thus, Hanuman was born with divine powers.

A few great examples from the modern world are also worth mentioning. When Zakir Hussain (tabla vada) was in mother’s womb, his father, Ustad Allah Rakha, used to beat lightly with his fingers on his mother’s abdomen. Freedom fighter Savarkar’s mother used to read the courageous tales from Ramayana and Maharana Pratap to her son when he was in womb.

■ SCIENCE ALSO CONFIRMS LIFE IN UTERO— THE BABY CAN HEAR, SMELL, TASTE, AND SEE BEFORE BIRTH

- ✦ Fetus begins to swallow amniotic fluid at 12 weeks of gestation and can learn tastes experienced only prenatally. Fetus favors its mother’s meal and picks up the food taste culture in the womb.¹
- ✦ Touch sensation starts from 16th week after conception, at 23rd week, it fully develops.²
- ✦ From the 7th month, the fetus can hear the sounds from mother’s womb and from the surroundings of the mother and also responds to them. Fifer has found that fetal heart rate slows when the mother is speaking, suggesting that fetus not only hears and recognizes the sound, but calmed by it.
- ✦ Fetus reacts to loud voice and prefers mother’s voice.
- ✦ He has a memory of experiences before birth.³
- ✦ Newborn prefers a story read to it repeatedly when in the womb.

■ PRINCIPLES OF GARBH SANSKAR

It is scientifically proven that fetus has the same life as an adult and can use its senses to see, taste, hear, or feel from much earlier period than previously agreed upon. As per the new model of health (soul, mind, body and medicine), “human being” is derived from two words, “humus” and “being”; or “body” and “psyche” or “consciousness”. Health

is a dynamic process of harmony in the flow of spiritual, mental, and physical energy.⁴ Due to advancements in technology, antenatal care is not only routine palpation, but it includes diagnostic modality of imaging, biochemical, biophysical marker, vaccination, and screening for medical and obstetric disorders. However, in routine antenatal care, even now no attention is being given to mental and spiritual energies (being) of developing fetus. Garbh Sanskar gives equal importance to holistic development of growing fetus.

Personality (sanskar) of a human being is nonphysical. It remains in subconscious mind which makes 90% of consciousness (Fig. 3.1). Holistic personality development also needs three types of energies: (1) soul (being) has spiritual energy which is primary and works as software, (2) brain works as hardware, and (3) the body is like a robot. Flow of spiritual energy is the root of good health and personality.

How are our personalities shaped?

Every thought word and action we create becomes our sanskar (i.e. personality). Sanskar (health or behavior) of any person is influenced by:

- ✦ Owns original sanskars, i.e. innate qualities of soul (spiritual energy).
- ✦ Sanskar (spiritual energy) carried forward from the past birth.
- ✦ Sanskars received from the mother and father (parent's role, Garbh Sanskar).

A pregnant mother has two lives within, hers and the fetus'. It has been proven that personality of the future generation is greatly influenced by pregnant mother's feelings and state of mind. Likewise, most of the behavioral traits also originate in the womb. Infants, toddlers, and adolescents largely suffer from many emotional and behavioral problems, the seeds of which are sown on the unborn baby due to negative hormonal secretions that are activated by mother's thoughts in response to stress.

By keeping harmony in spiritual, mental, and physical energy, she can nourish both making both (herself and fetus) physically and mentally healthy. Foundation of intelligence quotient (IQ), EQ, and SQ is mainly laid down inside the womb. The best time to develop good qualities in the baby is from the day of conception to 2–5 years of life because the subconscious mind is active. All negative or positive sanskars remain in the subconscious mind. After 5 years, conscious mind starts to work. It is very difficult to change once the personality of fetus is laid down within the womb.

- ✦ Personality is colored by family, company, and environment.

Garbh Sanskar means that expectant mothers should take care of their physical, mental, and spiritual energy. By

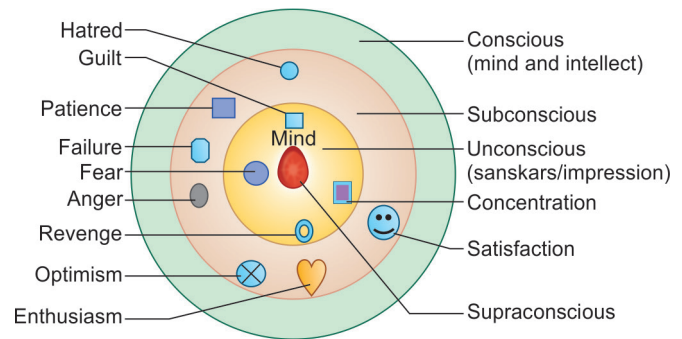


Fig. 3.1: Model of consciousness (90% subconscious mind 10% conscious mind).

taking care of her own sanskars, she can draw the portrait of her child's elevated fortune.

GOOD TIPS FOR GARBH SANSKAR

Keeping a High Self-esteem

This is the best way of emotionally nourishing an unborn child during pregnancy. Happiness is truly a choice, it not only depends on the surroundings but also depends upon one's self-esteem. Antenatal mother should take care of her self-esteem by keeping her thoughts pure, positive, and purposeful. She should respect herself, read positive books, and preferably write down positive versions many times daily to keep her self-esteem high, for example:

- ✦ I am a powerful being.
- ✦ I am loveful being.
- ✦ I am peaceful being, I am the child of ocean of peace.

Such types of thoughts create a positive feeling that reaches the unborn child through neuropeptides. It should be remembered that expectant mother cannot hide her feelings from the unborn child.² A pregnant woman's thoughts have a physical connection to her unborn child. "Everything the pregnant mother feels and thinks is communicated through neurohormones to her unborn child, just as surely as are alcohol and nicotine," says Dr Thomas Verny. It is also suggested that positive thinking can shape the body, heal internally, and even nurture a healthier child during pregnancy.

It is advised to keep pictures of great leaders in the room and watch good programs on TV. Reading fiction novels and watching horror or sad movies in social media or TV are inadvisable.

In the new study, carried out at Nagasaki University in Japan, 10 pregnant volunteers were asked to watch an upbeat 5-minute clip from the Julie Andrews musical, "The Sound of Music." Another 14 watched a tear-jerking 5-minute clip from the 1979 Franco Zeffirelli film "The Champ", in which a boy cries at the death of his father.

The clips were “sandwiched” between two extracts of neutral programs so that the researchers could measure any changes in the movement of the babies.

The mothers-to-be listened to the movies using earphones to guarantee their unborn babies were not being influenced by the movie’s soundtrack.

Dr Kazuyuki Shinohara, who led the study, used ultrasound scans to count the number of arm, leg, and body movements of the babies while their mothers were watching the clips.

Researchers found that the fetuses moved their arms significantly more during the happy clip from “The Sound of Music”. But in the other group, the unborn babies moved significantly less than normal while their mothers watched the weepie.

What we see daily creates thoughts in our mind, which shape sanskars of the expectant mothers of the unborn child. Watching good scenes and pictures also helps expectant mother in creative visualization, at a subconscious level, of how her child should be.

Listen Calm Music

Garbh Sanskar can be an effective by means of sound in the form of mantras, shlokas because the rhythmic sounds are captured by a child’s subconscious mind very effectively. The vibrations of sound waves can influence both mother and her fetus; therefore, the music designed for Garbh Sanskar is useful for the health and personality development of fetus. If the mother listens to relaxing music, in last trimester of pregnancy, the baby responds positively to the resonant sound and after birth when it is exposed to the same music, it calmed down.

A study researched the ability of the fetus to learn a TV theme tune. On hearing the theme tune, it became alert, stopped moving, and the heart rate decreased (orienting). In this study, the first group consisted of pregnant mothers who frequently watched “Neighbors”, an Australian television soap opera.⁴ After delivery, these mothers were asked to watch the TV show again along with their babies. It was observed that the newborn babies (2–4 days of age) became alert, stopped moving, and their heart rate decreased (orienting) upon hearing the theme song. These same individuals showed no such reaction to other unfamiliar tunes. The newborns of the second group of pregnant mothers, who did not watch the same TV program during pregnancy, showed no reaction to the tune.

Communicate with Unborn Baby

Communicate with the child with unconditional love. Good communication builds strong bonds. Dr Komal Jain,

gynecologist from Jabalpur, says “When I was pregnant I used to say to my unborn child, “you are the most beautiful child in the world”, when my baby grew up and start talking first sentence, she spoke “mommy you are the most beautiful mother in the world”. Reading out loud good stories and healthy discussions between parents improves baby’s memory. Baby learns around 5,000 words from mother other than from siblings, father, and family members. So, 4–5 hours quality sound exposure is necessary. Negative words have negative effects on unborn fetus. The mythological story of Saint Ashtavakra depicts the traumatic effect of loud noises and abuses on the fetus. Ashtavakra is a sage mentioned in Hindu scriptures. His parents wished for an intelligent and a spiritual child. Kahod, his father, was a scholar yet arrogant. He would recite scriptures to his wife, Sujata, during her pregnancy. Consequently, the baby learned everything when inside the womb and grew up to be very intelligent. It is believed that Ashtavakra, when still in womb, interrupted his father eight times to indicate that his knowledge is pedantic and not spiritual. Kahod rebuked and cursed his own baby eight times that caused the eight curves in his body. Ashtavakra epitomizes a baby with cerebral palsy (CP) and high IQ. CP is a general term for a group of permanent, nonprogressive movement disorders that cause physical disability. It is caused by damage to the motor control centers of the developing brain that can occur during pregnancy, during childbirth, or after birth due to some reason which is still debatable. As prenatal events are thought to be responsible for approximately 75% of all causes of CP, although it is usually impossible to determine the nature and exact timing of event.⁵

Spiritual Lifestyle and Regular Meditation Practice

It is an important aspect of spirituality and helps to adapt positive thinking, manage stress, and improve mental, social, and spiritual health. Spiritual lifestyle is a disciplined healthy lifestyle.

Waking up and sleeping should be according to circadian rhythms. When activities are in rhythm with one’s biological clock, they reduce energy expense and stress, and prove beneficial for the health of mind, intellect, and body.⁴ Practice meditation for 20 minutes in the morning and evening before going to bed when the subconscious mind is active. Recitation of some shlokas with feeling is also useful.

The mothers are advised to consume good nutritious food mixed with vibration of God’s love. Avoid spicy food and addictive substances.

Practice Asanas under the guidance of a yoga expert and sleep adequately.

It is also recommended to read good books and listen to positive verses and relaxing alpha music everyday throughout the pregnancy.

Practice of celibacy is advised, as the feeling of sexual arousal is transmitted to the unborn fetus. By practicing celibacy, many cases of rape and teenage pregnancy can be prevented in future generation.

“Dear mother,

You are the most important person in my life. I am blessed to have a divine mother like you. Please take care of your physical, mental, social, and spiritual health. Please hug me, protect me, praise me, read to me, sing to me, love me, and make me safe so that I will grow up to be a happy person with great personality. I like the good vibrations when you practice meditation. This will decide my future health and personality. The two little words “Thank You” can be never enough to appreciate every little thing you will ever do for me.

Regards

Unborn little baby (fetus)”.

■ CONCLUSION

- ✦ Garbh Sanskar is scientific method of building physical and mental character of a child during pregnancy.
- ✦ Positive mental energy (thoughts, emotions, attitude, and memory—a positive TEAM) release positive neurotransmitters which help to develop good qualities like

happiness, cheerfulness, relaxation, instructiveness, intelligence, attentiveness, creativity, self-esteem, and increases logical skill and inner silence.

- ✦ The baby listens and feels mother’s feelings even when it is developing in womb. Expectant mother can shape up her baby by listening to good music, visualizing, and massaging gently while meditating.
- ✦ The advantages of Garbh Sanskar are not only to educate the child but to develop a bond between the mother and child. In fact, this has a great impact on the health of the mother as well. Positive thinking and attitude promotes physical well-being of the mother.

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