

## YOGA AND YOGIC DIET FOR PREGNANCY

Madhuri S. Bhalgat<sup>1</sup>, Gayatri B. Gupta<sup>2</sup>

<sup>1</sup>HOD, <sup>2</sup>P.G. Diploma Scholar

“*Stree-Rog and Prasuti Tantra*”, SVNHT’s Ayurved Mahavidyalaya, Rahuri Maharashtra, India

Email: [madhuribhalgat@gmail.com](mailto:madhuribhalgat@gmail.com)

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### ABSTRACT

Yoga in pregnancy is a multi-dimensional physical, emotional and intellectual preparation that helps the pregnant women to overcome the obstacles. Yoga is a group of physical, mental and spiritual practices or disciplines which originated in ancient India. The term “Yoga” in the western world often denotes a modern form of *Hatha Yoga*, yoga as exercise consisting largely of the postures called *Asanas*. *Yoga* is an ideal preparation for labor and childbirth it is also an excellent way to get back into shape after childbirth. The attention of the mind and the awareness of the breath are added to the movement of the body. Yoga provides a way to refine the movement of the body. Performing yoga poses with awareness creates a state of calmness. Being pregnant is a major milestone in a woman’s life. Pregnancy is a time of wonder and of momentous changes, include physical, emotional and hormonal. Yoga strengthens tones various part of the body and improves flexibility, stamina and mobility. When a pregnant woman feels inner clarity, her confidence grows she feel peaceful, her anxiety. concerning the birth process decreases. This article review about the awareness of yoga in antenatal period and various types of *Asanas* and knowledge of yogic *Aahar* and lifestyles in pregnancy, which can be practice during all stages of pregnancy, in order to overcome complications occurring in pregnancy.

**Keyword:** Yoga, Pregnancy, Stress, Pain, *Asanas*, *Aahar*.

### INTRODUCTION

Yoga word derived from Sanskrit roots “*yu*” which means “to attach, join, harness, yoke”<sup>1</sup>. Yoga is an old discipline from India, it is both spiritual and physical. Yoga uses breathings’ techniques, exercise and meditation. It helps to improve health and happiness. Yoga is the *Sanskrit* word which means union. *Patanjali* was a pioneer of classical yoga. He defined yoga as “the cessation of the modification of the mind”. A

person doing yoga will move from one posture called *Asanas* to another. Yoga is a practice that connect the body, breath and mind which includes physical postures , breathing exercise and meditation to improve overall health<sup>2</sup>.Yoga impact on nervous system regulation and physiological system functioning (e.g. cardiovascular neurotransmitter) and improve psychological wellbeing (e.g. positive mood and thoughts) and

physical fitness (e.g. strength flexibility)<sup>3</sup>. The practice of yoga can help to prepare your mind and body for labor and birth as this helps to focus, concentrate and keep you healthy. Doing yoga postures is a gentle way of keeping your body active and supple and minimize common pregnancy symptoms. It can also help in ensuring easier labor and smooth delivery by relieving tension around the cervix and birth canal and by opening the pelvis<sup>4</sup>.

Under modern lifestyle of comforts, maternity is growing tough and complicated day by day as women in modern society leave all exercises and even normal physical activities as soon as pregnancy is confirmed. In today society with fast growing industrialization, vehicles and luxurious lifestyle thus increases expectation and demands which directly or indirectly cause anxiety, stress. Woman is trying to live a successful life with gender equality so as to fulfill the expectation of modern society. Thus, woman is continuously facing a challenge which leads to develop the condition called "STRESS". Woman who faces high level of stress may not follow good health habits, they may not eat properly, or they may react to stress by reaching Cigarettes, alcohol, or illicit drugs, which causes low birth weight baby. Physical exercises can be helpful in the management of stress and other associated condition or systems accompanying pregnancy such as edema, gestational hypertension or diabetes, mood instability, musculoskeletal discomfort, aches, and weight gain<sup>5</sup>.

Pregnancy is a very beautiful and special time in a life of women and her family. Being mother is the most blessed and challenging job in the whole world. During this period if a pregnant woman gain stress due to physical and social circumstances which cause impact on her health as well as fetal wellbeing. It is said yoga is a practice that connects the body, breath and mind<sup>6</sup>. In most of the women, labor is a time of apprehensive of fear and agony, thus creates obstacles or hurdles in the normal life of a pregnant woman and yoga in pregnancy can help the woman to cruise through these changes and challenges<sup>7</sup>. The wellbeing and the quality of life of mother is critical for optimal pregnancy outcomes; self-soothing techniques, psychoeducation

and relaxation are particularly important in this transitional and meaningful time<sup>8</sup>. In addition to this, prenatal maternal stress and anxiety may be risk factors for potential native consequences for children later in life, such as the development of attention deficit, hyperactivity disorder or lowered performance on aspects of executive function<sup>9</sup>. During pregnancy woman faces many changes including physical, emotional, psychological and hormonal changes. Due to these changes' woman faces abnormality during pregnancy such as high BP, Dm, Heart disease, obesity, anemia, insomnia, lowered immunity causes infection disease. Thus, called as HIGH RISK<sup>10</sup>.

Relaxation therapy for pain management in labor have also become popular as women are seeking alternative to traditional treatment which includes analgesics and anesthesia, which may cause side effect for both mother and infant<sup>11</sup>. Confidence, self-efficacy considered important for a positive labor experience and maternal prenatal anxiety are considered pre labor self-efficacy for childbirth and labor pain<sup>12</sup>. Labor pain is a subjective and multidimensional experience that varies according to each woman's individual perceptions and is influenced by psychosocial, cognitive, and physiological factors<sup>13</sup>. It is suggested that practitioners use of multidisciplinary approach to pain management in labor and incorporate both pharmacological and non-pharmacological approaches that can be tailored to individual preferences and needs<sup>14</sup>. Yoga reduces stress, depression and anxiety during pregnancy and to reduce levels of the stress hormone cortisol, it also reduces pre labor pain and discomfort as well as improve overall quality of life during pregnancy and child birth<sup>15</sup>.

In order to take prime consideration of pregnant woman a ministry of AYUSH has created general awareness about yoga during pregnancy through communication of mass media<sup>1</sup>. Yoga as exercises can be helpful in pregnant woman by management of stress and associated condition like anxiety, mood instability, disturbed sleep, excess weight gain, bodyaches, edema.

**Materials and Methods: -**

Literature searches were conducted to identify all review papers of yoga and pregnancy. The databases were used: WIKIPEDIA, MEDLINEPLUS, ARTOF-LIVING, ICDS, THE YOGSHALA. The Journal were used: America Journal of Obstetrics and Gynecology,

Journal of the Canadian Academy of Child and Adolescent Psychiatry, International Journal of peptides, Cochrane DSR, Om magazine. The reference lists of located articles were also searched for possible publications.

**Recommended Protocol for Pregnant Ladies**

**Table 1:** Yoga for Pregnant Ladies (First Trimester) <sup>16</sup>

1. S. NO.	2. YOGA PRACTICES	3. ROUNDS	4. DURATION
5. 1.	6. PRAYER	7.	8. 1 Minute
9. 2.	10. YOGIC <i>SUKSHAMA VYAYAMA</i> : (Micro Circulation Practices)	11.	12.            13. 8 Minutes
14.	15. Neck Movements:	16.	
17.	18. -Right and Left bending	19. 3 Rounds	
20.	21. -Right and Left Twisting	22. 3 Rounds	
23.	24. -Forward and Backward bending	25. 3 Rounds	
26.	27. -Neck Rotation (Clockwise and Anti clockwise)	28. 3 Rounds	
29.	30. Shoulder Movements	31.	
32.	33. -Shoulder Stretch	34. 3 Rounds	
35.	36. -Shoulder Rotation (Forward and Backward)	37. 3 Rounds	
38.	39. Knee Movement	40. 5 Rounds	
41.	42. Ankle Movement	43.	
44.	45. -Ankle Rotation (Clockwise and Anti clockwise)	46. 5 Rounds	
47. 3.	48. YOGASANAS	49.	
52.	53. STANDING POSTURES	54.	
55.	56. - <i>Tadasana</i>	57.	
58.	59. - <i>Vrikshasana</i>	60.	
61.	62. SITTING POSTURES	63.	
64.	65. - <i>Dandasana</i>	66.	
67.	68. - <i>Sukhasana</i>	69.	
70.	71. SUPINE POSTURES	72.	
73.	74. - <i>Shavasana</i>	75.	
76. 4.	77. <i>PRANAYAMA</i> :	78.	
81.	82. - <i>Nadi Sodhana Pranayama</i>	83. 5 Rounds	79.  80. 20 Minutes
84.	85. - <i>Bhramari Pranayama</i>	86. 5 Rounds	
87.	88. - <i>Sitali Pranayama</i>	89. 5 Rounds	
90. 5.	91. <i>DHYANA</i>	92.	93. 5 Minutes
94. 6.	95. <i>SHANTI PATHA</i>	96.	97. 1 Minute

**Yogasana**

**(1) *Tadasana* (Palm Tree Posture)**

**Steps:**

1. Stand with feet 2 inches apart.
2. Interlock the fingers and turn the wrist outwards.

3. Now inhale, raise the arms up. Bring them in line with the shoulders.
4. Raise the heels off the floor and balance on the toes. Stay in this position for 10-15 seconds. Exhale bring the heels down.

- Release the interlock of the fingers and bring the arms down parallel to the trunk and come back to standing posture.

**Benefits:**

- Tadasana* stretches and strengthens the legs.
- It helps to reduce swelling in the feet of pregnant women.
- It helps to open the hips and chest region<sup>16</sup>.

**(2) *Vrikshasana* (The Tree Posture)**

**Steps:**

- Stand with feet 2 inches apart. Focus on a point in front.
- Exhale bend the right leg and place the foot on the inside of the left thighs.
- The heel should be touching the perineum.
- Inhale and extend the arms up and joint the palms.
- Stay in the position for 10 to 30 seconds and breathe normally.
- Exhale and bring the arms and right foot down.
- Relax and repeat the asana by bending the leg.

**Benefits:**

- Improves neuro-muscular coordination, balance, endurance and alertness.
- It helps to mind focus and relax.
- It strengthens the thighs and pelvic floor muscles

- It enhances blood circulation in abdominal region<sup>16</sup>.

**(3) *Dandasana***

**Steps:**

- Sit on the floor with the legs stretched in front.
- Place the palms on the floor by the side of hips, the fingers pointing to the front. Stretch the hands straight and keep the back straight.
- Stay for this pose few seconds.

**Benefits:**

- This *asana* strengthens the spinal muscles of pregnant women and prevents back pain<sup>16</sup>.

**(4) *Sukhasana***

**Steps:**

- Sit on the floor with legs stretched in front.
- Sit erect with spine straight.
- Fold the right leg and tug in inside the left thigh.
- Then fold the left leg and tug it inside the right thigh.
- Place the hands on the knee joints.
- Relax whole body and breathe normally.

**Benefits:**

- This *asana* helps to pregnant women for meditation, which facilitates to overcome stress and anxiety during pregnancy.
- To build a strong connection with your baby<sup>16</sup>.

**Table 2:** Yoga for Pregnant Ladies (Second Trimester) <sup>16</sup>

S. NO.	Yoga Practices	Rounds	Duration
1.	Prayer		1Minute
2.	<b>Yogic <i>Sukshama Vyayama:</i> (Micro Circulation Practices)</b>		5 Minutes
	<b>Neck Movements:</b>		
	- Right and Left Twisting	3 Rounds	
	- Right and Left bending	3 Rounds	
	-Forward and Backward bending	3 Rounds	
	-Neck Rotation (Clockwise and Anti clockwise)	3 Rounds	
	<b>Shoulder Movements</b>		
	-Shoulder Stretch	3 Rounds	
	-Shoulder Rotation (Forward and Backward)	3 Rounds	
3.	<b>Yogasanans</b>		18 minutes
	<b>Standing Postures</b>		
	- <i>Tadasana</i>		
	- <i>Vrikshasana</i>		
	- <i>Prasaritha Padottanasana</i>		
	- <i>Veerbhadrasana</i>		

	- <i>Katichakrasana</i>		
	- <i>Trikonasana</i>		
	<b>Sitting Postures</b>		
	- <i>Dandasana</i>		
	- <i>Marjariasana (with breathing)</i>		
	- <i>Sukhasana</i>		
	- <i>Malasana</i>		
	- <i>Shashankasana</i>		
	- <i>Badhakonasana</i>		
	<b>Supine Postures</b>		
	- <i>Shavasana</i>		
	<b>Prone Postures</b>		
	- <i>Balasana</i>		
<b>4.</b>	<b>Pranayama:</b>		
	- <i>Nadi Sodhana Pranayama</i>	5 Rounds	10 Minutes
	- <i>Sitali Pranayama</i>	5 Rounds	
	- <i>Ujjayl Pranayama</i>	5 Rounds	
<b>5.</b>	<b>Dhyana</b>		10 Minutes
<b>6.</b>	<b>Shanti Patha</b>		1 Minute

### (5) *Trikonasana* (The Triangle Posture)

#### Steps:

1. Stand on your feet comfortably apart.
2. Slowly raise both the arms sideways till they are horizontal.
3. Exhale slowly bend to the right side and place the right hand just behind the right foot.
4. The left arm is straight up, in line with the right arm.
5. Turn the left palm forward. Turn your head and gaze at the tip of the left middle finger.
6. Remain in the posture for 10-30 seconds with normal breathing. As you inhale slowly come up
7. Repeat for the left side.

#### Benefits:

1. This *asana* helps to reduce back pain by stretch and strengthen and spinal muscles, improves lung function and make ease child birth<sup>16</sup>.

### (6) *Katicakrasana* (Lumbar-Twist Posture)

#### Steps:

1. Keep the legs about 2-3 feet apart.
2. Raise both the arms up to chest level with palms facing each other and keep them parallel.

3. While exhaling, twist the body towards the left side so that the right palm touches the left shoulder, come back with inhalation.
4. While exhaling, twist the body towards the right side so that the left palm touches the right shoulder, come back with inhalation.
5. This is one round: repeat two more times.
6. Relax in *Samasthiti*.

#### Benefits:

1. *Katichakrasana* is a good to tone up the waist, back, hips muscles and prevents the spinal deformity.
2. It helps to ease child birth<sup>16</sup>.

### (7) *Virabhadrasana* (The Warrior Pose)

#### Steps:

1. Stand erect and spread legs about 3 to 4 feet distance.
2. Right foot should be in the front and the left foot behind.
3. Now, turn right foot outwards by 90 degree and the left by 15 degrees and both legs are in same line.
4. Slowly raise the both arms sideward and join your palms above your head.
5. Now exhale and bend right knee. Knee does not go ahead of your ankle.

6. Gently push your pelvis down. Hold the pose for few seconds with normal breath.
7. Inhale and come up.

**Benefits:**

1. This *asana* helps to opens chest and strengthened the legs.
2. It also strengthens the spine and prepares it to carry the weight of the growing uterus.
3. It helps to relax the mind and improve balance<sup>16</sup>.

**(8) Prasarita Padottanasana (Wide-Legged Forward Bend Yoga Pose):**

**Steps:**

1. Start with the *Tadasana* pose. Take a deep breath and spread the feet 3 to 4 feet apart.
2. Take in a deep breath and lift the chest. Exhale and keep lengthening the front of torso.
3. Bend forward slowly, allowing the chest and shoulders parallel to the ground.
4. Reach out hands and place on ground. Bend elbows and lean in further, bending torso from the hips.
5. Try and rest the crown of head on the floor in front and maintain for few seconds.

6. Take in a deep breath and come back into the standing pose.

**Benefits:**

1. This *asana* helps to strengthen the spine, improve the blood flow to the fetus, normalize the endocrine profile and help to control the body weight<sup>16</sup>.

**(9) Badhakonasana**

**Steps:**

1. Sit straight on the floor with spine erect.
2. Bend knees by and try to touch the soles of feet each other.
3. Hold feet tightly with hands. Inhale deeply.
4. While exhaling press the thighs and knees down towards the floor by pressing elbows on thighs breathe normally.
5. Finally, slowly come up and release the pose.

**Benefits:**

1. This *asana* improves flexibility in groin and hip region, makes easy and smooth delivery for pregnant women.
2. Stimulate and improve the function of the reproductive system in women<sup>16</sup>.

**Table 3: Yoga for Pregnant Ladies (Third Trimester) <sup>16</sup>**

	Yoga Practices	Rounds	Duratuon
1.	Prayer		1 Minute
2.	Yogic <i>Sukshama Vyayama</i> : (Micro Circulation Practices)		5 Minutes
	<b>Neck Movements:</b>		
	- Forward and Backward bending	3 Rounds	
	-Right and Left Twisting	3 Rounds	
	- Right and Left bending	3 Rounds	
	-Neck Rotation (Clockwise and Anti clockwise)	3 Rounds	
	<b>Shoulder Movements</b>		
	-Shoulder Stretch	3 Rounds	
	-Shoulder Rotation (Forward and Backward)	3 Rounds	
	<b>Ankle Movement</b>		
	-Ankle Rotation (Clockwise and Anti clockwise)	5 Rounds	
3.	Yogasanas		15 Minutes
	<b>Standing Postures</b>		
	- <i>Tadasana</i>		
	- <i>Trikonasana</i>		
	- <i>Ardha Parhsvakonasana</i>		
	<b>Sitting Postures</b>		
	- <i>Dandasana</i>		

	- <i>Upavistha Konasana</i>		
	- <i>Sukhasana</i>		
	- <i>Marjariasana</i>		
	- <i>Parivratjanushirshasana</i>		
	<b>Supine Postures</b>		
	- <i>Shavasana</i>		
<b>4.</b>	<b>Pranayama:</b>		
	- <i>Nadi Sodhana Pranayama</i>	5 Rounds	8 Minutes
	- <i>Sitali Pranayama</i>	5 Rounds	
	- <i>Bhramari Pranayama</i>	5 Rounds	
<b>5.</b>	<b>Dhyana Om meditation or so – ham Meditation</b>		15 Minutes
<b>6.</b>	<b>Shanti Patha</b>		1 Minute

### (10) *Ardha Parhsvakonasana*

#### Steps:

1. Stand erect. Inhale and spread feet approximately one meter apart.
2. Raise the arms sideways at the shoulder level. Turn right foot to the right at 90 degree and left foot at 60 degree to the right side.
3. Bend right knee forming a right angle with the thigh and the calf with right thigh parallel to the floor.
4. Exhale and bend right side and bring right arm down so that right armpit touches right knee and right side of upper trunk touches right thigh.
5. Place right palm on the floor at the inner side of the right foot.
6. In the final posture, spine must be kept straight and the left foot flat on the floor.
7. Hold the posture for 30 seconds breathing normally.
8. Inhale and lift right palm from the floor; raise the trunk; straighten right leg and raise the arms; come back to the starting position.
9. Repeat if on the other side with the same procedure.

#### Benefits:

1. This *asana* stretches and strengthens the legs and reduce swelling in the feet of pregnant women.
2. It improves blood circulation, stimulates abdominal organs, relieve constipation, which is a major problem in the first trimester of pregnancy<sup>16</sup>.

#### AAHAR<sup>16</sup>

Vegetables: All green leafy vegetables, spinach, beetroot, cucumber, carrot etc.

Cereals: unpolished rice, whole wheat and multi-grain flour.

Sweet: honey.

Sprouts: Bengal gram, Green gram, fenugreek, groundnuts.

Dry fruits: Almond, walnut, cashew, dates.

Fresh fruits: Apple juice, carrot juice and orange juice etc.

Soups: Spinach, carrot, tomato, beetroot, etc.

Milk product: Cheese, whole milk, butter etc.

Other: Buttermilk, lemon water, tender coconut water etc.

Dietary supplement: Protein, fibre, Iron, folic acid, calcium and vitamin B<sup>17</sup>.

**Aahar:** Month wise dietary regimen for pregnant women in *ayurvedic* literature<sup>18</sup>.

1<sup>st</sup> Month: Non-medicated milk, sweet, cold, liquid diet<sup>18</sup>.

2<sup>nd</sup> Month: Medicated milk with *madhura* drugs, sweet, cold, liquid diet<sup>18</sup>.

3<sup>rd</sup> Month: Milk with honey and *ghrta*, sweet, cold, liquid diet especially cooked in *shasthi* rice with milk<sup>18</sup>.

4<sup>th</sup> Month: Butter extracted from milk in quantity of one *aksa* of milk with butter, cooked *shasthi* rice with curd and Pleasant food mixed with milk and butter and meat of wild animals<sup>18</sup>.

5<sup>th</sup>Month: *Ghrta* prepared with butter extracted from milk, cooked *shasthi* rice with milk, meat of wild animal<sup>18</sup>.

6<sup>th</sup>Month: Medicated *ghrta* (prepared from milk) with *madhura* group of drugs, *Ghrta* on rice gruel medicated with *gokshura*<sup>18</sup>.

7<sup>th</sup>Month: Medicated *ghrta* with *madhura* group of drugs, *ghrta* medicated with *prthakpanyadi* group of drugs<sup>18</sup>.

8<sup>th</sup>Month: Rice gruel prepared with milk mixed with *ghrta*, unctuous gruels and meat soup of wild animals, liquid diet prepared with *ghrta* and milk<sup>18</sup>.

9<sup>th</sup>Month: Meat soup with cooked rice and *ghrta* or rice gruel mixed with *ghrta*<sup>18</sup>.

During pregnancy, body goes through many changes, which creates stress mentally and physically. A way to maintain a healthy mind and body is prenatal yoga, it focuses on poses for pregnant woman, in order to increase strength and flexibility. It also helps to develop proper breathing and relaxation techniques for easier and more comfortable Labor<sup>19</sup>.

## DISCUSSION

Adverse effect with yoga and pregnancy are not well reported in the literature. According to study reveals that babies with birth weight is much greater than or equal to 2.5 kg was marked higher in the yoga group. Also, the rate of preterm labor is lower in the yoga group. Complication such as IUGR, PIH with associated IUGR were also lower in the yoga group with no significant adverse effect noted<sup>20</sup>.

According to another study, birth weight in women practicing yoga group is significantly more than control group. Yoga practices includes physical postures, breathing techniques which minimizes the complication of pregnancy like IUGR, PIH and preterm labor, lower backache, disturb sleep<sup>21</sup>

Considering the limitation, although the number of studies has grown rapidly, further research is needed. The existing research focuses primarily on the effect of yoga and diet intervention on the health of pregnant woman as opposed to fetal outcomes. Future research should focus more prominently on the effect of yoga on labor, and on postpartum follow-up, urinary reten-

tion, impaired lactation, low platelet count, non-reassuring NST and post-natal weight gain are complication which are associated with time. Secondly, home based yoga intervention it is hard to get the information of adverse effects and the reason of drop-out. The participants learned yoga from video or practiced several times with an instructor at a studio, then practiced at home. They then used telephonic or diary follow up to record their yoga session<sup>22</sup>. Overall, the evidences that yoga is well suited to pregnancy but methodological analysis with the published literature are insufficient.

## DO'S

1. Pregnant woman should have nutritious, balanced diet; should have essential nutritional supplement for both pregnant mother and fetus.
2. Should have regular antenatal checkup.
3. Pregnant woman should protect themselves from excessive stress.
4. Take leisure walk for half an hour every day after having dinner.
5. Yoga should be practice in a quiet and calm atmosphere.
6. Should be performed slow and relaxed manner.
7. Yoga should be performed according to your own capacity.
8. Light and comfortable cotton clothes are to be used.
9. More attention should be given to pelvic floor awareness in all *asanas* and *pranayama*.
10. Breathing techniques such as Yogic deep breathing, *Anuloma Viloma*, *Ujjayi* and *Bhramari* to bring focus, reduces stress, anxiety and preparation for childbirth.

## DON'T

1. Avoid *asanas* compression the uterus like forward bending or closed twists and overstretching the abdominal muscles like backbend.
2. Avoid inverted *Asanas* like shoulder/ hand/ head stand;
3. Compressing the abdominal in twisted standing poses like *Parivritta Trikonasana* and abdominal poses like *Navasana* and *Naukasana*.



4. No lying on stomach *asanas* like *Bhujangasana*, *Shalabhasana*, and *Dhanurasana* etc.
5. Avoid *Kapalabhati kriya* or any such straining cleansing practices.
6. In *pranayama* avoid *Bhastrika* and *Kumbhaka*
7. Do not jerk body when practicing yoga.
8. Use yoga mat for the yoga practice.

**BENEFITS-** Yoga is the practice which includes various *asanas*, *pranayama* and *Dhyana* and their fruitful effect is mention as

1. It reduces stress level.
2. Improves the quality of sleep and blood circulation.
3. Increases the strength, flexibility and endurance of muscles around the pelvic region.
4. Decreases lower back pain.
5. Decreases nausea.
6. Decreases headaches.
7. Reduced risk of preterm labor.
8. Lower risk of IUGR.
9. It relieves morning sickness and mood swings.
10. Increases breathing capacity, stamina and vitality which help in bearing down during labor process.
11. It facilitates contractions.

## CONCLUSION

The present papers suggest that Yoga and diet give stability to a woman during her antenatal, labor and postnatal period. It helps her to cope up with anxiety stress, negative thought, mood swing. Yoga helps a pregnant woman for not to gain excess weight during her antenatal period, thus yoga helps to gain strength, stability, flexibility of the whole-body muscles especially perineal muscles needed for childbirth. Thus *YOGA* must be included in the pregnancy to attain higher level of fitness for mother and child. However further studies are needed. A healthy mother brings a healthy child.

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