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Garbh Sanskar: For Best Progeny

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ABSTRACT

The combination of sperm, ovum and soul inside the **uterus is known as fetus**. The matters regarding fetus and pregnant lady have been deeply explained in *Sharirsthan* of *Charak Samhita* and *Sushrut Samhita*. Various preparations have been mentioned for husband and wife before conception. Methods of conception have been also deeply explained in *Ayurved. Ahar Vihar* for pregnant lady should be followed for better progeny. Monthly regimen of *Ahar Vihar* has been explained in *Ayurved*. Benefits of *Yoga* and music in pregnant lady have been proved by modern science. Therefore, this *Garbh Sanskar* should be followed by people for the best progeny. Genetic changes due to *Garbh Sanskar* should be monitored because it may be beneficial to cure genetic diseases. For this, *Ayurved* and genetic engineering should work together.

KEYWORDS

Garbh, Sanskar, progeny, genetics



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INTRODUCTION

Human is the greatest creation in the universe and rest other creations are appliances of human¹. Being the best creation, it is duty of human to produce progeny better than themselves. Everyone wants to produce good looking and cute baby having physical, mental and intellectual wellness and it is possible to follow ayurvedic methods of *Garbh Sanskar*. The combination of *Shukra* (sperm), *Shonita* (ovum) and *Jiva* (soul) inside the *Kukshi* (uterus) is known as *Garbh* (fetus)². *Garbh* is the result of combination of four factors coming together properly just like *Ritu* (season), *Kshetra* (field), *Ambu* (water) and *Beeja* (seed) coming together give rise to the *Ankur* (sprout)³. In the case of *Garbh*, *Ritu* means menstruation period of females, *Kshetra* means *Garbhasaya* (uterus) and *Ambu* means *Rasa dhatu* (nutritional element) which is formed after complete digestion of food and *Beeja* means *Shukra* (sperm) of man and *Artava* (ovum) of woman. *Sanskar* is the process to improve the qualities of the *Dravya*⁴. The *Sanskar* which improves the qualities of the *Garbh* is known as *Garbh Sanskar*.

REVIEW

There are many stages of *Garbh Sanskar*-

1. *Sanskar* before Conception

2. *Sanskar* of Conception

3. *Sanskar* after Conception

1. *Sanskar* before Conception-

Some *sanskar* are done before conception which are as follows-

- a. *Deha Suddhi* (Purification of Body)

- b. *Nadi Suddhi* (Purification of Channels)

- c. *Ahar Suddhi*(Food Planning)

- d. *Vihar Suddhi*(Activities Planning)

a. *Deha Suddhi*(Purification of Body)-

Purification of body is done by *Panchkarma* by removing cellular waste and toxic by-products from the body. *Snehan* (Oleation Therapy) and *Swedan* (Sudation Therapy) are pre-operative procedures which are done before *Panchkarma*. Main procedures of *Panchkarma* are *Vaman*, *Virechan*, *Anuvasan Vasti*, *Asthapan Vasti* and *Shirovirechan*. *Kapha Dosha* is purified by *Vaman*, *Pitta Dosha* is purified by *Virechan*, *Vata Dosha* is purified by *Anuvasan* and *Asthapan Vasti* and *Kapha Dosha* of supraclavicular region is purified by *Shirovirechan*. After *Panchkarma*, post operative procedure is done which is called *Sansarjan Krama* in which *Peya*, *Vilepi* (liquid diet) is given to improve the *Jatharagni* (digestive power)⁵.

b. *Nadi Suddhi*(Purification of Channels)- In Ayurved, word 'Nadi' is used for artery, vein, nerve and *srotas* (channels). But in *Yoga*, *Nadi* are channels



which carry *Prana* (Consciousness). In *Yoga*, there are three main *Nadi*- *Ida*, *Pingala* and *Sushumna*. *Nadi Suddhi* is done by various *Pranayams* i.e. *Surya Bhedan*, *Chandra Bhedan* and *Anuloma Viloma*.

c. Ahar Suddhi (Food Planning)- Man should take mainly *Madhur* drugs like *Jivaniya*, etc. prepared in milk and *Ghee* and woman should take mainly *Til* (*Sesamum indicum*) oil, *Urad* (*Vigna mungo*) and *pitta* aggravating foods⁶.

d. Vihar Suddhi (Activities Planning)- Both partners should not involve in the sexual act. They should make the environment pure by *Dhoop* (medicated fumigation) and *Deep* (lightening by ghee and cotton piece). They should keep spider plant, ivy plant, etc. inside the room and in the campus to purify the air and absorb the electro-magnetic radiations.

2. Sanskar of Conception-

On the 4th day of menstruation, both partners should wear white clothes and garland after taking bath. They should copulate in even days for son and in odd days for daughter. The male partner should go to the bed by right leg and the female partner by left leg and then, after chanting the Mantra '*Ahirasi Ayurasi*

3. Sanskar after Conception-

The *Ahar* and *Vihar* which are beneficial for gravida are also beneficial for the fetus. Therefore, the *Sanskar* for fetus and gravida are same. *Manth* (aqueous solution) of white *Yava* mixed with honey and *Ghee* should be kept in the silver pot and should be given to the lady for 7 days⁸. The colour of walls of the room, bed sheet, clothes and ornaments of gravida should be white. The husband and friends of the gravida should tell pleasant stories to make her happy. The stories and songs listened by the gravida affects the mind of the fetus. Therefore, the gravida should listen various *mantras* and good musics and she should always avoid anger, grief, fear, copulation and unsuitable diet. The study provides preliminary evidence that maternal music exposure beneficially affects neonatal behaviour⁹. She should follow monthly diet regimen which is as follows¹⁰-

- a. In the 1st month- non-medicated milk should be given frequently, suitable diet
- b. In the 2nd month-milk prepared in medicines of *Madhur Gana*
- c. In the 3rd month-milk with honey and *Ghee*
- d. In the 4th month- milk with *Navneet*(butter)
- e. In the 5th month- milk with *Ghee*
- f. In the 6th month- milk prepared with medicines of *Madhur Gana* with *Ghee*



g. In the 7th month- same as 6th month

h. In the 8th month- milk and *Yavagu* mixed with *Ghee*

i. In the 9th month- *Anuvasan Vasti* prepared with medicines of *Madhur Gana*

The gravida who follows this monthly diet regimen, her abdomen, back and gluteal region becomes soft and her flatus, urine and faeces pass easily during pregnancy¹⁰. Her skin and nail becomes soft and she becomes strong and she gives birth of a strong baby.

Yoga is beneficial in high risk pregnancy also. The result of the randomized controlled trial of *Yoga* in high risk pregnancy has shown that yogic visualization and guided imagery can significantly reduce the impedance in the utero-placental and feto-placental circulation¹¹. A prenatal *yoga* program results in benefits during pregnancy as well as throughout labour and on birth outcomes¹². There are different *yogas* for gravida in different stages of pregnancy which are as follows¹³.

First Trimester Yoga-

1. *Utthitatrikasan* (Extended Triangle Pose)
2. *Virbhadrasan* (Warrior Pose)
3. *Virkshasan* (Tree Pose)

Second Semester Yoga-

1. *Vajrasan* (Thunderbolt Pose)
2. *Matsyakridasan* (Flapping Fish Pose)

3. *Marjariasan* (Cat Stretch Pose)

4. *Tadasan* (Mountain Pose)

5. *Bhadrasan* (Gracious Pose)

6. *Katichakrasan* (Waist Rotating Pose)

Third Trimester Yoga-

1. *Ardhatitaliasan* (Half Butterfly Pose)

2. *Poornatitaliasan* (Full Butterfly Pose)

3. *Chakkichalanasan* (Churning Mill Pose)

4. *Utthanasan* (Squat and Rise Pose)

DISCUSSION

Garbh Sanskar is an emerging branch in *Ayurved*. Ahar, Vihar, Yoga and music etc. create special effects on the fetus. This may be also beneficial in the patients of miscarriage, abortion and IUGR. Intrauterine effects of *Garbh Sanskar* should be monitored by modern equipments like USG. This process may be beneficial in achieving high Apgar score and milestones quickly. *Garbh Sanskar* should be developed as a sub-branch in the obstetrics department of *Ayurved*. Research work should be done on modern parameters. Short term courses of *Garbh Sanskar* should be designed in *Ayurved*. Thus, there is need to upgrade and propagate this science for better generation.

CONCLUSION

We have heard the story of *Mahabharata* that *Abhimanyu* have learned the methods



to break the *Chakravyuh* (a condition in the war) in his mother's womb to hear from his father *Arjuna*. There are many stories like this in which it has been said that the baby has learned many things in its mother's womb. These are not just stories only. Now, these facts have been proved by modern science also. Conception should be pre-planned but not by-chance. Antenatal preparation should be started before three months of conception. Conception is a very metaphysical procedure. A great *Kshetranya* (soul) always comes in a great *Kshetra* (body). Therefore, we should make our body great so that great soul come in the womb. After conception various *Ahar* and *Vihar* have been mentioned in *Ayurved* for *Garbh* (fetus) and *Garbhini* (gravid). The role of *Yoga* therapy and music therapy in pregnant lady has been proved by modern science. Further, it is essential to find out genetic changes in the fetus by *Garbh Sanskar*. For that, *Ayurved* and genetic engineering should work together. *Garbhvigyan Anusandhan Kendra* Jamnagar, India is working in this area. Hope, many fruitful results will be found out in future.



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