

Importance of Nada Samskara in Natal Care

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Introduction

Historical Background

It is believed that the evolution of the universe is from the sound of ‘*Damru*’ of Lord Shiva. According to the Samkhya philosophy, 24 elements are involved in the evolution of the universe arising from the union of Prakriti & Purusha, up to the manifestation of the Mahabhutas and the grosser objects thereafter. Panchamahabhutas are the first gross substances in the sequence of evolution. Ayurveda also believes that the generation of a body follows the same pattern. Shabda, Sparsha, Rupa, Rasa and Gandha are the Tanmatras (subjects) of Akasha, Vayu, Agni, Jala & Prithvi Mahabhutas respectively and chronologically reside in Karna, Tvak, Chakshu, Jihva & Ghrana Jnanendriyas and Jihva, Hasta, Pada, Upastha and Payu Karmendriyas. Similar to the development of the other aspects, the development of Indriyas in intra uterine life is nourished as the mother follows ‘GARBHINI PARICHARYA’ (specific dietetic and lifestyle regimen of the Natal period).

Importance of Naad in Prenatal Period

Ancient classics have depicted that the evolution takes place from the subtle to gross. Shabda Tanmatra, the subject of Akasha Mahabhuta, becomes more important in this regard as, it is the subtlest of all and hence, it is created at the very beginning and lasts till the end. Further, it is said that Akasha is a component of all chronological generations. Therefore, Sound (including toning, Mantra and Music etc.) would have a key role to play right from the prenatal period till the end of the life.

Music is made out of different notes played in a specific pattern to yield a specific aesthetical taste – Rasa. This specific arrangement provides it a typical power to evoke a special micro electrical potential, triggering very specific portions of the brain/endocrinal system, to generate a very specific response. That is why on hearing a sad melody the feeling of sadness is felt or the vice versa

The scientific researches have proved that different types of sounds have positive/negative effects on the fetus and adult human beings. Sound/Music therapy is slowly finding its way in the health care today.

Nada Samskara, in a way, is advocated by *Acharya Charaka* in *Charaka Samhita Sharirsthana* by saying that a couple has to perform ‘*Garbhadhan Sanskar* – Ayurvedic Antenatal regimen’ before conception along with *Mantras & Yajna*. The sound, produced by the Mantras may help in the formulation of good quality of ‘Bija’ – ovum and sperm. The chanting of Mantra like “Ahrasi Ayurasi Sarvatah Pratishtasi; Dhata Tva Dadhatu Vidhata Tva Dadhatu Brahmavarchasa Bhava Iti. Brahma Brihaspati Vishnu Somah Soorya Tatha Ashvinau; Bhago Atha Mitra Varunau Veeram Sutam Dadatu Me.” has been stated at the initiation of the *Garbhadhana Samskara* – an invocation for achieving the best progeny. After *Garbhadhan Sanskara*, various Suktas & Mantras like *Odana Sukta*, *Prana Sukta* etc. have been indicated for better progeny and development of the fetus.

Importance of Nada in Antenatal Period:

The approach of Ayurvedic Antenatal Care starts with fertilization and continues till labour. Each and every aspect of growing foetus, its needs along with health of mother and easy, smooth & safe birth of child are covered under the heading of ‘*Garbhini Paricharya*’

In *Mahabharata*, it is said that *Abhimanyu*, the son of *Arjun*, learnt the famous war strategy – destruction of *Chakra Vyuha* by listening it when he was in his fetal life.

The classics say that, care of a pregnant lady should be taken as taking the care of a ‘bowl filled with oil while stepping down the stairs’ and for this purpose, regimen of each month of pregnancy is given. The regimen is classified into four factors – food & diet, daily regimen, preventive & protective measures and good conducts.

Suktas & Mantras indicated by *Acharya Kashyap* as a measure of daily regimen include *Garbhadruhan Sukta*, *Prana Sukta*, *Vir Prasuti Sukta* & *Garbha Raksha Mantra* etc.

According to medical astrology, the positive impact of the cosmic energy and the planets on the foetus will be received with the help of performing ‘*Garbha Shanti Mantra*’ and chanting *Stotra* of the specific *Graha* (planet) according to the month of pregnancy.

Recent Advances - effect of good sound and bad sound on water¹

Exposed water samples to different music before crystallization, the intricate forms of the crystals responded to the sounds; most were variations of delicate beauty, but a few like heavy metals were fractured.

As this continued they then considered positive and negative language, samples were left over night with words or phrases in various languages before being crystallised. Positive sentiments

like thanks and love formed elaborate and lovely crystals, while negative statements like killing and disgust so distorted the crystals they were like polluted water.

Keeping all these references in view, Garbha Vijnana Anusandhan Kendra, Jamnagar, has prepared a protocol for Garbhini Paricharya with inclusion of the Mantras, Suktas and Music etc. along with the classical regimen to be followed during pregnancy with the following aims and objectives:

Aims & Objectives

1. To evaluate the efficacy of the Classical Garbhinicharya on Progeny
2. To evaluate the effect of sound on the Body and Mind of a carrying mother for best progeny.
3. To evaluate the role of sounding in healthy fetal development & safe labour.

Materials & Methods

Review of Literature:

Literary material regarding the Mantras, Suktas and other Soundings was compiled from the classical texts like Vedas, Samhitas, etc. and other contemporary literature available.

Preparation of the CD:

The CDs provided to the expectant/pregnant ladies were formulated as under:

- The Suktas and the Mantras were composed and recorded in particular Triswariya Vedic chanting style.
- The music, made available to the Garbhini was advised to be listened as per the Ritus (seasons) and the Prahara (time of the day/night) according to the North Indian Classical tradition from the “Raagas from Moring to Midnight” by Music Today.
- The Graha Stotras and the Graha Mantra chanting were kept according to the dominance of the planet on the said month of pregnancy.

Selection of the Subjects:

Couples were selected from 6 centers of ‘Samartha Bharat Project’ run by Vidya Bharti & Garbhvigyan Anusandhan Kendra, Jamnagar.

1. Criteria for selection
 - a. Couples approaching the center for planning of conception.
2. Exclusion criteria
 - a. Ladies who have already concieved.

Assessment Criteria

- Growth & Development of fetus according to ICMR criteria.
- Birth Weight.
- Developmental mile stones.
- General health of pregnant lady
 - Weight gain
 - Hb%

OBSERVATIONS AT A GLANCE:

1. Patients were found less nausea & vomiting in 1st trimester.
2. None of the patients has complained of backache during 2nd trimester
3. The weight gain was uniform in 80 cases out of 86 cases.
4. The Hb Percentage increase in 76 cases normally without any conventional iron therapy
5. Majority of cases- 70 cases out of 86 cases had full term normal delivery.
6. Establishment of lactation within time.
7. Majority of babies birth weight was normal.
8. 100% reported normal Developmental milestone.
9. After birth doctors visits was minimum as compared otherwise.

OBSERVATIONS

1. Weight Gain

Table showing distribution of 86 cases according the history of semester wise *weight Gain* in antenatal period

Average weight gain	I trimester	II trimester	III trimester
1.8 Kg	80	-	-
4.5 Kg	-	86	-
5.00 Kg	-	-	80

An average of **1.8 Kg** weight gain was observed in **80** cases in 1st trimester, **4.5 Kg** at the end of 2nd trimester and **5 Kg** at the end of 3rd trimester. Only 6 cases showed 6 Kg weight gain at the end of 3rd trimester whereas the weight gain was uniform i.e. 4.5 Kg at the end of 2nd trimester in all the 86 cases.

2. Hb Percentage

Table showing distribution of 86 cases according the *Hb%* in 86 antenatal cases:

Number of patients	I trimester	II trimester	III trimester
76	1	2	1
10	0	1.5	1

The hemoglobin percentage increase in 76 cases was **1g%** at the end of 1st trimester, **2g%** at the end of 2nd trimester and **1 g%** at the end of 3rd trimester or nearing delivery, whereas 10 cases the Hb% was not recorded in 1st trimester, **1g% increase was observed in 2nd trimester and 0.5 g% increase was observed at the end of 3rd trimester or nearing labour.**

OBSERVATION OF TYPE OF DELIVERY

3. Table showing distribution of 86 cases according type of delivery

Type of labour	Number of patients	Percentage
FTND	70	81.39
Assisted (Vacuum)	5	5.81
LSCS	11	12.79

Out of **86** cases maximum i.e. **81.39%** of the ladies had FTND followed by LSCS (12.79%) and assisted i.e. vacuum (5.3%).

OBSERVATION OF CHILD

1. Birth weight of babies

Table showing distribution of 86 cases according the *Wt. of Baby* wise classification

Parameter	Number of babies	Percentage
Below 2.5 Kg	8	9.3
2.50 – 3.5 Kg	75	87.2
Above 3.5 Kg	3	3.5

Majority of babies i.e. **87.20%** of babies were between 2.5 to 3.5 Kg

9.3% of babies of below 2.5 kg

Above **3.5** kg was found in **3** babies i.e. 03.5%.

2. Developmental Mile Stones

Table showing distribution of 86 babies according the *Developmental Mile stones (G&D)* in 86 children

Parameter	Number of patients	Percentage
Normal to age	86	100
Slight delay reported	0	0
Gross delay / MR child	0	0

In present study, all i.e. 100% of the babies reported normal birth and developmental milestones.

3. Immunological Status

Table showing the distribution of **150 children** according to their

immunological status (up to 1 year):

		Visit to child specialist		
	Total Children	Quarterly Visit	Half Yearly Visit	No Visits
No. Of visits to Doctor	86	4	4	78

Since children in this study are belonging to different age groups in the children.

The visit was minimum as compared to otherwise.

4. Growth & development

Specific observations in *Growth & Development*

G&D parameter	Normal Age	Early	Normal	Delayed
Social Smile	2-3 Months	Nil	86	Nil
Neck holding	2-3 Months	Nil	86	Nil
Sitting	5-6 Months	Nil	86	Nil

Specific observations:

- Child is more sensitive and attracted towards music heard during the intra uterine period.
- Child is listening music with very much interest. In a condition of crying if music has been played than child calms down.
- The grasping of Mantras is faster than other children.
- The pronunciations are more clear and accurate.
- Some of the kids are habituated to listen the Mantras before going to sleep.

Conclusion

- ‘Saumanasya Janan’ is the main factor in ‘Garbhini Paricharya’. Naad – Sound effects on mind and body as well. It is being observed that no major complications are found in maximum number of pregnant ladies and gives birth to well grown and developed baby.

General observation

It is being observed in 256 couples. The general observation in mother founds as good general health during found in normal range. Weight gain was observed, it is found normal according the state of pregnancy. No major complications were found in maximum number of patients.

Feotal growth was found normal in maximum number of Pts. (%). No Abnormality & defect was observed. Height was observed similar to ICMR criteria. APGAR sore was normal in maximum number of patients.

ⁱ <http://emilyelst.wordpress.com/2011/08/20/water-crystals-the-impact-of-music-and-intention-on-water-and-us/26-06-2014>, 15:54