



**Dr Anita Jain**

# YOGASANAS DURING PREGNANCY

Different type of asanas are described in Ayurveda and Yoga darshan text which can be performed by a pregnant woman as they consume low energy & provide greater benefits.

## 1ST TRIMESTER

First trimester asanas - Practice basic poses with a few modifications. Avoid inversions, closed twists and back bends that might compress the uterus or over stretch it which causes low blood circulation to uterus. Encourage a long relaxation phase after exercise<sup>[9]</sup>



### UTTHITATRIKASAN (EXTENDED TRIANGLE POSE)

It strengthens the pelvic floor muscles, thighs and calf muscles. Increases the flexibility of spine & improves digestion



### VIRBHADRASAN (WARRIOR POSE)

It stretches the groin area, strengthens the body and back muscles and tones up the lower body. Increases stamina and flexibility and relieves backache



### VRIKSHASAN (TREE POSE)

It stretches the legs, back & arms which invigorates the body. It helps to improve concentration







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Yoga in pregnancy is multi dimensional physical, mental, emotional and intellectual preparation to answer the challenges faced by a pregnant woman. The challenges of pregnancy are revealed by the state of happiness and stress while yoga is a skill to calm down the mind.

## 2ND TRIMESTER

Second trimester asanas - Avoid lying on back because it reduces blood circulation to uterus and poses that stretch the muscles too much. In second trimester the center of gravity starts shifting to right, so all standing poses with your heel against the wall for support should be done. While twisting, move shoulders and back rather than waist, to avoid the unnecessary pressure on abdomen.



### VAJRASAN (THUNDERBOLT POSE)

This asana enhances digestive system which increases the energy uptake. Alters blood flow & nervous system impulses in the pelvic region. Relieves stomach ailments like hyperacidity & it is the only asana that can be practiced after taking meals.



### BHADRASAN (GRACIOUS POSE)

This asana benefits the digestive system and helps in relieving various stomach ailments. It helps in toning the muscles of female pelvic region. Along with meditation, it relieves mental stress.



### KATI CHAKRASANA (WAIST ROTATING POSE)

Tones up the muscles of waist, back and hips. It induces the feeling of lightness and relieves physical & mental stress.



### MATSYA KRIVASAN (FLAPPING FISH POSE)

Stimulates digestion and relieves constipation. It relaxes the nerves of legs and this is an ideal asana for relaxed sleep. It improves blood circulation.



### TADASAN (MOUNTAIN POSE)

Stretches the entire spine and helps to clear the congestion of spinal nerves. It also helps in developing physical and mental balance. It stretches and strengthens the rectus-abdominus muscle which is an accessory muscle for bearing down.



### MARJARIASAN (CAT STRETCH POSE)

This asana is very helpful in toning the female reproductive system and muscles of pelvis. This asana increases the flexibility of neck, spine and shoulders muscles which are essential for bearing down efforts during labour.







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Yoga provides a great range of activity to unborn child and mother by numerous ways. Yoga soothes the mind, refocus the energy and prepare the woman psychologically for labour. As yoga is the cultural part of our life and it should be indulge in the pregnancy routine.

## 3rd TRIMESTER

Third trimester asanas - Practice only those asanas which do not exert pressure on abdomen wall. Supine poses should be avoided.



### PURNATITALIASAN (FULL BUTTERFLY)

Tones up pelvic girdle. It relieves the tension from inner thigh muscles and removes the tiredness of legs. This asana increases the stretching ability of perineum.



### CHAKKICHALANASAN (CHURNING MILL POSE)

This is an excellent asana for toning the nerves and muscles of pelvis and abdomen and prepare them for delivery.



### ARDHA TITALI ASANA (HALF BUTTERFLY)

This is an excellent asana for loosening of hip joints, which enables fast and easy delivery.



### UTTHANASAN (SQUAT & RISE POSE)

This asana strengthens the muscles of back, uterus, thighs and ankles. It tones up the pelvic girdle & this asana is equivalent to sweeping floor. Thus enables fast & easy delivery.





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Pranayam is not only helpful in pregnancy but is a gift given by Ayurveda to human race for long life. Pranayam is practice of complete, prolonged & slow breathing. It works on both mind & soul. It tones up the nervous system, improves emotional stability & helps to eliminate anxiety, fears & phobia.

## PRANAYAM & MUDRA



### ANULOM VILOM PRANAYAM

- It strengthens the body mentally as well as physically.
- During labour, holding of breath for maximum duration can provide great help for pushing during labour.
- It provides more oxygen to the body so more oxygen is transferred to the fetus.



### BHRAMARI PRANAYAM

- It is the effective breathing exercise to release agitation, anger and calms the mind.
- It is very useful for pregnant women because it eases the process of childbirth by controlling the breathing during the process of labour.
- It improves concentration & removes toxin from body.



### GYAN MUDRA

It represents purification of mind.



### APANA MUDRA

Beneficial during labour to help facilitate contractions. Also helps to cope up with pain.



### AAKASH MUDRA

It can be used when setting intentions for pregnancy to stay positive and healthy.



### PUSHAN MUDRA

It is very effective mudra for nausea, flatulence and feeling of fullness during pregnancy.

