

**SYSTEMATIC REVIEW OF YOGASANA AND PRANAYAM IN
GARBHINI AND ITS EFFECTS ON PREGNANCY AND
BIRTH OUTCOMES**



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ABSTRACT

SYSTEMATIC REVIEW OF *YOGASANA & PRANAYAMA* IN *GARBHINI* AND ITS EFFECTS ON PREGNANCY AND BIRTH OUTCOMES

INTRODUCTION: *Yoga* is an ancient mind-body unifier practice that originated in India. Pregnancy is a condition in which women undergo distinct physiological changes and stress and is accompanied by unique physical and psychological demands. There is a need to manage the various physical, emotional, mental, and pain states that arise throughout the stages of pregnancy and labour.

OBJECTIVES:-To do a clinical study on *Yogasanas* and *Pranayama* useful in 2nd & 3rd trimester of Pregnancy.

DESIGN & SETTING: Comparative clinical study where 30 pregnant women after completion of 16- 18 weeks of gestation were taken from OPD of PTSR department of PIA Hospital and PSH Limda. Two groups of minimum 15 patients each were randomly allocated.

Group A (In Trial group): Pregnant women were taught certain *Yogasana* and *Pranayama* along with their routine antenatal care then made to practice them everyday throughout antenatal period. **In Group B:** Pregnant women were advised to follow their routine activities with 30 min walking exercise till the onset of labour.

METHODS: The pregnant women responses were assessed on the basis of subjective and objective parameters during antenatal period and Labour.

Subjective parameters: During Antenatal Period: Backache, Leg Cramps, Dyspnoea, Fatigability, Sleep and Anxiety. During Labour response to pain coping with contractions at full dilatation of cervix were assessed by following parameters - Bearing down efforts, breathing during labour.

Objective parameters: During Antenatal period-Duration of gestation, Biophysical profile scoring, Fixation of head, Engagement of head, Duration of 1st, 2nd & 3rd stage of labour, Quantity of Drug required during labour –Inj. Oxytocin, Inj. Tramadol, birth weight, Apgar score.

Study Duration: Minimum 5 months

RESULTS AND CONCLUSION: Results were calculated and statistically analyzed using paired and un-paired t-test. The test show significant difference between the two groups. Group A administered *Yogasanasa* and *Pranayama* have better effects on Pregnancy, Foetus, labour and Neonate when assessed all the subjective and objective criteria on Group B.

KEYWORDS: *Garbhini, Yogasana & Pranayam, GarbhiniParicharya*, Minor elements of pregnancy, ANC, Pregnancy-outcomes.