



BENEFITS OF YOGA IN PREGNANCY

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ABSTRACT

Yoga during pregnancy is a good method to stay active and is healthy for women and her baby. Women body is obviously not the same when it is carrying a developing child. Women's internal organs shift and squeeze together to make room for growing uterus. Both women's own safety and the safety of growing baby are important to bear in mind when it comes to yoga practices. Luckily, it's completely possible to keep on performing yoga during the course of pregnancy, with a few key alterations. In this paper a complete overview is given regarding the yoga during pregnancy.

KEYWORDS : Pregnancy, yoga, alterations, women, internal organ, and child.

Introduction:

Yoga had given good results to reduce anxiety and also helped women stay calm in pregnancy and labour. It also helps to improve the sleep. Many of the breathing techniques used in yoga helps the women to get ready for giving birth. If yoga is carried out during your labour, it will help women stay calm and breathe steadily through contractions. Doing yoga during pregnancy may even help women to need less 'pain relief during your baby's birth.

Yoga provides complete health benefits for to-be-mothers such as:

- Yoga asanas help keep the body supple. It relieves tension around the cervix by opening up the pelvic region. Yoga prepares to-be-mothers for labour and delivery.
- Yoga and Pranayamas can train to-be-mothers to breathe deeply and relax consciously, yoga help to-be-mothers face the demands of labour and childbirth.
- Yoga helps alleviate the effect of common symptoms such as morning sickness, painful leg cramps, swollen ankles, and constipation.
- Yoga asanas also help to-be-mothers recover faster post-delivery.

The second trimester involves the splendour days, or the so-called "honeymoon days", of pregnancy. The morning sickness has probably passed (or will do so soon), you may find yourself more dynamic, and your belly is expanding but hasn't yet begun to slow down your power to move freely. This is the time to get into the rhythm of your routine yoga practice on your own if you are a experienced yogi, or by joining prenatal yoga classes if you are new to yoga. In addition to making, you more physically relaxed in the months ahead, prenatal yoga classes are a good forum for meeting other pregnant women. The sense of community and support is a major benefit of a prenatal yoga class, one that is at least as important as the physical aspect.

Tips for practicing yoga during pregnancy:

- Be calm with yourself and respect your body's limitations.
- Pay Attention closely to what your body needs.
- Don't burden your abdominal muscles.
- Limit the time you spend on your back.
- Be watchful of your belly.
- Discover new ways of practicing.
- Practice with your baby.
- Focus on the mental aspect of yoga over the physical.

Poses of Yoga for to-be-mothers:

1. Kantha and Skandha Sanchalana : Roll your head back and forth, right and left, and in circles clockwise and counter clock wise along with slow gentle breaths. Similarly, rotate your shoulder blades back and forth, up and down, clockwise and counter clock wise. Do each movement 3-5 times.

2. Ardha Titali Asana or Ardha Baddha Konasana: Sit with your legs stretched out. Fold your right leg and place your right foot as far up on the left thigh as possible. Place your right hand on top of your folded right knee. Hold the toes of your right foot with your left hand. While breathing out, gently move your right knee up towards your chest. Breathing in, gently push your knee down towards the floor. Make sure that you are keeping your torso straight. Repeat with your left leg. Slowly practice about 10 up and down movements with each leg.

3. Poorna Titali Asana or Baddha Konasana: Sit with your legs outstretched. Bend your knees and bring the soles of the feet together, keeping the heels as close to the body as possible. Fully relax your inner thighs. Hold your feet with both hands. Gently bounce your knees up and down, using the elbows as levers to press the legs down. Do not use any force. Repeat up to 20-30 times. Straighten your legs and relax.

4. Vajrasana: Kneel on the floor. Bring your big toes together and separate the heels. Lower your buttocks onto the inside surface of the feet, with your heels touching the side of your hips. Place your hands on your knees, palms down. Your back and head should be straight, but not tense.

5. Marjariasana: Come onto your palms and knees, with your palms shoulder-width apart below your shoulders, and your knees hip-width apart below your hips. This is the starting position. Inhale while raising your head and gently arching the spine towards the floor. While exhaling, bring your chin towards your chest, and gently arch the spine upward. Repeat for 5-10 times. Be careful not to strain yourself.

6. Mandukasana: Sit in Vajrasana (as above). Separate the knees as far as possible, while keeping the toes in contact with the floor. Separate the feet just enough to allow the buttocks to rest on the floor. Try to separate the knees. Do not strain.

7. Paschimottanasana: Sit tall with your legs stretched out and your toes flexed inwards. If necessary, separate the legs to avoid any pressure on the belly. Inhale, and, raising both arms above your head, stretch up. Exhale, gently bending forward from the hip, but not fully. Keep your spine erect,

moving toward the toes rather than toward the knees. Place your hands on your legs, wherever they reach. Stretch your arms out in front. Inhale, and come back up to the seated position. Exhale and lower arms.

8. Adho Mukha Svanasana: Come onto all fours. Breathing out, lift your hips up. Straighten your knees and elbows, forming an inverted V-shape with your body. Hands should be shoulder-width apart, and your feet should be hip-width apart and parallel to each other. Keep your knees slightly bent. Hold. Take gentle breaths. Exhale. Bend the knees, and return to table pose. Relax into child pose

9. Shishu asana or Balasana: Come back into Vajrasana again, keeping your knees and thighs separate, and gently bend forward, placing your forehead on floor or on the cushion in front. Extend arms forward, palms pressed into the floor. Rest with gentle breaths. If you are not comfortable with this, you can modify it into Puppy Pose by lifting your buttocks up and stretching the hands further.

10. Urdhva Hastasana: Stand with your feet together and arms by your sides. Breathing in, extend both arms overhead. Gently stretch up. Breathing out, release the stretch. Next, extend both arms overhead. Breathing in, gently stretch your right arm longer than your left, and then, breathing out, release the stretch. Breathing in, gently stretch the left longer. 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.

11. Relax with Savasana and yoga nidra: Lie on the side of your stomach with your fingers interlocked under your cheek. Support the right cheek over the interlocked fingers. Bend the left leg sideways, and bring the left knee close to the ribs. Your right leg should remain straight. Turn the arms to the left, and try to touch the left elbow on the left knee. If this is not comfortable, simply rest it on the floor. Rest the right side of the head on the right arm. Relax in the final pose, and after some time, change sides. Your bent knee and head may be supported on a pillow for further comfort.

While pregnant, avoid from practicing:

- Poses that put pressure on the abdomen
- Deep twists
- Lying flat on your back (later on in pregnancy)

All these poses to be performed under the supervision of the trained yoga instructor to avoid any adverse effect on the body.

Conclusion:

If Yoga is performed during pregnancy, it is a good way to stay active and is good and healthy for women and her baby. We have found in our yoga school that If yoga is carried out during labour, it helps women stay calm and breathe steadily through contractions. Doing yoga during pregnancy even help women to need less 'pain relief during your baby's birth. All the poses to be performed in the presence of certified yoga instructor only.

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