

Preparing for pregnancy and related precautions

Preface

Every parent wishes that their child be healthy, beautiful and intelligent. For a healthy crop, the seeds have to be of very good quality. One has also to plan for sowing the seeds and planting the seedlings. This applies to human beings as well. For exceptional progeny, this planning has to be done before marriage. If we wish that our child be virtuous, we have to select a virtuous companion to marry. This Text elaborates the various measures to be taken by the parents-to-be, so that the required virtues are inherited by their child and the *garbhadan* ritual advised by the Scriptures for good progeny.

This Text provides information on how according to the science of genetics, the ailments, and virtues in the family of the parents are genetically transferred to the child. The father-to-be and the entire family should provide appropriate help to the pregnant woman, support her and thus, keep the environment in the house blissful, religious and *sattvik*.

If this Text is studied by every parents-to-be and members of the woman's paternal as well as in-law's house, they will understand how to welcome the new guest in the house blissfully. The new born that arrives in the house is a member who connects the entire family and brings each member closer with love. This Text is useful not only for the family members, but even doctors, nurses, social workers, etc.

We pray earnestly to the Almighty, who controls the entire world - 'May the nine months of pregnancy of a woman be spent in a healthy and blissful state, may the physical, mental and spiritual growth and development of each child be good right from its foetus state and may it progress to become an ideal citizen in future ! - **Authors**

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