

YOGA IN PREGNANCY FOR BETTER PROGENY**Dr. Shrutika Kamble^{1*}, Dr. Subhash Marlewar² and Dr. Surekha Dewaikar³**

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INTRODUCTION

Health is defined by WHO is a state of complete physical, mental and social well being and body with healthy mind and sprituality and not merely absence of disease or deformity. During pregnancy women undergoes physical, mental, emotional changes. These changes are challenge of pregnancy. These challenges are revealed by happiness state, stress and yoga which helps to calm down and overcome these challenges. Yoga helps pregnant women to get positive attitude and confident to go through the process of labour. Different aasanas and breathing practices helps pregnant women to minimize the complications of pregnancy like pregnancy induced hypertension,

intrauterine growth retardation, preterm delivery. Yoga provides great range of activity to unborn child and mother in various ways. For most of the women labour is a Time of fear and agony thus yoga helps women to go through this changes.

Benefits of yoga during pregnancy

Yoga therapy is fast and advancing as an effective tool in many physiological and psychological changes. Yoga is a tool for achieving positive energy to the mother and foetus. Yoga brings energy to mother and foetus. Yoga brings about stress reduction which helps in reduction of occurrence of complications by maintaining effective blood flow in uteroplacental circulation. There are many benefits of yoga during pregnancy such as improving sleep, reducing stress, increasing strength and flexibility. Various assanas postures

create more space in pelvis which access the process of labour by reliving tension around cervix and birth canal.^[1]

Aim

To study the efficacy of yoga during pregnancy for better progeny.

Objectives

- 1) To provide a tool for achieving positive energy to mother and foetus.
- 2) To reduce the stress which women faces during pregnancy.
- 3) To provide strength to women to easily pass through the process of labour.

MATERIAL AND METHOD

Yoga is done in certain bodily position to improve vital organs and endocrinal function lead to development of body and mind during pregnancy and also helps to maintain physical strength different types of asanas postures which are comfortable for pregnant women are described in Ayurveda and Yoga Darshan.

These yoga practices will consume low energy and will give more benefits. These benefits of asanas are well established by their use in OPD patient as regimen.

Regimen for yogasana is decided according to Trimesters: Asanas (Postures)

First trimester asanas^[2]

1. Utthitatrikasan (Extended triangle pose)

Use: It strengthens the pelvic floor muscles, thighs and calf muscle. Increases the flexibility of spine and improves digestion.

2. Virbhadrasan (Warrior pose)

Use: It stretches the groin area, strengthens the body and back muscles and tones up the lower body. Increases stamina and flexibility and relieves backache.^[2]

3. Vrikshasan (Tree pose)

Use: It stretches the legs, back and arms which invigorates the body. It helps to improve concentration.^[2]

Second trimesters aasanas^[3]**1. Vajrasan (Thunderbolt pose)**

Use: 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.

2. Matsyakridasan (Flapping fish pose)

Use: Stimulates digestion and relieves constipation. It relaxes the nerves of legs and this is an ideal asana for relaxed sleep. It improves blood circulation.^[3]

3. Marjariasan (Cat stretch pose)

Use: Is very helpful in toning the female reproductive system and muscles of pelvis. This asana increases the flexibility of neck, spine and shoulders muscles which are essential for bearing down efforts during labour.^[3]

4. Tadasan (Mountain pose)

Use: 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 is an accessory muscle for bearing down.^[3]

5. Bhadrasan (Gracious pose)

Use: This asana benefits the digestive system and helps in relieving various stomach ailments. It helps in toning the muscles of female pelvic region. Along with meditation, it relieves mental stress.^[3]

6. Katichakrasan (waist rotating pose)

Use: Tones up the muscles of waist, back and hips. It induces the feeling of lightness and relieves physical and mental stress.^[10]

Third trimester aasanas**1. Ardhatitaliasan (Half butterfly)**

Use: Is an excellent asana for loosening of hip joints, which enables fast and easy delivery.^[3]

2. Pornatitaliasan (Full butterfly)

Use: Tones up pelvic girdle. It relieves the tension from inner thigh muscles, removes the tiredness of legs. This asana increases the stretching ability of perineum.^[3]

3. Chakkichalanasana (Churning mill pose)

Use: Is an excellent asana for toning the nerves and muscles of pelvis and abdomen and prepare them for delivery.

4. Utthanasan (Squat and Rise pose)

Use: This asana strengthens the muscles of back, uterus, thighs and ankles. It tones up the pelvic girdle and this asana is equivalent to sweeping floor. Thus enables fast and easy delivery.

Practicing of breathing techniques

Pranayama is a breathing technique. In this patient is made to seat in a comfortable table position and ask the patient to take breath slowly.

- This helps in regulation of breathing.
- It provides extra oxygen to every cell which energizes them.
- Improves the breathing capacity and stamina and vitality.
- Pranayama is practiced in order to understand and control pranic process in body

OBSERVATION

Study reveals that yoga postures help to ensure easy delivery. In first trimester standing yoga postures help in strengthening of the leg muscles, improve circulation, increase energy and can also help to reduce leg cramps.

Study reveals that there is tremendous reduction in back pain which is most common complaints of pregnant women. To reduce back pain a woman is asked to seat with back straight and chin up. Practicing these postures regularly helps them to reduce back pain also helps to improve postures and body balance.^[4] Yoga focusing on stretching and strengthening of back and abdomen muscles to relieve pain there is increase in significant comfort during labour and also associated with shorter duration of 1st stage of labour.^[5]

Breathing techniques advised to ANC patient during second and third trimester to relax and to draw energy from breathing techniques such as ujjayi Pranayama, naadi shodhan, bhramari. It helps them to deal with emotional changes and to relax mind. Yoga and meditation helps to stay relaxed and cheerful.

Practicing of Sanskrit chants these vibrations create positive and profound impact on growing foetus. It also produces soothing, purifying and energizing effect. Yoga in pregnancy

significantly help to decrease depression and anxiety leads to reduction of insomnia and help to increase the quality sleep during pregnancy Pranayama that is deep breathing practices activates parasympathetic nervous system mainly stretching of lung tissue and the vagal nerves. This leads to a physiological response characterized by a decrease in heart rate, blood pressure, metabolic rate, and oxygen consumption.^[6]

DISCUSSION

Yoga is an easily modifiable exercise that can provide maternal and foetal benefits when practiced regularly during pregnancy. Yoga helps to reduce complications of pregnancy like pregnancy induced hypertension, intrauterine growth retardation, preterm delivery.

According to a study the birth weight in women practicing yoga group (2.78 +/- 0.52 kg) is significantly higher ($p < 0.018$) than control group (2.55 +/- 0.52kg).^[7] Another study reveals that the babies with birth weight greater than or equal to 2500g was significantly higher ($p < 0.01$) in the yoga group.

Study in USA reveals significantly fewer awaking, less awake during the night and less perceived sleep disturbances in 2nd trimester yoga group ($p = 0.03$).^[8]

A study on stress during yoga significant lower in stress in yoga in the yoga group ($p = 0.02$) significantly fewer pregnancy discomfort in yoga group ($p = 0.02$).^[9]

Rate of preterm labour is lower ($p < 0.0006$) in the yoga practicing group. Complications such as isolated intrauterine growth retardation (IUGR $p < 0.025$) and pregnancy induced hypertension (PIH) with associated IUGR ($p < 0.025$) were also significantly lower in the group of patient practicing yoga and there is no significant adverse effect is noted.^[10]

In such way studies reveals that yogasana helps pregnant women to strength pelvic floor and to reduce muscles cramps during third trimester. Improve blood circulation and reduces sleep. Strengthen the bearing down muscles and helps in expulsion of foetus.^[11]

CONCLUSION

Conclusion is drawn on the basis of above mentioned studies and observation. It shows that yoga has got significant benefits in pregnant women. During pregnancy women undergoes various physical and mental changes. Yoga helps to reduce the risk of pregnancy and also helps to soothing process of labour.

It is observed that yoga in pregnancy can improve birth weight, decreases preterm labour and pregnancy complications like pregnancy induced hypertension thus reduces maternal and foetal morbidity and mortality rates. So yoga must be include in pregnancy regimen to attain higher level of fitness for both mother and child and it will lead to a better progeny.

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