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Yoga in Pregnancy: A Preventive measure to avoid *Garbha Vyapads*

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ABSTRACT: -

Simple methods like regular medical check-up, regular exercise, healthy eating can be helpful for *Garbhini* in maintaining good health. Apart from consanguineous intervention, social and psychological support is important too during pregnancy. At this juncture, Yoga is honored as one of the effective methods of healthcare to manage the *garbhini-sutika* problems. Addition of *yoga asanas* during gestational period simply determines the body-mind practice which encompasses the conventional substantial pose and can integrate mandatory factors, like meditation and breathing exercises. Yoga supportively helps to regulate the physiological functioning and improves psychological well-being. A positive effect upon mother and fetus may be seen if *garbhini* undergoes regular Yogic practices.

Keywords: *Garbhini*, Pregnancy, Yoga, Asanas.



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INTRODUCTION

Yoga is one of the preventive methods for a good health and a good life, and it's beneficial for all without leaving any side effect. A perfect non-Pharmacological method that should be adopted for ante-natal care too as it can do wonders during pregnancy giving a good health to mother, fetus and even after delivery to the Puerperium. A *garbhini* experiences various changes during pregnancy in all three trimesters, labor and delivery. These changes are Anatomical, Physiological and Psychological which impact on her throughout the pregnancy. *Garbha Samskara* is required to maintain a good status for *garbhini* to help herself and her foetus to grow strong and acquire strength physically and mentally. A *Garbha samskara* is an intentional activity which helps to develop an intuitive connection with the unborn baby.

Addition of *Yoga* in *Garbhini Paricharya* is a holistic approach that will give positive effects on physical and mental health and creates a positive environment for the perfect growth of baby. *Yoga* is non pharmacological supportive way to protect *garbhini* from abnormalities and preventive way to maintain health physically and mentally. Also, with proper *yoga asanas* patient will be prepared for normal delivery. Preparation for delivery can be effective in reducing harmful responses during labor.^[1] The rate of cesarean section deliveries has increased in recent times. It has also become the choice for women who are scared of pain during the procedure of labor and delivery.^[2]

To reducing complications, reducing the rate of cesarean sections would also reduce the financial burden on healthcare, So, *Yoga* is supportive safe and effective way to keep the body active, supple and minimize the usual gestational conditions & symptoms like-:

1. Morning Sickness
2. Hypertension
3. Constipation
4. Pedal odema
5. Emesis gravidarum
6. Lower backache
7. Urine incontinence
8. Melasma

i. Antepartum Depression or maternal Depression

- ii. Postural disorders, such as exaggerated lordosis, due to sagging shoulders (breast enlargement and fetal growth).^[3]

Implementation of *Yoga* with concentration in comfortable environment can be useful in preventing diseased pregnancy and adopting healthy pregnancy and preparing her for normal vaginal delivery. Number of *Yoga asanas* can aid or speed up the process of labour by reliving pressure and tension around cervix and birth canal.⁴ *Yoga* in gestational period also helps fetus to acquire good health, it improves birth weight, decreases preterm labor, decreased IUGR and increased chances of Normal Vaginal Delivery.

It is important to regulate Antenatal stress and provide *garbhini* coping strategies for the physiological changes that occur during pregnancy to increase quality of life and to maximize infant health and development. *Yoga* is most recognized for its eventuality to bring about balance along mental, physical and spiritual dimensions. As *yoga* is a complete system that uses *Dharana & Dhyana, Pranayama* and various *Asanas*.

Yoga can be helpful in the management of antenatal and postnatal stress and other associated conditions or symptoms during pregnancy. Regular *yoga* soothes the mind, refocus the energy and prepare the mother psychologically for labor pains and delivery.

MATERIALS AND OBJECTIVES

Literary Sources: Literature searches were conducted to collect literary sources from authentic texts and relevant research articles.

Objectives:

1. To take preventive measures through Yoga to overcome complications during pregnancy
2. To prepare the patient for normal delivery
3. To attain a healthy pregnancy with yoga

DISCUSSION

Principles of *Yoga* during Pregnancy

1. *Yoga asanas* is to assume a definitely bodily position in order to encourage all vital organs and endocrine glands to work more efficiently leading in turn to overall development of body and mind to attain physical strength.
2. *Yoga* balances pregnancy with changes occurring in body like -:

Anatomically changes: Practicing *asanas* to support the body and strengthening the musculoskeletal system. Preparing a mother for various changes that occurs from pregnancy to labor to delivery.

Physiologically changes: *Pranayam* helps regulate the need of every cell which energizes and rejuvenates them. *Pranayam* from abdomen, thorax and clavicle improves functioning of Nervous system, respiratory system, GI system which enhances breathing capacity and improves strength, energy and vitality.

Psychologically changes: *Dharana & Dhyana* is an integral part of *yoga* which helps in relaxation of mind and building up internal energy. Meditation increase focus and calms mind eventually. As enchanting 'AUM' brings harmony and positive attitude.

3. Practicing *yoga* relieve fluid retention which helps in reducing cramps and odemas. *Yoga*

helps in supporting posture and provides flexibility in spine and pelvic floor.

4. The influence of *asanas* strengths the abdomen & stimulates bowel action and thorax which improve breathing capacity.
5. *Yoga* has capacity to produce good quality of conception, healthy maternal environment for gestation and else harmonious birthing experience.^[5]
6. Encourage a long relaxation phase after exercise.^[6]

Yogasana in Normal Pregnancy Ist Trimester (1-3Months)^[6,7,8]

1. *Pranayama* : Helps in proper breathing with maintaining balance of nourishing oxygen inhaled and carbon dioxide exhaled
2. *Sukshma Vyayama* (Loosening exercises) : Relieves the joint stiffness, muscle tension by providing deep muscle relaxation
3. *Utthitatrikasan* (Extended triangle pose) : It strengthens the lower body muscles like pelvic floor muscles, thighs and calf muscles. It improves the digestion and increases the flexibility & rigidity of spine.
4. *Virbhadrasan* (Warrior pose) : It stretches the groin area, strengthens the body and back muscles and tones up the lower body. Increases stamina and rigidity and relieves backache.
5. *Vrikshasan* (Tree pose) : It stretches the legs, back and arms which invigorates the body. It helps to improve concentration and focus of mind.
6. *Dhyana* (Meditation) : It increases focus and calms the mind, eventually reaching a higher level of awareness. It helps us to achieve harmonious balance between mind & body.

Yogasana in Normal Pregnancy IIrd Trimester (4-6 Months)^[7,8,9]

1. *Pranayama (Nadi shodhana , Basic yogik breathing, Bhramari)* : It removes toxin from the body and improves concentration of mind. It is the effective breathing exercise to release irritability, agitation, anger and soothes the mind.
2. *Matsyakridasan (Flapping fish pose)* : it improves the blood circulation. It stimulates digestive system to improve digestion and relieve constipation. It relaxes the nerves of lower limbs and this is an ideal *asana* for relaxed and calm sleep.
3. *Marjariasan (Cat stretch pose)* : It helps in strengthening & toning the reproductive system and muscles of pelvis. As the fetus grows in uterus the back needs to bear more weight.¹⁰ This *asana* increases the flexibility of neck, shoulders, spine and muscles which are essential for bearing down efforts during labor.
4. *Tadasan (Mountain pose)* : Stretches the entire spine and helps to clear the obstruction of spinal nerves. It also helps in developing physical balance and improving mental health. It stretches and strengthens the rectus-abdominus muscle which is an accessory muscle for bearing down during contractions and retractions.
5. *Bhadrasan (Gracious pose)* : This *asana* benefits the digestive system and helps in relieving various stomach ailments. It helps in toning the muscles of pelvis. Along with meditation, it relieves mental stress
6. *Vajrasan (Thunderbolt pose)* : This *asana* improves digestive system which increases the energy uptake. Improves blood flow and nervous system impulses in the pelvic region. Relieves stomach troubles like hyperacidity and it is the only *asana* that can be practiced after taking meals to boost digestive system.

7. *Kati chakrasan (waist rotating pose)* : Tones up the muscles of abdomen, waist, back and hips. It induces the feeling of lightness and relieves physical and antenatal stress.
8. *Dhyana (Meditation)* : Helps to cope the variety of physical and emotional stresses during pregnancy, enabling relaxation and focus concentration, lowers blood pressure and enhance peace of mind.

Yogasana in Normal Pregnancy IIIrd Trimester (7-9 Months)^[7,8,9]

1. *Pranayama*: Helps mother to prepare for labor in holding breath for maximum time that can provide good strength for pushing.
2. *Ardhatitaliasan (Half butterfly)* : It is an excellent *asana* for loosening of pelvis from hip joints, which enables fast and easy delivery without harming mother and fetus
3. *Pornatitaliasan (Full butterfly)* : It tones up pelvis. It relieves the tension from thigh muscles and removes the tiredness & cramps of legs. This *asana* increases the stretching ability of perineum and levator ani muscle.
4. *Chakkichalanasan (Churning mill pose)* : Is an excellent *asana* for toning the nerves and muscles of pelvis and abdomen and prepare them for delivery.
5. *Utthanasan (Squat and Rise pose)* : This *asana* strengthens the muscles of lower back, uterus, thighs and ankles. It tones up the pelvis and this *asana* is equivalent to sweeping floor, hence improves elasticity of pelvic floor. Thus enables fast and easy delivery.
6. *Dhyana (Meditation)* : It helps in better sleep, brings peace of mind, helps in positive labor preparation and lowers the risk of postpartum depression.

Yoga in Diseased Pregnancy

Yoga and meditation, both helps to reduce anxiety and endocrine measures, like cortisol, in women during labour¹¹⁻¹²

1. Morning sickness: *Tadasana, Vajrasana, Suptavajrasana, Parvatasana, Vrikshasana*
2. Hypertension: *Yoga Nidra, Bhramari Pranayama, Nadi Shodhana, AUM chantings, Vrikshasana*
3. Hyperacidity: *Vajrasana, Suptavajrasana, Tadasana, Vrikshasana, Parvatasana, Sadanta Pranayama*
4. Constipation: *Suptaudarkarshanasana, Konasana, Uttkatasana*
5. Pedal odema: *Viparita karani, Vajrasana, Utthitpadasana*
6. Lower backache : *Trikonasana, Viparita karani, Tadasana, Ardha chakrasana*
7. Antepartum depression : *Pranayama- Bhramari, Nadi shodhana, Dharana & Dhyana, Katichakrasana, Yogik Breathing, AUM chanting*
8. Urine incontinence: *Utkatasana, Viparita karani, Vrikshasana, Practicing of Moola Bandha*

Yoga Precautions for Garbhini

1. *Yoga* should be done with proper guidance.
2. *Yoga* should be done in the presence of experts.
3. Avoid the inversion poses.
4. *Yoga* practices should be done as per one's body without undue efforts.
5. Avoid *yoga* poses that put pressure on abdomen in advanced stages of pregnancy.

Benefits of Yoga For Puerperium

1. *Yoga* practices are equally important after delivery as well as woman is weak and there is possibility of Post partum depression.
2. Post delivery *yoga* helps in strengthening the abdominal muscles and perineum muscles.
3. *Yoga* helps in avoiding post-delivery obesity.
4. Induces perfect engorgement of breasts for lactation.

Together with usual care, *Yoga* can empower *Garbhini* in increasing the quality of life by reducing the uncomfortable experiences, stress, anxiety and depression that are pronounced during gestational period. Hence *Yoga* is an effective, useful and recommended intervention, which can be prescribed during pregnancy.

CONCLUSION

Yoga and *Pranayama* are parts of successful antenatal care. *Yoga* is nothing but a lifestyle modification, detoxify body manage stress which is harmful for present day high risk and precious pregnancy. It is necessary for growth and development of fetus, good and normal vaginal delivery and best way for obtaining a *Shreyasipraja*.

Regular antenatal care and regular practice of *yogasana* results in easy vaginal delivery and birth of high APGAR score baby. *Yoga* in pregnancy improves birth weight, reduces pre-term labor, decreased intra uterine growth retardation (IUGR) with least or no complications. *Yogasanas* are not only for controlling weight and reduces the rate of caesarean section but also works as a miracle in preventing high risk pregnancy.

So, *Yoga* must be included in the Antenatal care to attain the good health and healthy pregnancy

for both mother and fetus.

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