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REVIEW ARTICLE

The Scientific Aspect of *Garbhasanskar* with Respect to *Ayurveda*: A Review

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Abstract

Introduction: *Garbhasanskar* refers to educating and nurturing the fetus while in the womb. The term combines *Garbh*, meaning a life developing in a woman's womb, and *Sanskar*, referring to mental impressions, habits, and tendencies that shape an individual's character and behavior. During pregnancy, a mother's emotions and perceptions are transmitted to the fetus. *Garbhasanskar* teaches expectant mothers practices such as *yoga, pranayama*, meditation, reading, positive thinking, prayer, proper nutrition, and visualisation to intentionally cultivate a desirable impact on the fetus's development. **Method:** The study gathers insights on *Garbhasanskar* from classical Ayurvedic texts including Charak Samhita, Sushruta Samhita, Ashtanga Sangraha, and Harita Samhita, as well as contemporary *Garbhasanskar* literature. Scientific data was also incorporated from the field of epigenetics, which examines how environmental factors and behaviors influence gene function. Based on this fusion of traditional wisdom and modern science, a structured *Garbhasanskar* course was developed, encompassing ten key topics for enhancing fetal development: (1) Fetal growth across the 9 months and the role of *Garbhasanskar*. (2) Importance of learned behavior and belief systems. (3) Mental programming and the power of visualization. (4) Reading during pregnancy. (5) Communication with the fetus (*Garbha Samvad*). (6) Influence of music and month-specific ragas on fetal development. (7) Five-sense stimulation activities. (8) Practice of yoga and pranayama. (9) Nutritional management. (10) Meditation techniques. **Result:** Deeply rooted in Ayurveda, *Garbhasanskar* offers a compelling intersection between ancient traditions and contemporary science. The approach suggests that foundational elements of health, creativity, and social values can be nurtured from the womb itself. Thus, every expecting mother or parent is encouraged to undergo *Garbhasanskar* training to help raise intelligent, emotionally balanced, and socially aware children.

Major Findings: Educating mothers through *Garbhasanskar* and antenatal care can lower maternal mortality and enhance holistic prenatal well-being. It promotes intentional, pre-planned pregnancies aimed at nurturing physically, mentally, and spiritually enriched children, aligning with both parental goals and societal progress.

Keywords: Antenatal Care, *Ayurvedic Garbhasanskar*, *Garbhini Paricharya*, Scientific *Garbhasanskar*

1. Introduction

The World Health Organisation estimates that every day in 2023, over 700 women died from preventable causes related to pregnancy and childbirth[1]. One Complication during pregnancy and delivery affects about 60 million women who survive[2]. Pregnancy care appears to be a helpful tactic for lowering pregnancy risks, improving a healthy lifestyle for mothers, and encouraging delivery preparedness. The vast majority of expectant mothers appear to be unaware of the pregnancy dos and don'ts.

This was explained by *Ayurveda* in the context of *Garbhasanskar.* The fetus must be cared for with nutritious food and a calm emotional environment, emphasising the mother's conduct (*Achar Rasayana*) as crucial for fetal development[3]. *Garbha* means a new life taking shape in a woman's womb, and *sanskar* means to educate. During the pregnancy period, whatever emotional perception a woman experiences, the same

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is transmitted to the fetus. *Garbhasanskar* is a holistic approach that emphasises the significance of a mother's mental and emotional state throughout pregnancy to promote ideal fetal development and well-being for both the mother and baby[4]. UNICEF also accepted the importance of the thousand-day life of a child[5], which begins with conception. The first 1000 days of life—between a woman's pregnancy and her child's second birthday—are a unique period of opportunity when the foundations for optimum health and development across the lifespan are established[6].

Increasing evidence correlates maternal lifestyle and prenatal variables with significant health repercussions and diseases in later life[7]. So this epigenetic study supports the *Garbhasanskar*, as providing a supportive environment to the mother could make a positive impact on her fetus. But unfortunately, most of the population is unaware of this fact, and so they can't take advantage of this technique, and parents lose their crucial period of nurturing a genius. So this study will help parent to know about the scientific aspects behind their *Garbhasanskar* techniques and could practice all techniques with more faith and belief.

2. History of *Garbhasanskar* (Prenatal Education)

Garbhasanskar was originally mentioned in the *Rigveda Samhita* 3500 years ago[8]. Ancient Indian texts mentioned the importance of giving birth to a healthy baby. Various stories of *Garbhasanskar* are found in Hindu mythology in the *Ramayana*. Reference is found that before the birth of Rama, *Agni Devata* gave the king Dashrath rice pudding during the *putra kameshti yagya*[9]. Which, in the form of *Garbhasanskar* alone, can be regarded as ritual. The narrative of Abhimanyu is well-known in the Mahabharat because, while still in his mother Subhadra's womb, Lord Krishna taught him how to participate in *chakravyuha*[10], which can be considered in the form of *Garbhasanskar* only.

3. Need of the *Garbhasanskar*

In the mother's womb, the baby's development, including physical, mental, emotional, social, spiritual, and intellectual, occurs. Families are now nuclear in today's world, and everyone expects one or two children. So, every parent must put in effort before considering parenthood, if they want to raise their children in a healthy, intellectual and spiritual environment. Children raised in the least idealistic social codes tend to draw more bad influences than positive ones. If a parent gives time to practising *Garbhasanskar*, the child's *sanskar* embedding will be simpler. As a result, it is possible to raise an unborn child's intellectual, emotional, social, and spiritual quotient by practising *Garbhasanskar.*

4. *Beejasanskar*

The field of genomes is growing fast, but *Garbhasanskar* came before. Modern science explains that it takes 72 days to form an egg and 84 days to form sperm, which means that almost 3 months before conception, we need to focus on diet, nutrition, and mindset to form a healthy egg and sperm. *Ayurveda* also says that good *ritu* (season), *kshetra* (place), *beeja* (seeds), and *kala* (time) need to germinate seeds into trees[11]. In the same aspect, proper *kshetra* (place), by means body purified by *panchakarma* techniques, good qualities of sperm and eggs, proper time and proper season are needed for quality conception. According to genome science, half of the baby's DNA comes from the mother and half from the father, so the mother's food, thinking, mood, medicine, emotions, and lifestyle will make a positive egg to mature. In one sexual contact 300 million sperm released into vagina, allow enter desired sperm it depends upon energy field of both egg and sperm the same thing also explained in *ayurved* science that particular *atma* (soul) will attract to the *garba* depends on karma (sum of persons actions) of that fetus, mother and father[12].

5. *Garbhasanskar* in *Ayurveda*

Ayurveda considers four important factors for the outcome of a healthy child. So, after 90 days of *beeja sanskar* (cleansing and educating seeds) protocol, copulation is advised in *ritukal*. If conception occurs, then follow *masanumasik paricharya* (daily routine of pregnancy), explained in detail below in Table 1 by various *acharyas* and *pathya* during the antenatal period.

5.1 *Gharbhini Paricharya* (Daily Routine of Pregnancy) by *Ayurveda*

During pregnancy fetus obtains nutrients from the mother through the placenta. So, appropriate nutrition for the mother and the fetus developing in the womb is highly vital. The detailed monthly food plan for pregnant women, known as the *Masanumasik paricharya*, is provided below in Table 1, since *Ayurvedic acharyas* were aware of the stages of development.

Most *Acharyas* recommended milk and drugs of *the Madhur* (sweet) group of drugs in the first trimester, as it possesses anabolic properties. A healthy diet, milk, gives the fetus stability and nourishment. Additionally, the majority of women complain of sickness, which prevents them from following a healthy diet. Dehydration can be avoided, and daily nourishment can be provided by using a cool, sweet, liquid diet milk.

The fetus's muscle tissue develops adequately in the second trimester, so *Acharya Sushrut* advised the pregnant woman to take *Jangal mansa* (meat of desert animals), which means meat of animals that live in the *Jangal pradesh*. Due to disruptions in renal function, the majority of pregnant women experience difficulties from water accumulation, such as oedema over the feet. *Gokshura* (*Tribulus terrestris*), a potent diuretic, is used to avoid this disruption[17].

In the last trimester, due to *Asthapan* (enema of decoction) and *Anuvasan* (enema of oil). *Anulomana* of *Vata* occurs, which in turn leads to *Sukha* (easy) and *Nirupdrava* (without complications) *Prasava* (labour)[18].

Table 1. Comparison of *Masanumasik Gharbhini Paricharya*

Sr. no.	*Charak samhita*[13]	*Sushruta samhita*[14]	*Ashtanga sangraha*[15]	*Harita samhita*[16]
1st month	Non-medicated milk	*Madhur* (sweet), *sheet* (cold), liquid diet	Medicated milk	*Madhuyashti madhuka pushpa* with butter, honey and sweet milk
2nd month	Milk medicated with *madhurasa* (sweet), drugs	*Madhur* (sweet), *sheet (*cold) liquid diet	Milk medicated with *madhur* (sweet), *rasa*	Sweetened milk treated with *kakoli* (*Roscoea purpurea)*
3rd month	Milk with honey and *ghrita*	*Madhur* (sweet), sheet (cold) liquid diet	Milk with honey and *ghrita*	*Krishara* (pulav)
4th month	Milk with butter	Cooked *shashti* rice with dainty and pleasant food mixed with milk and butter, and *jangal mass* (meat of desert animals)	Milk with 1tola that is 12 grams of butter	Medicated cooked rice
5th month	*Ghrita* (ghee) prepared with butter extracted from milk	Cooked *shashthik* rice with milk, *jangal mamsa* (meat of desert animals), along with dainty food mixed with milk and *ghrita*	*Grita* (ghee) prepared with butter extracted from milk	*Payasa* (sweetened milk)
6th month	*Ghrita* (ghee) prepared from milk medicated with *madhur* drugs	*Ghrita* (ghee) or rice gruel medicated with *Gokshura* (tribulus terrestris),	*Ghrita* (ghee) prepared from milk medicated with *madhur* (sweet), drugs	Sweetened curd
7th month	*Ghrita* (ghee) prepared from milk medicated with *madhur* (sweet), drugs	*Ghrita* (ghee) medicated with *prithak parini* (Uraria picta). group of drugs and *asthapan,* i.e. Enema with decoction of *badradi* mixed with bala	*Ghrita* (ghee) prepared from milk medicated with *madhur* (sweet), drugs	*Ghrit* (ghee) *khanda* (sweet dish)
8th month	*Ksheeryavagu* (dal soup medicated with *ghrita* (ghee)	Enema of decoction (*asthapan*) followed by enema of oil (*anuvasan*)	*Ksheeryavagu* with *ghrita asthapan* (enema of decoction) with *anuvasan* (enema of oil)	*Ghritpurak*
9th month	*Anuvasan basti* (enema of oil) and vaginal tampons of oil	Unctuous gruel and *jangal mansarasa* (meat of desert animals) up to a period of delivery	*Anuvasan basti* (enema of oil) and vaginal tampons of oil	Different varieties of cereals

Physiological changes take place throughout pregnancy to support the growing fetus and get the mother ready for labour and delivery. An increasing amount of data suggests that prenatal and maternal lifestyle factors are linked to major health issues and diseases in later life[19]. Numerous diseases and disorders are thought to occur as a result of epigenetic mechanisms, including DNA methylation, chromatin changes, and the control of gene expression during gestation. UNICEF states that proper nutrition and care during the 1000-day period affect a child's chances of surviving as well as their capacity to develop, learn, and escape poverty. As such, it contributes to society's long-term health, stability, and prosperity. The baby's development, including physical, mental, emotional, social, spiritual, and intellectual, takes place in the mother's womb. According to *Ayurveda*, in the pregnancy stage itself, one can most easily and effectively enrich their child with *sanskar,* which are the values and virtues that last for a lifetime.

6. *Garbhasanskar*

So with the help of ancient knowledge of *Ayurveda* and modern science combined, the course of *Garbhasanskar,* which includes 10 topics for better growth and development of the fetus in the womb are given below.

6.1 Development Process of a Baby During the 9 Months and the Role of *Garbhasanskar*

As the baby goes through the development process, a specific part of the fetus gears speed in a specific month to support that development. *Ayurveda* suggested *Masanumasik kalpa*[20] for each month, specifically to nurture, which is sprouting. Taking care of diet, *Ayurveda* also suggested what to eat or drink, as explained in Table 1 above.

6.2 Effects and Importance of the Learning Process

Scientific evidence supports that verbal, guided imagery, and visualisation-based interventions during pregnancy—often rooted in meditative or spiritual traditions—can have measurable effects on maternal and fetal outcomes. These methods align closely with the "thought-action-belief" chain emphasised by spiritual leaders like Shivani Didi and Sri Sri Ravi Shankar, translating spiritual practices into neuropsychological benefits. A study by Kovacevic found that verbal feedback and guided visualisation of the fetus led to increased maternal-fetal attachment and more positive emotional responses during pregnancy. This highlights that imagined or visualised interactions with the unborn child have meaningful psychological effects[21].

6.3 Mind Programming and the Effect of Visualisation

It is the scientific procedure for visualisation of the qualities of your unborn that you wish to inculcate in your child. Here, science as well as spiritual guidance will help educate the mother for visualisation. One study carried out in support of this fact. The result of the study shows that creative visualisation, a change in the mother's attitude towards their unborn child, was found to be positive[22].

6.4 Reading Technique in *Garbhasanskar*

The mother is taught to read aloud as it develops the right as well as the left brain of the fetus. By reading, observing, analysing, and registering this process, the mother will activate the brain cells, and those cells remain activated until we are in the resting phase. Reading the books of great people whose qualities you want to instil in your child with a loud voice that you and your baby can hear. A daily one-sleep moral story, which will help to set the biological clock of a baby for sleep time, and they will not bother you or disturb your sleep time after they come into the world. The results of a Brazilian study on the benefits of reading aloud to children during pregnancy and the early years of infancy also show that reading aloud to children during pregnancy and early childhood increases their vocabulary[23].

6.5 Connecting to the Fetus Using *Garbha Samvad* (Talking to Baby)

In *garbha samvad,* a mother is taught how to communicate with her baby so that the bond of love gives power and a feeling of contentment and happiness to the unborn as well as the mother. It is of two types: 1. *Aupcharik garbha samvad* (month-wise talk); 2. *Anaupcharik garbha samvad* (casual talk). The results of

a study on the near-term fetal reaction to the mother's spoken voice show that both the mother's and the fetus's states have an impact on the fetus's responsiveness, which has implications for understanding how the fetus learns the mother's voice in realistic settings[24].

6.6 Effects of Music and Month-wise Music (*Raga*) for Proper Development of the Baby

The physical effects of music include changes in blood flow, blood pressure, a lower heart rate, stimulation of chemicals in the brain, and speed of muscle reaction. The psychological effect of music on the body and mind facilitates visualisation and diverts attention away from the unpleasant situation affecting the brain. It accelerates newborn neuron formation, neuron transformation, and neuron connection. Specific *ragas* in specific months that help, support, and accelerate that particular growth. One study examines how sound stimulations during pregnancy affect fetal learning. The results of the study indicate that prenatal sound stimulation, including music and voice, can affect the newborn's neural system and produce stimulus-specific memory traces while the fetus is still developing[25].

6.7 IQ Development Techniques

As much new thing you learn or just a one-time telling, sows the seed of knowledge in a fetus, which you will quickly learn after birth. As we know, the brain is divided into the right and left hemispheres. The left brain helps with thinking, sequencing, linear thinking, math, facts, and logic, whereas the right brain helps with visualisation, imagination, intuition, rhythm, holistic thinking, and the arts. It means the left-brain dominant people are mostly analytical and methodical in thinking, and the right-brain dominant tend to be more creative and artistic, so the mother is guided about the specific activities to activate specific brains, like reading. On both sides, various activities like solving Sudoku puzzles and card games help in right and left brain development. The study's findings on how maternal mathematical activities affect the developing fetus's brain are that the fetus's brain function may be improved, and the child may have a cognitive advantage if there is a correlation between the mother's mathematical activity and the blood flow to the fetal brain[26].

Sense development activity: for developing the five senses, different activities are planned for enhancing that particular sense.

6.8 *Yoga* and *Pranayama*

Light stretching and breathing exercises are advised according to trimester, with technical care in specific conditions like bed rest. As the fetus inside the womb grows, the skin and body parts get some stretch and pain, which will easily be relieved by specific *Yogasana*, and the capacity of breathing is increased by the *pranayama* techniques, which will help in the delivery process. The study regarding *Yoga* is carried out on the topic- Pregnancy *Yoga*: perspectives and experiences of women. As a result, pregnancy *Yoga* has been shown to give women balance, healthcare autonomy, and connection throughout their pregnancies, deliveries, and possibly beyond[27].

6.9 Diet Guidance

The importance of a protein-rich diet from a modern aspect to mothers is explained, and the diet chart of the mother is made according to her weight and physical condition, which will help her grow her baby well, while maintaining her own body. Also, the *Garbhini masanumasik paricharya,* i.e. diet according to pregnancy month, explained in Table 1, is advised for every pregnant woman.

6.10 Meditation Technique

Science also proved that meditation has several benefits for the body, mind, and soul. The mother is taught about the various techniques of meditation, like chakra meditation, chanting meditation, and *Aanapan* meditation. Whichever meditation she likes, she can continue it in pregnancy as well, after delivery. The calmness of mind of a lady will promote the good growth of the fetus. Meditation reduces stress in pregnant mothers[28].

6.11 Molecular and Epigenetic Findings

6.11.1 Gene Expression and Chromatin Modulation by Meditation

A systematic review showed that Mind–Body Interventions (MBIs), including meditation and visualisation, led to downregulation of pro-inflammatory genes and modulation of chromatin

remodelling genes, such as those involved in circadian rhythm and histone modification[29].

6.11.2 Prenatal Epigenetic Effects of Meditation

Yang *et al.*,[30] observed increased DNA methylation levels at specific loci in pregnant women who practised *Yoga* and meditation. These epigenetic changes are believed to influence long-term metabolic and neurodevelopmental outcomes in offspring.

6.11.3 Integrative Medicine and Epigenetic Shifts

Kanherkar *et al.*,[31] described how lifestyle practices including *Yoga* and guided imagery, alter both DNA and histone methylation, suggesting that such interventions may promote chromatin states conducive to health, supporting the "positive thought creates positive biology" principle central to *Garbhasanskara*.

6.11.4 Prenatal Stress, Epigenetics, and Development

Mursyid *et al.*,[32] documented how maternal stress modulates DNA methylation patterns that correlate with neurodevelopmental risks. This implies that reducing stress through spiritual or verbal interventions may offer a protective effect at the genomic level.

7. Discussion

Garbhasanskar, a concept deeply rooted in Ayurvedic tradition, has gained growing recognition for its potential to shape the mental, emotional, and physical development of the fetus. Popular works by Balaji Tambe, Dr. Gitanjali Shah, Mana Shakti Kendra, and Dr. Megha Shaha provide anecdotal and experiential evidence of its success. However, integrating these practices with modern scientific methodologies is essential to validate their broader application and efficacy.

Recent studies have begun to establish a foundation for this integration. One study[33] demonstrated that *Garbhasanskar* significantly reduced maternal stress, anxiety, and medical comorbidities, while also decreasing the rate of cesarean deliveries. Moreover, statistically significant improvements were observed in newborn outcomes such as birth weight, Apgar scores, and overall growth parameters. Another controlled study[34] examining the *Garbhasanskar* Challenge revealed that pregnant women who engaged in the program experienced notably lower levels of stress, depression, and anxiety compared to the control group, with results reaching high statistical significance ($p < 0.001$). These findings strongly suggest the therapeutic potential of *Garbhasanskar* for enhancing prenatal mental health and birth outcomes.

Beyond immediate obstetric benefits, there is a compelling argument to be made for the long-term health implications of *Garbhasanskar*. Emerging research in epigenetics and molecular biology supports the notion that maternal behaviour, emotional states, and environmental exposures during pregnancy can result in epigenetic modifications in the fetus. Practices such as verbal affirmations, meditation, music, and lifestyle modifications inherent in *Garbhasanskar* may influence gene expression patterns linked to neurodevelopment, immune function, and stress regulation.

This opens a significant avenue for exploring the probable influence of *Garbhasanskar* on the predisposition to modern diseases such as autism spectrum disorders, Attention-Deficit/Hyperactivity Disorder (ADHD), anxiety disorders, and even metabolic conditions like type 2 diabetes and cardiovascular disease. These conditions have been increasingly associated with early developmental programming and prenatal stress. In light of this evidence, *Garbhasanskar* should not only be considered a cultural or spiritual practice but also as a potential complementary intervention in maternal-fetal medicine.

8. Conclusion

Statistical data[1,2] shows that, mortality factor of mothers could be reduced by educating her in antenatal care, or *Garbhsanskar* could make a huge difference by making her physique as well as taking care of her mental wellbeing, and also will help her to be creative in the creation of the fetus as per her desires. This capability of creating genius will keep her mentally calm, as in a fast revolving society, everyone opts for 1 or 2 children, they prefer them to be the best. Parents have their top priority in the progress of their children, although they neglect this important phase of pre-planning or planning. Here, the need for *Garbhasanskar* is focused. Every parent must learn this take-home message that pregnancy should be pre-planned, and it should never

be by chance. By taking advantage of this ancient science of *Garbhasanskar* and scientific techniques, one can create a genius, physically, mentally, socially, and spiritually fit and desired quality child, which will fulfil the desires of parents as well as contribute to making this world better by better people. So every expecting parent should do the *Garbhasanskar* course and learn ancient as well as modern techniques to develop the genius child as well as the beautiful buddy.

9. Author Contribution

All three authors contributed to conceptualisation, methodology, analysis, and manuscript editing. Author 1 led the original draft, supervision, and project administration, while Authors 2 and 3 contributed to validation and visualization. All authors have read and agreed to the published version of the manuscript.

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