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

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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.<sup>1,2</sup> 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 experience significant physiological and 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. The wellbeing and quality of life of the mother is critical for optimal pregnancy outcomes; self-soothing 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 release and circulation of corticotropin 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 a 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.<sup>6,7</sup>

## 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.<sup>8</sup> 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.<sup>9</sup>

### Yoga poses during third trimester

Yoga pose	Procedure	Benefits
<i>Kantha and Skandha Sanchalana</i> (Gentle Neck and Shoulder 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.
<i>Poorna Skandh Sanchalana</i> (Full Shoulder Rotation) <sup>11</sup>	<p>solitary arm Up on the right shoulder, position the right fingertips. Slowly rotate your arm and shoulder joint, as if you were drawing a wide circle with the tip of your elbow. Extend the movement to include the entire shoulder joint in the rotation. Do 5 circles in one direction, then 5 circles in the opposite direction. Rep on the other side.</p> <p>Two-Armed Lift your arms up to your shoulders, your thumbs on both shoulders. Slowly rotate both arms in broad circles together. Stretch your elbows out as far as you can and try to touch them together in the centre 5 times in one direction, then 5 times in the opposite direction.</p> <p>Inhale when opening the chest as the elbows pass backwards, and exhale as the elbows approach touching in front.</p>	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>	Bend the right leg up and overhang the left knee with the foot. With the 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.	Stiffness and poor circulation in the feet will benefit from 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.

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

	and left arms for 5 rounds at a moderate pace. Bring your arms down and relax.	
<i>Virabhadrasana</i> (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 <i>Savasana</i> , <i>yoga nidra</i> in modified <i>savasana</i> position followed by pranayama and meditation. <sup>18</sup>	Pregnancy yoga includes breath work and relaxation, which can be a special time to bond with your infant. Learn how to incorporate them into your everyday routine. Lay on your stomach with your fingers interlocked under your cheek. Over the interlocked thumbs, support the right cheek. Pregnancy yoga includes breath work and relaxation, which can be a special time to bond with your infant. Learn how to incorporate them into your everyday routine. Lay on your stomach with your fingers interlocked under your cheek.	Allow plenty of time for <i>savasana</i> . This pose is perfect for relaxing and sleeping during your third trimester, and it also helps to redistribute extra weight around your waistline..

## 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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