

ROLE OF YOGA DURING PREGNACY

BY

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A DISSERTATION

IN

SUBMITTED TOWARDS THE PARTIAL FULFILMENT
OF FREE YOGA TTC

UNDER THE GUIDANCE OF
DR SHIVAM MISHRA GURUJI



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CHAPTER 1

INTRODUCTION

1.1 Definition of Pregnancy

Pregnancy is a natural physiological condition in which a fetus develops inside the uterus of a woman. When the male sperm fertilizes the female egg, the process of fertilization occurs, resulting in the formation of a fetus. During this stage, the fetus is nourished and develops inside the mother's uterus for approximately nine months.

During pregnancy, a woman's body undergoes various physical and hormonal changes. These changes may affect her physical health as well as her mental and emotional well-being. The period of pregnancy requires special care and attention to maintain the health of both the mother and the developing baby.

To manage the physical discomforts and psychological challenges that occur during pregnancy, specific yoga practices designed for pregnant women are known as **Prenatal Yoga**. These practices help maintain balance between the body, mind, and emotions during pregnancy.

1.2 Prenatal Yoga

Prenatal Yoga refers to a specialized form of yoga practice designed to reduce physical discomfort and mental stress during pregnancy. It is not performed in the same way as general yoga practices; instead, special care and modifications are required according to the condition, health status, and needs of the pregnant woman.

In prenatal yoga, every practice is selected carefully so that it remains safe and beneficial for both the mother and the baby. Various supportive tools and props may also be used to make yoga practices easier and more comfortable for pregnant women.

Prenatal yoga has a positive impact on the mental health of pregnant women. Specific pranayama practices help improve breathing awareness and relaxation, which indirectly supports the well-being of the developing fetus.

Regular practice of prenatal yoga may help prepare women for labour and delivery. It strengthens pelvic muscles, improves flexibility, and helps women develop better control over breathing, which may support them during the childbirth process.

Yoga Nidra during pregnancy is also considered beneficial as it provides deep relaxation to the body and mind. It helps calm the nervous system and promotes the release of positive hormones such as dopamine, which creates a feeling of happiness and relaxation.

Along with yoga practices, special attention should also be given to proper nutrition and a healthy diet during pregnancy because the nutrients consumed by the mother directly support the growth and development of the fetus. Therefore, prenatal yoga combined with a balanced lifestyle plays an important role in maintaining maternal and fetal health.

1.3 Mental and Physical Changes During Pregnancy

Pregnancy brings significant physical, mental, and emotional changes in a woman's body. The intensity of these changes may vary from one woman to another depending on her health condition, lifestyle, and pregnancy journey.

Physical Changes During Pregnancy

Common physical changes during pregnancy include:

- Weight gain
- Enlargement of the uterus
- Leg pain and cramps
- Hair fall
- Facial pimples
- Changes in skin colour and pigmentation
- Facial glow
- Swelling in different parts of the body
- Itching
- Back pain
- Heartburn and acidity

These physical changes occur due to hormonal variations and the continuous growth of the foetus.

Mental and Emotional Changes During Pregnancy

Pregnant women may also experience several psychological and emotional changes, such as:

- Mood swings
- Anxiety
- Stress
- Emotional sensitivity
- Forgetfulness
- Sleep disturbances
- Increased maternal attachment
- Concerns related to body image

Maintaining emotional stability during pregnancy is essential because the mother's mental condition can influence her overall pregnancy experience.

1.4 Need and Importance of Prenatal Yoga

During pregnancy, the body and mind undergo numerous changes. To maintain balance and manage these changes effectively, prenatal yoga provides a holistic approach because it works on the body, mind, and inner well-being together.

Prenatal yoga helps improve physical health while reducing stress and anxiety. As the delivery period approaches, many women experience fear and uncertainty regarding labour pain, normal delivery, and the baby's health. Practices such as meditation, pranayama, and Yoga Nidra help calm the mind, reduce stress, and develop a positive attitude.

In modern times, many women manage professional responsibilities along with household work, which can increase physical and mental pressure. Prenatal yoga helps reduce this stress and supports women in maintaining a healthy and positive pregnancy journey.

Due to modern lifestyles, many women have reduced physical activity, which may result in stiffness and discomfort in the body. Gentle yoga practices help maintain flexibility, improve body movement, and reduce physical discomfort.

Some women avoid physical activity completely during pregnancy due to fear. However, under proper guidance and according to medical advice, suitable prenatal yoga practices can be beneficial for maintaining physical fitness and preparing the body for childbirth.

1.5 Objectives of the Study

The objectives of this study are:

1. To understand the suitable yoga practices that can be performed during the first, second, and third trimesters of pregnancy.
2. To study yoga practices according to the physical and emotional condition of pregnant women.
3. To understand the role of meditation and Yoga Nidra during pregnancy.
4. To study the importance of pranayama practices for pregnant women.
5. To understand the importance of a healthy diet and positive lifestyle during pregnancy.
6. To study the role of mantra chanting in maintaining mental peace and emotional balance during pregnancy.
7. To develop a positive attitude among pregnant women.
8. To understand the role of prenatal yoga in preparing women for labour pain and childbirth.

CHAPTER 2

REVIEW OF LITERATURE

2.1 Prenatal Yoga and Stress Management

Prenatal yoga includes a group of specially selected yoga practices that are safe and beneficial for pregnant women. Only those practices are included which do not create any negative impact on the health of the mother or the developing baby.

During prenatal yoga, special precautions are taken according to the condition of the pregnant woman. Practices that involve lying on the stomach are avoided because they may create pressure on the uterus. During yoga practice and pranayama, pregnant women are instructed not to hold their breath. They should maintain normal inhalation and exhalation because proper oxygen supply is essential for both the mother and the foetus.

While performing yoga asanas, women are advised to maintain sufficient space between their legs so that unnecessary pressure is not created on the uterus. Forward bending movements should also be avoided or modified according to comfort. The yoga practices are selected in such a way that they help strengthen the leg muscles, improve flexibility, and prepare the pelvic region for childbirth.

Proper breathing techniques are taught during prenatal yoga so that women can use them effectively during labour. These practices help women remain calm and manage the intensity of labour more comfortably.

Stress During Pregnancy

In the modern world, although many facilities have made life easier physically, mental challenges have increased significantly. Due to professional responsibilities, work pressure, and lifestyle changes, stress has become a common problem among women.

Stress during pregnancy is not considered beneficial because it may negatively affect the health of both the mother and the baby. Many women work outside the home and manage professional responsibilities along with household duties. Pressure to complete work on time, career competition, and maintaining performance at the workplace can increase mental stress.

To give birth to a healthy baby, it is important for the mother to remain physically healthy, mentally relaxed, and emotionally positive. Prenatal yoga helps in achieving this balance. It focuses on maintaining the health of both the mother and the baby through yoga postures, pranayama, meditation, and relaxation techniques.

A happy and stress-free mother can provide a healthier environment for the baby's development. The emotional and mental condition of the mother directly influences the baby's well-being. Therefore, prenatal yoga should be encouraged for pregnant women.

The support and encouragement of family members and the husband also play an important role. A supportive environment helps the pregnant woman remain relaxed and positive. The father's emotional well-being is also important because a stress-free family environment contributes to better care and development of the child.

2.2 Prenatal Yoga and Sleep Quality

It is well known that pregnancy brings several physical changes in a woman's body. As the uterus grows and the abdomen increases in size, many women experience difficulty changing sleeping positions. Physical discomfort, anxiety, and fear related to pregnancy may disturb sleep patterns.

Due to insufficient sleep, pregnant women may feel tired, irritated, emotionally disturbed, and less energetic. Poor sleep quality may also increase stress levels in the body.

To overcome these problems, Yoga Nidra can be practiced during pregnancy. Yoga Nidra provides deep relaxation to the body and mind. It helps remove physical tiredness and creates a feeling of freshness and energy.

Yoga Nidra is a state of conscious relaxation in which the body enters a state similar to sleep, but the mind remains aware. A person is neither completely awake nor completely asleep; instead, the body and mind experience deep rest.

During Yoga Nidra, the pregnant woman lies comfortably on the yoga mat and follows the instructions given by the yoga instructor.

Experience Based Observation

During my prenatal yoga sessions, when I conduct Yoga Nidra practices, I ask participants about their experiences after the session. Many women share that the relaxation they experience during Yoga Nidra feels deeper than regular sleep.

They wake up with a happy and relaxed feeling. They report that their mind becomes calm, stress reduces, and feelings of fear or anxiety decrease. Therefore, regular practice of Yoga Nidra can contribute to improvement in sleep quality during pregnancy.

2.3 Prenatal Yoga and Labour Pain Management

Prenatal yoga plays an important role in preparing women for labour and delivery. It includes pranayama practices that teach women how to control and regulate their breathing.

During labour, proper breathing techniques help women manage pain and remain calm. Prenatal yoga teaches pregnant women how to perform deep and controlled inhalation and exhalation, which can be helpful during childbirth.

During labour pain, women are encouraged to take a deep and slow inhalation through the nose and a long, slow exhalation through the mouth. Proper breathing helps the body remain relaxed and supports the childbirth process.

Breathing techniques with sound during exhalation can also help reduce the feeling of pain and fear during labour. These practices should be included especially during the last three months of pregnancy so that women become familiar with proper breathing techniques before delivery.

Therefore, prenatal yoga is beneficial for developing confidence, reducing fear, and preparing women physically and mentally for labour.

2.4 Prenatal Yoga and Maternal Health

Pregnancy brings many changes in a woman's body. Some changes are visible externally, while others occur internally and may affect overall health. Doctors monitor internal changes through different medical tests during pregnancy.

Experience-Based Example

In one case, a pregnant woman developed diabetes during pregnancy, although she had no previous history of diabetes and no family history of the condition. Her blood sugar levels increased significantly, and she required insulin injections. However, after giving birth, her diabetes gradually improved and became normal after some months.

Personal Experience

During my pregnancy, I experienced increased levels of **BILACID and SGPT**, which caused severe itching throughout my body. I experienced continuous discomfort due to this condition.

Many pregnant women may experience problems such as:

- Acidity and heartburn
- Constipation
- Frequent urination
- Body pain
- Swelling
- Physical discomfort

Every woman's body is different, and pregnancy-related problems may vary from person to person.

Prenatal yoga can help manage many pregnancy-related discomforts and improve overall health. Even women who do not experience major problems can benefit from yoga because it helps maintain physical strength and emotional balance.

However, prenatal yoga should always be practiced under the guidance of a trained instructor. Pregnant women should not practice yoga independently by watching videos on television or mobile phones because incorrect practices may be harmful.

Regular and safe yoga practice helps maintain maternal health and creates a positive environment for the baby's development.

A happy mother contributes to a happy baby.

2.5 Prenatal Yoga and Fetal Development

Prenatal yoga also influences the overall environment in which the fetus develops. The practices included in prenatal yoga, such as asanas, breathing exercises, meditation, and mantra chanting, may positively influence maternal well-being and indirectly support fetal development.

When a mother performs yoga asanas, maintains proper breathing, and remains relaxed, it creates a positive physical and emotional environment for the developing baby.

The foetus receives oxygen through the mother. When the mother practices proper breathing techniques, adequate oxygen supply supports the baby's growth and development.

The hearing ability of the foetus begins developing around the fourth month of pregnancy. Therefore, the sounds and conversations around the mother can influence the baby's environment. This is why it is advised to maintain a peaceful and positive atmosphere around pregnant women and avoid excessive anger, stress, and conflicts.

In some cases, fetal growth may be slower than expected. Providing proper nutrition along with pranayama and mantra chanting may support a positive pregnancy environment.

Practices included in **Garbh Sanskar**, such as sound therapy, mantra chanting, meditation, pranayama, and positive thinking, are traditionally believed to create a supportive environment for the physical and mental development of the baby.

Thus, prenatal yoga helps create a healthy connection between the mother and the baby and supports a positive pregnancy journey.

CHAPTER 3

CONCEPTUAL FRAMEWORK

3.1 Pregnancy

Pregnancy begins when a couple decides to become parents. The biological process starts when the male sperm travels through the female reproductive system and reaches the fallopian tube, where it fuses with the female egg. This process is known as **fertilization**, resulting in the formation of a **zygote**. Gradually, the zygote develops into an embryo and then into a foetus, leading to pregnancy.

During pregnancy, the foetus grows and develops inside the mother's uterus for approximately nine months. This period requires special care because the mother has to take care of both herself and the developing baby.

A pregnant woman needs proper nutrition, a healthy lifestyle, emotional stability, and regular care during this period. The physical and mental condition of the mother plays an important role in the healthy development of the baby.

What is Garbhadharan Sanskar?

Garbhadharan Sanskar is an ancient Indian practice related to conscious conception and preparation for parenthood. According to traditional beliefs, couples who wish to have a child with positive qualities, intelligence, emotional strength, and good values may follow Garbhadharan Sanskar.

It is considered the first among the **sixteen Sanskars (Shodasha Sanskar)** mentioned in Hindu traditions. In earlier times, this practice was commonly followed, but today fewer people are aware of its importance.

Garbhadharan Sanskar focuses on preparing the parents physically, mentally, emotionally, and spiritually before conception.

When Should Garbhadharan Sanskar Be Performed?

Garbhadharan Sanskar is traditionally started approximately **three months before conception**. During this preparation period, both husband and wife are encouraged to improve their lifestyle habits.

They should avoid unhealthy habits such as:

- Alcohol consumption
- Smoking
- Tobacco use
- Other harmful substances

They should focus on:

- Healthy diet
- Positive lifestyle changes
- Physical fitness
- Mental relaxation
- Positive thinking

After proper preparation, conception is planned at an appropriate time. During pregnancy, practices such as prayer, meditation, mantra chanting, reading positive literature, and maintaining a peaceful environment are traditionally followed to create a positive atmosphere for the developing foetus.

The lifestyle and habits of parents before conception may influence the health environment of the child. Therefore, conscious planning and healthy habits are considered important for creating a healthy future generation.

In today's modern lifestyle, many people are exposed to unhealthy habits and environmental factors that may affect physical and mental health. Therefore, awareness about healthy conception and pregnancy care is essential because bringing a child into the world is one of the most important decisions of life.

3.2 Definition of Pregnancy

Pregnancy occurs when the male sperm and female egg combine, resulting in the formation of a foetus. One or more foetuses may develop inside the uterus during pregnancy.

The process of pregnancy involves several important stages:

1. Ovulation

Ovulation is the process in which a mature egg is released from the ovary.

2. Fertilization

Fertilization occurs when sperm penetrates and combines with the egg in the fallopian tube, resulting in the formation of a fertilized egg.

3. Implantation

After fertilization, the fertilized egg travels towards the uterus and attaches itself to the inner wall of the uterus. This process is known as implantation.

Signs and Diagnosis of Pregnancy

Some common signs and methods of pregnancy diagnosis include:

- Missing menstrual periods during the early stage
- Morning sickness
- Fatigue and tiredness
- Frequent urination
- Home pregnancy test using a pregnancy kit
- Blood test to detect the hormone **HCG (Human Chorionic Gonadotropin)**

A complete pregnancy period generally lasts approximately **nine months or 40 weeks**.

3.3 Trimesters of Pregnancy

A complete pregnancy period of nine months is divided into three parts known as **trimesters**. Each trimester represents a different stage of foetal development and requires specific care.

First Trimester (1st Month, 2nd Month, 3rd Month)

(Weeks 1 to 12)

The first trimester is considered a very important and sensitive stage of pregnancy. During this period, major development of the foetus begins.

Important developments include:

- Formation of embryo
- Development of organs
- Development of body structures and systems

During this trimester, women may experience:

- Morning sickness
- Nausea
- Vomiting
- Fatigue
- Hormonal changes

Special care and gentle practices are required during this stage.

Second Trimester (4th Month, 5th Month, 6th Month)

(Weeks 13 to 26)

During the second trimester, foetal development progresses significantly. Many pregnancy-related discomforts such as nausea and morning sickness usually reduce.

During this stage:

- Baby growth increases
- Mother's health generally improves
- Weight gain begins
- Physical changes become more noticeable

Many people consider this period more comfortable compared to other stages of pregnancy.

Third Trimester (7th Month, 8th Month, 9th Month)

(Weeks 27 to 40)

The third trimester is the final stage of pregnancy. During this period:

- Baby gains more weight
- Organs continue to mature
- Body prepares for childbirth

During this stage, preparation for labour and delivery becomes important.

Helpful practices include:

- Walking according to comfort
- Gentle prenatal yoga
- Appropriate physical movement
- Breathing practices

The mother should also prepare important delivery-related decisions such as:

- Selecting the hospital
- Choosing the doctor
- Understanding available facilities
- Maintaining regular communication with healthcare providers

Any discomfort or health issue should immediately be discussed with a doctor.

3.4 Prenatal Yoga

Prenatal yoga focuses on three important components that work together to support the health of the mother and baby:

1. **Asanas**
2. **Pranayama**
3. **Relaxation Techniques**

All three components are equally important because they support physical, mental, and emotional balance.

Asanas in Prenatal Yoga

Prenatal yoga includes selected yoga postures that are safe and beneficial for pregnant women. Asanas that create pressure on the abdomen, such as lying on the stomach, are avoided.

Practices are selected according to the condition of the pregnant woman. Asanas that help reduce back pain, leg discomfort, and improve flexibility are included.

Every prenatal yoga session begins with warm-up exercises because warm-up helps open joints and prepares the body for practice.

Sitting Asanas

- Marjariasana (Cat-Cow Pose) and variations
- Baddha Konasana
- Pigeon Pose
- Chakki Chalasana
- Malasana
- Uttan Mandukasana
- Gaumukhasana (Modified)

Supine Asanas

- Supta Baddha Konasana
- Supported Setu Bandhasana
- Shavasana

- Pelvic Tilt
 - Ankle Toe Movement
 - Knee to Chest Variation
 - Happy Baby Pose
 - Supine Pigeon Pose with modification
 - Legs turn 90 degrees left and right
-

Standing Asanas

- Tadasana and variations
 - Vrikshasana
 - Virabhadrasana I
 - Virabhadrasana II
 - Trikonasana
 - Side Bending
 - Standing Spine Twist
 - Devi Asana and variations
 - Chair Pose (Utkatasana)
-

Warm-up Practices

- Neck Rotation
 - Shoulder Rotation and variations
 - Sitting Spine Twisting
 - Ankle Rotation
 - Sitting Leg Stretch
-

Pranayama During Pregnancy

Safe breathing practices include:

- Anulom Vilom
- Bhramari Pranayama

- Chandrabhedhi Pranayama
 - Suryabhedhi Pranayama
 - Shetali Pranayama
 - Sheetkari Pranayama
 - Abdominal Breathing
 - Chest Breathing
-

Meditation Practices

- Dhyana (Meditation)
 - Yoga Nidra
-

Mantra Chanting

Different mantra practices may include:

- Om Chanting
 - Hari Om Chanting
 - Ram Chanting
 - Other positive mantra practices
-

Benefits of Prenatal Yoga

Physical Benefits

The yoga asanas practiced during prenatal yoga provide physical benefits to pregnant women. They help women feel active and reduce physical discomfort.

Benefits include:

- Reduced back pain
- Reduced leg swelling
- Improved muscle strength
- Stronger pelvic muscles
- Improved flexibility
- Better preparation for childbirth

Psychological Benefits

Mindful breathing practices help reduce stress and anxiety during pregnancy.

Benefits include:

- Reduced fear related to delivery
- Improved relaxation
- Better sleep quality
- Increased mental calmness

Pranayama supports relaxation and promotes the release of positive hormones.

Emotional Benefits

Meditation and pranayama help women become emotionally stronger during pregnancy.

Due to hormonal changes, many women experience emotional sensitivity. Yoga practices help balance emotions and improve mental stability.

Prenatal yoga helps balance stress hormones and supports the release of positive hormones.

Happy Hormones

Important hormones associated with happiness and well-being include:

- **Dopamine** – associated with pleasure and motivation
- **Serotonin** – helps maintain emotional balance
- **Oxytocin** – associated with bonding and relaxation
- **Endorphins** – natural hormones that help reduce stress and discomfort

CHAPTER 4

RESEARCH METHODOLOGY

4.1 Research Design

This research was conducted on pregnant women to understand how yoga practices can help manage various physical and psychological challenges experienced during pregnancy.

Pregnancy is a special phase of life in which women face many changes and difficulties. The purpose of this research was to study how prenatal yoga can help reduce these problems and improve the overall well-being of pregnant women.

This study focused on observing the effects of different yoga practices on pregnant women's bodies and minds. The impact of yoga asanas, pranayama, meditation, and relaxation techniques was studied.

The research observed:

- How different yoga asanas affect the physical health of pregnant women.
- How pranayama practices influence breathing, relaxation, and emotional balance.
- Whether meditation helps in reducing stress and anxiety during pregnancy.

For this research, discussions were conducted with several pregnant women who were practicing prenatal yoga regularly for several months. Some pregnant women who were not practicing prenatal yoga were also interviewed for comparison.

The observations showed that women who practiced prenatal yoga regularly felt more:

- Stress-free
- Active
- Confident
- Emotionally balanced

The safety of pregnant women was given the highest priority during the study. All yoga practices were performed according to their physical condition and under proper guidance.

4.2 Sample Selection

The sample for this research included pregnant women from the surrounding area.

The study included:

- Two pregnant women who were not practicing prenatal yoga.
- Several pregnant women who were practicing prenatal yoga under certified yoga trainers.

The prenatal yoga participants were guided carefully, and attention was given to their every movement, posture, and comfort level during yoga practice.

The following conditions were observed among participants:

- One participant with placenta previa.
 - One participant with diabetes during pregnancy.
 - One participant who was seven months pregnant.
 - One participant who was five months pregnant.
 - One participant who practiced prenatal yoga during her first pregnancy but did not practice it during her second pregnancy.
 - Some participants had no medical complications.
-

4.3 Tools Used for Data Collection

1. Questionnaire

A questionnaire was used to understand the physical and mental health conditions of pregnant women.

It included questions related to:

- Stress level
 - Anxiety
 - Sleep quality
 - Pain level
 - Physical discomfort
-

2. Interview Schedule

Interviews were conducted to understand the experiences of women after joining prenatal yoga sessions.

Questions focused on:

- Changes they felt after practicing yoga.
 - Improvement in physical comfort.
 - Changes in stress and emotional health.
-

3. Observation

During yoga sessions, participants were observed carefully.

The following factors were monitored:

- Breathing pattern
 - Body posture
 - Movement during asanas
 - Participation and involvement during the class
-

4. Physical Health Assessment

Basic physical health parameters were considered:

- Blood pressure
 - Heart rate
 - Weight gain monitoring
-

5. Yoga Intervention Protocol

The prenatal yoga program included:

Warm-up Practices

Gentle movements were performed to prepare the body.

Asanas

Selected yoga postures were practiced according to pregnancy conditions.

Pranayama

Breathing practices were included for relaxation and mental balance.

Relaxation Techniques

Yoga Nidra and relaxation practices were performed.

Meditation

Meditation practices were included to reduce stress and improve emotional stability.

6. Medical Records

Medical information was considered, including:

- Age of foetus
 - Haemoglobin level
 - Maternal health reports
 - foetal development reports
-

Prenatal Yoga Case Study Samples

Sample 1

Name: Supriya Jain

Age: 29 years

Weight before pregnancy: 62 kg

Weight after 3 months of pregnancy: 65 kg

Medical condition: Normal

Pregnancy status: Second pregnancy

Month of joining prenatal yoga classes: 7th month

Did you join prenatal yoga classes during your first pregnancy?

Yes.

Why did you not join prenatal yoga classes during your second pregnancy?

I had my first child with me and due to household responsibilities and other work, I was unable to get enough time to join the classes.

Did you observe any difference between your first and second pregnancy?

Yes, I observed many differences between both pregnancies.

Describe the differences:

During my first pregnancy, I had a calm and relaxed mind. I experienced less stress, normal breathing, and felt active and energetic. I did not experience body pain.

During my second pregnancy, as I did not join prenatal yoga classes, I faced several problems such as back pain, stress, breathing difficulties, and irritation.

Sample 2

Name: Tanya Dhawan

Age: 29 years

Weight before pregnancy: 81 kg

Weight after 3 months of pregnancy: 91 kg

Medical condition: Diabetes

Pregnancy status: First pregnancy

Month of joining prenatal yoga classes: 7th month

After joining prenatal yoga classes, how are you feeling overall?

I am feeling very good, relaxed, and flexible.

How do you feel physically after practicing prenatal yoga?

I experienced reduced back pain, better energy levels, and improved breathing.

Would you recommend prenatal yoga to other pregnant women?

Yes.

Sample 3

Name: Dipika

Age: 29 years

Weight before pregnancy: 55 kg

Weight after 3 months of pregnancy: 72 kg

Medical condition: Normal

Pregnancy status: First pregnancy

Month of joining prenatal yoga classes: 5th month

After joining prenatal yoga classes, how are you feeling overall?

I am feeling very good.

How do you feel physically and mentally after practicing prenatal yoga?

Physically, I experienced reduced back pain. Mentally, I feel relaxed, calm, and happy.

Would you recommend prenatal yoga to other pregnant women?

Yes.

Sample 4

Name: Aashi

Age: 32 years

Weight before pregnancy: 52 kg

Weight after 3 months of pregnancy: 63 kg

Medical condition: Normal

Pregnancy status: First pregnancy

Month of joining prenatal yoga classes: 5th month

After joining prenatal yoga classes, how are you feeling overall?

I am feeling very good, relaxed, and flexible.

How do you feel physically and mentally after practicing prenatal yoga?

Physically, I feel energetic and active. Mentally, I feel calm, relaxed, positive, and free from fear of delivery.

Would you recommend prenatal yoga to other pregnant women?

Yes.

Additional feedback:

Every pregnant woman should join prenatal yoga classes because it helps in improving physical, mental, and emotional well-being.

Sample 5

Name: Manmeet

Age: 29 years

Weight before pregnancy: Not available

Weight after 3 months of pregnancy: Not available

Medical condition: Low-lying placenta

Pregnancy status: Second pregnancy

Month of joining prenatal yoga classes: 4th month

After joining prenatal yoga classes, how are you feeling overall?

I am feeling very good, relaxed, and flexible.

How do you feel physically after practicing prenatal yoga?

I experienced reduced back pain, better energy levels, and improved breathing.

Would you recommend prenatal yoga to other pregnant women?

Yes.

CHAPTER 5

RESULT AND DISCUSSION

5.1 Result

The results of this research showed that regular prenatal yoga practice had positive effects on the health of both mother and fetus.

No harmful effects were observed when yoga was practiced under proper guidance and according to the condition of the pregnant woman.

After the intervention, participants reported that regular prenatal yoga practice helped them feel:

- More active
- More energetic
- Relaxed and positive

Many participants experienced fewer pregnancy-related discomforts such as:

- Back pain
- Leg pain
- Morning sickness
- Stress and anxiety

Women also reported that their stress levels reduced and they started feeling happier and more confident.

Many pregnant women have fear related to childbirth and labour pain. Prenatal yoga helped reduce this fear by preparing them physically and mentally for delivery.

Participants developed better:

- Breathing awareness
- Pranayama techniques
- Body flexibility
- Confidence for childbirth

A significant difference was observed between pre-test and post-test experiences of participants.

5.2 Discussion

The results suggest that prenatal yoga is an effective supportive practice during pregnancy.

A proper combination of:

- Yoga asanas
- Pranayama
- Relaxation techniques
- Meditation

under the guidance of a trained instructor can improve the physical and psychological well-being of pregnant women.

Prenatal yoga supports maternal health, improves relaxation, reduces stress, and prepares women for labour and childbirth.

However, prenatal yoga should always be practiced under the supervision of a trained prenatal yoga instructor because they understand:

- Which practices are suitable during each trimester.
- How much practice is required.
- Which movements should be avoided according to medical conditions.

Disclaimer

Pregnant women should not practice prenatal yoga independently by watching videos or copying others.

Every pregnancy is different, and yoga practices should be selected according to individual health conditions.

Prenatal yoga should always be performed under expert guidance.

Prenatal yoga should be promoted and recommended because it provides positive benefits for both mother and baby.

Conclusion

This study concludes that prenatal yoga enhances the physical and psychological well-being of pregnant women.

Prenatal yoga helps improve:

- Physical strength
- Flexibility

- Mental relaxation
- Emotional balance
- Confidence during childbirth

Therefore, prenatal yoga should be included as an important part of prenatal care under proper guidance.

Limitations of Prenatal Yoga

Although prenatal yoga provides many benefits, certain limitations and precautions should be considered.

- If a pregnant woman weighs more than 100 kg, difficult asanas should be avoided. Only suitable breathing practices and gentle movements should be performed.
- If the opening of the uterus (cervix) is already occurring, asana practices should not be performed without medical approval.
- In cases of low-lying placenta, yoga should be practiced with extreme caution. Supportive tools such as chairs, walls, and yoga balls may be used.
- Kapalbhathi Pranayama should be avoided during pregnancy.
- If excessive tiredness occurs during the session, the woman should take proper rest.
- Yoga should not be practiced during bleeding.
- The practice area should have proper ventilation and fresh air circulation.
- Yoga should be avoided during severe dizziness or vomiting.

Suggestions for Safe Prenatal Yoga Practice

- While performing forward bending movements, avoid excessive bending.
 - During Malasana and Eka Pada Janu Sirsasana, maintain sufficient space between legs to avoid pressure on the abdomen.
 - Drink water regularly during the session.
 - Take proper rest between practices.
 - Ask the instructor if any posture is unclear and avoid performing it incorrectly.
 - Consult a doctor before joining prenatal yoga according to medical condition.
 - Wear comfortable clothing that is neither too tight nor too loose.
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References

1. **Asana Pranayama Mudra Bandha** – Swami Satyananda Saraswati
2. **Bihar School of Yoga, Munger**
3. Data collected from participants of my prenatal yoga classes.











