



YOGASANA IN MUSCULOSKELETAL PROBLEMS IN PREGNANCY: A REVIEW

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ABSTRACT

During pregnancy many hormonal and anatomical changes occur that affect the musculoskeletal system in the female body. Which may cause various common musculoskeletal problems like neck pain, shoulder pain, low back pain, though obstetric physiotherapy is an essential part of maternal health care, still it is not well known in developing countries like India. So in *Ayurveda Yoga Asanas* have played a very important role during pregnancy related musculoskeletal problems. It increases the flexibility of movement, their strength and the blood flow to the muscles. All the organs and cell of the body become active. Thus increasing the immunity against diseases. Some of the specific *Asanas* like *Marjariasana*, *Konasana*, *Veeerbhadrasana*, *Trikonasana*, *Badhakonasana* play very beneficial role during pregnancy & tone the abdominal region, improves blood circulation, keeps the spine flexible, helps alleviate constipation, tones the arms, legs and lower back, reduce pain & stress & most important helps facilitate smooth delivery when practiced until late pregnancy.

KEYWORDS: Pregnancy, Musculoskeletal problems, *Yoga Asanas*.

INTRODUCTION

All cultures and countries promote care of the pregnant women. In India, ANC is utilized by less than 50% of pregnant women.^[1] Pregnancy-induced biochemical, hormonal and vascular changes give rise to variety of musculoskeletal problems. The enlarging uterus alters body's center of gravity and applies mechanical stress on the body. Hormone level fluctuations develop joint laxity. Consequently, a pregnant woman is susceptible to musculoskeletal injuries.^[2] Stress on the axial skeleton, pelvic girdle and genital tract may lead to acute disorders, including nonspecific pain, neurologic compression, joint disruption and septic arthritis.

The purpose of this review is to illustrate imaging characteristics of the main musculoskeletal pelvic disorders during pregnancy, labor and its prevention by *Yogasana*.

Low back and pelvic girdle pain are the most frequent pregnancy-related musculoskeletal symptoms. They may occur during pregnancy 45%, isolated low back pain occurs in 24% to 90% of cases. It also occurs approximately twice as often in women who had back pain before becoming pregnant and more often in women who have previously been pregnant. Pelvic girdle pain

specially indicates pregnancy-related pain in the lumbosacral, sacroiliac and pubic symphysis joints. Several risk factors for pelvic girdle pain have been identified, such as possible genetic predisposition, multiparity, previous history of pelvic trauma, raised body mass index, elevated relaxin hormone levels, asymmetrical laxity of the sacroiliac joint, laborious work during pregnancy and hyper mobility of the joints. The diagnosis is usually based on clinical examination. Radiographs, ultrasound and MRI may only be helpful in cases with severe or unusual symptoms.^[3]

To get rid of all these multiple symptoms and to make event less pregnancy with smooth delivery our Modern pathy have painkillars and hormonal medicines which have their quick result but own side effects for mother and baby both. According to *Ayurveda Yogasana* is the best and natural treatment which has positive result without any complication to mother and baby.

Some *Yogasana* examples are

1-Tadasana: - This helps in strengthening the spine and relieves back pain.^[4]



2-Marjariasana (cat pose):- It gives flexibility to the spine, improve digestion, improve blood circulation, relaxes the mind, releases back pain, tones the abdomen.^[5]

MARJARIASANA

Inhale, & come into cow pose



Exhale & come into cat pose



3-Konasana:- It help to develop and tone the muscle of the sides, favourable effect on the abdominal and pelvic organs, as they get compression alternately and aids good blood circulation.^[6]



4-Virbhadrasana (warrior pose):- Benefits the whole body and is good for strengthening.^[4]



5-Trikonasana: - Strengthens and stretches the hips, back, arms, thighs and leg, reduce blood pressure, stress and anxiety, cure indigestion.





Pregnancy is a special time in any woman's life and can be one of the most joyful experiences ever if there are no complications. Yoga is not just about twisting and turning the body. When done correctly, it can be extremely beneficial during pregnancy. It helps pregnant woman breathe and relax. This can help adjust to the physical demands of pregnancy, labour, birth and motherhood. Yoga calms the mind and body, providing the physical and emotional stress relief which body needs throughout pregnancy.^[4]

DISCUSSION

Regular practices of these yogasanas during pregnancy improve digestion which improves pregnancy induced constipation and relaxes the mind. It also tones the muscle and helps in strengthening the spine and relieves back pain. It strengthens and stretches the hips, back, arms, thighs and leg, reduce blood pressure, stress and anxiety. It also improves blood circulation.

CONCLUSION

It is concluded that *Yogasana* has miraculous effect on musculoskeletal problems during pregnancy. It is natural treatment for pregnancy induced musculoskeletal problems without any complication. It is also helpful for complication free delivery.

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