



“A STUDY TO ASSESS THE EFFECTIVENESS OF YOGA THERAPY AMONG ANTENATAL WOMEN WITH PREGNANCY INDUCED HYPERTENSION ATTENDING AT ANTENATAL CLINIC IN SELECTED HOSPITAL IN DEHRADUN, UTTARAKHAND.”

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ABSTRACT

Background: The rate of maternal morbidity due to hypertensive disorder even with highly improved maternity service is high. In India there is high prevalence of pregnancy induced hypertension but the hospital services for the patient is less. The use of antihypertensive drugs for treatment of the pregnancy induced hypertension has its side effect like intrauterine growth retardation. So, if the pregnancy induced hypertension is treated with the use of non-pharmacological measure like yoga therapy it will improve the health of the mother and the baby, it will also reduce the complications which occurs due to pregnancy induced hypertension and will help to improve the pregnancy outcome. **Method and Material:** A total of 60 antenatal women attending antenatal clinic in Govt. Doon Medical college and hospital were included in this study by using purposive sampling technique. A self-structured interview was used to check the level of pregnancy induced hypertension in the antenatal women. **Results:** Finding related to effectiveness of yoga therapy on pregnancy induced hypertension among antenatal Mothers-Study showed that post-test mean for pregnancy induced hypertension among antenatal mothers is significantly lower than pre-test mean score with the difference of 5.59. The p value of statistical “t” test for pregnancy induced hypertension is found to be $p < 0.001$ which is less than 0.05. Findings related to Comparison between experimental and control group pre and post intervention mean score of level of pregnancy induced hypertension among antenatal women (N=60)-Study showed reveals that post-test mean for pregnancy induced hypertension among antenatal women in experimental group is significantly lower than post-test mean score of control group. The p value of statistical unpaired “t” test for pregnancy induced hypertension is found to be $p < 0.001$ which is less than 0.05. Findings related to Association between pre-interventional pregnancy induced hypertension with their socio demographic variable (N=60)-There was statistically significant association between level of pregnancy induced hypertension and age, gravida and education. The obtained p value of these variables is less than 0.05. **Conclusion:** The main conclusion drawn from this study that yoga therapy is effective in reducing the level of pregnancy induced hypertension that denoted by significant difference between the pre-intervention and post intervention score of PIH among antenatal women in experimental group. Subjects became aware and found themselves comfortable and also expressed their satisfaction. **Aim of the study:** Aim of this study was to evaluate the effectiveness of yoga therapy among antenatal women with pregnancy induced hypertension attending at antenatal clinic in selected Hospital in Dehradun, Uttarakhand.

Objectives:

- To assess the pre-and post-intervention level of blood pressure among the antenatal women experimental and control group.
- To evaluate the effectiveness of Yoga therapy on pregnancy induced hypertension among antenatal women (experimental group) attending antenatal clinic.
- To find out association between pre-interventional pregnancy induced hypertension among antenatal women in experimental and control group with their selected demographical variable.
- To compare the post-intervention level of pregnancy induced hypertension among antenatal women in experimental and control group

KEYWORDS

INTRODUCTION:

High blood pressure in pregnancy/Pregnancy induced hypertension occurs about 7 to 10% of all pregnancies. Pregnancy induced hypertension also called toxemia or preeclampsia. It is, a life-threatening complication of pregnancy that typically starts after 20th week of pregnancy and is related to increased blood pressure and protein in mother's urine. In pregnant women with hypertension there is affected development of the placenta which prevent the placenta from receiving enough blood and limited the food and blood supply to the fetus. Pregnancy induced hypertension is defined as systolic blood pressure (SBP) >140 mmHg and diastolic blood pressure (DBP) >90 mmHg. Pregnancy induced hypertension also called toxemia or preeclampsia. It is a life-threatening complication of pregnancy that typically starts after 20th week of pregnancy and is related to increased blood pressure and protein in mother's urine.

PIH is a major cause of maternal, fetal, and newborn morbidity and mortality. Women with PIH are at a greater risk of abruptio placenta, cerebral-vascular events, organ failure, disseminated intravascular coagulation, seizures in mother stroke, temporary kidney failure, cesarean section. Fetuses of these mothers are at greater risk of intrauterine growth retardation, prematurity, and intrauterine death. Lifestyle modification plays a very important role in improving health and wellness of any person with or without disease. Lifestyle includes the behavior and activities that make up the daily life of a person. It involves positive habits of activity of daily life (ADL's) or physical activity and maintain the health with effective manner. Lifestyle modification includes yoga therapy. It is a type of therapy that uses yoga postures, breathing exercises, meditation, and guided imagery to improve mental and physical health. The holistic focus of yoga therapy encourages the integration of mind, body, and spirit.

METHOD:

A quasi- experimental research design was used to assess the effectiveness of yoga therapy among antenatal mothers with pregnancy induced hypertension in Doon Medical College & Hospital in Dehradun, Uttarakhand. The 60 sample were selected by using non-randomized convenient sampling technique. Sample size was 60, among them 30 were in experimental group and 30 were in control group. The data collection tool are divided into 2 parts 42 Demographic Performa1- It consists of items i.e., Age in years, weeks of pregnancy, self-education, dietary pattern, intake of salt in daily food pattern, history with pre-existing hypertension, gravida, if multi previous pregnancy with hypertension, exercise. Self-structured interview schedule (clinical profile)- 2- It consists of items i.e., blood pressure, mean arterial pressure, edema, degree of edema, proteinuria, headache, sleeping pattern, feeling of fatigue, and weight of patient with total score 16. Content Validity of the tool is obtained by 6 experts in the field of nursing. The experts were selected on the basis of their experience and clinical expertise. Reliability of the tool was obtained by administration of tool to 14 antenatal mothers. The stability of self-structured interview was established in which $r=1.00$. Pilot study was done from 8 July – 15 July in 6 sample. Data collection was done from 15 July to 22 August in 60 sample, pre- intervention assessment of pregnancy induced hypertension is done by self-structured interview (clinical profile). Yoga therapy was given to experimental group (30 sample) for 4 weeks. Then the post-intervention assessment of pregnancy induced hypertension was done. The collected data was analyzed by using both descriptive and inferential statistics and result were calculated.

Major Findings

Table 1-Effectiveness of yoga therapy in pregnancy induced hypertension in experimental group

Component	Group	Mean	Mean difference	SD	Paired t-value	p-value	Result
Effectiveness of yoga therapy on pregnancy induced hypertension	Pre-test	7.8	5.59	2.733	19.994	<0.001	S
	Post-test	2.21		1.72			

Table 2: Comparison between experimental and control group pre and post intervention mean score of level of pregnancy induced hypertension among antenatal women. (N=60)

Group	Experimental group (Mean ±SD)	Control group (Mean ± SD)	Unpaired t test	DF	P value	Result
Pre-intervention	7.8±2.733	7.366±2.341	0.73577	58	0.464	NS
Post-intervention	2.21±1.72	8.233±1.794	12.1175	58	<0.001	S

CONCLUSION:

The main conclusion drawn from this study that yoga therapy is effective in reducing the level of pregnancy induced hypertension that denoted by significant difference between the pre-intervention and post intervention score of PIH among antenatal women in experimental group. Subjects became aware and found themselves comfortable and also expressed their satisfaction.

Conflict of Interest :

The authors declare that they have no competing interests. Ethics declarations Ethics approval and consent to participate. State College of Nursing, institute's Ethics Committee reviewed this study and granted ethical approval. consents have been obtained from participants.

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