



ELIMINATING DELIVERY RISKS THROUGH PRENATAL YOGA

Alternative Medicine

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ABSTRACT

A pregnant woman goes through fast changes in the body during pregnancy which invites surprises, uncertainties and worries to the mind. If this state of anxiety is not taken care of it can lead to complications. Prenatal yoga turns the scenario around, it helps one to enjoy the baby growing within oneself and appreciate the changes in body. It helps to prepare for an un-medicated birth. The conscious breathing practice gives you a huge amount of confidence as you pass through the labor and delivery process. The measured deep breathing techniques makes you feel that you have power within yourself to make it through the normal delivery process.

KEYWORDS

PREGNANT WOMEN EXPERIENCE A GREAT MANY DISCOMFORTS

They get backaches, shortness of breath, swollen ankles, trouble in sleeping, the enlargement of the breasts can cause the chest muscles to shorten, especially if the upper back muscles are not strong, calf muscles tend to cramp, and the growing uterus can cause the centre of gravity to shift.

Pregnancy is typically divided into three trimesters. The first trimester is from week one through 12 and includes conception. Conception is when the sperm fertilizes the egg. The first trimester carries the highest risk of miscarriage.

The second trimester is from week 13 through 28. Around the middle of the second trimester, movement of the foetus may be felt. At 28 weeks, more than 90% of babies can survive outside of the uterus if provided high quality medical care.

The third trimester is from 29 weeks through 40 weeks.



AIMS AND OBJECTIVES OF PRENATAL YOGA

The aim of prenatal yoga is to help the mother bring the unborn into the world with minimum hassle and completely no health complications. Positions and exercises practiced across the three trimesters of pregnancy differ with every phase.

Objectives of Prenatal Yoga

Helps with Mood swings: By doing regular yoga, a lot of happy hormones are released called 'endorphins' that keep a mother energetic and positive feelings.

Pranayama ensures adequate oxygen flows through the body. This is most crucial pregnancy, where unborn baby completely depends on the supply of oxygen. This helps in the healthy functioning of the body so

that mom can take optimum care of her baby. Deep breathing increases the flow of oxygen in the body and removes carbon dioxide. This helps to detoxify the system internally. Stress and anxiety are a part of a whole pregnancy experience. Deep breath provides our body with more oxygen. This in turn provides relief from ache joints and muscles. It helps to stay present during the pregnancy and labor. They will allow to enjoy the miracle of child birth.

Yoga postures practiced during pregnancy focus on strengthening the pelvic, hip, gluteus, thigh and perineum muscles that help enhance the womb space for the healthy growth of the foetus. These moves will help alleviate aches and build strength in their legs, back and abdominals to prepare for giving birth Yoga can ease labor and delivery



CAUTIONS AND PRECAUTION

Before started on a pregnancy yoga program, take the advice of your doctor. Some of the common problems associated with pregnancy, such as excessive weight gain, swelling of hands and feet, leg cramps, varicose veins, insomnia, fatigue, backache and constipation may get relieved to a great extent.

Doctor's advice is strongly recommended to participate in prenatal yoga.



SAFETY ISSUES WITH PRENATAL YOGA

Some of the poses typically advised against in prenatal yoga classes:

Inversions and prone postures (lying flat on the belly) like locust or Bow Pose are not practiced.

Bond Angle Pose- Improves flexibility in the hip and groin region. Stretches the thighs and knees, relieving pain. Alleviates fatigue. Helps facilitate smooth delivery when practiced till late pregnancy.



FACTORS THAT PUT A PREGNANCY AT RISK

The factors that place a pregnancy at risk can be divided into four categories.

- Existing Health Conditions
- Age
- Lifestyle Factors
- Conditions of Pregnancy

YOGA PRACTICE FOR HIGH RISK PREGNANCY



Marjasana- It stretches the neck and shoulders, alleviating stiffness.

It keeps the spine flexible .This is useful because the back has to support more weight as the pregnancy advances. Tones the abdominal region. Improves blood circulation, ensuring that the reproductive organs are well nourished.

Uttanasana- with wall support- Relieves backache. Improves flow of blood to the pelvic region. Eases swollen ankles and varicose veins, common symptoms of pregnancy.



Trikonasana- Maintains physical and mental balance. Especially useful for pregnant women since their centre of gravity shifts. It stretches and opens the hips, a big help during delivery. Reduces back pain and stress. Keeps the spine flexible. It helps to alleviate constipation, a common symptom of pregnancy.