

BENEFITS OF YOGA AND AYURVEDA IN PREGNANCY

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ABSTRACT

In pregnancy *Yoga* and *Ayurveda* are multi-dimensional physical, mental, emotional, spiritual and intellectual preparation to answer the challenges faced by a pregnant woman. *Yoga* and *Ayurveda* has the capability to soothes the mind, refocus the energy and prepare the woman physiologically and psychologically for labour. During pregnancy *Yoga* along with *Ayurveda* can provide optimum health and beneficial for the mother as well as the baby.

KEYWORDS: *Ayurveda*, *Yoga*, Pregnancy, complication, *Garbhini Paricharya*.

INTRODUCTION

Ayurveda and *Yoga* are two interrelated branches of the same *Vedic* knowledge that encompasses all human well-being and the entire universe. Motherhood is the most beautiful and magical phase of every woman's life and every pregnancy is different for every person. *Yoga* is an ancient discipline designed to bring healthy and balance to the

physical, mental, emotional and spiritual dimensions of the individual. During pregnancy mental, physical, emotional changes are happened so, mother may experience joy and excitement at the thought of bringing new life into the world and she can also confront feelings of fear, doubt, and worry about all the changes to come within her body and her life, especially early in the pregnancy. *Ayurveda* gives importance to care for the mother before, during and after pregnancy. During pregnancy *Garbhini Paricharya* is most important and it refers to *Ahara* (Specific dietary regimen), *Vihara* (Normal daily activities) and *Vichara*

(psychological and emotional activities). *Yoga* includes physical postures (*Asana*), breathing exercises (*Pranayama*), meditation (*Dhyana*) and concentration (*Dharana*), and self-awareness practice. In pregnancy condition a woman change both from inside as well as outside and face many changes and challenging conditions of pregnancy in which *Yoga* and *Ayurveda* together can be beneficial.

AIMS AND OBJECTIVE

To create awareness towards *Yoga* and *Ayurveda* during pregnancy to maintain the maternal and foetal health.

MATERIALS AND METHOD

All data are collected from *Ayurvedic* classics, internet, journals and articles.

Yogasana /Pranayama and Ayurvedic regimens during pregnancy

Yoga has many benefits during the whole childbearing year. During pregnancy it helps you to focus on your health in a deeper way. *Yoga* integrates the body, mind and spirit. bringing harmony and positive attitude. For the pregnant women *Ayurveda* considers food to be the best source of nourishment of the women's body and foetus. The proper *Garbhini Paricharya* would result in the proper development of the foetus and its smooth delivery, the health of the mother and thus her ability to withstand the strain of labour. In *Ayurveda* month wise regimen during pregnancy are given by different *Acharya*.

RESULT

Yogaasana and *Ayurvedic* regimens (*Garbhini Paricharya*) advice in first trimester –

Table 1: (*Yogaasana* in first trimester^[1]).

Sr. No.	Asanas (Postures)	Benefits
1.	<i>Utthitatrikasan</i> (Extended triangle pose)	It strengthens the pelvic floor muscles, thighs and calf muscles. Increases the flexibility of spine and improves digestion
2.	<i>Virbhadrasan</i> (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.	<i>Vrikshasan</i> (Tree pose)	It stretches the legs, back and arms which invigorates the body. It helps to improve concentration

During first trimester of pregnancy, recommended for standing *Yoga* poses which helps to strength the legs and increases the blood circulation and reduces the leg cramps and gives flexibility to the body.

Table 2: (Garbhini Paricharya in first trimester).

Months	<i>Charak Samhita</i> ^[2]	<i>Sushruta Samhita</i> ^[3]	<i>Astanga Sangraha</i> ^[4]	<i>Harita Samhita</i> ^[5]
1st Month	Non medicated milk	<i>Madhur, Sheet, Liquid Diet</i>	Medicated milk	<i>Madhuyashti, Madhukapuspa</i> with butter, honey and sweetened milk
2nd Month	Milk medicated with <i>Madhura Rasa</i> (Sweet taste) drug	Same as first month	Same as <i>Charaka</i>	Sweetened milk treated with <i>Kakoli</i>
3rd Month	Milk with honey and <i>Ghrita</i>	Same as first month	Milk with honey and <i>Ghrita</i>	<i>Krisara</i>

Yogaasana and *Ayurvedic* regimens (*Garbhini Paricharya*) advice in second trimester –

Table 3: (Yogaasana in second trimester^[1]).

Sr. no.	Asanas (Postures)	Benefits
1.	<i>Vajrasan</i> (Thunderbolt pose)	This <i>Asana</i> 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 <i>Asana</i> that can be practiced after taking meals.
2.	<i>Matsyakridasan</i> (Flapping fish pose)	Stimulates digestion and relieves constipation. It relaxes the nerves of legs and this is an ideal <i>Asana</i> for relaxed sleep. It improves blood circulation.
3.	<i>Marjariasan</i> (Cat stretch pose)	Is very helpful in toning the female reproductive system and muscles of pelvis. This <i>Asana</i> increases the flexibility of neck, spine and shoulders muscles which are essential for bearing down efforts during labour.
4.	<i>Tadasan</i> (Mountain pose)	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.
5.	<i>Bhadrasan</i> (Gracious pose)	This <i>Asana</i> 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.
6.	<i>Katichakrasan</i> (waist rotating pose)	Tones up the muscles of waist, back and hips. It induces the feeling of lightness and relieves physical and mental stress.

During the second trimester the duration of time spent on holding of *Asanas* minimize to avoid fatigue and Practice of breathing exercises and meditation are beneficial.

Table 4: (Garbhini Paricharya in second trimester).

Months	<i>Charak Samhita</i> ^[2]	<i>Sushruta Samhita</i> ^[3]	<i>Astanga Sangraha</i> ^[4]	<i>Harita Samhita</i> ^[5]
4th Month	Milk with butter	Cooked <i>Shasti</i> rice with curd, dainty and pleasant food mixed with milk & butter and <i>Jangal mansa</i>	Milk with one tola (12gm) of butter	Medicated cooked rice
5th Month	<i>Ghrita</i> prepared with butter extracted from milk	Cooked <i>shastika</i> rice with milk, <i>Jangal mansa</i> along with dainty food mixed with milk and <i>Ghrita</i>	Same as <i>Charaka</i>	<i>Payasa</i>
6th Month	<i>Ghrita</i> prepared from milk medicated with madhura (sweet) drug	<i>Ghrita</i> or rice gruel medicated with <i>Gokshura</i>	Same as <i>Charaka</i>	Sweetened curd

Yogaasana and *Ayurvedic* regimens advice in third trimester –

Table 5: (Yogaasana in third trimester^[1]).

Sr. no.	Asanas (Postures)	Benefits
1.	<i>Ardhatitaliasan</i> (Half butterfly)	An excellent <i>Asana</i> for loosening of hip joints, which enables fast and easy delivery.
2.	<i>Pornatitaliasan</i> (Full butterfly)	Tones up pelvic girdle. It relieves the tension from inner thigh muscles and removes the tiredness of legs. This <i>Asana</i> increases the stretching ability of perineum
3.	<i>Chakkichalanasan</i> (Churning mill pose)	Is an excellent asana for toning the nerves and muscles of pelvis and abdomen and prepare them for delivery.
4.	<i>Utthanasan</i> (Squat and Rise pose)	This <i>Asana</i> strengthens the muscles of back, uterus, thighs and ankles. It tones up the pelvic girdle and this <i>Asana</i> helps fast and easy delivery.

During the third trimester of pregnancy women should avoid *Yoga Asanas* which exerts pressure over the abdomen and avoid performing inversion poses.

Table 6: (Garbhini Paricharya in third trimester).

Months	<i>Charak Samhita</i> ^[2]	<i>Sushruta Samhita</i> ^[3]	<i>Astanga Sangraha</i> ^[4]	<i>Harita Samhita</i> ^[5]
7th Month	Same with sixth month	<i>Ghrita</i> medicated with <i>Prithakparnyadi</i> group drugs	Same as <i>Charaka</i>	<i>Ghritakhanda</i> (a sweet dish)
8th Month	<i>KshiraYavagu</i> mixed with <i>Ghrita</i>	<i>Asthapana Basti</i> with decoction of <i>Badari</i> mixed with	<i>Kshirayaavgu</i> mixed with <i>Ghrita</i> , <i>Asthapanabasti</i>	<i>Ghritapuraka</i>

		<i>Bala, Atibala, Satapuspa, Patala</i> etc., honey and <i>Ghrita</i> . <i>Asthapan</i> is followed by <i>Anuvasana Basti</i> of oil medicated with milk, <i>Madhura</i> drugs	with decoction of <i>Badari, Anuvasana Basti</i> with oil medicated with <i>Madura</i> drugs	
9th Month	<i>Anuvasanabasti</i> with oil prepared with drugs of <i>Madhura</i> (sweet) group, vaginal tampon of this oil	Unctuous gruels and <i>Jangal Mansa Rasa</i> up to the period of delivery	Same as <i>Charaka</i>	Different varieties of cereals

There are some *Pranayam* are advice during pregnancy-

Table 7: (*Pranayam* during pregnancy^[1]).

Sr. no.	<i>Pranayam</i>	Benefits
1.	<i>Anulom Vilom Pranayam</i>	It strengthens the body mentally as well as physically. During labour, holding of breath for maximum duration can provide great help for pushing during labour. It provides more oxygen to the body so more oxygen is transferred to the foetus.
2.	<i>Bhramari pranayam</i>	It is the effective breathing exercise to release agitation, anger and calms the mind. It is very useful for pregnant women because it eases the process of childbirth by controlling the breathing during the process of labour. It improves concentration and removes toxin from body.

Pranayama helps to release negative feeling and keep the mind clams and relaxed. It practices by prolonged, complete and slow breathing. In addition to *Pranayama*, meditation is so helpful during pregnancy because it improves the ability to relax and concentrate and can help aid with fatigue, anxiety and stress levels.

Some complications are during pregnancy in different trimesters

Table 8: (Complications during pregnancy).

Trimester	Complications
1 st	Morning sickness, nausea, vomiting, stress, anxiety, vaginal bleeding, abdominopelvic pain etc.
2 nd	vaginal pressure, low back pain, frequent urination, diarrhoea, increased vaginal discharge, tightness in the lower abdomen, painful contractions, pre-eclampsia, leakage of fluid from the vagina, vaginal bleeding etc.
3 rd	Preterm labour, Premature rupture of membranes (PROM), intrauterine

	growth restriction (IUGR), gestational diabetes, Post term pregnancy, Malpresentation, pregnancy induced hypertension (PIH) etc.
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DISCUSSION

During pregnancy practicing *Yoga* along with *Ayurveda* helps to minimize the complications of pregnancy such as preterm delivery, pregnancy induced hypertension (PIH), intra uterine growth retardation (IUGR) etc. *Ayurvedic* regimen improves birth weight and resulting healthy pregnancy. *Yoga* practices improve posture, increases flexibility of spine and enhance breathing capacity and calms the mind. It helps to manage stress, reduce morning sickness, nausea and mood swings, Relieves breast discomfort. It relieves oedema (fluid retention) and cramps which are more common in the last months. It gives strength to the abdomen and help to stimulate appetite and bowel action. It helps in relieving tension around the cervix and birth canal. It helps in opening the pelvis and widens the pelvic diameter to make labour easy and quicker. It helps in normal delivery. It influences the position of the foetus and turns it in advance if needed. *Yoga* can help in post-natal period by restoring the uterus, abdomen and pelvic floor.^[6] In highrisk pregnancies, *Yoga* reduces the stress, anxiety and is a safe effective intervention that can be adapted.^[7] Prenatal *Yoga* practice shows significant effect on systolic blood pressure and the foetal heart rate in primigravida mothers.^[8] *Yoga* helps to improve blood circulation during pregnancy and *Garbhini Paricharya* help in the formation of the foetus, its development without anomalies, a secure full term delivery and maintenance of the health of the foetus and mother.

CONCLUSION

During pregnancy regular practice of *Yoga* along with *Ayurveda* can reduce maternal and foetal complications, enhancing psychological status of mother during pregnancy and post pregnancy too. *Yoga* and *Ayurveda* has an important role to maintain a healthy pregnancy.

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