

Awareness of Garbh Sanskar to Pregnant Women in Rural Areas - A study (Related to Bramhapuri Taluka, Maharashtra)

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Abstract

Child is the future of society, nation and world. Therefore, children need to be well cultured, in cultivate values since the pregnancy for pregnant women . It can be achieved by Garbh sanskar. Prenatal care will benefit the family, nation and ultimately the world.

KEYWORDS : Garbh sanskar, pregnant women, Fetus, Child.

Introduction:

Garbh sanskar is a phenomenon of generation of new baby life in the mother's womb with full development of physical and psychological values. The most important period, for the child to well cultured, is the period of pregnancy. The parents can shape up their beautiful baby as desired in their dreams, so that their future will be secured and brighten their name and fame. Pregnant women's daily routine, dietary, pranayam, yoga, meditation, moral values related readings and good eco friendly environment etc. factors can cultivate the sanskars and cultured the fetus in the mother's womb . In this situation the physical, mental and emotional health of a pregnant mother stimulates the child's health. According to the scientists, the first neuron was prepared in the fetus on the previous day and on day of pregnancy . Afterwards, another 2.5 million neurons are prepared for every minute, which forms the mesh like brain, different cells and Nerves. Then, thereafter the body and sense organs of child are produced. In Vedic and the ancient period, there are many examples of Garbh sanskar including Jijabai's Shiva, Kayadhu's Bhakt Prahlad, Subhadra's Abhimanyu and Swami Vivekananda. Considering that, the rural woman, is unaware of the importance of Garbh sanskar, survey and study of 100 rural pregnant women in Chandrapur district of Brahampuri taluka of Maharashtra is carried out . After discovering their information regarding Garbha anskar, their various problems were studied and the pregnant women were made aware about Garbh sanskar.

Objectives:

- 1) Study the views of rural women on the issues of Garbh sanskar .
- 2) To make rural pregnant women aware of Garbh sanskar .
- 3) To emphasize the importance of Garbh sanskar to rural women.

Hypothesis :

- 1) Rural women unaware of Garbh sanskar .
- 2) Rural Women need to aware of Garbh sanskar .

Research methods:

Conceptual method is used for research. Many reference books, research papers, Thesis, Articles and websites are referred for this research paper. Interview

techniques and observations have been used by surveying 100 pregnant women in Brahmpuri taluka, Chandrapur. After collecting information by supervision and interviews from primary and secondary sources, the results were formulated and the measures were suggested.

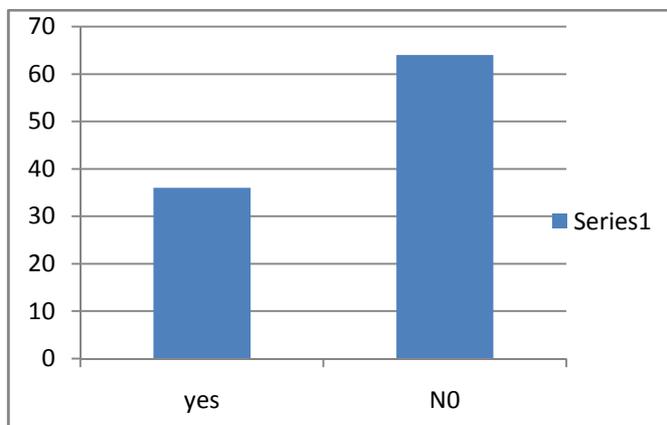
Analysis of information:

Regarding Garbh sanskar many concepts and things prevails in our mind. There is utter confusion in parents regarding the methods and techniques of Garbh sanskar . Sanskar are the continuous attempts to inculcate the good practices or converting the bad practices into the good qualities. Garbh sanskar means giving sanskar to the fetus in mother womb to promote good qualities . Garbh sanskar is a one of the sanskar out of 16, in old Sanatan Religion. Actually, Garbh sanskar begins before the pregnancy. Pregnant women's routine, dietary, pranayam, Yoga and meditation, care of fetus are included in Garbh sanskar . The continuous meditation in the mind of the pregnant women also starts meditation in the mind of fetus in the mother womb.. According to Dr Arnold Mitchell (Neurologist), if the pregnant women is in half-aggravated anger, then the development of fetus stops development of brain and the infant child of the lower intellectual level is born. The pregnant woman needs to try to remain healthy so that baby's body also remains healthy in the first three months, because the fetus is not only a piece of flesh but it is independent live personality, who is aware of all the sensations surrounding him and accordingly he expresses the reaction. Therefore, it is the responsibility of the parents to ensure that the fetus has a good, happy and eco friendly atmosphere. But in reality, in rural areas like Bramhpuri taluka, there is no awareness of Garbh sanskar due to ignorance, illiteracy, superstition, and misconception . With this view, this topic was taken for the study.

Table (1)

SN	Garbh Sanskar Awareness	Percentage
1	yes	36
2	No	64

Garbh sanskar awareness



The above table shows that, 36% of women have awareness about Garbh sanskar . So, 64% of rural women do not have much awareness about Garbh sanskar .

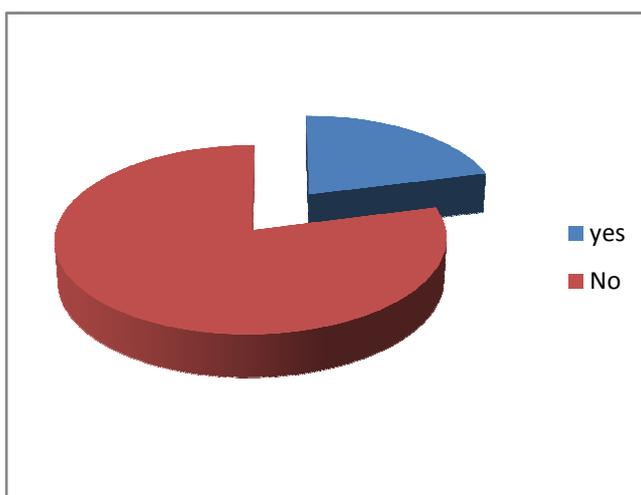
In Ayurveda, a pregnant woman needs to follow a specific diet other than nutrition, chanting and spiritual reading . The sound heard from the mother, influences the brain of the fetus. For this, listening of mother to a special Garbh sanskar music including good thoughts, songs and mantra, spiritual readings etc.. But rural women in the study area have a lot of ignorance about this. Of course, there is a lack of education in rural women, because of these things, there is the lack of proper reading and moral hearing among the woman therefore there is ignorance about the Garbh sanskar.

Motherhood is a boon and every pregnant woman have a dream of giving birth to a bright baby and making her life meaningful. But unfortunately, this sensitive situation is ignored unknowingly by the pregnant women and rural society. When asked to rural the women whether they have faith in Garbh sanskar so that it is possible to make a child as per your wishes when a fetus is given the Garbh sanskar .

Believes about Garbh sanskar

Table-2

SN	Believes about Garbh sanskar	percentage
1	Yes	21
2	No	79



From the opinion of Garbh sanskar, it was noticed that 21% responded to positive answer . So 79% of women did not responded. They knew, that regular care of diet during pregnancy period and if they take a lot of feed, then the baby's weight increases more and more. Such misunderstanding was seen among many rural womens. But in facts, that mothers are unaware of 280 days of pregnancy period, her good thoughts, mentality, interaction with the fetus, happiness, grief, fear, struggle, food, medicine, and ignorance all these adversely affects the development of the fetus, and development of the brain of child. America's Dr. Peter Nathanjil's, a Neurologist study shows that, after transfusion of pregnancy, diet deficiency, wrong and irregular diet causes many disorders in the fetus. The molecularity of the child's problems in the future life of the child can be created in pregnancy. Prenatal education since pregnancy has been described in many ancient books. According to Vedas, 1500-500 BC, in Mahabharata Lord Krishna told his sister Subhadra to conceive the knowledge of destruction of Chakraview when she was pregnant by the process of the Garbh

sanskar on fetus of Abhimanyu , hence Subhadra was aware of Abhimanyu's war art of destruction of Chakraview .

Modern science also supports the tradition of Indian sages. One part of the mother and one particle of the child is correlated to each other. Maternal diet, ideology, mental condition and all of these have a deep impact on the fetus. We also get testimonies for teaching and educating the fetus in the scriptures. Some scientists have proved that the tradition of teaching mantras to the fetus is given in the scripture, which is the vibrancy of the mantra, Oom, Shri, Kali, Raiham etc. In a Christian religion, a woman saint asked Jesus to make her child educative. E.C. answers that when 100 years have passed since child education is started, It means that their child is defined as Baba Pardada.

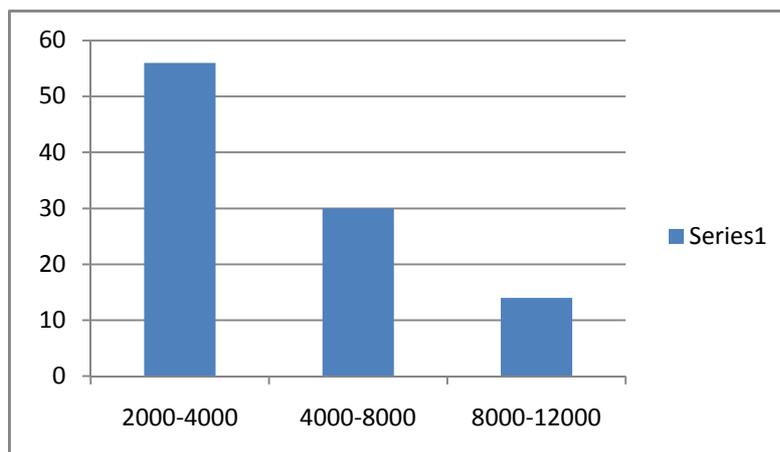
This is a precious gift given by ancestor. Genetics is perfect and very helpful because this spiritual knowledge is combined with the modern science and research. Pregnancy is a child's entire life cycle. Parental education is in our hands. About 70% of the brain develops during the pregnancy period. This reference is also givens in modern science . The 8-month-old baby sees a dream. This means that, the original seed of brain development is initiated in the womb of mother and then after it fully develops in the childhood . In addition, before the pregnancy, there is a need to start preparations for the best, beautiful, progeny for many months. Just for the good crop in the field, the land of the field has to be tough. Similarly, the fetus needs to be good, strong, powerful and healthy in the womb. Otherwise, the faults in the body of child can be created while in the uterus.

Today's parents advocates that they are very aware of their generation, but fact is that they takes care only when the baby is born they are not very serious or cautious about Garbh sanskar. For the rural pregnant women , special care is not given to her nutrition nor being given to a nutritious diet or a balanced diet. Looking at this view of the rural community, it was noticed that the family status for low monthly income of these women is very high and the families with moderate or high monthly income is very little, which also adversely affects the status of pregnant women.

According to monthly family income

Table -3

SN	Monthly Income	Percentage
1	2000-4000	56
2	4000-8000	30
3	8000-12000	14



Families with Rs. 2000 to 4000 monthly household income are 56%, with Rs. 4000 to 8000 monthly household income are 30%, with Rs. 8000 to 12000 income groups are 14% . Rural women should be aware of the fact that the nutrition of the mother affects her health and the fetus. Even though the financial condition is good , the mother is deprived of its balanced and nutritious diet. To improve the growth of the fetus during pregnancy, the nutrition and body health of the mother should be good. Within a few hours of pregnancy, messages for food for the fetus get started, which is a great miracle of nature. A part of the fertilization is transferred to the cells at a specific location. But if the composition in the uterus is spoiled, then it also spoils the structure of organs of fetus. If the supply of nutrients to the pregnant women is reduced, then the speed of fetal growth and development of cells of organs of fetus also reduces. As a result, disorder is produced in the development of the fetus and many health problems arises in the life of child such as diseases like fever, cold, cough, blood , diabetes, heart disease and malnutrition etc. The insufficient, imbalanced and non-nutritious diet to the mother during the pregnancy period causes many serious problems such as abortion, low weight baby and malnutrition of mother and fetus. According to the research by Barkar, the malnutrition of mother causes discharge of internal hormonal fluids which enters the fetus and reduces fetal growth. According to Dr. David, the effects of pregnancy in the womb can also be traced even after the 50 years later. A sound fetal growth of infants, well develops the brain, grows in understanding, increases Learning ability, increases memory and increases curiosity of child. It also helps in improving the physical development and mental development of child. Hence good diet, good eco-friendly surroundings, moral ethics must be Provided to the mother during pregnancy. It is possible by Garbh sanskar to initiate rituals before the pregnancy, during the pregnancy, after the birth of child, to shape up the baby as per the dreams of the mother. Parents are responsible for the baby's development. Therefore, the physical condition of the parents has to be healthy, well-trained and pure. Diet, welfare and good thinking of parents is essential for body-order and mind-cleansing. By this, seed production can be good and from it the seed born child will be healthy and perfect. While the fast development of India in the direction of progress, it is a milestone for us in contributing to the great success for our healthy children by holding hands in hand. It can be achieved by providing Garbh sanskar .

Recommendations:

- 1) To create a capable generation, there is a need to alert the pregnant woman and her whole family.
- 2) Explaining the importance of Garbh sanskar to every pregnant woman.
- 3) Promoting Garbh sanskar .
- 4) Awareness campaign of Anganwadi workers and Asha Workers needs to be implemented in order to emphasize the importance of Garbh sanskar .
- 5) Making availability of information and leaflet information about Garbh sanskar.
- 6) Free medical check up of pregnant womens and providing the medical and nutritional facilities.
- 7) To organize the Pregnancy Camp, training course etc.

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