
**Thematic Analysis of Physiological and Psychological Benefits of Yoga
Assans during Prenatal Stage**

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Abstract: During pregnancy the body undergoes many changes in the physical appearance of women. Due to all these changes they also under goes some mental stress. These changes disturb the equilibrium because some of her muscles had to work under stress due to these reasons some pregnant lady developed wrong gait and stance which also peat on their muscles. The body becomes heavy and fat, the stomach or lower abdomen gets protruded. All that complication during pregnancy can be overcome with the help of Yoga Asanas. Yoga Asanas give a complete work out to the entire body which is not possible get from any other workout system. It give sufficient oxygen to different cells of the body and strengthening the inter organ of the body. It also help the pregnant women remain fit and healthy during pregnancy. Regular practice of Yogic Asanas during pregnancy can help the women to give birth the child in a natural way without any complication.

Keywords: *Yoga Assanas, Pre Natal Stages and Posture.*

Introduction:

Regularly practicing of Yoga is very effective for women. As it improve their health condition, improve reproductive system, improve their ability to give birth to a child in a natural way and also make them physically and psychologically strong. It also improves immune system as well. Daily practicing of Yoga during the pregnancy period not only help to improve their fitness and help to ease labour but also help to fast recovery after delivery Yoga makes the women physically and emotionally strong and it keeps them away from stress throughout pregnancy.

Pregnancy:

Pregnancy is the time during which off springs develops inside the female. Pregnancy is also called as Gestation. Pregnancy occurs through sexual intercourse. It also occurs

through reproductive technology. This process involves 40 week from the last Menstrual periods. It involves period of nine months.

In order to improve pregnancy outcomes. Parental care is very important. Parental care includes medical examination from time to time, intake of iron, extra folic acid and calcium. Regular exercise & Yoga are very important during this period to overcome stress complication of pregnancy and to maintain good health.

From 39 to 41 weeks pregnancy is at his full term after 41 weeks it is known as late term or post term. Before 37 weeks. It is known as pre term.

Pre term born babies are at risk of many health problems. Doctors do not recommended delivery before 39 weeks.

During the first eight weeks after fertilization. The term embryo is used for the developing offspring. After which the term fetus is used for developing embryo until birth.

Pregnancy is confirmed through Urine test which is known as pregnancy test.

Symptoms of pregnancy

- Vomiting
- Fever
- Frequent urination.
- Missed periods

Stages of Pregnancy:

Pregnancy is divided into three stages:

- The first stage starts when the sperm fertilized the egg. It is from 1st week to 12 week.
- At the second stage, the movement of fetus starts. It lasts from 13 week to 28 weeks.
- The third stage lasts from 29 weeks to 40 weeks, it until delivery.
- The first stage is risky period because at that time there is maximum possibility of miscarriage.

Yoga:

The word yoga is derived from Sanskrit word yok or union. Yoga means uniting the spirit of individual with the spirit of god.

It is true union of our will with will of god. The aim of yoga is to keep the individual healthy and to cure the disease of the individual. Yoga practicing not only help to improve the health condition of human being but it also makes them psychology.

Physiology and emotionally strong .yoga practicing deal with vital organ of the body on which health depend. The different Asanas of yoga have different purposes some keep us relax; some improve concentration, some control respiration. As a whole they are very essential to take care of the health.

Physiological Aspect of Yoga:

Yogic Asanas strengthen the muscles of our body and improve the physiological functioning of all system of the body. They help in proper circulation; they keep the balance of endocrine glands which is very essential for proper growth and development of the body. They also help in good digestion. Yoga Asanas regularly practiced improve the blood in the blood vessels, purified and increased the power of contraction and expansion of lungs and this result in the purification of blood disease like blood pressure, constipation, diabetes, of gas trouble etc can be cure with the help of yoga asanas.

Psychological Aspect of Yoga:

Yoga offer essential psychological benefit is the practitioner, regular practicing of yoga improve not only physical and mental development but also improve the intellectual and spiritual. It also improves the nervous system of the body. Yoga is a powerful weapon to give relaxation and is therefore, one of the best medicines to decrease stress.

Asanas:

Means hold the body in a specific position to being strengthen the body and to balance the mind. Practice of the yogic Asanas keeps the body parts internally and externally in good condition. Different Asanas have different function and their different benefits to the body. Yoga Asanas give sufficient exercise to the body and help to improve and maintain the internal and external system of the body. There is no age and sex restriction for practicing yoga Asanas.

a) Tadasana means mountain pose:

This Asana is like the base of all asana from which other Asanas emerge. It is not necessary that this asan can be done on an empty stomach. It is best to have your meals at least four to six hours before practicing this asan. This asan helps in strengthening the spine and relax back pain. This asana is very effective for pregnant women in the early stages of pregnancy.

How to do:

- Stand with your feet spread out position of the feet to the width of your shoulder.
- Spine should be erect, hands on the side of the body and palm facing the thighs.
- Stretch your hand upward and join the palms in Namaskar Mudra.
- Straighten your spine while taking a deep breath hands should be above your head at the same time as you inhale.
- Stretch your spine as much as possible but there is no pressure put on your back.
- Next tilt your head backward and keep your eye on the finger tips.
- Hold the posture for a very slow count of 8 to 10 deeply breathes in and out.
- Exhale deeply relax your body and bring tilt back to the floor.
- Rest your hands with palms on the side of the thighs.

b) Marjariasana / Cat Pose:

This asana is also called cat pose. This asana is very advisable in early period of pregnancy and should be avoided after 26 weeks. It improve the blood circulation and strengthen the shoulder, improve digestion and relax the mind.

How to perform:

- Bend down on the floor and on all fours like cat.
- Head should be straight.
- Inhale deeply and lift your chin at the same time push back your head a bit.
- Keep your buttocks firm soon you feel a timing sensation.
- Hold the pose for about 30 to 80 seconds with deep breathing.
- Slowly exhale and close your chin near your chest.
- Relax your buttock and arch the back as much as comfortably possible.
- Hold this pose for count of 10 to 12 and then back to initial position.

c) Trikonasana:

Trikonasana is also called triangle. This asana maintain physical and mental balance especially very effective for pregnant women since their center of gravity shift. It also reduces back pain and stress. It also help to ease digestive problem related to pregnancy and also improve the flexibility of the hip.

How to perform:

- Stand erect with your feet together.
- Your hand should be either side of the body palms facing the thighs.
- Slowly legs apart and the toes of the both yours legs are parallel to each other.

- Lift your hands with palms facing the floor and hands are aligned with your shoulder.
- Deep breathing and bend towards your left and at the same time lift your right hand up.
- Turn your head to the left and fix your gaze on the fingertips of the right hand.
- Hold the position for about 15 to 20 counts.
- Slowly breathe out and turn your body up to come back to the starting position.
- Same repeat the steps on your right side.

d) *Vajrasana:*

This asana keeps comfortable a common problem during pregnancy like digestive problem. It also helps to increase blood supply to the pelvic area and strengthens pelvic muscles. This helps ease child birth in a natural way.

How to perform:

- Fold up the legs backward moreover sits down by the assist of your knees.
- Spine, Neck need keep straight.
- Palm to maintain on right knee moreover left palm to be reserved on the left knee and elbow should be in a straight line.
- See front and inhale and exhale generally.
- Duration of the asana should be 15 to 20 minute.

e) *Shavasana or Corpse poses:*

This asana is perfect for pregnant women to keep the body relax after the physical activity. It also relaxes the muscles and mind and all parts of the body skin, muscles, and nerves are relaxed. It also cures the diseases such as high or low blood pressure and indigestion and the blood circulation becomes regular in the entire body and feel refresh.

How to perform:

- Lie flat on the back on the ground.
- Hand should be placed away from the thighs with palm facing up.
- Fists should be slightly closed.
- Stretch the legs.
- Eyes should be closed.
- Feet should be apart.
- Breathing slowly but naturally.
- Inhale and exhale slowly and direct attention to the breathing.
- Relax the mind during exhalation.

f) Suryanamaskar:

Suryanamaskar is a cycle of asanas, synchronized with breathing. Suryanamaskar can be considered as a full body workout. Stretching and strengthening all the joints and increasing the blood circulation. It is very effective for internal organ and glands and also endocrine system.

Suryanamaskar is very beneficial during pregnancy and it involves every muscles of the body. It helps to remove the physical and emotional issues that arise during the pregnancy. It increases the oxygen supply to the fetus. Inhale and exhale deeply while performing the Suryanamaskar due to this process increase the blood supply to the fetus. Body in easily adapt to pregnancy changes by practicing the Suryanamaskar. It also reduces the labor pain and help to get rid of pregnancy hypertension. Suryanamaskar help to relieve the back pain and legs cramps and also help to bring down the morning sickness.

Women should consult the doctor before practice the Suryanamaskar. Avoid doing it if women have some complication in pregnancy.

Conclusion:

Yoga asanas help to keep the body supple and reduce tension around the cervix by opening up the pelvic region. It also prepare the mothers for labour and delivery in a natural way. Yoga asanas also help the mother to recover fast after the delivery. Yoga asanas has benefits for body, mind, and spirit. Yoga practice during pregnancy can also improve sleep, reduce stress and anxiety and help to improve strength, flexibility and strengthening the muscles for giving birth to a child. Yoga is very essential during pregnancy but some precaution must be while performing yogic asanas.

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