

ROLE OF GARBH SANSKAR DURING PREGNANCY IN MATERNAL AND FETAL OUTCOME

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Abstract Body

AIMS AND OBJECTIVES: 'Garbh' implies embryo in the womb and 'Sanskar' implies instructing the psyche. The process of selecting and transmitting positive influences to the fetus by means of yoga, reading, thinking and praying including healthy eating and cheerful behaviour of mother is known as GarbhSanskar. The objective of this prospective interventional study was to assess the role and effects of Garbhsanskar on maternal and fetal outcome. MATERIAL AND METHODS : Total 200 antenatal mothers in their first trimester were selected at Aarogya hospital, Vaishali, Ghaziabad and Chitra Vihar, Delhi, and asked to attend three sessions of Garbhsanskar over a period of 9 months (Jan 2018 to Sep 2018). Information booklet and structured questionnaires were provided to assess their performance and feedback during this period. RESULT: Analysis of maternal and fetal outcome showed that out of 200 females, 20% had LSCS, 6% had instrumental vaginal delivery and 74% had normal vaginal delivery. Only 7% developed some medical complications like PIH, GDM etc. Mean stress score decreased from 38 to 12 (by 46.4%) while mean anxiety score decreased from 40 to 8 (by 64%) after GarbhSanskar. Only 16% babies were LBW (<2.5kg), 88% had Apgar >7 and 6% neonates required NICU admission. CONCLUSION: Garbh Sanskar is highly effective in reducing maternal stress, anxiety, medical co-morbidities and incidence of operative deliveries and gives better neonatal outcome in terms of better growth, birth weight and Apgar, hence its practice must be encouraged.