

Effect of Garbha Sanskar on the Unborn Child

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ABSTRACT

A child is the future of the family, society and the nation, so it is very important for him to be cultured. A cultured and intelligent person lays the foundation of a golden future by giving the right direction to the society and the country. That is why the sages created a system centuries ago through which parents themselves can sow the seeds of advanced qualities and give birth to a child with the highest qualities to create a developed society. The name of this system is "Garbh Sanskar". This is a Sanskrit word which means educating the child growing in the womb, giving the right direction to his mind and brain so that he can be born to create a healthy society and keep his glorious tradition advanced and remain physically, mentally, socially and spiritually healthy and enjoy life.

Keywords: *Garbh Sanskar, Infant, Cultured, Elevated*

Garbh Sanskar is an ancient Vedic method through which parents can give birth to a child with advanced qualities or can produce a child with the qualities of their choice. In ancient times, people used to select qualities as per their need and by practising this method, they used to give birth to a child with the same qualities. There are many proofs of this in history. One of them is that Sati Madalasa and Ritdhwaj gave birth to three children who attained salvation and the fourth was a brave warrior like King Alarka. This is a direct proof of the excellence of this method. There are many other examples which prove the effect of the Garbh Sanskar process. This is a matter of ancient times but today science has also accepted its effect and has also presented evidence or proof of it. Hence, it is clear that Garbh Sanskar is such a scientific method through which the parents can sow the seeds of desired qualities in the child and bring a child with the desired best qualities into this world.

Garbh Sanskar Stages

This is a special process through which amazing miracles are possible because through this process parents can get the kind of child they want. This process is considered to be of 9 months but if understood correctly then it can be understood by dividing it into three parts-

1. Before pregnancy
2. Conception
3. After pregnancy

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1. Before pregnancy

The process of Garbha Sanskar starts 3 months before conception because in mother and father the process of formation of ovum and sperm in the form of seeds inside the fetus begins three months in advance, and from that time onwards the selection of the genes that come inside the child begins, that is the time when the genetics of the baby are selected which includes 5 generations from the mother's side and 12 generations from the father's side. The combination of traits of the generation is designed and the physical condition of the mother and father of 3 months is considered as a result of the combination of traits of the generation and the offspring, on the basis of mental-behavioral qualities, qualities develop in egg and sperm in this process. It is very important but most of the parents are not aware of this Vedic Garbh Sanskar even though the process of Garbh Sanskar starts from here. In Ayurveda, seed purification is done at this time. This is so that good and positive genes can be selected from the parents at the time of genetic selection in the seed itself and to ensure that only genes with positive qualities are selected and genes with negative qualities are not selected. This entire process is done before conception. This is the first step of Garbha Sanskar.

2. Conception

This is the second stage of the Garbha Sanskar process in which the seed of a man and a woman unites. Both the scriptures and science have stated that the time of union is very important because this is the time of seeding. At this time, the physical and mental states of both unite and if at the same time the seeds of virtues and vices are sown in the form of the seed of the child, then the basis of the child's nature, qualities and overall personality is prepared. A lot has been said about the importance of this time in the scriptures and science has also accepted its importance and for this, many types of rules have also been stated, by following which this time can be made more important and special, so that the time of union of ovum and sperm can be made excellent and effective and a high-quality embryo can be prepared.

3. During pregnancy

This is the third stage of Garbh Sanskar. At this time the embryo is formed from which the baby develops. This process takes 9 months or 280 days when the foetus is fully developed inside the mother's womb. This is the time for a woman to decide her choice even in genetic selection of the embryo. It can bring about a change and develop many qualities in the child. It is a natural relationship which makes it the most special thing in this world. As a mother, a woman has the power to conceive and after this, the responsibility of complete development of the foetus rests with the mother, if she wishes, she can convert the foetus into a child who is educated in physical, mental, behavioural, social and spiritual qualities in the journey towards becoming a great human and this can give a positive direction because this is the wonderful time when an embryo is developed in every way. By educating people, the foundation of future possibilities can be laid. Science has also confirmed this. It is said that 80% of the brain development happens in the womb itself, so understanding the importance of this time, the seeds of values can be sown.

Scientificity of Garbh Sanskar

Garbhasanskar is a unique discovery of ancient sages through which parents and family members together provide all kinds of education to the foetus during pregnancy so that when it comes into this world, How to live? How to behave? How and what is necessary to know and understand, it should already have basic knowledge of all these aspects, this effort can be made through this Garbha Sanskar process and the effect of this process is also seen

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directly. Many examples like Prahlad, Ravana, Bharat, Abhimanyu confirmed that the understanding and knowledge of the child can be developed during pregnancy itself.

Today science has confirmed that the foetus hears, feels and learns the behaviour of its parents and family members during pregnancy. Today science has studied three important aspects of Garbha Sanskar through its research and found that efforts for it are effective from the time of formation of ovum and sperm because at that time the qualities of ancestors are transferred to the next generation in the form of genes and their selection depends on the behaviour, thoughts and diet of the parents and if efforts are made by the husband and wife at this time, then by selecting the desired qualities, a seed with good qualities can be created and a child with such qualities can be born.

Science has found in several researches and reports that even after conception, if the parents make conscious efforts, they can develop advanced qualities of the unborn child by programming the mind and brain. Every aspect of the mother has a direct impact on the child. Several researches have confirmed that whatever the mother thinks and feels during pregnancy, the same effect will be felt on the child, that is, the personality of the child will be developed with similar qualities and when it comes out, the same qualities will be clearly displayed in its personality. This makes it clear that the seeds of positive or negative nature of a child can be sown from before conception till the pregnancy period ends.

Garbha Sanskar at Present

A lot has changed in today's materialistic world. Our lifestyle, food, clothes, houses, behaviour, thinking, everything has changed, so certainly the old traditions have also changed their form. Today we are talking about Garbha Sanskar, so the Garbha Sanskar of the old Vedic tradition, which has many rules including worship, rituals, etc., has also been modernized today. At present, it is famous by the name of Modern Garbha Sanskar, in which some aspects of Vedic Garbha Sanskar and some aspects of science have been combined and given a new form because today's generation understands the language of science better and faster, that is why a new Garbha Sanskar method was created by adding some newness to the old method, which is currently being used by the new generation and certainly they are also getting positive results by using this method, that is why today's generation is also making efforts for it, joining and they are all satisfied too. It is clear from all this that this is the most advanced technique to give the right direction and understanding to the child in the womb itself.

Contemporary techniques of Garbha Sanskar

There are immense possibilities of holistic development of pregnancy through Garbha Sanskar, the purpose of which is to provide a favorable environment for the physical, mental and spiritual development of the foetus so that it can develop holistically. For this, many types of activities and efforts are necessary through which the qualities of the foetus can develop positively.

In present times, some newness has been added to the Vedic technique of Garbha Sanskar, which is necessary and effective according to the current lifestyle. That is, in the present times, modern Garbha Sanskar has been prepared in a new modern and effective form by understanding the current lifestyle, circumstances and problems, so that today's young generation can easily understand the effect of Garbha Sanskar and make positive efforts by using it when the time comes.

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Therefore, many new aspects have also been added to today's Garbha Sanskar technique, which are as follows-

1. Balanced diet
2. Yoga and Pranayama
3. Meditation
4. Music
5. Mantra
6. Writing and Reading
7. Affirmation and Visualization
8. Positive thoughts
9. womb dialogue
10. Healthy environment

Balanced diet

Balanced diet is very important for every woman during pregnancy because two bodies require nutrition simultaneously. The physical development of the foetus is based on the diet consumed by the pregnant woman and the development journey of the foetus is linked to the elements present in the diet. For the development of body parts and all internal activities, many types of chemicals are required which are obtained only through food, hence food has special importance, that is why pregnant women are advised to consume additional and nutritious food.

Yoga and Pranayama

In Garbha Sanskar, pregnant women are always encouraged to do yoga and pranayama so that they remain physically and mentally healthy. Yoga and pranayama relieves pregnant women from stress, improves blood flow, strengthens muscles and improves oxygen supply to the foetus

The quantity increases, the mind remains calm and happy, and many types of positive hormones are secreted which have a positive effect on the foetus. That is why during pregnancy, the pregnant woman is asked to do light exercises and Pranayama.

Meditation

Meditation is very important during pregnancy because meditation calms the mind, reduces stress, increases concentration, develops positivity and if a pregnant woman does this every day, then all these qualities will develop in the child and the emotional bonding with the child also increases. There are many other benefits that both the pregnant woman and the unborn child get.

Music

Music is considered special in Garbha Sanskar because the foetus has been seen reacting to music. When a child starts listening, he hears the sound of the mother's heartbeat 24 hours a day inside the mother's body, which sounds like music to him, that is why he feels connected to music. Research has shown that listening to classical music helps in the rapid development of neurons in the child's brain and increases the level of happy hormones in the mother, which makes the foetus feel happy. Music improves sleep, concentration, positivity and reduces stress.

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Mantra

In the Vedic tradition, there are many types of mantras which are said to be chanted during pregnancy because mantras flow positive energy which affects both the pregnant woman and the foetus, and affects the physical and mental health as well as the spiritual health of both.

Reading and Writing

The most effective technique to influence development is reading and teaching. This develops the ability of the unborn child to remember words as well as to feel the emotions associated with the words. Science has also accepted that the unborn child can learn and remember 5000 words per day after 5 months, that is why during pregnancy, the pregnant woman is asked to read religious scriptures and good literature so that only good words reach the unborn child and its development takes place positively.

Benefits of Garbha Sanskar

Garbha Sanskar is an attempt to train the foetus developing in the womb. Some of its main benefits are as follows-

1. Encourages physical and mental development of the foetus. Garbha Sanskar practices like yoga, meditation, pranayama, listening to music etc. can be done which releases positive hormones in both mother and foetus which produce positive effects.
2. Development of emotional bonding between mother and child through Garbha Samvad in Garbha Sanskar technique
3. Music gives a positive direction to the foetus' brain and also gives a feeling of joy. Music also increases the feeling of security and love.
4. Chanting of mantras produces powerful energy of words and sounds which has a positive impact on overall development.
5. Affirmation and visualization create awareness in the foetus and develops imagination power and also seeds of many virtues are sown.
6. Positive thinking helps in effective development of the foetus' brain.
7. Through Garbha Sanskar, seeds of positive qualities are sown in the foetus and negative qualities can be avoided.
8. Complete development of the embryo can be achieved through various methods of Garbha Sanskar.
9. Yoga and pranayama improve the physical health of the foetus, strengthens the immune system and keeps the mind calm and happy.
10. Mother's stress can be reduced through meditation so that adequate amount of oxygen can be supplied to the foetus and many types of mental problems can be avoided.

There are many other benefits of Garbha Sanskar, that is why it has special importance especially during pregnancy, because with the help of all these techniques, a mother can make positive efforts and sow the seeds of all kinds of positive qualities in the unborn child at the right time and can think of a bright and strong future for him/her for the rest of his/her life.

CONCLUSION

The benefits and importance of Garbha Sanskar were known and accepted by the sages and developed as a method which is definitely effective. In the current era, it has also been verified by science which definitely confirms that every mother and father can select and sow advanced qualities in the embryo or the child by using and trying this technique at the

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right time and can give the right direction to his/her entire personality so that the child can give the right direction to his/her life and can live his/her life with an influential personality.

In this way, Garbha Sanskar can play an important role in the development of the family, society and country by providing a generation with the possibilities of correct and holistic development and can lay the foundation of a bright future.

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Conflict of Interest

The author(s) declared no conflict of interest.

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