



## Yoga and Garbavidhya

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### Abstract

*Indian culture is conscious about to sending cultural values including ideal human beings, ideal family and ideal society to the generations. Garbha Vidhya literally means that building the physical and mental character of a child during pregnancy through an ancient truth it appears to have been forgotten. Positive thinking, reading books, listening music, colour therapy concentration along with yoga etc. became the protocols of Garbha Vidhya. Numerous scientific evidences and experiments are going on about Garbha Vidhya. Foetus who have the opportunity to hear stories and music repeated to them in utero can demonstrate recognition for this material later in life. Better sleeping habits, better at breast feeding, more alert, confident and bond with parents better are some of the advantages of practising Garbha Vidhya. These are the gifts and rewards of active parenting. To compete in today's overgrowing population and resulting race our future generation need to be very intelligent, resourceful and creative. By following Garbha Vidhya, in another hundred years, every pregnant women will be consciously cultivating happy joyful thoughts specially to foster optimal growth for their unborn children.*

**Keywords:** Yoga, Garbavidhya, Pregnant Women, Foetus.

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### Introduction

The word pregnancy brings with itself a variety of emotions. On one hand, it means devoting the conjugal life toward divine process of "Srijan" (or) creation, expectations of a new life descending on earth, unbridled joy, happiness, excitement and expansion. On the other hand, it also means the beginning of a long wait, anxiety, pain and labour. Whatever it may mean to different people, a common aspect of pregnancy is a couples involvement in creation with a series of possible complications associated with it (Saraswati, 2010).

Physicians, biologists and other scientists agree that conception marks the beginning of the life of a human being, a being that is alive and is a member of the human species. There is overwhelming agreement on this point in countless medical, biological and scientific writings (Senate Judiciary Committee, 1981). Garba Vidhya means "Educating good values to the foetus in the womb" and if parents want a "whole" (Alert, Attentive, Brilliant, Healthy, Receptive and Intelligent, etc.) baby, most essential and important thing was that to educate and imbibe "Good values", to the foetus, later on responsible as well as respective citizen to the nation. (Vishnu G. Karnataki, 2007).

### When Life Begins

The changes occurring between implantation, a six week embryo, a six months foetus, a one week old child (or) a mature adult are merely stages of development and maturation. The majority of our group could find no point in time between the union of sperm and egg (or) atleast the blastocyst stage and the birth of the infant at which point we could say that this was not a human life.

### History of Garbha Vidhya

#### Abhimanyu

The story of abhimanyu is well known in the mahabharata. abhimanyu the son of Arjuna, learned how to enter the chakravyuha (strategic arrangement of warriors to entrap and defeat the enemy) when he was in his mother's womb. He had heard and remembered the narration of the technique by lord Krishna to subhadra during her pregnancy.

#### Lord Buddha

Before the birth of Buddha his mother mahamaya had followed certain specific rituals. In the month of Ashadha, she celebrated the seven day festival and gave alms to the poor. She did penance by giving up some of her pleasures. After that she had a dream in which bodhisattva, by the name of sumedth asked permission to take birth in her womb, she happily consented, later a brilliant son was born to her in the pleasant environments of lumbini. He became Lord

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Buddha.

### **Prahlad**

When prahlads mother was pregnant with him, she used to listen to devotional songs. Therefore even through prahlad took birth in a Rakshasa family he became a devotee of lord krishna.

### **Ashtavakra**

Rishi udalak was a great saint. He had an able disciple called kohod. The rishi gave his daughter sujata in marriage to kahod. Once when sujata was pregnant, kahod was reciting some shlokas. The baby in the womb realized the recitation was incorrect and asked him to correct it. Kahod was livid with rage. He put a curse on his son so that he would be born bent in eight places. The child ashtavakra was born bent in eight places. The father's anger thoughts affected the baby.

### **Yehudi Menuhin**

Yehudi Menuhin believes that his own musical talent was partly due to the fact that his parents were always singing and playing music before he was born.

### **Ramayana**

In Ramayana too reference is found that before the birth of lord Rama during "putra kameshti yagna the agni devata gave king dashrataa "payas" which can be considered as a form of garbha sanskar only.

### **Other cultures**

In Korea, Garbha vidhya is very popular. In many western cultures as well certain types of music such as mozort is believed to have a positive effect on the unborn child. Different cultures around the world also encourage nurturing the bond between the mothers and growing baby just like in garbha vidhya. So around the world expectant mothers and fathers as well speak to the mother's baby womb (Karnataki, 2007).

### **Sanskars**

Our scripture has well described the sanskar in different ways for every person and Indian culture insists a compilation to have all sanskar in every human who is taking birth. This rituals has been starts from pre conception to the death, and been highlighted on all three part of life as physical, mental and spiritual, concept behind each sanskas is more important and particular for children's upbringing breakouts. (Patel, 2015).

For overcoming defects in foetus, Garbhadhan / Rutushanti, punsavan and Simatonnayan are the three sanskars performed during pregnancy. The objective of Garbhadhan / Rutushanti was to purify and overcome any defects in ovum, foetus and the womb. Punsavan has originated from "Punsya Avanaha." Punsavan means prowess and avanaha means descent on to the earth. The word Simantonnayan is derived from two words Simant (Meaning the line of parting of hand) and Unnayan (meaning combing hair from the sides to the top. As a

result, pleasant frequencies enter her body through the Sahasrar Chakra and facilitate the proper growth of the foetus. (Sanatan Sanstha, 1994).

### **Benefits of Garbha Vidhya**

By practicing Garbha Vidhya, the baby will

1. have better sleeping habits
2. be more alert and confident
3. more content
4. more active at birth
5. better at breast feeding
6. bond with parents better

The advantages of Garbha Vidhya are not only that you educate your child and there is development of a bond between the mother and the child and also has a great impact on the health of mother. The positive thinking and attitude promotes physical well being of the mother (Dr. Mrs. Mrunmai Masodkar, 2014).

### **Methodology**

#### **1. Experience before birth**

Babies have experiences that have lifelong implications, that has taken similar course in the world. Early experiences prenatally during birth and in the first year of life do indeed have lifelong implications for health and happiness. These experiences can affect the child in both positive and difficult ways, depending on what happens. (Dr. Unnati Chavda, 2015).

Electrochemical information in many forms coming from thoughts, feelings and experiences that a person has will influence how the genes we are born with will function. In addition chemicals in the environment around a human will influence how the genes express themselves. Experiences that grand parents have will influence their grand children's life as these epigenetic changes can be multigenerational. Professionals can also track how experiences influence the baby in utero especially high level of stress preconception can influence their baby's development and also that of further generations. Every parent wants the best for their child cellular biologist's show that what a woman experiences then can create an environment that influence which genes are selected especially if she can avoid high stress (or) experiences of fear (or) loss. Research has shown that babies can experience their parent's intention and communication, even if they don't understand the words. These babies exhibit enhanced visual, auditory, linguistic and motor development. In general they sleep better more alert, confident and content than infants who were not who did not receive the level of communication in utero.

If stress was more for mother, then it can program the baby's nervous system so he (or) she is hard to settle, negatively affecting sleep, communication, eating and even motor and cognitive development (Chavda, 2015).

#### **2. How to give Garbha Vidhya**

There are many ways of educating unborn child

and some of them are mentioned here.

#### **a. Positive thinking**

Thinking positive always and try to retain a happy atmosphere around you bring only positive thoughts to your mind and think about your good times in the past (or) think beautiful scenery (or) land scape (or) anything that makes you smile and feel happy.

#### **b. Reading books**

Reading books that give positive feeling and avoid books that are filled with horror (or) thrilling feelings.

#### **c. Listening music**

Listening music not only soothe the mother, baby will feel good and it will calm down mothers in nerves too. The importance of prenatal sound and music which included sound environment in the womb, music aids development in the womb, pre-natal brain stimulation hearing at birth the maternal womb is the first school of music, music and prenatal stress reduction, prenatal memory and learning communication before language and sensitive to touch.

When particular Raaga i.e tunes will produce “Peaceable” as well as “courageous” temperament of the baby by using “shanthi – Raga” and “veera-raga” tunes. The rhythmic sounds of music are captured by a Child’s subconscious mind very effectively. The vibration of sound waves can influence both mother and her foetus therefore the music designed for garbha vidhya is useful for the health and personality development of foetus.

#### **d. Color therapy**

Concentrating on favourable colour for 12 minutes morning and evening will cause to increase coverage and confidence.

#### **e. Concentration**

Great personalities such as great philosopher swami vivekanada, shivaji maharaj and picture of a beautiful, wonderful, attractive baby will induce positive thoughts and courage with confidence.

#### **f. Yoga**

The benefits of yoga during pregnancy includes that yoga minimises the discomforts and complications faced during different stages of pregnancy. It improves the circulation of blood, which really helps in dealing with different functional changes occurring in the body.

Yoga stretches the body, and therefore makes it flexible to deal with the increasing weight. It also helps in maintaining the balance between body weight and body mass index, breathing exercises called Pranayama was done to calm the body and the mind by proper functioning of endocrine system of the body. Yoga ensures a comfortable and easy delivery. With regular practice of yoga throughout the pregnancy, the body parts which play an active role during the process of

delivery become flexible, toned and strong, many women who practice yoga regularly have found delivery to be much easier (Saraswat, 2010).

#### **Positive thinking**

Research has shown that babies can experience their parents intentions and communication even if they don’t understand the words. These babies exhibit enhanced visual, auditory, linguistic and motor development. In general these babies sleep better are more alert confident and content than infant who were not who did not receive this level of communication in utero. (Chavda, 2015).

#### **Brain development**

Today science has proved that the unknown baby cannot only listen, feel but respond by its own way. More than 60% of brain development occurs in intrauterine period. On the first 18 months of life in a human lays down the significant nerve pathway. The brain develops rapidly until age three where neurons not being used (or) stimulated will be pruned. Yoga Garbha Vidhya is a process to achieve physical, mental spiritual emotional social development and perfection for the baby and mother.

#### **Discussion**

Human life is one. Each person is an indivisible unity. The physical, social and spiritual are not three different parts of the person. They are the same whole person seen from three different relationships. The whole person is a physical being. The whole person is a social being. And the whole person is a spiritual being. He is all three at the same time. Medical science has made marvellous contributions toward healing disease and easing human suffering. But it has not removed the appealing burden of such diseases as heart attack, cancer, stroke and mental illness. People must be educated and motivated to live in compliance with the fundamental laws of life if there is to be improvement in the quality and length of life.

From foetal psychology, by nine months, a developing foetus can hiccup and react to loud noises, end of second trimester it can hear. On sleep REM (Rapid eye movements) occurs. At nine weeks, the embryo’s ballooning brain allows it to bend its body react to loud sounds. Before first trimester, it yawns, sucks and swallows, as well as feels and smells. By the end of the second trimester, it can hear, toward the end of pregnancy, it can see. (Janet L. Hopsan, 1998).

Pregnancy stimulates almost every tissue and organ to function at a higher intensity. Certain new functions are assumed by the uterus viz., the protection of the grasping embryo, development of a mechanism for its nourishment and hypertrophy of growth of muscular tissue. (M.A. Kamath, 1949). The fundamental principles with which the embryology of the Acharyas (Sushruta, Dhanvantari, etc.) was started are substantially the same as have now been discovered by the researchers of the

western workers. Sushruta demonstrated the fact that “by a physiological process known as Rasapaka (Metabolism) the lymph cycle is metamorphosed in to sperm in men (or) in to ovum in woman. (Kaviraj Kunjalal Bhisvaganth, 1963).

The style of attachment between mother and baby could have lifelong and multigenerational implications. From recent studies thought it was that humans had over 1,00,000 genes that could be mapped and therefore disease and health could be easily tracked and hopefully manipulated for the greater good.

However only 25,000 genes were discovered and research turned to looking at how the environment influenced, hence expressing this field of study is called “epigenetics”

On each and every practice of Garbha Vidhya scientific evidences are present and they are elaborated. (Dr. Hitesh Ishwarlal Jani, 2015).

Music therapy have a wide range of interaction listening and experience with conversation were committing prenatals to memory. Numerous experiments have made it clear that prenatals who have the opportunity to hear stories and music repeated to them in utero can demonstrate recognition for this material later in life spectrographic analysis of voice and cry sound as early as 26 weeks of gestation show how far babies of this age have already progressed in adopting the voice characteristics of the mother.

In the last fifteen years as music therapy and Garbha Vidhya were gradually being known, many books, tapes and exercises were created to help parents understand and communicate with babies in the womb. All are potentially valuable in helping parents to make a creative and loving attachment.

From music therapy, certain proven facts are

1. Babies in the womb are alert, aware and attentive to activities involving voice, touch and music.
2. Forming stronger relationships with their parents resulting in better attachments and better birthing experience.
3. Babies tend to show precocious development of speech, fine and gross motor performance, better emotional skills. Self-regulation and better cognitive processing. These are the gifts and rewards of active parenting.

Yoga along with affirmation and relaxation will give the whole baby which depends on the positive mind set of the parents and the environment.

## Conclusion

To compete in today's overgrowing population and resulting role our future generation need to be very intelligent, resourceful and creative. Women power has been very raised and their importance told by proverb like “The hand that rocks the cradle, rules the world”. This power can be enhanced actively by Garbha vidhya done under in to all upcoming generations. So in another hundred years, every pregnant mom in the world will be consciously cultivating happy joyful thoughts specially

to foster optimal growth for their unborn children.

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