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The Physiological and Psychological Well-Being of Expectant Mothers Through Garbh Sanskar

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Abstract: This This research investigates the impact of Garbh Sanskar, an ancient Indian practice of prenatal education, on the physiological and psychological well-being of expectant mothers. Garbh Sanskar encompasses a holistic approach, integrating practices like mindful meditation, yoga, a balanced diet, music therapy, positive affirmations, and communication with the fetus, aiming to create a nurturing environment for both mother and child. This study investigates the hypothesis that consistent engagement with Garbh Sanskar practices reduces maternal stress, improves mental and emotional health, and positively influences physiological parameters such as blood pressure and hormonal balance during pregnancy. A comprehensive review of existing literature is combined with empirical data collected from expectant mothers participating in Garbh Sanskar programs of Garbh Sanskar Guru Application. A mixed-methods approach, combining Quantitative data includes stress levels, mood scores, and relevant physiological measurements, while qualitative data captures personal experiences and perceptions of well-being. The findings are expected to demonstrate the significant benefits of Garbh Sanskar in promoting a healthier and more positive pregnancy experience, highlighting the potential of integrating traditional wisdom with modern prenatal care. Qualitative data reveals that participants perceive Garbh Sanskar as a valuable tool for fostering a sense of calm, connection with their unborn child, and empowerment during pregnancy. This research contributes to a growing body of evidence supporting holistic approaches to maternal wellness and offers valuable insights for healthcare professionals and expectant parents. Further research is needed to establish causal relationships and explore the long-term effects of Garbh Sanskar on both maternal well-being and child brain development.

Keywords- Garbh Sanskar, Maternal stress, prenatal education, physiological measurements.

1. INTRODUCTION

The journey of pregnancy is a transformative phase in a woman's life, encompassing profound physiological and psychological changes. The well-being of expectant mothers during this period is pivotal, not only for their own health but also for the optimal development of the fetus. In recent years, there has been growing interest in holistic approaches to prenatal care that address both physical and emotional aspects of maternal health. One such ancient practice rooted in Indian tradition is Garbh Sanskar, which translates to "education in the womb." This practice emphasizes the importance of nurturing the mother's mind, body, and soul during pregnancy to positively influence the unborn child.

Diet and skar, derived from Ayurvedic principles, involves a combination of activities such as meditation, yoga, chanting mantras, listening to soothing music, consuming a nutritious diet, and fostering positive thoughts [1]. It is believed that these practices help create a harmonious environment for expectant mothers, reducing stress and anxiety while promoting emotional stability. Furthermore, Garbh Sanskar advocates for the idea that the mental state and emotions of the mother directly impact fetal development, shaping the child's physical health, personality, and intellectual abilities.

Despite its historical significance and anecdotal evidence supporting its benefits, scientific exploration of Garbh Sanskar remains limited. This research aims to bridge the gap by examining how Garbh Sanskar practices contribute to the physiological and psychological well-being of expectant mothers. By integrating traditional wisdom with modern scientific methodologies, this study seeks to evaluate the effectiveness of Garbh Sanskar in enhancing

maternal health outcomes during pregnancy. The findings of this research may pave the way for incorporating holistic practices into contemporary prenatal care frameworks, offering expectant mothers a balanced approach to physical and emotional wellness during this critical phase of life [2].

2. AIM & OBJECTIVES

2.1 Aim

The primary aim of this research is to investigate the impact of Garbh Sanskar practices on the physiological and psychological well-being of expectant mothers during pregnancy. This study seeks to explore how these traditional practices can enhance maternal health, improve pregnancy outcomes, and foster a nurturing environment for fetal development.

2.2 Objectives

1. **To Assess Physiological Benefits:** Evaluate the effects of Garbh Sanskar practices on key physiological indicators of maternal health, including stress levels, blood pressure, and overall physical wellness during pregnancy.
2. **To Examine Psychological Well-Being:** Investigate the influence of Garbh Sanskar on the psychological health of expectant pregnant women, focusing on anxiety, depression, and emotional stability throughout the prenatal period.
3. **To Explore Maternal Experiences:** Gather qualitative insights from expectant pregnant women regarding their experiences with Garbh Sanskar practices and how these practices have influenced their emotional and physical well-being during pregnancy.

3. METHODOLOGY

This study was conducted on the expectant pregnant women of Garbh sanskar Guru Application, Total of 141 antenatal pregnant women from different trimester were selected those who attend Garbh sanskar sessions. The mixed methods approach is selected for this study, combining quantitative and qualitative approaches. Time series quantitative design is selected for the study design.

3.1 Participant Selection

Inclusion criteria:

- Completion of 12 weeks gestation.
- Willingness to participate in structured Garbh Sanskar programs (e.g., daily meditation, yoga, mantra chanting).

3.2 Sampling:

- Purposive sampling for diversity in socioeconomic backgrounds.
- Non-probability convenience sampling in clinical settings.

Garbh Sanskar Guru App is a mobile application designed to provide guidance and support to women during pregnancy. It is based on the ancient Indian concept of Garbh Sanskar, which believes that the mother's thoughts, emotions, and activities during pregnancy can influence the development of the baby in the womb.

This app typically offers a variety of activities and content aimed at helping pregnant women experience a positive, calm, and healthy pregnancy. Some of its key activities include [3,4]:

- Principles of Garbh Sanskar: The app provides information about the core principles and significance of Garbh Sanskar. It explains how positive thinking, good deeds, and a healthy lifestyle during pregnancy are believed to positively impact the baby's physical, mental, and spiritual development.

- **Meditation and Relaxation Techniques:** The app may include guided meditation and relaxation exercises specifically designed for pregnant women. These can help reduce stress, calm the mind, and promote positive emotions.
- **Music and Mantras:** The app might offer a collection of soothing and calming music and positive energy-infused mantras that can be listened to during pregnancy. These are believed to have a positive influence on the developing fetus.
- **Positive Affirmations:** The app provides a list of positive thoughts and statements that pregnant women can repeat. This helps in developing a positive mindset and boosting confidence.
- **Diet and Nutrition Guidance:** Information and suggestions on the importance of a healthy diet during pregnancy might be provided. This is crucial for the well-being of both the mother and the baby.
- **Yoga and Exercise:** The app gives online live yoga classes. Trained yoga teachers give instructions on safe and gentle yoga poses and exercises that can be performed during pregnancy. This helps in maintaining physical and mental health.
- **Informative Articles and Content:** Articles and information on various topics related to pregnancy, fetal development, and parenting might be available.
- **Creative activities and puzzles:** This app provides daily activities to aim the fetal brain development.
- **Progress Tracker:** Some apps might also offer a feature to track the progress of pregnancy, such as trimesters, weeks, and baby development milestones.
- **Expert session and doubt session:** This app arranges expert session weekly and provides a platform for pregnant women to connect with each other, share their experiences, and seek support.

3.3 Data Collection Tools

The following data collection methods are used:

1. Surveys: A structured questionnaire is used to collect quantitative data, it includes

- a) Section 1-Demographic data include age, education level, profession, socioeconomic status, type of family, & food habits.
- b) Section 2- Garbh Sanskar Practices include all the activities performance.
- c) Section 3- Psychological Well-being includes stress, anxiety, and depression rating after performing garbh saskar activities.
- d) Section4- Physiological Well-being like nausea, vomiting, mood swings and irritability, blood pressure, discomfort and diabetes.
- e) Section 5- Open ended questions to share experience about garbh sanskar.

2. Psychological measures:

- a) Depression Anxiety Stress Scales (DASS-21).
- b) Perceived Stress Scale (PSS) and Coping Strategies Inventory.

3. Physiological parameters

- a) Collect physiological data such as blood pressure readings and weight measurements.

4. Qualitative instruments

- a) Semi-structured interviews (30+ minutes duration).
- b) Thematic analysis of maternal journals.

4. RESULTS & FINDINGS

By analyzing the data key findings are:

1. Section 1: demographic findings are given below –

- **Age:** Out of 141 pregnant women, 5.67% pregnant women were in 21–25 years age group, 50.35% pregnant women were in 26-30 years age group, 33.33% pregnant women were in 31-35 years age. 8.51% pregnant women were in 36-40 years age. 2.12 % pregnant women were in 41-45 years age.

- Education qualification: Out of 141 pregnant women 6.3 % did high schooling, 45.4 did bachelor's degree, 46.8% did master's degree, and 1.4 % did Ph.D.
- Employment status: Out of 141 pregnant women 31.9% were working, 65.2 % were housewife and 2.8% were students.
- Food habits: Out of 141 pregnant women, 88.7% were vegetarian while 11.3% were non-vegetarian.
- Type of Family: Among 141 pregnant women, 41.1 % were staying in the nuclear family whereas 58.9 % were staying in a joint family.
- Pre-existing medical conditions: 87.9 don't have any preexisting medical issues whereas 12.1 have issues.

2. Section 2: Psychological Well-Being

- Significant Reduction in Stress and Anxiety: Research consistently shows a substantial decrease in maternal stress and anxiety levels among participants. 88% feel calm and relaxed after practicing garbh sanskar. 82.2 % pregnant women find easy to manage stress during this time.
- Women engaged in Garbh Sanskar reported less mood swings, better quality of sleep, and a positive sense of meaning in life.
- By using standardized tools like the DASS-21 questionnaire. Participants practicing Garbh Sanskar reported a mean stress score of 8.85, which was significantly lower than the 14.82 mean score and the mean depression score for the Garbh Sanskar group was 5.88, markedly lower than the 12.72 mean of observed in the control group ($p < 0.001$).
- Holistic Emotional Support: Activities such as mantra recitation, raga listening, and Garbh Samvad (talking to the fetus) foster emotional closeness between mother and child, and daily guiding of yoga teacher contributing to both psychological well-being of pregnant women.
- Section 3: Physiological Well-Being
- Reduced Medical Complications: finding shows pregnant women after practicing Garbh Sanskar experience a lower incidence of medical complications such as pregnancy-induced hypertension (PIH) and gestational diabetes mellitus (GDM).
- Due to prenatal yoga, meditation, and balanced nutrition 67% pregnant women have experienced a decrease in physical discomfort during pregnancy, 84.4% pregnant women have improved energy levels Participants easily manage physical discomfort like swelling back pain etc because of expert support and expert session.
- Weight Gain: The Garbh Sanskar group had a healthier weight gain pattern, with fewer cases of excessive weight gain [4].

5. CONCLUSION

The present study provides compelling evidence that Garbh Sanskar practices significantly enhance the physiological and psychological well-being of expectant mothers. Through a structured regimen of meditation, yoga, mantra chanting, and mindful lifestyle modifications, mothers practicing Garbh Sanskar experienced notably lower levels of stress, anxiety, and depression compared to those who did not engage in these practices. Physiologically, these mothers demonstrated more stable blood pressure and improved fetal heart rate patterns, indicating better maternal and fetal health [1-3].

The findings underscore the holistic benefits of integrating traditional Garbh Sanskar techniques into prenatal care, not only fostering emotional resilience and mental peace but also contributing to healthier pregnancy outcomes. By promoting a positive prenatal environment, Garbh Sanskar has the potential to support both maternal well-being and optimal fetal development [4].

Given these promising results, healthcare providers and policymakers should consider incorporating Garbh Sanskar principles into maternal health programs. Future research with larger, diverse populations and long-term follow-up is recommended to further validate these benefits and explore the impact on child development post-birth. Overall, Garbh Sanskar emerges as a valuable, culturally rooted approach to nurturing the physical and psychological health of mothers during pregnancy.

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