



Yoga During Pregnancy for Healthy Progeny

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ABSTRACT-

The World Health Organization defines health is a condition of total physical, mental, and social well-being and body, as well as a healthy mind and spirit, rather than simply the absence of sickness or deformity. Women go through physical, mental, and emotional changes throughout pregnancy. These alterations are a result of pregnancy. These obstacles are exhibited by the joyful condition, tension, and yoga, which helps to calm down and conquer these difficulties. Yoga assists pregnant women in developing a happy mindset and willing to go through the labour procedure. Various Aasanas and breathing exercise revale and decrease the pregnancy related complications like pregnancy induced hypertension, Premature delivery, still birth and intra uterine growth retardation's. Yoga gives a wide range of activities to the mother and unborn child in different ways. Labor is a time of terror and anguish for the majority of women, and yoga can help them survive with these changes.

KEYWORDS - Yoga, Aasana, healthy progeny, Pregnancy, better progeny

INTRODUCTION -

Yoga is an ancient mind-body activity that originated in India and is increasingly being accepted and used as a health practice in industrialised countries for a range of immunological, neuromuscular, psychiatric, and pain disorders. Yoga is derived from the Sanskrit phrase "yug," which means "to unify"; more broadly, it implies "to work toward an united perception of the self and enhanced health." Most recognized for its potential to create balance along emotional, mental, physical, and spiritual dimensions, yoga is a comprehensive system that uses physical postures (Aasana), breathing exercises (pranayama), concentration and meditation (dharana and dhyana), and contemplative practice. Although there are a plethora of lineages and schools of yoga that are offered in modern society, practices typically include at least the physical postures and breathing exercises. Yoga is thought to alter nervous system regulation and physiological system functioning (e.g., immune, endocrine, neurotransmitter, and cardiovascular) and improve psychological wellbeing (e.g., frequency of positive mood states and optimism) and physical fitness (e.g., strength, flexibility, and endurance). Pregnancy is a state in which women experience significant physiological changes and stress, as well as specific physical and psychological demands. There is a need to handle the many physical, emotional, mental, and pain states that develop throughout pregnancy and labour. The mother's well-being and quality of life are vital for optimal pregnancy outcomes; self-soothing strategies, psychoeducation, and relaxation are especially important during this transitional and significant period. Maternal stress and anxiety during pregnancy are linked to a slew of detrimental outcomes for the foetus and future development.

Yoga may help to alleviate some of the unpleasant symptoms linked with pregnancy and childbirth. Given that 35% of women aged 27–33 years currently practice yoga, it is critical to assess its impact on maternal stress, anxiety, pain, discomfort, and other factors, as well as labour and delivery outcomes. A recent review of yoga for pregnancy-related outcomes concluded that yoga is positively indicated for use in pregnancy; however, the findings are not conclusive because some of the trials included in that review were uncontrolled and others demonstrated poor methodological quality for various reasons. The major goal of this work is to conduct a systematic review of the evidence on the utility of yoga during pregnancy and labour and to provide suggestions for further studies.

EFFECT OF YOGA DURING PREGNANCY:

Yoga is rapidly gaining popularity as a useful technique for various physiological and psychological improvements. Yoga is a technique for bringing positive energy to both the mother and the foetus. Yoga provides energy to both the mother and the foetus. Yoga reduces stress, which helps to reduce the onset of problems by maintaining good blood flow in the uteroplacental circulation. Yoga has several advantages during pregnancy, including improved sleep, stress reduction, and increased strength and flexibility. Various aasana, positions provide more flexibility in the pelvis, allowing access to the labour process by relaxing muscles around the cervix and birth canal.¹

AIM- To explore the efficacy of yoga during pregnancy for healthy progeny.

Objectives-

- 1) To furnish a tool for the mother and foetus to achieve good energy.
- 2) To help ease the burden that mothers experience throughout pregnancy.

3) To give power to women for the normal labour.

MATERIAL AND METHOD-

Yoga is practiced in certain bodily positions to optimize vital organs and endocrine function, which leads to the growth of the body and mind during pregnancy and also aids in the maintenance of physical strength. Ayurveda and Yoga Darshan describe many sorts of asanas postures that are suitable for pregnant women.

These yoga routines will use less energy while providing greater benefits. The advantages of Asanas have been thoroughly demonstrated by their usage as a regimen in OPD patients.

Yoga Asanas is divided in three categories according to trimesters-

First trimester Asanas- Experiment with basic positions with a few changes. Avoid inversions, closed twists, and back bends that may compress or overstretch the uterus, resulting in poor blood circulation to the uterus. Encourage a considerable period of rest following activity.

First Trimester Asanas (Postures)-

1. Vrikshasan (Tree pose)- It stretches the legs, back and arms which invigorates the body. It helps to improve concentration.²
2. Virbhadrasan (Warrior pose)- It stretches the groin area, strengthens the body and back muscles and tones up the lower body. Increases stamina and flexibility and relieves backache.³
3. Utthitatrikasan (Extended triangle pose)- It strengthens the pelvic floor muscles, thighs and calf muscles. Increases the flexibility of spine and improves digestion.⁴

Second trimesters Asanas-

1. Tadasan (Mountain Pose) Benefits: Stretches the entire spine and aids in the clearing of spinal nerve congestion. It also aids in the development of physical and mental equilibrium. It stretches and strengthens the rectus-abdominus muscle, which serves as an accessory muscle for bearing down.⁵
2. Bhadrasan (Gracious Pose): This asana is beneficial to the digestive tract and can aid with a variety of stomach issues. It aids in the toning of the muscles in the female pelvic area. It relieves mental tension in conjunction with meditation.⁶
3. Katichakrasan (waist rotating pose): Tones the muscles in the waist, back, and hips. It creates a sense of lightness and alleviates bodily and emotional tension.⁷
4. Vajrasan (Thunderbolt Pose): This asana improves the digestive tract, which boosts energy absorption. Blood flow and nervous system impulses in the pelvic area are altered. It is the only asana that may be done after eating and relieves gastrointestinal issues such as hyperacidity.⁸
5. Matsyakridasan (Flapping Fish Pose) Benefits: Improves digestion and reduces constipation. It soothes the nerves in the legs and is an excellent asana for restful sleep. It helps to increase blood circulation.⁹
6. Marjariasan (Cat stretch position): This pose is great for training the female reproductive system and pelvic muscles. This asana promotes the flexibility of the muscles in the neck, spine, and shoulders, which are necessary for bearing down efforts during labour.¹⁰

Third trimester asanas-

1. Chakkichalanasan (Churning mill pose)-
Use: This asana is great for toning the nerves and muscles of the pelvis and abdomen.
2. Utthanasan (Squat and Rise pose)-
This asana helps to develop the muscles in the back, uterus, thighs, and ankles. It tones the pelvic girdle and this asana is equivalent to sweeping the floor. Thus enables fast and easy delivery.
3. Ardhatitaliasan (Half butterfly)
Use: This is a wonderful asana for releasing the hip joints, allowing for quick and uncomplicated delivery.¹¹
4. Purnatitaliasan (Full butterfly)
Use: Tones up the pelvic girdle. It decreases stress in the inner thigh muscles and alleviates leg fatigue. This asana improves the flexibility of the perineum.¹²

Practising of breathing exercises –

Pranayama is a type of breathing exercise. In this case, the patient is asked to sit in a comfortable table posture and to take calm, deep breaths.

- This assists in breathing control.
- It supplies more oxygen to each cell, so energising it.
- Increases breathing capacity, stamina, and vigour.
- Pranayama is used to comprehend and manage the pranic process in the body.

Discussion-

Yoga practices include physical postures and breathing methods that help to reduce pregnant complications such as pregnancy-induced hypertension, intrauterine development retardation, and pre-term birth. Yoga practice can help infants have a higher birth weight. According to one research, the birth weight of women who practise yoga (2.78 +/- 0.52 kg)¹³ is substantially greater (p0.018) than the birth weight of the control group (2.55 +/- 0.52 kg). Another study found that infants with birth weights more than or equal to 2500g had a substantially higher (p0.01) birth weight in the yoga group. The rate of preterm labour is reduced (p0.0006) in the yoga group.

Complications such as isolated intrauterine growth retardation (IUGR, p0.025)¹⁴ and pregnancy induced hypertension (PIH, p0.025) with associated IUGR were also considerably reduced in the yoga group of patients, and no significant detrimental impact was seen. Pranayam (breathing exercises) and Dhyana (meditation) calm the mind, concentrate the energy, and decrease tension in impatient and uptight pregnant women. According to a study, a single and several sessions of prenatal yoga on mood measurements show that antenatal yoga reduced anxiety and cortisol levels after a single session and the impact remained stable over time.

Antenatal yoga has been linked to a considerable reduction in birthing anxiety and may be useful in preventing the onset of depressive symptoms. Yoga is a discipline that consists of several asanas, pranayama (breathing exercises), and meditation.¹⁵

Asanas (Postures)

1. It strengthens the pelvic floor muscles and lowers cramping throughout the third trimester.
2. Improves spinal flexibility.
3. Strengthens the lower body.

4. Improves stamina and relieves back pain.
5. Aids digestion and alleviates constipation.
6. Improves blood circulation and promotes restful sleep.
7. Increases the strength of the bearing down muscles and aids in the ejection of the foetus.
8. It alleviates physical and emotional stress.

Pranayam (Breathing exercise)-

1. Provides extra oxygen to every cell and rejuvenates them.
2. Tones up nervous system and improves emotional stability.
3. Relieves morning sickness and mood swings.
4. Eliminates anxiety, fear and phobia.
5. Increases breathing capacity, stamina and vitality which help in bearing down during the process of labour.

CONCLUSION-

Conclusion is drawn on the basis of abovementioned study. It demonstrates that yoga has considerable benefits for pregnant women. During pregnancy, women go through a number of physical and emotional changes. Yoga reduces the danger of pregnancy and also aids in the relaxing of the labour process. Yoga in pregnancy has been shown to enhance birth weight, minimise preterm labour and pregnancy problems such as pregnancy induced hypertension, and thereby lower mother and foetal morbidity and death rates. As a result, yoga should be included in the pregnancy regimen in order to achieve a greater level of fitness for both mother and kid, which will result in a superior offspring.

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