



## PRENATAL WELLBEING AND AVERTING RISKS

### Medical Science

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### KEYWORDS

The joy of a life growing inside can't be expressed in words. Pregnancy is indeed the most exciting period of a woman's life, at the same time a bit scary as well. The changes within your body inevitably cause uncertainty leading to mental stress. If not taken care, this in turn may affect the wellbeing of the foetus. This evil is the foremost thing to manage.

The health of the embryo has direct lineage to the mother's physique. Your sickness makes the new life ill. An infection is propagated to the unborn young almost immediately. A prolonged or severe health disorder may cause devastation. To avoid such possibility you need to have a tool to boost immune system that keeps you fit.

The third goal is to prepare you for the birth process. This includes balanced nutrition, managing your weight, strengthening of pelvic muscles. You also need to have vitality to carry the child and endure the labor pain with ease.

Yoga is god send that includes all the above capabilities. It provides holistic wellness for the baby as well as the mother-to-be. You have fair chances of giving normal birth and ensure sound health of the baby post-birth.

The best is to take the opportunity to prepare yourself in advance mentally and physically to take up the challenge. The awareness of the changes you're going to encounter helps to stay calm and how to combat the odds brings confidence. You're learned how easy it is to bring up a life within yourself with fun. You get the knowledge how to restrict weight growth so that the baby does not develop bulkiness. This is the first mission to your vision of normal birth. Nevertheless you would choose the diet wisely that would nourish the baby. The focussed breathing lets your immunity strengthened, the lasting effect of Pranayama helps preventing any illness. The stretches help to achieve flexibility such that you avoid any hindrance to normal birth. At the same time the resilience you develop happens to reduce pain and risks associated during the birth process.

Ideally the Yoga practice should start before you decide to conceive. However, you can indulge into Yoga to reap the advantages of it for the remaining period of impregnation.

Yogasana helps achieving supple of the body. There are specific postures which relieve the stiffness around the cervix and opens up the pelvic region; this prepares to experience reduced labour pain. The legs are subjected to a lot of stress and strain during pregnancy. Performing Yoga the thigh and the calf muscles are toned; knee, hip and the lower back get a gentle stretch.

Yoga helps the baby to get good movement in the womb. It helps to boost circulation and also help with fluid retention. This reduces the risks of the foetus getting stuck in a position.

Yoga also helps faster recovery of the mother post-birth. It eases spine and back issues, which are common in pregnancy. The new-born maintains good health too.

Some of the Yoga postures for women during pregnancy  
Marjasana



Konasana and Badhokonasana



Viparitarani (legs up pose, use the wall support always)



Shavanasana



Yoga Nidra (Yogic sleep) ensures better sleep.

Bhramari Pranayama (Humming bee breath)

Bhramari is the effective breathing exercise to releases agitation,



frustration and anger and calming mind. It is very helpful for pregnant women for easy and trouble free childbirth.

Nadi Shodhan Pranayama (Alternative nostril breathing)

It is the most effective breathing yogic exercise during pregnancy. It is safe, minimizes the risks of all complication.

#### **Mudra**

- Chin Mudra
- Prana Mudra
- Apana Mudra

Meditation helps in positive labour preparation. Doctors and scientists have studied the benefits of meditation on pregnant women and they have shown that it can help moms-to-be throughout pregnancy and especially at birth.

#### **Precautions of practicing Yoga during pregnancy**

- During the advanced stages of pregnancy, avoid Yogasanas that put pressure on the abdomen.
- For the first trimester of pregnancy, do standing yoga poses. This will help strengthen the legs and enhance circulation. It can even reduce leg cramps.
- During the second and third trimester reduce the time spent holding asanas to prevent fatigue. Substitute with breathing exercises and meditation.
- Practice simple postures and Pranayama from the 10th to the 14th week of pregnancy under guidance of an expert.
- Avoid doing inversion poses during the entire cycle of pregnancy except Viparitakarani.
- Listen to your body, and just do as much as you can without undue effort.
- It is advisable to consult a doctor before taking up any yoga schedule during pregnancy. Learn and practice yoga postures under the supervision of a trained yoga teacher. Walking daily for 30 minutes is must. Drink more water and be happy always to avoid any complication due to stress and depression.

