

EFFECTS OF SIDDHA YONI ASANIN PREGNANCY



Gynaecology

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ABSTRACT

Pregnancy and child birth are unique experience of female in her life time, she has feel many new changes in her journey of pregnancy. Pregnant female also suffer from complains, complication and pain in her pregnancy to delivery all these potentially worsen the stress response. Yogaabhyasa in pregnancy is to help the mother bring the unborn in to the world with minimum hassle and completely no health complication. It can also help in ensuring easier and smoothen delivery

INRODUCTION

In modern era everyone are running towards life goal and achieve their carrier work and earn high pay cheques. So all that things leads to late marriage and delay pregnancy. Age is very important criteria for women especially for conception. It also effects on fertility of women Pregnancy is a unique state of physiological stress, which alteration with rapid changes in mood, anxiety regarding labour pain and foetal outcome. Throughout pregnancy female also suffer from complains like backache, headache, heartburn, constipation, nausea, leg cramps, sleep disturbances, etc. All these potentially worsen the stress response. Ayurveda has given great emphasis on *MasanumasikGarbhaniparicharya*. It describes rules concerning diet called *Ahar*, activities called *Vihar* behaviour called *Achar* and finally mental activity called *Vichar*, which can be greatly achieved by practice of yogabhyasa in pregnancy. Yoga is an Ancient form of exercise based mainly on principle of physicals physiology psychology. It can help you to prepare your mind and body for labour. It will helps to reduces mood swings in pregnancy. It will strengthening and massaging the abdomen and pelvic muscle which helps to stimulates bowel action and appetites and also improve the muscle tone. It has been scientifically proven that yoga improve the functioning of all system of body

MATERIALS AND METHODS-

All the available authentic books in the yogic literature have been referred for the specific materials. Related modern books, internet websites, magazines articles etc. have been used as literary materials.

CONCEPTUAL VIEW-

The practise of Yogabhyas gently works on the reproductive organs and pelvic to ensure a smooth pregnancy and relatively easy child birth it will also ensure optimum supply of blood and toning and massaging pelvic muscle and also nutrients to the developing foetus

SIDDHA YONI ASANA (accomplished pose for women)



The Sanskrit word "siddha" means psychic power and "yoni" means

womb or source When you practice siddha yoni asana, you are pressing two points at time with your heels one is the perineum between the excretory and the urinary organs and second is the lower abdominal viscera at the root of the urinary organ or above the clitoris. These two points are very important in controlling the flow of blood through the arteries and vein. The position of the lower foot at the perineum presses mooladhara chakra, stimulate moolbandh and spinocerebellar tract these psycho-musculature locks redicts nervous impulses back up the spinal cord to the brain calming the entire nervous system and establishing control over the reproductive hormones in pregnancy.

Anatomy of Pelvis-

The wall of the pelvic cavity form not only by bones and ligaments but also by muscles. The pelvic muscle are .1) the levatorani and coccygeus which with the corresponding muscles of the opposite site forms the pelvic diaphragm. The diaphragm separate the pelvis from the perineum. The levatorani and coccygeus may be regard as morphologically entity. Divisible from before backward into thapubococcygeus, iliococcygeus and ischiococcygeus They have a continuous linear origin from the pelvic surface of the body of the pubis the obturator fascia and the ischial spine The muscle fibres slope downward and backward to the midline making a gutter shaped pelvic floor

Pelvic floor

Both men and women have a pelvic floor. In women, the pelvic floor is the muscle, ligaments, connective tissues and nerves that support the bladder, uterus, vagina and rectum and helps these pelvic organs function. The pelvic floor comprises the perennial membrane and the muscle of the pelvic diaphragm and help to support the pelvic contents above the pelvic outlet perianal membrane (urogenital diaphragm).

IMPORTANT OF PELVIC FLOOR IN PREGNANCY-

- Weak abdomen and pelvic muscles in the females are often responsible for the large maternal mortality and the surprisingly large number of miscarriages
- Strong pelvic floor muscle help to support the extra weight of pregnancy
- The whole pelvic floor especially the posterior section slops somewhat forwards therefore the foetal head, when reaches the pelvic floor, rest upon a slopes
- During pregnancy and birth, the pelvic floor muscles helps rotates head into the correct birth position and support the weight of your growing uterus

- During the second stage of labour the dilatation of vagina divides the pelvic floor into two sections, the anterior section lying in front of vagina becomes drawn upward and forward, the posterior section lying behind it, becomes displaced downward and backward and the foetus is expelled through the space thus opened up between them

The coccygeal pull forward and backward to support the coccyx, during child birth or defecation.

- Heal the area between your anus and vagina after birth by increasing the circulation of blood to all
- Stress urine uncontentious in pregnancy
- Faecal uncontentious in pregnancy

DISCUSSION-

MODE OF ACTION OF SIDDHA YONI ASANA-

When u sit in the siddha yoni asana, the position of the lower foot heel at the perineum presses muladhara chakra, stimulating mulabandha and spinocerebellar tract

SPINOCEREBELLAR TRACT (ventral)-In this asana pressure is applied to perineum muscle, this stimulates the proprioceptors of the muscle spindle .these sensation covered to the cerebellum via spinocerebellar tract .spinocerebellum regulates the muscle tone by facilitates the gamma motor neurons in the spinal cord and reflexly modify the activity of alpha motor neurons and thus regulate the muscle tone. In this way during pregnancy the tone of perineum and pelvic floor muscle improves

MULABANDH-

Mulabandh means root locks, Here mool indicates the base of the torso, the perineum and it is associated with the muladhara chakra .the intermediate physical level of mulabandha involve the isolating the contraction of the perineum (the region between the anus and the genital) and perineal body (which extend inwards from the perineum and is the insertion point for eight muscle of the pelvic floor) without contracting the anal sphincter.

The contraction of mulabandha on the deepest physical levels similar to the Kegel exercises used to correct the disorders of pelvic floor muscle and strengthen the vaginal wall and cervix in pregnancy and after childbirth

MULADHARA CHAKRA

Muladhara Chakra is located at the base of the spinal column. It lies between the origin of reproductive organ and the anus. .

According to modern medical science, sacral nerve plexus is situated in the same place as that of the Muladhara Chakra.

Sacral plexus:

It is formed by the union of lumbosacral trunk (L4 & L5) and ventral rami of S1, S2, S3, S4. From this plexus a nerve arises named the pudendal nerve which is the chief nerve of perineum and of external genitalia which arises from sacral plexus in pelvis & derived from spinal nerve S2, S3, S4. As the pudendal nerve and its branches are mainly supplied to .The reproductive organs like uterus, fallopian tubes, ovaries, vagina, clitoris in female are having nervous control from the sacral nerve plexus either directly or through parasympathetic system Pelvic splanchnic nerves (nervi erigentes) represents the sacral outflow of parasympathetic nervous system and arises from S2, S3, S4. they contain both parasympathetic nerve fibers as well as visceral afferent fibers They travel to their side's corresponding inferior hypogastric plexus. From there, they contribute to innervation of the pelvic and genital organs. The nerves regulate the emptying of the urinary bladder is not entirely automatic but is subject to parasympathetic impulses that are voluntary when the message is conveyed to the midbrain where the stimulus to bladder contraction and opening of the sphincter is voluntary initiate to allow the discharges of the contained urine,

similarly giving birth to baby are initiated by stimuli to dilatation of the cervix and involuntary contractions of the uterine musculature with delivery of the fetus assisted by voluntary contraction of the abdominal muscle.

CONCLUSION-

This asana posture redirect blood circulation to the lower spine and abdomen. Toning the all muscle in pelvic region particularly on pelvic floor muscle, which is very important to protect the foetus and reproductive organ during and after the pregnancy and balancing reproductive system. This yoga abhyas can practise during second and third trimester.

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