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ORIGINAL ARTICLE

EFFICACY OF YOGA ON MODE OF DELIVERY AND BIRTH WEIGHT

*¹Dr. K. Benisha and ²Dr. S. Viswanathan

¹Final Year, Department of Obstetrics & Gynaecology, Rajah Muthiah Medical College, Annamalai University, Annamalainagar – 608 002, Tamilnadu, India

²Professor and Head, Department of Obstetrics & Gynaecology, Rajah Muthiah Medical College, Annamalai University, Annamalainagar – 608 002, Tamilnadu, India

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ABSTRACT

Background and Objectives

Yoga: Yoga originated in and was developed in the Indian subcontinent as a form of self-evolution, or development of the self as a fully-realized human being. Codified in the Yoga Sutras in approximately 300 BC by the sage Patanjali and passed down as oral tradition, the Sutras consist of 196 terse aphorisms that state the purpose of yoga in terms of spiritual, mental, emotional and physical growth. **AIM:** To study the efficacy of yoga on pregnancy outcomes like Mode of Delivery, Birth weight and Gestational age at delivery. **OBJECTIVES:** To evaluate the hypothesis that a regularly practiced yoga intervention will significantly improve the outcomes in a pregnant women. **ASSESSMENT STRATEGY:** Birth weight, gestational age of delivery, and mode of delivery were recorded after delivery. **DISCUSSION:** The purpose of the study was to find out the efficacy of yoga on pregnancy outcomes. To achieve this purpose of the study, fifty healthy pregnant women with the gestation period between 18 to 20 weeks in the area of Annamalai University, RMMCH. The age of the pregnant women were ranged from 18 to 30 years. They were divided into two equal groups of twenty five women each namely yoga practices group and control group. The yoga practices group underwent asanas for three days a week upto delivery. Another Group acted as control group in which they did not undergo any special training programme rather than their routine work.

CONCLUSION: Based on the results of the study, the following conclusions were drawn. The age of the pregnant women were ranged from 18 to 30 years. They were divided into two equal groups of twenty five women each namely yoga practices group and control group. The yoga practices group underwent asanas for three days a week upto delivery. Another Group acted as control group in which they did not undergo any special training programme rather than their routine work. The yoga practices group, there was a eighty percentage (twenty) pregnant women with natural mode of delivery. The control group, there was a twenty eight percentage (seven) pregnant women with natural mode of delivery. There was a significant difference among yoga practices group and control group on mode of delivery. The gestational age of yoga practices group and control group sixty percentage 36 to 38 weeks, There was a insignificant difference among yoga practices group and control group on gestational age. In the birth weight, It was mentioned that the effects of yoga training on will be significantly improving birth weight when compared with the control group.

Keywords: Yoga, Birth Weight

1. INTRODUCTION

Yoga

Yoga originated in and was developed in the Indian subcontinent as a form of self-evolution, or development of the self as a fully-realized human being. Codified in the Yoga Sutras in approximately 300 BC by the sage Patanjali and passed down as oral tradition, the Sutras consist of 196 terse aphorisms that state the purpose of yoga in terms of spiritual, mental, emotional and physical growth. Ultimately, through the practice of yoga, the impurity and imperfection of the human condition is removed to allow the true self to be revealed (Bouanchaud, 1997).

From this philosophical and spiritual context, yoga in the West has developed into a physical recreational activity with expected benefits in strength, flexibility, balance and relaxation. Originally conceived as a means of addressing the entire self, it is increasingly also seen as a means of attaining holistic wellness, with physical benefits closely tied to mental and emotional benefits. In this context, revelation of the self for modern day practitioners can be interpreted as removal of sources of discomfort, disease, and physical ailment. This modern day interpretation remains consistent with Patanjali's aphorism 1.30: "The inner obstacles that disperse the mind are sickness, mental inertia, doubt, haste, apathy, intemperance, errors in judgement of oneself, lack of perseverance, and the

*Corresponding author: Dr. Dr. K. Benisha, Post Graduate, Department of General Surgery, Rajah Muthiah Medical College, Annamalai University, Annamalainagar – 608 002, Tamilnadu,

inability to stay at a level once reached.” (Bouanchaud, 1997). In this view, yoga is regarded as having the potential to help address malfunctions or imbalances that manifest as physical symptoms of disease, in particular those related to the stressful and often sedentary nature of western lifestyles.

The World Health Organization recently redefined wellness as: “...the realization of the fullest potential of the individual physically, psychologically, socially, spiritually and economically, and the fulfillment of one’s role expectations in the family, community, place of worship and other settings (World Health Organization, n.d.). Society has increasingly accepted the World Health Organization definition of wellness in a desire not only to feel well as individuals, but also to reduce health care costs to themselves and to society, and to feel empowered in their self-care and health choices. It is in this context of seeking a multidimensional approach to wellness that yoga has relevance to health in the modern world.

Yoga is best known in the West as a form of gentle exercise consisting of body postures, breathing techniques, relaxation and meditation.

The word yoga (from same root as the English “yoke”) is the Sanskrit term for “union”. It originated over 5,000 years ago in India as a complete system of mental and physical training.

Yoga was introduced to the West in the 19th century, when scholars translated ancient Hindu religious texts. It has grown in popularity since the 1960s and has since been integrated into some health care programmes, such as DrOmish’s regime to treat heart disease (1). Most research into the effects of yoga has been carried out in the last 40 years. A well-known US study from the 1960s was done at the Menninger Foundation, Kansas, showing that yoga and meditation clearly affect the heart and circulation (2). A research published by the British Thoracic Society showed that yoga breathing reduced the frequency of asthma attacks (3). Hundreds of academic papers have been written on the effects of meditation alone. A study reported in 1992 in the American Journal of Psychiatry demonstrated that meditation could reduce anxiety, panic and agoraphobia (4). Researchers at the University of San Diego found that yogic breathing techniques can shift cerebral hemispheric activity, helping to alleviate the symptoms of Obsessive Compulsive Disorder (5).

In the last decade extensive research has been done into the efficacy of yoga on pregnancy outcome. A growing number of medical professionals believe that an integrated approach to yoga during pregnancy is safe. A large clinical study that included 335 pregnant women was carried out at Gunasheela Surgical and Maternity Hospital in Bangalore, India (6). It showed that the number of babies with a birth weight of more than 2500 grams was significantly higher ($p < 0.01$) in the yoga group. Yoga practices, including physical postures, breathing and meditation were performed by the yoga group one hour daily from the date of entry into the study (18-20 weeks) until delivery. The control group walked 30 minutes twice a day (standard obstetric advice) during the study period. The research concluded that as well as improving birth weight, yoga helped to decrease preterm labor and Isolated Intrauterine Growth Restriction (IUGR) in isolation or associated with Pregnancy Induced Hypertension (PIH). There were no adverse effects noted in the yoga group.

A study completed at the Department of Obstetric Gynaecological Nursing and Midwifery, Prince Songkla University, Thailand had been focused on yoga during pregnancy and its effect on maternal comfort, labor pain and birth outcome (7). The study examined the effects of yoga on 74 pregnant women. Different parameters including demographic characteristics and trait anxiety scores were used. The experimental group practicing yoga was found to have shorter duration of the first stage of labour, higher maternal overall comfort during labor as well as 2 hours post-labor, compared to control group.

A more recent study was done at the Walden University, Baltimore (8). It examined the feasibility and level of acceptability of mindful yoga intervention during pregnancy on maternal psychological and physical distress. Baseline and post-treatment measures examined state and trait anxiety, perceived stress, pain and morning salivary cortisol in a single treatment group. Outcomes were measured from pre- to post intervention and between second and third trimester with repeated parametrical analysis. Results have shown that women practicing mindful yoga in their second trimester reported significant reductions in physical pain from baseline to post intervention. The 7 weeks mindful-based yoga group demonstrated that women in their third trimester showed greater reduction in perceived stress and trait anxiety. The study concluded that yoga has potential efficacy in reducing maternal distress, particularly if started early in the pregnancy.

Part of yoga practices during pregnancy is pelvic muscle training that has positive effect on pelvic floor integrity during childbirth. As shown by prospective randomised study, published in the Journal of Nurse-Midwifery (10), women who practised pelvic muscle training together with perineal massage during the last 6 weeks of pregnancy had significantly lower ($p < 0.1$) incidence of episiotomy and lacerations compared to control group.

Research conducted at Greenwich University, London, demonstrated that 34% of UK midwives are using complimentary and alternative medicine in their practice (9), indicating a trend towards a natural approach to childbirth.

Undoubtedly, women are experiencing significant hormonal, biological and anatomical changes during pregnancy that can cause discomfort. They may also feel insecure and unsure of the outcome of the pregnancy. All of this may cause emotional distress.

Practicing yoga during pregnancy, however, with proper modifications and approval from their health care professional can help women find much needed relief, not only through reducing stress and instilling calmness, but also in helping to strengthen the body, releasing tension in the hips in preparation for birth, and increasing oxygenation levels. Mental preparation for childbirth will relax the mother during labor and will help her focus and regulate her breathing when labor pains and contractions begin.

Stamina increases through regular practice which helps during labor, and continuing yoga after delivery will help bring back the strength and tightness of the core muscles of the stomach and back. Through meditation and relaxation techniques, the

presence of Alpha and Theta waves increase in the brain, creating a state of calmness and equilibrium.

The yoga predominantly practiced in the west is largely derived from the postural yoga popularized by B.K.S. Iyengar which in turn has roots in the gymnastic tradition of Mysore Palace and the teachings of T. Krishnamacharya. Perhaps most accurately termed "transnational anglophone yoga" by Singleton (2010), this form of postural practice is best known in the west as "hatha yoga" or simply "yoga", and for the sake of simplicity these terms will be used throughout the thesis to refer to postural yoga that also incorporates breathwork and relaxation

Benefits of Asanas

The physical component of Yoga is called asanas or posturing. As the name indicates, the practice consists of the individual to hold a series of poses and bringing our attention inwards; listening to our body and silencing our mind. By focusing on our body, especially how our muscles react and feel, we can come to understand its damages and learn to correct those using appropriate asanas. The rewards from asanas are: attainment of steadiness in body and mind, a feeling of lightness, improvement of health and suppleness, increase psycho-physical prose, benefits the nerves, glands, vital organs, and musculature system, evokes tranquility, psychic strength and lucidity of consciousness.

Benefits of Pranayama

Reduces stress – when encountering stress, one of our first responses is to hold the Breath or breath very shallowly. This is a "flight or fight", primitive response that may have served us at one point in our evolutionary development. Better emotional control and equilibrium, Increase the rate of metabolism, strengthen the immune system. Calms and steadies the mind, Improve focus and concentration. Can raise or lower blood pressure, depending upon the technique chosen and the desired result. Body uses oxygen more efficiently, increasing our health and Increase Lung capacity.

Stress and tension is stored within our body; mentally, physically, and spiritually. There are many ways we store and spend energy besides muscular movement; it is through muscular tension, emotions, mental fatigue, and keeping the muscles in continual readiness. The body is the temple of the spirit and it must be taken care of through listening, caring, understanding, and patience.

Yoga is the ultimate science of health: the path of true enlightenment and tranquility through union of mind, body and spirit as nature intended. Considering the Sanskrit word 'yoga' translates to 'yoking', all various forms of Yoga share the same aim. That is, to acquire clarity through stillness of the mind and optimum health through a deep connection between all facets of one's being. Ancient Indian Yogic philosophies are receiving increasing recognition within the Western world in terms of its power to have a profound impact on one's entire lifestyle, while working hand-in-hand with modern medicine to achieve balanced health of mind, body and spirit.

Pregnancy yoga

Yoga Asanas or exercises are ways of moving or holding the body in different positions. Yoga has several exercises or postures that work wonders on a woman's health and in pregnancy conditions. Varying

widely in application and style, these exercises (postures) gently stretch and explore all parts of our body. During pregnancy, yoga Asanas are a gentle way to keep active and supple. The remarkable effects of these postures in pregnancy show the power of yoga for ensuring a smooth pregnancy, natural childbirth and restoration of body shape after childbirth

How does yoga helps during Pregnancy

Relieving edema (fluid retention) and cramping which can be quite common in the last months

Influencing the position of the baby and turning it in advance if needed. Strengthening and massaging the abdomen which help stimulate bowel action and appetite.

Raising the level of energy while also helping in slowing the metabolism to restore calm and focus. Helping to reduce nausea, morning sickness and mood swings in combination with pranayamas (yogic breathing Focus on relieving tension around the cervix and birth canal Focus on opening the pelvis to make labor easier and quicker.

Breathing or pranayama

Breathing or pranayama is one of the powerful techniques ensure abundant supply of oxygen and a better life force for the mother and child. These methods work to fitness their body during pregnancy.

Uses of breathing exercises

Yogic breathing and energy control methods are some of the most beneficial techniques for women health and pregnancy.

During pregnancy, good breathing and control of Prana (energy) are absolutely vital, because just like the nutrients you provide your baby from your food, you are also responsible for providing him/her with high quality oxygen and prana from the air you breathe.

A strong breathing mother will have better fitness for her pregnancy and provide a better life force for her child.

In preparation for childbirth, mastery of a few simple Pranayamas can help birthing energy to flow smoothly. These phenomenal techniques help to release emotional tension during labor and the likelihood of post-natal depression is dramatically reduced.

In fact so powerful are Pranayamas that they are used in the therapeutic management of common female disorders such as:

Mudras and Bandhas The psycho-physical stimulation of these gestures and locks have powerful effects on a woman's reproductive organs.

Meditation

Meditation brings with it an incredible awareness which works at a very subtle level. Meditation will help to explore patient's inner self; establish that connection with her child that is impossible to explain.

It creates a phenomenal understanding of mother and child alone. It puts the mother in tune with her baby. For therapeutic purposes, meditation can help to resolve the deepest of neuroses, fears and conflicts which are a major cause for stress and ill-health

For therapeutic purposes, meditation can help to resolve the deepest of neuroses, fears and conflicts which are a major cause for stress and ill-health. Mantra literally means that which liberates the mind. Ancient yogis discovered certain ways of developing and controlling the mind by using sounds, both aloud as well as mental.

Smooth Relaxation

Yoga Nidra, also known as Yogis sleep is main powerful way to gain the greatest benefits of relaxation and without it actually losing awareness. It is said that one hour of Yoga Nidra is equivalent to over 4 hours of sleep. It works so effectively on the mind that it is often called psychic sleep.

Yoga nidra is particularly effective during pregnancy for physical and mental relaxation as well as for childbirth preparation. More importantly, in the early weeks after birth when sleep is of poor quality or broken often, regular Yoga nidra is a miraculous way of resting to restore the body and mind.

As a therapeutic tool, Yoga nidra is included in women's programs for managing asthma, high blood pressure, edema, cramping, PMS, fatigue, insomnia, stress management, constipation, endometriosis, leucorrhoea and sexual tension. It is extremely useful in kicking off smoking, poor eating habits and even unsatisfactory relationships.

Pregnancy is a very precious and important event in a woman's life. The concept of limiting the number of children is vital to an Indian woman today; hence pregnancy is no longer as casual a matter as it used to be decades ago. Today one can plan to become pregnant when needed and take good care to have a normal child. With recent advances in obstetrics the little life inside the womb can be visualized from the very first day of fetal life, from the moment of conception until birth. It is indeed artistic, accurate and awesome; The new life taking shape and becoming active inside the mother-to-be is so vivid and complex.

At one time, the unborn was a person no one knew. Will it be a girl or a boy? Are the little organs well formed or defective? It was suspense all-through; But now each and every information about the growing baby can be made available. It is true that the development of the baby is affected by several maternal as well as fetal factors. Hypertension, diabetes, malnutrition, chronic renal disease etc. can cause harmful effects on the fetus. Similarly chromosomal anomalies in the embryo, and infections in the mother is known to cause several birth defects. These are prone to several complications in the new born period and even later in childhood. Apart from these causes, tension, fear, anxiety and chronic stress in the mother can cause serious problems, resulting in poor outcome. It is now well-recognized that stress causes psycho-neuro-immunological changes in the body leading to pregnancy complications. It can lead to irregular, in coordinate uterine contractions causing distress ending in operative surgery.

Hypersensitivity of the mother leads to intolerance to pain, requiring heavy dosage of pain killers which are not safe for the unborn.

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AIMS AND OBJECTIVES

AIM:

To study the efficacy of yoga on pregnancy outcomes like Mode of Delivery, Birth weight and Gestational age at delivery.

OBJECTIVES:

To evaluate the hypothesis that a regularly practiced yoga intervention will significantly improve the outcomes in a pregnant women.

ASSESSMENT STRATEGY: Birth weight, gestational age of delivery, and mode of delivery were recorded after delivery

2. MATERIALS AND METHODS

A prospective study was carried out among the antenatal women attending the obstetric out patients at RMMC&H at Chidambaram, between 2012-2014.

Inclusion Criteria:

All pregnant women in the gestational period between 18-20 weeks.

Exclusion Criteria:

1. Women who had a history of abnormal cytology.
2. Structural abnormalities in the reproductive system.
3. Who have previously given birth to babies with birth defects.
4. Any medical conditions that prevent them from safely and effectively practicing the intervention (eg .Spinal deformities)
5. Regular practice of yoga over the past 3 months.

MATERIALS USED

Birth Weight

In humans, the first weight of an infant, obtained within the first hour after birth. An infant of birth weight 2.5kg or more is considered full-sized.

Gestational Age

Gestational age is a measure of the age of a pregnancy where the origin is the woman's last normal menstrual period (LMP), or the corresponding age as estimated by other methods. Such methods include adding 14 days to a known duration since fertilization (as is possible in in vitro fertilization), or by obstetric ultrasonography. The popularity of using such a definition of gestational age is that menstrual periods are essentially always noticed, while there is usually of a lack of a convenient way to discern when fertilization occurred.

Mode of Delivery

Abdominal delivery: Delivery of an infant through an incision made into the intact uterus through the abdominal wall.

Breech delivery: Delivery in which the fetal buttocks present first.

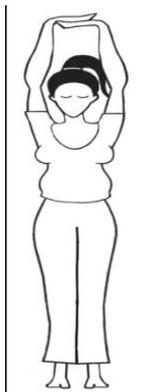
Forceps delivery: Extraction of the child from the maternal passages by application of forceps to the fetal head; designated low or midforceps delivery according to the degree of engagement of the fetal head and high when engagement has not occurred. Forceps delivery.

Postmortem delivery: Delivery of a child after death of the mother.

Spontaneous delivery: Birth of an infant without any aid from an attendant.

YOGIC TECHNIQUE

1. Palm tree

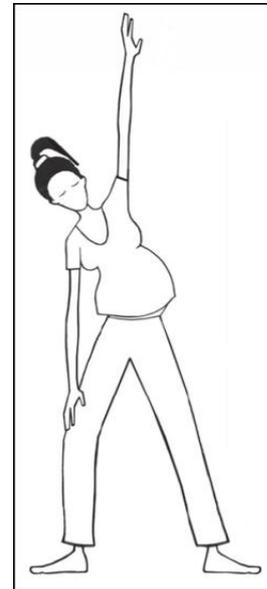


Imagine you are a palm tree swaying in the wind.

Benefit: This pose stretches and strengthens the torso. Stand upright, raise your arms overhead and interlock your fingers.

Now stretch slowly and gently to the right and then the left, imitating the swaying movement of a palm tree.

2. Modified triangle pose



Can you position your body in such a way that it forms three triangles?

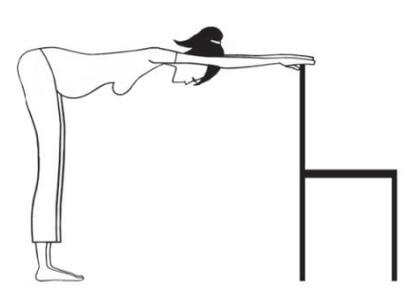
Benefit: This pose regulates the digestive system and massages internal organs like the liver.

Stand with your feet wide apart and arms extended at shoulder level parallel to the floor.

Stretch your left hand overhead and bend down to the right side and touch your knee. Look up at your left hand.

Return to starting position and switch sides.

3. Modified forward bend



Reach forward with your hands, with a chair for support.

Benefit: This pose stretches the back and legs.

Stand tall in front of a chair.

Lift your arms and reach towards the chair; press your palms on the chair. Keep your back straight and bend from your hips. Hold.

Return to standing position.

4. Seated twist

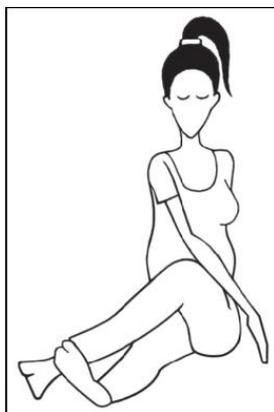
Twist to the right and then to the left, to improve the mobility of the spine.

Benefit: This pose stretches the spine, improves digestion and relieves constipation.

Sit with your legs stretched out in front of you. Bend your right knee and take the right foot over the left knee.

Bring the left arm and elbow over the right knee. Keep your right hand behind you on the floor for support. Now twist your torso to the right and turn your head back.

Return to starting position and switch sides.



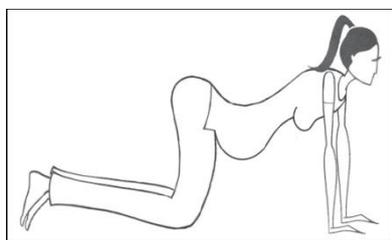
5. Cat-camel pose

Imitate a cat and then a camel. Arch your spine like a cat and then lift it up like the hump of a camel.

Benefit: releases spinal stress

Get down on all fours on your mat. Place your hands directly below your shoulders. Now lift your tailbone up towards the ceiling so that your lower back is concave. As you do this your head will lift up naturally towards the ceiling.

Now round your back like the hump of a camel and roll your head towards your chest. Make the movements as fluid as possible.



6. Butterfly pose



Imitate a butterfly.

Benefit: Increases mobility of the hip joints and stretches the inner thigh.

Sit with your legs outstretched on the mat. Bend your knees and bring your feet in as close as possible, towards you. Bring the soles of your feet together.

Keep your spine straight and gently move your legs down and up, resembling the movement of a butterfly as it flaps its wings.

7. The modified corpse

You need to relax in order to feel rejuvenated.

Lie on your left side; place a pillow between your legs and below your head for support.

Close your eyes and relax your mind.

To make the poses more comfortable, use blankets, pillows, cushions and chairs for support if you need them. For instance, you can perform seated positions on a folded blanket. If maintaining an erect spine is difficult, lean against a wall for support.



3.DISCUSSION

The purpose of the study was to find out the efficacy of yoga on pregnancy outcomes. To achieve this purpose of the study, fifty healthy pregnant women with the gestation period between 18 to 20 weeks in the area of Annamalai University, RMMCH. The age of the pregnant women were ranged from 18 to 30 years. They were divided into two equal groups of twenty five women each namely yoga practicing group and control group. The yoga practicing group underwent asanas for three days a week upto delivery. Another Group acted as control group in which they did not undergo any special training programme rather than their routine work.

The yoga interventions were administered by certified yoga instructors, Subjects in the yoga group received the 1 hour long yoga classes at the hospital premises three days a week from the 18th week gestation to the end of 20th week gestation, and then were required to practice on their own till term. The yoga group received yoga plus usual care while the control group followed usual care. Regular practice in both group was ensured by maintaining a diary and regular follow-ups by the research staff. Pregnancy and pregnancy outcomes were the primary outcome measures like gestational age, mode of delivery, and birth weight.

The data were collected on gestational age, mode of delivery, and birth weight. The data collected from the two groups after the delivery were statistically examined for significant effect of the training programme, if any, applying the "t" ratio. In birth weight, .05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

Our study shows that the effects of yoga training on pregnant women will not significantly increase the gestational age when

compared with the control group. Stress during pregnancy has been linked to premature birth, low birth weight and increased developmental and behavioural problems in the child as a toddler and adolescent, as well as later mental health problems in the mother. A high level of anxiety during pregnancy is linked with postnatal depression which in turn is associated with increased risk of developing depression later in life.

DrNewham added: "There is a growing body of evidence that maternal antenatal anxiety may increase the risk of pre-term delivery and the likelihood of giving birth to a low birth weight child. If we can reduce these risk factors, and perhaps reduce the rate of post-natal mood disorders in mothers and negative health outcomes in their offspring, then that can only be a good thing."

Our study shows that yoga training in pregnant women significantly increases the incidence of normal delivery when compared with the control group. The result also reveals significant increase due to the experimental treatment when compared to the control group.

Professor Aplin said: "The results confirm what many who take part in yoga have suspected for a long time. There is also evidence yoga can reduce the need for pain relief during birth and the likelihood for normal delivery

In the last decade extensive research has been done into the efficacy of yoga on pregnancy outcome. A growing number of medical professionals believe that an integrated approach to yoga during pregnancy is safe. A large clinical study that included 335 pregnant women was carried out at Gunasheela Surgical and Maternity Hospital in Bangalore, India (6). It showed that the number of babies with a birth weight of more than 2500 grams was significantly higher ($p < 0.01$) in the yoga group. Yoga practices, including physical postures, breathing and meditation were performed by the yoga group one hour daily from the date of entry into the study (18-20 weeks) until delivery. The control group walked 30 minutes twice a day (standard obstetric advice) during the study period. The research concluded that as well as improving birth weight, yoga helped to decrease preterm labor and Isolated Intrauterine Growth Restriction (IUGR) in isolation or associated with Pregnancy Induced Hypertension (PIH). There were no adverse effects noted in the yoga group.

In the birth weight, It was mentioned that the effects of yoga training on will be significantly improving birth weight when compared with the control group. While it has long been assumed by medical professionals that yoga can help reduce stress levels in mothers, it had never been tested in a research setting. But in a paper published today in the journal

Depression and Anxiety, academics, from Manchester and Newcastle Universities, show that women who attended a yoga class a week for eight weeks had decreased anxiety scores compared to the control group who received normal antenatal treatment. Dr James Newham, who carried out the research as a PhD student at Tommy's Maternal and Fetal Health Research Centre at the University of Manchester, and is now a research associate at Newcastle University, said: "It is surprising this has never been looked at before, we have long believed that it works but no research had been done to back up the theory.

"We have now gone some way to prove that it can help. It was not a small effect either. This has the potential to really help mothers who are feeling anxious about their pregnancy."

Professor John Aplin, one of the senior investigators in Manchester, and himself a long standing yoga teacher, said: "Yoga incorporates relaxation and breathing techniques with postures that can be adapted for pregnant women. Many women opt to practise yoga during their pregnancy but this is the first worldwide report on the effects of both single and multiple sessions of antenatal yoga on mood."

4.CONCLUSION

Based on the results of the study, the following conclusions were drawn. The age of the pregnant women were ranged from 18 to 30 years. They were divided into two equal groups of twenty five women each namely yoga practicing group and control group.

The yoga practicing group underwent asanas for three days a week upto delivery. Another Group acted as control group in which they did not undergo any special training programme rather than their routine work.

In the yoga practicing group, there was a eighty percentage (twenty) pregnant women with natural mode of delivery, but the control group, there was a twenty eight percentage (seven) pregnant women with natural mode of delivery. There was a significant difference among yoga practicing group and control group on mode of delivery.

The gestational age of yoga practicing group and control group were 36 to 38 weeks (sixty percentage), There was a insignificant difference among yoga practicing group and control group on gestational age.

Regarding the birth weight, It was mentioned that the effects of yoga training significantly improves the birth weight when compared with the control group.
