



ARTICLE-YOGA IN PREGNANCY

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ABSTRACT

Pregnancy is a transformative state in a woman's life during which she faces many challenges physically, mentally, and psychologically. The current lifestyle which includes unhealthy food habits, sedentary lifestyle and stress contributes to conditions like pregnancy induced hypertension, intrauterine growth retardation and gestational diabetes mellitus ultimately making pregnancy eventful. The prevalence rate of eventful pregnancy in India is 49.4% which is high. Practicing yoga helps in reducing the rate and severity of eventful pregnancy. Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional and spiritual dimensions of the individual. Practicing yoga during pregnancy is beneficial to both the fetus and mother. It stimulates agni, gives good strength to the mother, enhances the circulation in the mother and the fetus, relieves stress, and prepares women physically and psychologically for labor. It deepens the connection between fetus and mother, and also helps growth of foetus. Trimester wise practicing asanas like vrikshasana, vibhadasana in first trimester, vajrasana, tadasana in second trimester and uthanasana, titliasana in third trimester helps in relaxation and contraction of uterine muscles. Practicing yoga in pregnancy contributes in achieving uneventful pregnancy, helps creating more space in the pelvis, eases and fasten the second stage of labour as it reduces muscle tension and positively influences neuromuscular control. It also helps to manage pain, reduce anxiety, enhance relaxation, and finally helps in recovery after labour. The ultimate objective of antenatal care is to ensure a normal pregnancy with the delivery of a healthy baby from a healthy mother. This is achieved by reducing the prevalence of eventful pregnancy. Hence yoga in pregnancy is the need of the hour.

KEYWORDS: Yoga, Pregnancy, asana, uneventful pregnancy.

INTRODUCTION

The word Yoga is derived from Sanskrit word "yuj" which means joining or union, Yoga in pregnancy is union of mind, body, soul of mother and fetus. Pregnancy is a beautiful and integral part of a woman's life which she wants to enjoy but due to many changes that take place inside and outside the body makes her exhausted and lethargic. Hence preparing a woman's body for uneventful pregnancy and normal labour is essential which can be achieved by yoga. Yoga in pregnancy is the preparation of a woman for the challenges she faces physically, mentally and emotionally during pregnancy, as yoga calms the body and mind. Practicing yoga during pregnancy is beneficial to both the fetus and the mother. It stimulates agni, gives strength to the mother, enhances the utero fetoplacental circulation inturn helping in the growth of fetus. Uterine muscles can be relaxed and contracted by performing asanas such as vrikshasana, vibhadasana during the first trimester, vajrasana, tadasana during the second trimester, and uthanasana, titliasana during the third

trimester. Pregnancy yoga benefits women by expanding their pelvic space, easing and expediting the second stage of labor, reducing muscle tension, and improving neuromuscular control and function. In addition, it facilitates easier labor and postpartum recuperation by improving relaxation, lowering anxiety, and managing pain. Doing yogaasana with modifications throughout pregnancy helps to ensure a smooth pregnancy. Ensuring an uneventful pregnancy and the delivery of a healthy baby from a healthy mother which is the ultimate goal of prenatal care. Reducing the frequency of eventful pregnancies is how this is accomplished. Therefore, yoga is absolutely necessary during pregnancy. But as each body is different it cannot be advised to all, so under the supervision of an expert only, asanas should be performed.

AIM AND OBJECTIVE OF YOGA IN PREGNANCY

The ultimate objective of antenatal care is to ensure a normal pregnancy with delivery of a healthy baby from a

healthy mother. Practicing yoga during pregnancy helps in achieving this, as practicing yoga during antenatal period has below mentioned benefits.

1. PHYSICAL AND MENTAL HEALTH OF MOTHER
2. NORMAL AND HEALTHY GROWTH OF FOETUS
3. PREPARATION OF A MOTHER FOR EASY AND UNEVENTFUL LABOR
4. BONDING AND SOCIAL SUPPORT
5. POSTPARTUM RECOVERY
6. HEALTHY PROGENY

METHODS

The intention of yoga asana is to practice specific body positions that stimulate the work of different vital organs and endocrine glands, which leads to the general growth of the body, mind and the maintenance of physical strength. It can contribute to enhance the chances of better conceptions, a good environment for pregnant women and peaceful labour. So modified version of yoga asanas can be advised to pregnant women by experts. A pregnancy yoga regimen can be broken down into three sections based on the trimester.

ASANAS WHICH CAN BE PERFORMED

A. 1ST Trimester

1. Vibhdrasan
2. Utrikasan
3. Vrikshasana

INTRUCTIONS

- 5 repetition of each asana can be performed.
- Fundamental poses should be practiced with minimal adjustments.
- Refrain from inversions, twists, and back bends since these may compress and overstretch the uterus, leading to reduced blood flow to the organ.

B. 2ND Trimester

1. Vajrasana
2. Matyakridasan
3. Marjariasan
4. Tadasan
5. Bhadrsana
6. Katichakrasan

INTRUCTIONS

- 5 repetition of each asana can be performed.
- Avoid lying on back because it reduces blood circulation to the uterus.

C. 3RD TRIMESTER

1. Ardhatitlisana
2. Poornatitlisana
3. Uthanasana

INTRUCTIONS

- 5 repetition of each asana can be performed.

- Supine position should be avoided.

BENEFITS OF YOGA

The modern lifestyle which includes stress, sedentary behaviour and unhealthy eating habits, makes pregnancy more likely to result in illnesses such as intrauterine growth retardation, gestational diabetes mellitus and pregnancy-induced hypertension. There exists a substantial body of evidence indicating that stress, anxiety and depression experienced during gestation serve as significant risk factors for adverse outcomes for both the mother and fetus, encompassing low birth weight, premature labor and neurodevelopmental complications for neonates and children. Due to ahara, viharaja and manasika nidana sevana during pregnancy, agnimandya occurs which leads to production of Ama. Saama dosha causing srotorodha leads to development of various diseases. Rasavaha srotodusti can impair the poshana of Garbha and inturn leads to disease like intrauterine growth retardation. Saama rasa causing raktadusti at the level of dhamani can be understood as the cause of Pregnancy induced hypertension. Imbalance in kleda, Kapha pradhana tridosha prakopa and agni mandya leads to Ama at the level of jataragni. The saama rasa further vitiates uttarottara dhatu such as Mamsa and Medo dhatu causing further kleda vridhhi producing symptoms of Gestational Diabetes.

Yoga can prevent formation of ama, maintain agni in its prakruta avastha thus allowing proper nourishment of dhatu. Yoga, as a form of exercise does dosha vilayana, brings back the doshas from shakha to koshta, thus helps in easy elimination of vitiated doshas. By performing yoga regularly, the aggravated kleda, meda and kapha can be mitigated. Yoga also helps in relieving of stress not only physically, but also mentally, hence prevents stress and anxiety which can contribute to the pathology of various disorders. Yoga helps in prevention of diseases during pregnancy as well as maintains the proper growth of fetus.

DISCUSSION

Performing yogasanas during pregnancy like in 1ST TRIMESTER

Virbhadrasan - It stretches the groin area, strengthens the body and back muscles and tones up the lower body. Increases stamina and flexibility and relieves backache.

Vrikshasan - It stretches the legs, back and arms which invigorate the body. It helps to improve concentration.

Utthitatrikasan - It strengthens the pelvic floor muscles, thighs and calf triangle muscles. Increases the flexibility of spine and improves digestion.

2ND TRIMESTER

Vajrasan - This asana enhances digestive system which increases the energy uptake, alters blood flow and nervous system impulses in the pelvic region. Relieves stomach ailments like hyperacidity and it is the only asana that can be practiced after taking meals. It stimulates sciatic nerve.

Matsyakridasan - Stimulates digestion and relieves constipation. It relaxes the nerves of legs and this is an ideal asana for relaxed sleep. It improves blood circulation.

Tadasan - Stretches the entire spine and helps to clear the congestion of spinal nerves. It also helps in developing physical and mental balance. It stretches and strengthens the rectus-abdominus muscle which an accessory muscle for bearing down.

3RD TRIMESTER

Titaliasan - Is an excellent asana for loosening of hip joints, which enables fast and easy labor. Tones up pelvic girdle. It relieves the tension from inner thigh muscles and removes the tiredness of legs. This asana increases the stretching ability of perineum.

Utthanasana - This asana strengthens the muscles of back, uterus, thighs and ankles. It tones up the pelvic girdle. Thus enables fast and easy labour.

CONCLUSION

Practicing yoga during pregnancy can make experience of pregnancy harmonious and jovial for a mother as it tends to make pregnancy uneventful and enhance fetal growth, ease labor, make the pregnancy less stressful, and reduce the risk of preterm labor. Practising yoga calms mind and decreases stress and anxiety. Yoga is essential for today's world since it can prevent diseases associated with various stages of pregnancy, labor, and postpartum period as due to our faulty lifestyle and stress the prevalence rate is quite high. As Acharyas created the asanas that it would not give any strain to the body and would not increase abdominal pressure. Asanas with modifications can be recommended considering period of gestation and pregnancy-related morbidity, but expectant mothers should listen to their bodies and do yoga practice only as much as they can do without undue efforts under a professional's supervision. So yoga should be included in the pregnancy regime to achieve uneventful pregnancy, healthy mother and offspring.

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