

Effect of Yoga in Pregnancy

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Pregnancy a perfect Yoga- Union



Objectives

- After today's session participants will be able to-
- Recognize physiological changes in pregnancy
- Reiterate benefits of Yoga & Pranayama for pregnancy
- Apply this knowledge in teaching breathing exercises/
Pranayama
- Identify their role as a Midwife in promoting Prenatal Yoga
- Demonstrate Yogic Breathing

Safe Motherhood & Primal Prevention

- The foundation for safe motherhood is laid in pre pregnancy health with emphasis on proper nutrition & a healthy lifestyle and continues with appropriate prenatal care, the prevention of complications & the early & effective treatment of complications.

There are
3 periods
in
woman's
life

Menarche

Pregnancy

Menopause

A stylized illustration of a pregnant woman with brown hair in pigtails, wearing a red tank top and dark pants. She is in a yoga pose, with one leg raised and bent, and her hands are clasped near her head. The background is a grey and white checkerboard pattern.

Benefits of Practising Yoga in Pregnancy

- 1- On a Physical level-prepares the body for birth, alleviate discomforts , prevents wear & tear, reduces back pain
- 2-On a Mental level- Breathing exercises/ Pranayama , relaxation and meditation helps in managing emotions
- 3- Other general benefits are-
- Mental equilibrium
- Letting go of fear of childbirth
- Acceptance of natural changes
- Reduced stress & anxiety
- It empowers women

Effect of Pregnancy on Musculoskeletal System

**Relaxin Hormone affects
joints and ligaments-----**

Pubic Symphysis

#Sacroiliac Joint

#Hip Joints

#Shoulders

#Ankle & Feet

**#Ligament Laxity &
Hypermobility causes pain &
altered biomechanics in lower
limb & altered spinal alignment**

What happens to body during pregnancy

- Endocrinal changes during pregnancy – Pregnancy bestows many morphological & functional changes on maternal endocrine glands and placenta works like an additional endocrine gland.
- Progesterone maintains pregnancy but near term there is fall in progesterone and increase in Oestrogen.
- After birth women experience stretch marks, varicose veins, flabby stomach, sagging breasts, constipation, haemorrhoids, back pain, stress incontinence, lack of self esteem & Depression



The foundation of Yoga is Balance

Endocrine system releases hormones which regulate mood, metabolism, sexuality and survival instinct

When it is all in balance pregnant women feel high vibrational and positive but when this system is in overdrive they feel stressed.

Continued high level of cortisol suppress immune response and they develop many infections & illnesses

Deep relaxation gives pregnant women Mind power, encourage them to practice positive affirmations or sankalpa

Yogic Breathing – Prana Vayu- Conscious breathing



Posture & balance

- Recondition the body through postural alignment
- Increased awareness of sitting, Standing, walking, resting
- Benefits are- less fatigue, clear mind, and healthy back

Yoga is Balance [rules]



- Warm up is must
- Whatever you do the left side should be done on the right side
- Every bending posture should be followed by a counterstretch
- No posture should ever be forced
- It is important that pregnant women do not fall out of a pose. Centre of gravity shifts during pregnancy
- Prenatal Yoga class is best for pregnancy if it is midwife led its ideal

Breathing and self-help techniques for labour

Learning the art of relaxation will help you during pregnancy and labour. It may also help you with the transition to parenthood.

Developing a relaxed state of mind in response to labour takes practice. Breathing with purpose can help you relax throughout your pregnancy.

Breathing techniques

Focusing on your breathing requires you to concentrate. Focused breathing means that your thought process is directed away from any discomfort you may be feeling.

It helps reduce tension in your muscles and may ease the birthing process. It may

On this page

[Breathing techniques](#)[How to do focused breathing](#)[Work with your body](#)[Positive affirmations](#)[Feedback](#)

[Randomized Controlled Trial](#) [Complement Ther Clin Pract. 2017 May;27:1-4.](#)

doi: 10.1016/j.ctcp.2016.12.002. Epub 2016 Dec 23.

Yoga During Pregnancy: The Effects on Labor Pain and Delivery Outcomes (A Randomized Controlled Trial)

Fereshteh Jahdi¹, Fatemeh Sheikhan², Hamid Haghani³, Bahare Sharifi⁴, Azizeh Ghaseminejad⁵, Mahshad Khodarahmian⁶, Nicole Rouhana⁷

Affiliations [+ expand](#)PMID: 28438273 DOI: [10.1016/j.ctcp.2016.12.002](#)

Abstract

Objective: To investigate the effects of an antenatal yoga program on perceived maternal labor pain and delivery outcomes.

Material & methods: This randomized control trial was conducted with sixty primiparous women, aged 18-35 years old, who were randomly assigned to either an antenatal yoga program or control groups. Labor pain and discomfort level of the participants were measured using a Visual Analogue Scale at cervical dilatation of 3-4 cm and at 2 and 4 h after the initial measurement. Demographic and obstetrical information were collected. The antenatal yoga program consisted of a 1-h supervised yoga class, three times a weekly, starting at 26 weeks gestation. .

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Breathing Exercises are part of Antenatal Education

- Birth Breathing
- Develop Breath awareness during pregnancy
- First stage of labour- Breathing for relaxation
- Feather Breathing
- Second stage of labour- Candle Breathing

Pelvic Floor Health improves with Yoga

- Kegel Exercises are highly recommended
- Mool Bandha
- Mountain Pose/ Tadasana with Yoga Block
- Chair Pose/ Utkatasana
- Warrior II / Virbhadrasana II
- Bound Angle Pose/ Baddha Konasana
- Happy Baby Pose/ Ananda Balasana

Contraindications



- **Poses/ Asanas not to practice during pregnancy**
- **Abdominal Poses such as Navasana, Uttanpadasana, Core exercises**
- **Don't lie on the belly for Bhujangasana, Shalabhasana, Dhanurasana**
- **Poses lying on back**
- **Avoid Kapalbhati Pranayama**

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- Meditation



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