

# Yoga escalates female reproductive health during pregnancy

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Dear Sir,

Be it within self or between self and the entire environment surrounding the self entity, 'union' is the term which binds life with components to live. 'Yoga' signifies such 'union' of the body with every minute life processes within it to mould the body in a way that life resides in it shedding off any malaise or health ruining aspects. As the practice of yoga is intensified, it further unites the body with the mind to enable human to better analyse the control of life and self with respect to the external and internal environment [1].

Life follows life as generations propel to give rise to new generations. This continuation of life depends on robust reproductive health of both men and women [2,3]. In this aspect, it should be emphasized that as the reproductive system of women is such structured that the entire process of the formation of the new life involving fertilization of the gametes, implantation of the zygote, development of the foetus and its expulsion (parturition) occur within a woman's system. The practice of yoga enhances the functioning of female reproductive system [4].

The different poses of yoga directly bestow restoring effects on the entire body by ameliorating neuro-endocrine control as well as by enhancing the structural and functional potency of every organ including the functional tenacity of the much-complicated female reproductive system [1]. Spanning the female reproductive processes, initiating from menstrual cycle to pregnancy to lactation and finally menopause, the improved effects owing to yoga practice have been vividly explored [4].

From the beginning of pregnancy, female body has to withstand every change, psychological and physiological, that emerge in each trimester. Proper practice of yoga blooms body and mind of the pregnant mother by enhancing sympatholytic actions of physiological systems [1]. By intricating the awareness and realisation of the development

of the baby inside the womb through multifarious postures of yoga designed for every trimester, the mother can embrace pregnancy with soothed mental, physical and emotional state. Practice of abdominal breathing, heart opener poses, supported reclining poses of yoga facilitates circulation, respiration, nervous regulation, strengthening of things, ankles, shoulders, chest and calming of mind, up to the 9<sup>th</sup> week of pregnancy. 'Uttasana', 'Vrksasana' boost hamstrings, hips, calves, thighs and calms mind in 10<sup>th</sup> and 11<sup>th</sup> weeks of pregnancy. In the second trimester, 'Prasarita padottanasana', 'Ardhachandrasana', 'Viparitarani', 'Adhamukhosvasana', 'Malasana', 'Parivrtta Sukhasana', 'Trikonasana', etc energise the body and promote healthy digestive system, strong abdominal muscles and relieve lower abdominal pressure. In the final trimester, restorative yoga poses aid conservation of energy and confident contented state of mind of the mother, some of which include 'Supported Upavista Konasana', 'Baddha Konasana', 'Balasana', etc. The child's pose is thought to be useful in order to rest in midst of labor surges in early stages to gain strength for the next intricate surge leading to parturition [4].

The entire globe is oriented towards accepting the aesthetic, nourishing and calming aspects of this ancient Indian form of mind-body relaxation, 'yoga', in order to live with sturdy body and tranquil mind.

## References

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