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**GARBHA VIDHYA: WE MAKE BRILLIANT CHILD THROUGH PROPER TRAINING
FROM FOETUS**

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ABSTRACT

The present paper explore, Natural child birth: We make brilliant child through proper training from foetus. Garbha Vidhya is an education of the mother which focus on her mental, spiritual, physical, emotional well being and to empower the mother and the foetus. It establishes the baby's existence at physical, emotional, intellectual, and spiritual levels that natures the baby's personality inside the womb of the mother, which ensures the baby's healthy growth, and capability to have a natural, pleasurable feeling throughout all three trimester and for easy, painless (natural child birth) labour. The above can be achieved through proper training. The training techniques are Relaxation, Breathing Exercise (Pranayama), Music therapy, Colour Therapy, Affirmation, Visualization, Chanting Mantras, Diet, Asanas, Meditation and positive thinking.

Keywords: Garbha Vidhya, Yoga, Physiotherapy, Obstetrics and Gynecology

INTRODUCTION

Pregnant is totally different feeling for the would-be-mothers, whether they are pregnant for the first time or second or third. It is a time of increased vulnerability for the musculoskeletal system and urogenital dysfunction. Hormones cause the

Physiological and emotional changes in the body that happen to pregnant women.

Health and fitness plays a vital role in peaceful, comfortable and healthy life of any individual. Hence for the pregnant women it becomes for too essential to be able to give natural child birth that leads to healthy baby and an uncomplicated delivery ways and means should be found to create and spread awareness of this as to instill minds of the human society to achieve the desired goal.

To cope up with physiological and emotional changes Garbha Vidhya training will integrate body, Mind and Spirit. It will creates a positive thinking and reduce the severity of anxiety, improve their breathing capacity, helps to correct posture and giving physical strength, endurance to the body and capability to have a natural, pleasurable feeling throughout all three trimester and for easy painless labour. They bring harmony; develop a restful and positive attitude towards life. Create positively mental and physical development of the fetus, inside the womb of the mother, which ensure the baby's healthy growth.

OVERVIEW OF RESEARCH STUDIES

Yoga

Narendran *et al.*, 2005, [1], Conducted a study focused on the effectiveness of yoga on pregnancy outcomes. It is hypothesized that

stress management in pregnancy using the Integrated Approach of Yoga Therapy [IAYT] improves pregnancy outcomes when compared with standard obstetric management. The sample consisted of 169 women in the yoga group and 166 women in the control group between 18 and 20 weeks of gestation. Yoga practices include physical postures, breathing, and meditation which were practiced for one hour a day from the date of entry into the study until delivery.

The control group walked for 30 minutes twice a day and both groups received telephone calls and recorded activity in a diary for compliance. The results of this study supported the hypothesis that the practice of yoga during pregnancy is safe. The number of babies with birth weight greater or equal to 2500 grams were higher, preterm labour was significantly lower, and pregnancy induced hypertension was also significantly lower in the yoga group. The practice an integrated approach to yoga during pregnancy is safe and improves birth weight, decreases preterm labour and decreases the risk of pregnancy induced hypertension, with no increased complication.

Chuntharapat, *et al.*, 2008; Smith, *et al.*, 2011 & 2012, [2-4], addressed maternal comfort, labour pain and child birth outcomes. The study investigated is based on the effects of a

yoga program on pregnant women's comfort, labour pain, and birth outcomes. The sample consisted of 66 women randomized into two groups, the experimental group practicing yoga and the control group not participating in any activities. The results found the experimental group experienced significantly higher maternal comfort during labour and 2 hours post-delivery than the control group using questionnaires defining the qualitative methods used before and after delivery. The researcher concluded that practicing yoga 30 minutes at 3 times a week for 10-12 weeks is an effective complementary means for facilitating maternal comfort, decreasing pain during labour and shortening the length of labour.

Music Therapy

Research has shown that those women participating in a music therapy assisted child birth programme experience significantly more positive perceptions of their child birth experience than those not participating in such programme [5-7]. Further, women perceive greater support from significant others and lower levels of anxiety, pain and discomfort during child birth.

Numerous life stressors during pregnancy, such as concerns for the baby, self, medical care, childbirth, and finances, can contribute to elevated levels of anxiety. This anxiety can

be further intensified by hospitalization for high-risk complications. It has been suggested that high anxiety or psychological stress in the mother can result in a higher number of fetal abnormalities and maternal obstetrical complications. [5] describes a highly effective music therapy treatment for such anxiety that resulted in significant decreases in levels of anxiety and an increased sense of control.

Music can also play an important role in neonate care. [5] speculates on the role music therapy can play in teaching new parents the necessity of stimulation and how to use music as a way to stimulate and to soothe. [6], discusses the important use of music in the pacification/stimulation of the premature infant. She suggests that music in the neonatal intensive care unit can mask the aversive sound levels there, thereby facilitating homeostasis care unit can mask the aversive sound levels there, thereby facilitating homeostasis which increases the infant's neurological development.

Music, with its components of sound and rhythm, can play an important role in neonatal care. Music has the potential to arouse the lethargic or withdrawn infant, and it can effectively calm crying, anxious babies and act as a natural sleep-inducer [7]. Music therapy can also play an important role in

educating parents about the important of stimulation and how to use music effectively to both stimulate and soothe them [8]. Finally, music plays a significant role because it influences almost all activities in a positive way.

Om Chanting

It is proved that fetus can hear the sounds from mother womb and from the surroundings of mother and responds well by 7th month of pregnancy.

The moment we stressed about something an energy knot is created responsible for many ailments.

Objectives

- To empower the mother and the foetus
- To attain natural delivery
- To reduce the fetal abnormalities and maternal obstetrical complications.

METHODS

Basic Tools for Practising

The following exercises will work on the pelvis to ensure a smooth pregnancy and a relatively easy child birth. To make sure that optimum supply of blood and nutrients go to the developing fetus.

1. Proper relaxation
2. Proper breathing
3. Proper diet
4. Proper exercise [Yoga]
5. Meditation

6. Affirmation
7. Visualization
8. Music therapy

Relaxation

Relaxation is that blissful state of being at peace with oneself. There are three major types of relaxation techniques

1. Breathing

In breathing techniques, take a slow, deep breath, then hold breath then slowly exhale.



2. Progressive Muscle Relaxation

This technique involves slowly tensing and then releasing each muscle group individually, starting with the muscles in the toes and finishing with those in the head.

3. Meditation

The two most popular forms of meditation. Transcendental Meditation: Repeat a mantra single word a phrase. Mindfulness Meditation: Focus their attention on their thoughts and sensation.



Benefits:

- Stress hormones suppress the immune response, relaxation allows the immune system to recover.
- Relaxation lowers blood pressure, decreases the stroke and heart attack.
- Combats fatigue
- Promotes sleep.

Proper Breathing

Prana means 'vital energy' or life force. It is closely related to the air we breathe, it is more subtle than air or oxygen. The word yama means control; Ayama is defined as extension or expansion. Thus, the word pranayama means extension or expansion of the dimension of prana. Pranayama utilizes breathing to influence the flow of prana in the nadis or energy channels of the pranamaya kosha or energy body.

**Four Aspects of Pranayama**

1. Pooraka or inhalation
2. Rechaka or exhalation
3. Antar kumbhaka or internal breath retention

4. Bahir kumbhakar or external breath retention

Benefits

- Helps fetus to develop healthily. This is because the various stretching posture create comfortable space for the fetus.
- Correct breathing methods ensure complete oxygen flow for mother and baby growing within. It prepares the mother's body for the traumas of labour- strengthening and toning the muscles and ligaments.
- During the labour the practice of pranayama eases the tension of uterine contraction, making them synchronized and harmonious.
- Pranayama prevent any cellular functioning and maintain the health of the mother's lung. So that the placenta can be well protected.

Diet

The right food can nourish the soul

- Drink at least 8 to 10 glasses of water
- Include a variety of fruits in your diet.
- Fiber rich foods like whole grain, vegetables, wheat bran, legumes etc.
- Eat small meals at regular intervals rather than large meals after long duration of time

- Eating with awareness
- Natural herbs and nut



Benefits

- Lack of hunger
- Good mental focus and clarity
- Good physical energy and performance
- Mobilize stored fat
- Prevent chronic ailments
- Anti aging diet (calorie restriction)
- Exercises and Yoga Asanas

Walking

Walking is the best exercise for pregnant women. It also prevents problems such as high blood pressure, constipation, and restlessness. walk for at least 30 minutes twice a day.



Asana

Baddha Konasana

It is important for every pregnant woman because the muscles located in the area of

your vagina and rectum bear a great strain throughout your pregnancy. contract these muscles; in turn contract-and-release. Practicing pelvic floor exercises on a regular basic will strengthen your muscles and ensure smooth labor and delivery. Practice stopping your flow of urination in mid-stream. By doing this, you will strengthen the muscles in and around your vagina, uterus, bladder and rectum. This can make labor go more smoothly, reduce your chance of having hemorrhoids and speed up your recovery time after delivery.

Utkatasana

This is similar to the position by housecleaners when they sweep the floor, actually this is excellent exercise. Squatting posture is similar to the labor and delivery position.



Cat Stretch Pose

This pose strengthens your neck shoulders and spine; it tones up the entire reproductive system. It is very beneficial for women before, during and after pregnancy.



Sukhasana

This asana helps in relaxing mind and body, helps in restoring energy. It is intended to rejuvenate one's body, mind and spirit, this asana is good way to reduce stress tension



Vajrasana

This pose enhances digestive functions and can be practiced directly after meals. Relieves stomach ailments like hyperacidity. Alters blood flow and nervous impulses in the pelvic region and strengthens pelvic.



Benefits

- Control of the mind or absence of the mental modification
- Nausea and vomiting decreases
- Heart pumps effectively
- Healthy blood, oxygenation and other fluids are circulated properly to the placenta and fetus.

- Influencing the position of the baby. Strengthening and massaging the abdomen which helps to stimulate the appetite and bowel action, hence constipation decreased.
- Maintain the hormone balance.
- Focus on relieving tension around the cervix, birth canal and pelvis and thereby preparing the body to make the process of labour easier.
- The incidence of intra uterine growth retardation, pregnancy induced hypertension and complications due to gestational diabetes can be prevented or reduced.

Positive Thinking

Affirmation

Affirmations are positive statements that limit thoughts and feeling safe enough to enjoy pregnancy.

Positive Affirmations During Pregnancy and Child Birth

Positive affirmations are often used during pregnancy to prepare for child birth. The use of positive affirmation during pregnancy can help women and men to create positive mental and physical experience. Along with positive affirmation it is important to visualize positive pregnancy and child birthing experience.



Visualization

- It is nothing but the ability of imagining things.
- This skill involves creativity and imagination.
- By conjuring up positive pictures, visualization can change emotions that subsequently have a positive effect on your mind or body.

Music Therapy

The chosen music contained beats similar to the human heart rate, i.e. between 60 and 80 beats per minute. There were nature sounds too that included the likes of Tropical Mystery and Friendly Natives.

Physiological Effects

- Changes in blood pressure.
- Changes in the heart rhythm.
- Changes in breathing.
- Enjoy a deeper connection with the unborn baby
- Stimulate the fetus and be able to transmit a pleasant state feeling to it.

- Prepare women for labour and delivery with different psycho-musical techniques.
- Bond the mother and child.

Music is excellent for aural stimulation and to soothe the baby.

- Immediately after birth, a baby distinguishes the mother voice.
- After birth, a feeling of confidence and relaxation.
- The emotional benefits of music even before hearing develop at five months.
- Music also help their babies feel calmer and happier.
- We can say that music therapy in beginning to build its grounds within the prevention area of pre-natal psychology.



Mudras and Meditation



Mudras

Mudra means ‘gesture’ or ‘attitude’. It denotes the positions close to the body and gives auto pressures for balancing the five elements of our body.

- “Angushtha[thumb finger] fire element
- “Tarjani” [index finger] Air element
- “Madhyama”[middle finger] sky element
- “Anamika” [little finger] water element.

Benefits

- Enhance knowledge and memory
- It diverts the flow of prana from the hands to the heart, improving the vitality of the physical heart.
- The middle and ring fingers relate directly to the nadis connected with the heart while the thumb close the panic circuit and act as energisers diverting the flow of prana from the hands to the nadis, therefore it is beneficial for pregnant women.

Meditation

- Induce deep sense of rejuvenation and relaxation. Pulse rate, Blood pressure and oxygen requirement comes down during pregnancy

- Mind becomes more relaxed and receptive and can quickly pick up autosuggestions
- **Mantra** [literally means “that which liberates the mind”], japa meditation is a very effective form of meditation where a certain sound is repeated a number of times to have a remarkably soothing and subtle impact on your consciousness. It has an extremely positive effect on your senses and on the developing fetus.

Massage Therapy

- Pregnancy massage, also known as pre-natal massage, promotes relaxation, soothes nerves, and relieves strained back and leg muscles in expectant mothers. Pregnancy massage is especially beneficial in the second and third trimesters, when the extra weight in your belly puts a strain on your back.
- **The Benefits of Pregnancy Massage** Pregnancy massage provides relaxation by relieving stress on joints. It eases neck and back pain, helps you to keep good posture and relaxes and provides flexibility to birthing muscles.

Colour Therapy

Colour therapy is a non-intrusive form of vibrational healing which introduces the optimum balance of colour energies into the human organism in order to promote harmony between the body, mind and spirit.



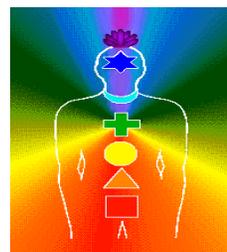
Colour Properties

- Red is associated with energy, empowerment, and stimulation. It is used for circulation and stimulation of red blood cell production.
- Orange is associated with pleasure, enthusiasm, and sexual stimulation. It is used as an antibacterial agent and to ease digestive discomforts.
- Yellow is associated with wisdom and clarity. It is used as a decongestant, antibacterial agent, and for the digestive and lymphatic systems.
- Green is associated with balance and calmness. It is used for treatment of ulcers, as an antiseptic, a germicide, and as an antibacterial agent.
- Blue is associated with communication and knowledge. It is

used to eliminate toxins, and treat liver disorders and jaundice.

- Indigo is associated with sedative qualities, calmness, and intuition. It is used to control bleeding and abscesses.
- Violet is associated with enlightenment, revelation, and spiritual awakening. It is used to soothe organs, relax muscles, and calm the nervous system

Warm colors are generally used for illnesses of weakness, and cool colors are commonly used for illnesses of excess. Vibrations from the colors are believed to balance the individual. Chakras are areas of the body associated with certain colors. When an individual is experiencing a problem with a certain area of the body, different colors work to heal the associated chakra. There are seven chakras associated with the body



1. The first chakra is associated with the color red and is located at the base of the spine.

2. The second chakra is associated with the color orange and is located at the pelvis and groin area.
3. The third chakra is associated with the color yellow and is located at the solar plexus.
4. The fourth chakra is associated with the color green and is located at the heart.
5. The fifth chakra is associated with the color blue and is located at the throat.
6. The sixth chakra is associated with the color indigo and is located at the brow.
7. The seventh chakra is associated with the color violet and is located at the crown of the head.

Colour Therapy Can be Practiced in the Following Ways

Coloured light bulbs and coloured glass windows can be used as part of the therapy. colour of the food a person should eat, the colour of his clothes and even the colour of his surroundings. Solarized water can be used as a healing tonic. In this method, purified water is filled in a clear container of the prescribed colour and left out in the sun for a couple of hours. The sun's rays filter through the coloured glass container and energize the water with the vibration of the prescribed colour.

Table 1 shows the Garbha Vidhya Training at week by week.

Development of Parent-Foetus Bonding

The unborn child – a small but whole human being. The baby senses, feels and learns in the womb! Examples of great saints' prahlad Maharaj, Abhimanyu and Sukadeva Gosvami receiving spiritual knowledge while in utero. The main requirement to transmit 'good Values' is to establish communication with the baby in the womb. Even before the thought is expressed, it remains in an unexpressed form in the mind. At that time, its wavelength is the shortest and its energy is at the maximum level. Intentional, directed, selfless, unspoken thoughts lead to maximum sanskar on the foetus. From this training, it is concluded that Baby born through her mother, who have gone under Garbha Vidhya training are resulted in highly sensitive to the environment, intelligence and well balanced children.

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Table 1: Garbha Vidhya Training Week by Week

I. Trimester				
Weeks		Foetal Response	Sonography Planning	Technique
(i)	6 to 8 weeks 2 months	<ol style="list-style-type: none"> 1. The brain develops into five areas and some cranial nerves are visible. 2. The heart continues to develop and heart beats at a regular rhythm. 3. Rudimentary blood moves through the main vessels. 4. The lungs begin to form. 5. The arms and legs have grown longer, and foot and hand areas can be distinguished. 	Fetal heart beat, fetal pole, yolk sac, 2 viability and 2 activity	<ol style="list-style-type: none"> 1. Introduction about Garbha vidhya 2. Relaxation therapy 3. Affirmations
(ii)	13 weeks 3 months one week	<ol style="list-style-type: none"> 1. The baby begins to make active movements. 2. More muscle tissue and bones have developed, and the bones become harder. 3. Sucking motions are made with the 	Fetal body entire portion visualized, 2 nuchal translucency visualized	<ol style="list-style-type: none"> 1. Relaxation Therapy 2. Affirmations 3. OM chanting 4. Diet advice 5. Do's and Dont's

mouth.				
(iii)	14 weeks 3 months 2 weeks	<ol style="list-style-type: none"> 1. The eyes are slowly moving towards the centre of the face and the nose is more pronounced, 2. The ears are developing. . . 	Nuchal translucency, BPD FL Head circumference Abdominal circumference to be seen	Music therapy, colour therapy, meditation, Mantras, Sensory feed back given by mother
II. Trimester				
Weeks	Foetal Response	Sonography Planning	Technique	
(iv)	16 weeks 4 months	<ol style="list-style-type: none"> 1. Baby hears external voices and makes more movements 2. The mother feels a fluttering in the lower abdomen. 	Review ultrasound all parameters to be assessed the growth pattern and placental position if necessary	<ol style="list-style-type: none"> 1. Relaxation therapy 2. Pranayama 3. Music therapy 4. Colour Therapy 5. Home programme
(v)	20 weeks 5 months	<ol style="list-style-type: none"> 1. The baby is more active with increased muscle development. 2. The fetal heartbeat can be heard with a stethoscope. 3. Child recognize mother voice 	Rule out anomalies and for assessment of movements of extremities	<ol style="list-style-type: none"> 1. Pranayama 2. Meditation 3. Om Chanting 4. Mudras 5. Affirmations
(vi)	22 weeks 5 months 2 weeks	The lower airways of the baby's lungs develop but still do not produce surfactant [a substance that allows the alveoli to open for gas exchange] Conversation and loud noise will be heard by the fetus in the uterus.	BPD, OFD, HC FL AC	<ol style="list-style-type: none"> 1. Train the mother to speak with her child along with music therapy 2. Simple asanas. 3. Posture correction (advice lying left lateral position) 4. Diet advice
III. Trimester				
Weeks	Foetal Response	Sonography Planning	Technique	
(vii)	28 weeks 7 months	<ul style="list-style-type: none"> • Rapid brain development occurs • The nervous system is developed enough to control some body functions. <ul style="list-style-type: none"> • The eyelids open and close • The respiratory system, has developed to the point where gas exchange is possible 	<ul style="list-style-type: none"> • FL • AFI • Bio-physical profile • Placental assessment starts 	<ol style="list-style-type: none"> 1. Pranayama 2. Colour therapy 3. Music Therapy 4. Walking 5. Advised simplified asanas 6. Explanation about labour 7. Diet advice

(viii)	29 weeks 7 month 1 week	<ol style="list-style-type: none"> 1. A rapid increase in the amount of body fat occurs. 2. Rhythmic breathing movements occur. 3. The bones are fully developed. 4. Baby hears thing better from the vibrations all around and recognize real sound and voice 	-	<ol style="list-style-type: none"> 1. Relaxation, pranayana 2. Meditation Music Therapy 3. Posture Correction 4. Do's and Donts
(ix)	31 weeks 7 months 3 weeks	Baby moves to the rhythm of music	-	<ol style="list-style-type: none"> 1. Relaxation 2. Music therapy 3. Om chanthing
(x)	32 weeks 8 months	The baby is using its own lungs to practice breathing by inhaling amniotic fluid	<ul style="list-style-type: none"> • Lower end of femoral epiphysis • Placenta • Liquor status 	<ul style="list-style-type: none"> • Breathing exercise (Pranayama) • Diet advice
(xi)	36 weeks 9 months	Baby fat increases	<ul style="list-style-type: none"> • Bio-physical profile again to monitor • Umbilical cord • Upper end of tibial epiphysics 	<ul style="list-style-type: none"> • Breathing exercise • Meditation • Affirmation
(xii)	38 to 40 weeks 10 months	Pregnancy is considered full term now (any time between 38-42 weeks is full term)	<ul style="list-style-type: none"> • Doppler evaluation • Upper end of femur epiphysics 	<ul style="list-style-type: none"> • Mind and body relaxation • Affirmation