

**“Mantras in pregnancy- month wise”****Seema C. Mehre**

Professor &amp; Hod Of Stri-Roga Prasuti Tantra,

Dr. G.D. Pol Foundation ,YMTAMCH, Kharghar, Navi Mumbai, Maharashtra

**Author correspondence:** [seema.mehre@gmail.com](mailto:seema.mehre@gmail.com)**ABSTRACT:**

In today world different forms of *Supraja sanskar*, *garbha sanskar* , some thing additional to the regular ANC care have become very popular amongst the People as well as Healthcare providers .Along with *Yoga* , Diet and medicines, *Mantra* and music are an integral part of all these programmes. *Mantra-shakti* is proven to be very powerful for pregnant women even in this materialistic world. It creates a high vibration, a sacred sound, and a deep, loving peace for yourself and your growing baby. Chanting mantras can uplift your soul and you may feel a close connection to specific *mantras* during pregnancy. This process is also known as ‘*Garbha Sanskar*’ as per ancient Indian tradition. In *Garbhini Paricharya* also, our texts have advised *mangal swasti vachan* for the *garbhini* to create positivity and ward off evil forces. *Mantras* generate positive energy and all the mantras have

specific purposes. Chanting mantras provide peace of mind and purity at heart. Mantra is a powerful tool for peace and joy during these days of tremendous changes of pregnancy and motherhood and you must chant them throughout your pregnancy for an easy delivery and a healthy you and a healthy baby. Month wise *mantras* have also been described in our ancient texts. For eg. During the first month the fertilized ovum is in the liquid state and this process takes place through intercourse for the purpose of the birth of life this month is ruled by planet Venus. Hence *Om Shukray Namah mantra* should be chanted.

Use of *mantra* chanting has positive effects and calming effects on the mother and the baby. The purpose of this article is to describe the different *mantras* and their effects in pregnancy. using *mantra* in pregnancy and in birth can

create a healthy mother and baby and hence *Supraja* .

**Keywords:** *mantra*, pregnancy, month

## INTRODUCTION:-

*Garbh sanskar* is an ancient Indian Ayurvedic practice that helps to shape the personality and character of the fetus inside the mother's womb. Various practices like yoga, meditation, chanting mantras, listening to music\_etc are done by the expecting mother. These practices are responsible for shaping physical, mental, emotional and spiritual health of the unborn child. *Mantras* generate positive energy and all the mantras have specific purposes. Chanting mantras provide peace of mind and purity at heart. The unborn baby will also get this quality along with the mother to be. Chanting mantra is a very old practice and it creates powerful vibrations that help to create a positive environment.

In the human race a child is born approximately (nearly) after 280 days of conception. In fact, this calculation is related to the menstruation cycle. Generally, a women gets menstruation after 28 days, this is called (known as) monthly menstruation cycle (periods). A child is born after completion of 10 cycles of 28 days each, i.e. 280 days. In the

present analysis, discussion has been done with regard these very 10 months. Chanting *mantra* during pregnancy is an ancient Indian method known as '*Garbha Sanskar*' which helps to have a positive effect on the growth and development of babies in the womb. Read on to find more about the benefits of chanting *mantras* during pregnancy.

*Mantra-shakti* is proven to be very powerful for pregnant women even in this materialistic world. It creates a high vibration, a sacred sound, and a deep, loving peace for yourself and your growing baby. Chanting *mantras* can uplift your soul and you may feel a close connection to specific *mantras* during pregnancy. This process is also known as '*Garbha Sanskar*' as per ancient Indian tradition.

*Mantra* is a powerful tool for peace and joy during these days of tremendous changes of pregnancy and motherhood and you must chant them throughout your pregnancy for an easy delivery and a healthy you and a healthy baby.

## AIMS AND OBJECTIVES:-

**Aim:-** To study the different mantras and their effects in pregnancy.



**Objectives:-** To study the effect of mantras in pregnancy.

### **Methodology-**

Month wise mantras have also been described in our ancient texts.

For e. g. During the first month the fertilized ovum is in the liquid state and this process takes place through intercourse for the purpose of the birth of life, this month is ruled by planet Venus. Hence *Om Shukray Namah* mantra should be chanted.

During **the first month** from conception the mixture of the semen and ova remains in liquid form hence Venus is called the master of this month. This process takes place thru intercourse for the purpose of the birth of a life. Planet Venus is the doer of (for) the combination of the ova and the Semen. During this one month a pregnant woman should worship planet Venus. Special care should be taken during this period if the planet Venus is combust, retrograde or infested in the woman's horoscope.

For the purpose of worshipping Venus, the *Mantra 'Om Su Sukray Namah'* should be (read out) recited. Problem can come (arise) if planet Venus

is bad position in transit during this one month.

In the second month the liquid condition changes into a solid one hence the master of this month is the planet Mars. This planet (Mars) is regarded as the son of planet Earth, (and) is one (a planet) with (of) the earth element and Mars only is the cause (doer) of the conversion of the liquid bubble in the womb into the mortal form. When the liquid matter solidifies, flesh is produced in the womb. Mars is the doer (cause) of (time) flesh, solid state etc. During this month this mixture in the liquid state begins to take the shape of a mortal in which stiffness is imbibed. A problem can arise if the planet Mars is in bad position in transit the woman's horoscope becomes retrograde bad position in transit, combust, affected. The worship of Planet Mars during this month proves to be beneficial.

For the purpose of worshipping Planet Mars a pregnant woman should chant the following *Mantra*, i.e. '*Om Bho Bhomay Namah*'.

In the third month, hands and legs etc. begin to protrude (shoot out). In the third month, hands and legs etc. begin to protrude (shoot out). The sex of the embryo is also determined during this month. The master of this month is planet.



Jupiter infusion of life in that mortal embryo begins now. Blessing one with (a) life is the of Jupiter, hence the saying *Jeevo Jeev Pradata*. Jupiter is the significant of prosperity significance / growth and is called life giver. According to modern perceptions (thinking), development of body organs and activity in the womb foetus begins (starts) only in the third month. The worship of lord Jupiter during the third month is beneficial. If Jupiter is in Bad Position in the horoscope of the woman then special precautions should be taken during this month and if Jupiter is retrograde, combust or in Bad position in transit in any other way (form) then problems can arise. One should chant the mantra '*Om Brah Brahspatay Namah*' in order to please Jupiter.

During the fourth month of the pregnancy bone formation starts in the body. Bones are the symbols of strength a born points towards sturdiness (strength). Strength and sturdiness full under the ambit of the Sun God. Sun God, the master of this month is the doer of the bones. Problems arise in this month if the Sun is in bad position in the horoscope of the lady. If during this month the Sun is bad position in transit (either from Rahu or Ketu) that is an eclipse occurs on the sun then problems can arise for the foetus.

During this period the lady should worship the Sun God. She should chant the *Mantra* of the Sun God, i.e. '*Om Gharri Suryai Namah*.'

In the fifth month, blood begins to form in the foetus nestled in the womb. Blood is a liquid form, moon is the significant of all matters in the liquid form and happens to be the master of the fifth month. The Moon is also the (doer) of the mind, emotions are also attributed to the Moon. Circulation of blood comes under the ambit of the Moon. Blood, Venus, Slum etc. are formed in this month. If the moon is in the Bad position, in debilitate sign or is combust then problems arise.

During this month, if bad position, the moon is in the Bad position in through from eclipse etc then problems await the foetus. If the lady worships the Moon in the fifth month then it proves beneficial. For the purpose of worshipping the Moon the *Mantra* '*Om So Somai Namah*' should be chanted.

During the sixth month, nails and superficial hair develop (come out/emerge) in the child. The master of this month is lord Saturn. Nails, (\*\*\*) superficial hair, hair etc. Are subjects attributed to lord Saturn, Nails and hair are inert, they do not have any life in them (they are lifeless). The proper development of these



superficial organs the child. If Saturn is retrograde, in debilitate sign or is in Bad position after being combust then the child in the womb can have problems. Worship of lord Saturn during this month (period) (can prove) proves to be extremely beneficial. If Saturn is in Bad position combust or retrograde even when it is in transit then there are possibilities of problems arising (coming up) at such a time the lady should chant lord Saturn's *Mantra 'Om Sa Sanachrai Namah'*.

In the seventh month, intelligence enter the foetus, awareness comes in this month and feelings of comfort and pain are also experienced (felt). Mercury is the master of this month and is also considered the doer of intelligence and wisdom. It enables the entry of intelligence and wisdom. It enables the entry of intelligence and arouses awareness. This inert being becomes active (full of life) on infusion of intelligence and wisdom. If Mercury is (infested) in the woman's horoscope then problems are possible in this month. Entry of values in the foetus takes place in this month. However, if Mercury is afflicted (because of transition) during the month then the values in the child are definitely (surely) affected. For preventing these problems, the worship of lord Mercury is done by chanting the *mantra 'Om Bu Budhai Namah'* all through the month.



*Swami lagnesh*, himself, has been regarded as master of the eighth month. Here two meanings have been given for *Lagnesh*. Firstly, the *Janm Lagnesh* of a pregnant woman (an expectant mother) and secondly *aadhan lagnesh* the master of the *aadhankatin lagna*. The auspiciousness of this month is decided by the position of *janma lagnesh* in the absence of (knowledge) information regarding the *aadhan Lagna*. If a woman delivers during this month then a lot of problems are caused to the child. Hence, a pregnant woman extremely needs to take complete rest during this month and the worship of *lagnesh* (or *aadhan lagnesh*, if known) proves to be beneficial from the point of view of the safety of the mother to be. That is why the holding of *Seemantoonyan Sanskar* has been recommended in the Indian religious texts, so that the foetus remains safe (secure).

Moon is the master of the 9th month and Sun is the master of the 10th a pregnant woman remains healthy in the months pertaining to those planets which are in a favourable position in the *aadhan Lagna* or in the horoscope of the woman, but there is a possibility of problems arising in the months in which the planets related to the particular month are either afflicted, in debilitate or rival (adverse) birth sign or are in Bad position moreover

rituals like *Pushban Sanskar* in the 4th month and *Seemantoonayan Sanskar* in the 6th or the 8th *Sanskar*.

In the 6th or the 8th month which have been recommended in various religious scriptures with a view to ensure the safety of the baby foetus should be duly observed. Any woman who has become pregnant for the first time should observe the above mentioned rituals. In the event of the lady (women) getting pregnant for the second time or more, then the worship of only those planets is considered auspicious which have been proclaimed to be (regarded as) masters of (beneficial) the pregnancy period.

### Results-

Use of *mantra* chanting has positive effects and calming effects on the mother and the baby



### Conclusion:

Using *mantra* in pregnancy and in birth can create a healthy mother and baby and hence *Supraja*.

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