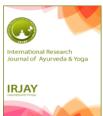
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# Role of Yoga during Third trimester Dr. Namita Patel<sup>1</sup>

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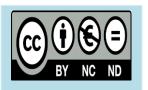
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### **ABSTRACT: -**

One of the most miraculous bodily processes is pregnancy. Pregnancy, which is commonly described as the gestation of offspring within a female's body, has a number of biological components that enable this process to be completed successfully. Fertilization, antenatal stage, intra-natal period, postnatal period, and inter conceptional period are the five stages of the maternity cycle. Although a beautiful process, pregnancy is a dangerous condition and numerous complications can occur that affect both the fetus and the person carrying the fetus during and after pregnancy. Pregnancy and childbirth complications are the leading cause of death and disability among women in developing countries, according to the World Health Organization. Ayurveda is the best method for combating the problems and illnesses that threaten our planet because of its personalized approach to pregnancy. Yoga is used to treat a wide range of immunological, neuromuscular, psychological, and pain-related issues. It appears to be successful in enhancing pregnancy, labor, and birth outcomes, according to recent reports.

Keywords-yoga, pregnancy, third trimester



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## INTRODUCTION

Yoga is an ancient Indian mind-body technique that is widely accepted and used as a wellness practice in developing countries for a range of immunological, neuromuscular, psychological, and pain conditions. 1,2 Yoga is derived from the Sanskrit term "yug," which means "to unite"; more generally, it refers to efforts to achieve a unified sense of self and better health.<sup>3</sup> Yoga is a holistic system that uses physical postures (asana), breathing exercises (pranayama), concentration and meditation (dharana and dhyana), and contemplative practice to achieve equilibrium along emotional, mental, physical, and spiritual dimensions. Despite the fact that there are numerous lineages and schools of yoga available in modern culture, most activities require at least physical postures and breathing exercises. Yoga is thought to increase psychological well-being by altering nervous system control and physiological system functioning (e.g., immune. endocrine, neurotransmitter, and cardiovascular). Pregnancy is a disorder in which women significant physiological experience psychological changes, as well as unusual physical and psychological demands. Managing the numerous physical, emotional, behavioral, and pain states that occur during pregnancy and labor is necessary. wellbeing and quality of life of the mother is critical for optimal pregnancy outcomes; selfsoothing techniques, psychoeducation, and relaxation are particularly important in this transitional and meaningful time<sup>4</sup> Maternal stress is thought to influence the intrauterine environment and affect fetal development during crucial periods by activating the placental stress mechanism, which causes the of corticotropin release and circulation releasing hormone, or by reducing blood flow and oxygen to the uterus. To improve quality of life and optimize child health and growth, it is critical to manage maternal stress and provide pregnant mothers with coping mechanisms for the unavoidable pressures and changes that occur during pregnancy Labor pain is a subjective and multidimensional phenomenon that is affected by psychosocial, cognitive, and physiological factors, and varies according to each woman's individual perceptions of and reactions to nociceptive information during labour<sup>5</sup>. **Practitioners** should take multidisciplinary approach to pain management in labor, incorporating both pharmacological and nonpharmacological treatments that can be tailored to the desires and needs of individual patients. 6,7

### **REVIEW OF LITERATURE**

The third trimester of pregnancy begins at the end of the sixth month and lasts until the baby is born. It can be exhausting both physically and emotionally. The pain caused by the raising baby is at an all-time high. According to Ayurveda, the third trimester is the period when the fetus develops all of its vital organs. Women are nervous, have a lot of questions, and develop aches, pains, and digestive problems during this process. This stage is used to mentally and physically prepare the mother for delivery. Along with the mother's wellbeing, some organs, such as the birth canal, uterus, and breast nourishment for healthy lactation after childbirth, need special care. 9

# Yoga poses during third trimester

| Yoga pose  Yoga pose  |   |  |
|---|---|--|
|   | Procedure   | Benefits   |
| Kantha and Skandha<br>Sanchalana (Gentle<br>Neck and Shoulder<br>Rolls) <sup>10</sup> | With deep, gentle breaths, roll your head back and forth, right and left, and in circles clockwise and counter-clockwise. Similarly, rotate your shoulder blades clockwise and counter-clockwise, back and forth, up and down. Each movement should be repeated 3-5 times.  | To relieve tension in the head, neck, and shoulder region, do this with gentle and easy breaths.   |
| Poorna Skandh<br>Sanchalana (Full<br>Shoulder Rotation <sup>11</sup>                  |   | Improves shoulder and upper back circulation and endurance. Tension around the heart and lungs is released. Better breathing is encouraged. Practice during pregnancy, particularly in the third trimester and after delivery, as this exercise helps to promote proper mammary gland function |
| Ankle Rotation <sup>12</sup>  | Inhale when opening the chest as the elbows pass backwards, and exhale as the elbows approach touching in front.  Bend the right leg up and overhang the left knee with the foot. With the  | Stiffness and poor circulation in the feet will benefit from   |
|   | left hand, grasp the right toes. With the right hand, keep the right ankle steady. Gently rotate the right ankle in a broad circle, testing the movement's outer limits. Do 10 gentle rotations in each direction with one ankle, then 10 rotations in each direction with the other ankle, synchronising the movement with slow breathing. | this. Allows you to sit in meditation postures for longer periods of time. Water accumulation, cramping, and post-epidural numbness in the feet and legs are all common side effects.  |

| Ardha Baddha Konasana                            | Sit with your legs spread out in front                  |   |
|--|---|---|
| (Half Bound Angle                                | of you. Fold your right leg and put                     |   |
| Pose) <sup>13</sup>                              | your right foot as high as possible on                  |   |
|  | the left thigh. Place your right hand                   |   |
|  | on top of your right knee that is                       |   |
|  | folded in half. In your left hand, grasp                |   |
|  | the toes of your right foot. Gently                     |   |
|  | bring your right knee up to your chest                  |   |
|  | while exhaling. Inhale deeply and                       |   |
|  | gently lower your knee to the floor.                    |   |
|  | Make certain that the body remains                      |   |
|  | straight. Reverse the process on your                   |   |
|  | left leg. Practice 10 up and down                       |   |
|  | motions with each leg slowly.                           |   |
| <u>Baddha</u> Konasana                           | Sit with your legs spread out in front                  | The half and complete                   |
| (Bound Angle Pose) <sup>14</sup>                 | of you. Bring the soles of your feet                    | butterfly poses will help a             |
|  | together while bending your knees                       | woman get used to the                   |
|  | and holding your heels as close to                      | sensation of opening up by              |
|  | your body as possible. Relax the                        | loosening up the hip joint and          |
|  | inner thighs fully. Both hands should                   | increasing blood circulation to         |
|  | be on your feet. Bounce your knees                      |   |
|  | up and down gently, using your                          | the pelvic floor. They also aid         |
|  | elbows as levers to push your legs                      | in the relief of stress and             |
|  | down. Using no force at all. Rep for a                  | fatigue in the inner thigh              |
|  | total of 20-30 times. Relax by                          | muscles and legs.                       |
| Mariariasana (Cot                                | straightening your legs.  Come to your hands and knees, | This asana strengthens neck,            |
| Marjariasana<br>Stretch Pose) <sup>15</sup> (Cat | shoulder-width apart below your                         |   |
| Stretch 1 osc)                                   | elbows and hip-width apart below                        | back, and spine flexibility.            |
| - C  | your hips. This is where you'll begin.                  | Female reproductive system is           |
| 1  | Inhale while softly arching your neck                   | toned. It can assist in lowering        |
|  | towards the floor and lifting your                      | the baby's location in the              |
|  | head. Exhale and softly curve your                      | uterus and even encourage               |
|  | spine upward, bringing your chin to                     | proper positioning                      |
|  | your mouth. Rep 5–10 times more.                        | (head down, face to the back).          |
|  | Take care not to overwork yourself.                     | , |
| Urdhva Hastasana                                 | Standing with your feet together and                    | Stiffness in the shoulders and          |
| (Standing Upward                                 | arms at your sides is a good way to                     | upper back is relieved.                 |
| Stretch or Hand Raising                          | start. Extend both arms overhead                        | Breathing capability is                 |
| Pose) <sup>16</sup>                              | while taking a deep breath. Stretch                     | improved by taking long,                |
|  | gently upwards. Exhale and let go of                    |   |
|  | the stretch.  | coordinated breaths. Improves           |
|  | Extend both arms overhead next.                         | blood supply and has an                 |
|  | Breathing in, slowly stretch your                       | impact on the heart. An extra           |
|  | right arm longer than your left, then                   | supply of oxygen is delivered           |
|  | release the stretch with a breath out.                  | to the entire body, especially          |
|  | Taking a deep breath in, gently                         | the brain.                              |
|  | extend the left leg out further.                        |   |
|  | Breathing out, release the stretch.                     |   |
|  | Keep alternating between the right                      |   |

|  |     | and left arms for 5 rounds at a moderate pace. Bring your arms down and relax.   |   |
|--|-----|--|---|
| Virabhadrasana<br>(Warrior Pose) <sup>17</sup> |     | Place your feet 3 to 4 feet apart. Turn your right foot 90 degrees out and your left foot 15 degrees in. Raise your arms to shoulder height when breathing in. Exhale, then bend your right knee, holding it in line with your ankle, and work to get your right thigh parallel to the ground by softly working. Turn your head to the right and look down the length of your right side. Hold the pose and breathe a few times. Inhale, straighten your right leg, exhale, and bring the arms down. Repeat on the other side. | Strengthens ankles, elbows, hands, arms, legs, and backs, as well as energising the whole body and instilling confidence and self-confidence. |
| Relax with modified                            |     | Pregnancy yoga includes breath work  | Allow plenty of time for  |
| Savasana, yoga nidra in                        |     | and relaxation, which can be a special   | savasana. This pose is perfect  |
| modified savasana                              |     | time to bond with your infant. Learn   | for relaxing and sleeping   |
| position followed                              | by  | how to incorporate them into your  | during your third trimester,  |
| pranayama                                      | and | everyday routine. Lay on your  | and it also helps to redistribute   |
| meditation. <sup>18</sup>                      |     | stomach with your fingers  | extra weight around your  |
|  |     | interlocked under your cheek. Over<br>the interlocked thumbs, support the  | waistline   |
|  |     | right cheek. Pregnancy yoga includes   | , alstine.  |
|  |     | breath work and relaxation, which  | / 6   |
|  |     | can be a special time to bond with   | 9   |
| 7  |     | your infant. Learn how to incorporate  |   |
|  |     | them into your everyday routine. Lay   |   |
|  |     | on your stomach with your fingers  |   |
|  |     | interlocked under your cheek.  |   |

## **DISCUSSION**

Given the unique physical needs of pregnant women, a customized and advanced yoga protocol incorporating a range of yoga elements is recommended. Several of the studies examined take a holistic approach to health promotion and stress management, giving participants a structure to apply the lecture material on yogic theory, healthy

lifestyle change, conscientious awareness, stress reduction, and pregnancy and labour to their everyday lives. <sup>19</sup> As a result of your limited mobility in the third trimester, your yoga practice will become quieter, with a focus on breathwork and meditation rather than asana. <sup>20</sup> Breathwork, also known as Pranayama, is an essential aspect of a third trimester practice. It not only promotes relaxation, but it also aids in the development

of the ability to focus deeply. According to the findings, a prenatal yoga program has benefits during pregnancy as well as during labor and on birth outcomes. This preliminary research indicates that during pregnancy and labor, changes were seen in psychological domains (e.g., quality of life and self-efficacy), physical and pain measures during labor, and birth variables. Uterine contractions were the only negative health outcome recorded, which can be controlled with a changed approach and appropriate activity reduction.

## **CONCLUSION**

Overall, the evidence suggests that yoga is safe for pregnant women, but methodological flaws in the literature and a general lack of published studies render it difficult to draw any firm conclusions. Our suggestions would allow researchers to collaborate with yoga practitioners to create effective, structured program that can be evaluated using evidence-based methods in a research setting.

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