

“AWOMB WHISPERS: PHENOMENOLOGICAL ANALYSIS OF GARBHASANSKAR PRACTICES DURING PREGNANCY.”

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ABSTRACT

BACKGROUND OF THE STUDY: Pregnancy is Psychological and Physiological events of every Women's life. A pregnant woman experiences mixed emotions which gives her overwhelm feelings. Which may cause negative and positive impact on mothers and babies health. Positive emotions like love, joy, gratitude, healthy thoughts by parents brings good growth of the unborn child in the womb. While negative thoughts like depression, stress brings injuries to unborn baby in the mother's womb. So, it is necessary to have healthy mental and physical status during pregnancy which is achieved by practicing Garbhasanskar practices. Garbhasanskar means education of baby in the womb.

Aims: To access the knowledge of antenatal mother's regarding garbhasanskar during pregnancy.

Method: A qualitative research design in which a phenomenological research design was carried out for this study. The sample size of the study is 60 participants were selected using non probability convenience sampling technique. The tool consists of two parts. First part consists of demographic variable of the sample and second part consist of open-ended questionnaire.

Result: While assessing the knowledge of antenatal mother's the highest percentage 63% of people from antenatal women were educated only till primary, 6.7% of antenatal mother were illiterate, 25% were antenatal women completed their secondary education and 5% antenatal women competed their graduation.

Conclusion: This study concluded that majority of antenatal women were educated and some of them were illiterate.

KEYWORDS: A womb whisper, phenomenological analysis, Garbhasanskar practices.

INTRODUCTION

Pregnancy which can be achieved by having garbhasanskar practices.²A Sanskrit term that means “education in the womb” which is stem from the belief that a baby's mental and behavioral development Pregnancy is a psychological as well as physiological event of women's life, there are mixed emotions experienced by the pregnant women which gives the overwhelm feeling. But sometimes it can cause negative impact of mother as well as babies health.^{1,13,14} A good nutritional status maintained by the mother during pregnancy help to grow strong, healthy placenta, which determines the birth weight and future health. Similarly, positive emotions like love, joy, gratitude and healthy thought by parent brings the growth of the unborn child in the womb of the

mother, whereas negative thoughts, depression and stress injures the unborn child. Hence, it is necessary to have healthy mental as well as physical status during begins right from the time he isconvinced.³

Garbh means “the womb” and Sanskar means “the ethics” or values. The nurturing of your child and teaching the ethics inside mother’s womb can be the most blissful thing any parents can do. Prenatal education practices as well as disciplined lifestyle provide by our highly skilled team members to the antenatal mothers can helps them to achieve the Vedic knowledge of Garbhasanskar.⁴

There are several mythological stories which is associated with performing garbhasanskar during pregnancy, one of the story of Abhimanyu is most popular, which believed that the sun of Arjun learned how to enter the Chakravyuh (strategic arrangement of a warrior to entrap and defeat the enemy)when he was in the maternal womb Science also has proved that baby can learn from initial stages, baby listens to the mothers feelings, emotions thus a positive thinking and attitude helps in better development thus all this special efforts of garbhasanskar should be taken at maximum maturity.^{5,15}

Garbhasanskar is part of Ayurvedic medicine, one of the world’s oldest medical systems. The words mean education of a baby’s mind in the womb.⁶The practice is so old that it is written in the 3,000-year-old Indian language Sanskrit. Any practice that has lasted that long is worth a look. It is all about bonding between mother and child which enable most possible mental, spiritual, physical wellbeing of antenatal and their fetus.⁷ Baby in mother’s womb is like clay and can be moulded in any desired form because conscious brain is still not developed. During pregnancy sub conscious brain is developing with very fast pace and all subtle memories are stored in subconscious brain. Hence, foetus can be enriched with right cultural teachings, values and good behaviour.⁸

With boom in the population there is so many health-related challenges growing day by day therefore our new generation should be very intelligent, resourceful and creative and garbhasanskar practices really will be helpful to achieve this aim.⁹ The ancient concept of having many children has become outdated. There are various studies conducted to assess the difference between normal pregnancy without garbhasanskar and with garbhasanskar practices which depicted the different nature and behaviour because soul comes in the womb with their inheritance properties, it is possible to improve intellect, emotional status, social and spiritual behaviour which ultimately helps to develop a better human being and a better society.^{10,11}

Material and Methods:

In this research study qualitative research approach with phenomenological survey research design was used. The sampling techniques was non probability convenience sampling technique was used to collect the 60 samples of second trimester antenatal mothers attending obstetrics OPD of Dhiraj hospital Vadodara (i.e. pipariya,) and data collection done by demographic variable and open-ended questions. Data analysed by using phenomenological design and descriptive statistics.

The formal permission was obtained for the approval of the study form The Medical Superintendent of Dhiraj general hospital. The data collection done within a given period of 15 days. The investigator criteria selected 60 participants of selected second trimester antenatal mothers attending Obstetrics OPD of Dhiraj general hospital by using non-probability convenience sampling technique. Initially the demographic tool and open-ended questionnaire to know the knowledge regarding garbhasanskar practices in second trimester of antenatal mothers.

STATISTICS:

- 1.Frequency and percentage distribution of samples, according to their demographic characteristic.
2. Descriptive statistics is used to assess Of Mean, SD and Mean, frequency Percentage Of score of Phenomenological Analysis of garbhasanskar practices during pregnancy pregnant women.

RESULTS**SECTION A: DESCRIPTION OF THE SAMPLES ACCORDING TO THEIR DEMOGRAPHIC CHARACTERISTICS**

Frequency and percentages distribution of samples, according to their demographic characteristic.

N=60

1.	AGE	FREQUENCY	%
	<20 Years	18	30%
	20-40	42	70%
2.	EDUCATION		
	Illiterate	4	6.7%
	Primary	38	63.3%
	Secondary	15	25%
	Graduate	3	5%
3.	RELIGION		
	Hindu	37	61.7%
	Christian	13	21.7%
	Muslim	9	15%
	Others	1	1.7%
4.	OCCUPATION		
	Housewife	37	61.7%
	Laboure	14	23.3%
	Private	7	11.7%
	Others	2	3.3%
5.	FAMILY INCOME/ PER MONTH IN RUPEES		
	<5000	8	13.3%
	5000-10000	37	61.7%
	>10000	15	25%

SECTION B: Phenomenological Analysis of garbhasanskar practices during pregnancy. Distribution Of Mean, SD and Mean Percentage Of score of Phenomenological Analysis of garbhasanskar practices during pregnancy pregnant women

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Sr. No	Knowledge Aspect	Maximum	M	M%	SD
1.	Elaborate your knowledge regarding Garbhasanskar practices. Share the activities involved under Garbhasanskar	2	0.96	48	0.75
2.	Which Garbhasanskar activity You found more beneficial, Share your experience. Explore the advantageous for your as well as infant's health.	21	8.20	39.04	1.58
3.	What do you think that all pregnant mother should perform garbhasanskar and why?	3	0.96	32	0.80
4.	Elaborate the disadvantage of garbhasanskar practices. Share your view whether Garbhasanskar practices will be helpful for enhancing health of child in infancy. Share your experience whether it is necessary to perform all the activities included in Garbhasanskar Practices or it should be according to preferences of mother.	4	1.40	35	0.84
	Overall score	30	11.6	38.66	1.75

DISCUSSION:

FINDINGS OF THE STUDY AND DISCUSSION:

- Majority of (30%) antenatal mothers were in the age group of 20-35 years and lowest (20%) were in the group of <20 years.

- Maximum of (61.7%) antenatal mothers were belong to Hindu religion, least (21.7%) antenatal mothers belongs to Christian religion, (15%) antenatal mothers belongs to Muslim religion and (1.7%) antenatal mothers belongs to other religion.
- The highest percentage of (6.7%) of antenatal mothers were illiterate, (63.3%) of antenatal were educated only up to primary education, (25%) antenatal were completed their secondary education and (5%) of antenatal were graduated/post graduate
- The highest percentage of, (61.7%) were house wife's, (11.7%) were private employee, (23.3%) were labour and (3.3%) were having other profession.
- Majority of (25%) antenatal mothers has >10000 income/month and minority of (61.7%) antenatal mothers has 5000-10000 income/month and lowest of (13.3%) antenatal mothers has <5000 income/month.

CONFLICT OF INTEREST: The authors declare that there is no any conflict of interest.

ETHICAL APPROVAL

The study was approved from ethical committee of Sumandeep Vidyapeeth institutional ethical committee an ethical approval number is SVIEC/ON/NURS/SRP/21035.

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