



**ROLE OF YOGASANA IN PREGNANCY**

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**ABSTRACT**

*Yoga* is spiritual science i.e. mind body binding practice encompasses a system of *Asan*, *pranayama* and meditation. A mother nurture and carries a baby for nine long months and hopes that the baby comes in the world as healthy. Prenatal *yoga* shows a lot of benefit in pregnant women who suffer from depression, stress, low back pain and lack of sleep. It is absolutely necessary for pregnant women to maintain her physical and mental health both for her own sake and sake of the child. Number of studies shows that *yogasan* during pregnancy improves high risk pregnancy. An integrated approach towards *yogasan* during pregnancy is that it is safe and leads to improve outcome such as for improving birth weight, decrease intrauterine growth retardation either in isolation or associated with pregnancy induced hypertension with no increased complications. Largely achievable health of a baby is depends on the mother diet and physical activity. *Yogasan* encourage the normal labour and decreases the rate of caesarean section.

**KEYWORDS**-Pregnancy, *Yogasana*, improve outcome, normal labour.

**INTRODUCTION**

*Yoga* is an ancient mind body practice that originated in India and is becoming increasingly recognised and used in developed nations as a health practice for a variety of immunological, neuromuscular, psychological and pain conditions. *Yoga* has existed so far almost like an orphan. Pregnancy *yoga* is nourishing practice to support pregnant women through the different stages of pregnancy. As well as easing common physical ailments creating space in the body and mind. Pregnancy *yoga* allows honour towards the changes in your life, connect with growing baby and calm any anxiety as prepare to meet baby. *Yoga* exercises can help to strengthen and stretch muscles. They can improve core strength and make more flexible. This can help to prepare for the physical rigours of labour and birth.

**MATERIAL AND METHODS**

The meaning of word "*Yoga*" is "union". It is derived from Sanskrit root '*Yuj*', meaning "to join", "to unite" but also "to subjugate", with the meaning also "to control" and "to discipline"<sup>[1]</sup> The eight limbs of *yoga* are- *Yama* (Universal moral commandments), *Niyama*(Self Purification by discipline), *Asana* (Postures), *Pranayama*(Rhythmic breath control), *Pratyahara*(Sense withdrawal), *Dharana*

(Concentration), *Dhyan*(Meditation), *Samadhi*(Self Awareness or realisation).<sup>[2]</sup>

*Asana*- According to *patanjali yoga 'sthira sukham asana'*.<sup>[3]</sup> Regular practice of various *asans* help to keep healthy body and prevent so many physical and mental diseases. Following are necessary conditions which are to be taken for the practise of *asans* are.<sup>[4]</sup> Cleanliness, bath, food, time, place, breathing, savasana i.e after completing the practise of *asanas* always lie down in savasana for at least 10-15 minutes, as this will remove fatigue.<sup>[5]</sup>

**FIRST TRIMESTERYOGA<sup>[6]</sup>**

**1. ardhatitli asan (half butterfly asan)**

Timing- Morning.

Duration-Slowly practice ten up and down movement.

Benefits- It is an excellent practice for loosening of hip and knee joint. This shall enable faster delivery.

**2. poornatitli asan (full butterfly asan)**

Timing- Morning.

Duration-20-30 times in a day.

Benefits-Tension from inner thigh muscle is relieved and removes tiredness from legs.

**3. supta darkarshanasan(sleeping abdominal stretch asan)**

Timing-Morning.

Duration-5-10 times in a day.

Benefits-Remove constipation improves digestion and relieves stiffness and strain of spine caused by prolonged sitting.

#### 4. *chakkichalan asan* (churning the mill *asan*)

Timing-Morning.

Duration-10 times in each direction.

Benefits-This is an Excellent *Asan* for toning the nerves and organs of pelvic and abdomen preparing them for pregnancy. This is an excellent postnatal exercise.

#### 5. *marjari asan*(cat stretch *asan*)

Timing - Morning.

Duration-5-10 times in a day.

Benefits-This *Asan* improves flexibility of the neck, shoulders and spine and tones female reproductive system.

#### 6. *katichakrasana*(waist rotating *asan*)

Timing-Morning.

Duration-5-10 times.

Benefits-Tones waist and hips induces a feeling of lightness and used to relieve physical and mental tension.

#### 7. *tadasan*(palm tree *asan*)

Timing-Morning.

Duration-5-10 times in a day.

Benefits- Helps to develops physical and mental balance. Entire spine is stretched and loosened. Also stretches rectus abdominal muscles keeping them nerves toned.

#### 8. *utthanasan* (squat and rise *asan*)

Timing-Morning.

Duration-5-10 times in a day.

Benefits-Strengthen muscles of middle back, uterus, thighs and ankles.

### Second Trimester Yoga<sup>[7]</sup>

#### 1. *matsyakridasan*(flapping fish *asan*)

Timing-Morning.

Duration-5-10 times in a day.

Benefits-Stimulates digestion and removes tiredness and relaxes nerves of the legs in later month of pregnancy. Lying on the back may cause pressure over major veins and block the circulation. In such circumstances, this posture is ideal for relaxing and sleeping also redistributes excess weight around waistline.

#### 2. *vajrasan*(thunderbolt *asan*)

Timing- Morning can be after meal.

Duration-5-10 times in a day.

Benefits-Enhance digestive functions and can be practices directly after meals relieves stomach ailments like hyperacidity often a trouble faced during pregnancy alters blood flow and nerves impulses in the pelvic region and strengthens pelvic muscles.

#### 3. *marjari* *asan*(cat stretch *asan*)

Timing-Morning.

Duration-5-10 times in a day.

Benefits-This *Asan* improves flexibility of the neck, shoulders and spine and tones female reproductive system.

#### 4. *hastautthanasan*(hand raising *asan*)

Timing- Morning

Duration-5-10 times in a day.

Benefits-This *asana* removes stiffness from the shoulder and upper region. The deep synchronised breath improves breathing capacity influences heart and improves blood circulation whole day especially the brain receives an extra supply of oxygen.

#### 5. *tadasan*(palm tree *asan*)

Timing-Morning.

Duration-5-10 times in a day.

Benefits-Helps to develop physical and mental balance. Entire spine is stretched and loosened. Also stretches rectos abdominal muscles keeping them nerves toned.

#### 6. *Katichakrasan*(Waist Rotating *Asan*)

Timing-Morning.

Durations-5-10 times in a day.

Benefits-Tones waist, back and hips, induces feeling of lightness and used to relieve physical and mental tension.

#### 7. *Meruakarshanasan* (Spinal Bending *Asan*)

Timing-Morning.

Duration-5-10 times in a day.

Benefits-Relaxes the hamstring, inner thigh and abdominal muscles and stretches the muscles of the sides of the body rendering them stronger and flexible.

### Third Trimester Yoga<sup>[8]</sup>

#### 1. *poornatitli asan* (full butterfly *asan*)

Timing- Morning.

Duration-20-30 times in a day.

Benefits-Tension from inner thigh muscle is relieved and removes tiredness from legs.

#### 2. *suptaudarkarshan asan*(sleeping abdominal stretch *asan*)

Timing-Morning.

Duration-5-10 times in a day.

Benefits-Remove constipation, improves digestion. Relieves stiffness and strain of spine caused by prolong sitting.

#### 3. *ardhatitli asan* (half butterfly *asan*)

Timing- Morning.

Duration-Slowly practice ten up and down movement.

Benefits-It is an excellent practice for loosening of hip and knee joint. This shall enable faster delivery.

**Benefits of Yoga<sup>[9]</sup>** - *Yoga* is basically a science of balancing the functions of body and mind. following are some benefits.

- 1) Stress-In present days, also in pregnancy state stress is the main cause of functional disease like Hypertension, diabetes, heart diseases ,peptic ulcer etc. by *yoga* and *pranayam* we can control stress.
- 2) Prevention Of diseases- one who practices *yoga* remains free from infectious disease even in the epidemics also.
- 3) Functional disease-practice of *yoga* turns down the respiratory rate and pulse rate and these benefits may be due to proper toning of nervous tissue as well as circulatory systems in proper tone.

### Benefits of Yoga in Pregnancy

**1<sup>st</sup> Trimester-** In this period nausea, vomiting, giddiness and urinary complaints are more common in pregnant women.<sup>[10]</sup>

Pregnancy will be better in healthy state not in ill state. Practice of *pranayama* during this initial phase gives courage and confidence. *Yogasan* improves digestion it can suppress nausea and constipation. By *yogasan* circulation is improved so toxins will easily removes from body and help to overcome sleep and tiredness. Activation of abdominal pelvic floor muscles overcomes the urinary complaints. It Help to deal mood swings and increase sense of wellbeing and self- awareness.

**2<sup>nd</sup> Trimester-** In this period, backache, mild pedal oedema and varicose veins are most common complain of pregnant women. Period of beginning of pregnancy induced complication i.e. hypertension and diabetes.<sup>[11]</sup>

*Yoga* strengthen the pelvic muscles exercise the spine make the pregnancy tolerable. Practicing of regular *yogasan* improve the circulation, reduce the water retention i.e. well for subsiding varicose vein and pedal oedema, Help to manage blood pressure.

**3<sup>rd</sup> Trimester-**This is the final period of pregnancy. Fetal growth and development is completed. also placenta is fully developed. feeling of exhaustion, pain in abdomen, breathlessness is very common symptoms.

Regular practice of *yogasan* strengthens abdominal muscles, Pelvic floor muscles, back muscle, muscle of thigh. It produces confident sense of direction in which to exert pressure in bearing down phase. Deep breathing practice relaxes the muscles that help in times of labour pain. Practice of *yogasan* makes lesser needs of obstetric intervention and fewer sign of foetal compromise. Help to cope with labour pain or experience less pain. It may help to reduce anxiety during labour and improve postnatal depression.

### Risks of Vigorous Exercise during Pregnancy<sup>[12]</sup>

While exercise has been established as a safe practise for women who are pregnant, there are risk that can make it dangerous for some women with particular medical conditions. The major concerns include.

- Premature contractions can potentially be induced by the hormones that are stimulated by exercise.
- Increase glucose consumption from working muscles could affect foetal glucose levels.
- Exercise cause blood to be redistributed from internal organs to skeletal muscle and as a result there is a significant transient reduction in oxygen and nutrient delivery to the placental site.

Overheating will challenge maternal thermoregulation and is best avoided; especially in the first trimester. Therefore participating in vigorous exercise in high temperature environments throughout pregnancy should be avoided.

### DISCUSSION

A physically and mentally fit pregnant women can perform *yogasan* under guidance of *yoga* trainer. Practicing postures of *yoga* should be nonviolent, soft and with correct method. *Yoga* and *pranayama* are parts of successful antenatal care. *Yoga* is nothing but a lifestyle modification, detoxify body manage stress which is harmful for present day high risk and precious pregnancy. It is Necessary for growth and development of foetus, Good for the normal vaginal delivery And Best way for obtaining a *shreyasipraja* is traditional way of life.

### CONCLUSION

Every pregnancy is precious gift of god. Regular antenatal care and regular practice of *yogasan* can make this tough and happiest moment of women's life more easy and comfortable. Practice of *yoga* should be daily routine of pregnant women. Successful antenatal care performed easy vaginal delivery and birth of high Apgar score baby. *Yogasans* are not only for controlling weight and reduces the rate of caesarean section but also works as a miracle in preventing high risk of pregnancy. So practice of *yoga* and be healthy and give birth to healthy baby.

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