

## **Significance Of Yoga In Normal And Assisted Labour Puerperium**

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### **Abstract**

After placental expulsion woman is said to be a Sutika<sup>1</sup>. According to Sushrut, Charak, Vagbhatta, Sutikakal is about 6 weeks. This period is very crucial in woman's life. If Sutika Paricharya is not followed appropriately in this period, woman may suffer from severe complications which are Krucchasadhya or Asadhya and which may hamper the day to day activities. Weight gain during pregnancy is near about 10-12Kg. Now in this modern and materialistic era woman is very much conscious about one's look and figure. So seeking quicker weight reduction strenuous exercise may be attempted which may have deleterious health effects like backache, joint pain, herniation, prolapsed uterus etc. resulting in high morbidity rate in Sutika. To overcome this Yoga plays an important role in maintenance of physical and mental health of Sutika. The word yoga indicates Ashtang Yoga<sup>2</sup> which includes 1. Yama 2. Niyam 3. Aasana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyan 8. Samadhi. If Sutika follows the Ashtang Yoga then she can maintain her physical and psychological health. Yogasana also plays an important role in Sutika for weight reduction. Among all the Aasanas some are indicated in Sutika who had normal vaginal delivery and some are indicated in Sutika who had assisted (forcep, vaccumes, LSCS) labour. e.g. Suryanamaskar, Halasana, Vajrasanas, etc. for normal Sutika. and Sutika with assisted labour Pawanmuktasan, Anantasan, Marjarsan etc. So this study was taken up to know the utility of Yoga in puerperal woman, her family and ultimately to society.

**Key words-** Sutika, Puerperium, Yoga, Halasana, Vajrasana, Pawanmuktasan etc.

### **Introduction**

Over the few decades man has literally conquered the everest of advances technology however still the indicator of prosperity and happiness of any community is judged by its health index and not merely by its materialistic advancement. Furthermore the overall health index of any community is governed by health status of woman in that community, thus special attention should be provided to maintain a healthy womanhood which also include healthy motherhood.

The woman is said to be complete when she becomes a mother, pregnancy is a climax of fruitful life which every married couple expect in due course of life.

In Ayurveda also Acharya described the definition of stree in point of her fetus and motherhood.

In this modern and materialistic era the prevalence of assisted labour gets increased because of life style modification i.e. 51% of caesarean section 8.4% of vacuum extraction, 4% of forcep application. So morbidity rate also get increased. After placental expulsion woman is said to be a Sutika. According to Charaka, Sushruta and Vagbhata Sutika kal is about 6 weeks.

This period is very crucial in woman's life for this crucial period Acharya told to follow Sutika paricharya. If she does not follow the Sutika paricharya then she may suffer from severe complications which are krucchasadhya or Asadhya and which may hamper her day today activity too.

Weight gain during pregnancy is near about 10-12kg.<sup>4</sup> Now a days woman is very much conscious about her look and figure. She wants to reduce her weight as early as possible so she do strenuous exercise and fall in trouble for example backache joint pain, herniati,prolapse etc.and so morbidity rate is going to be increased.

So to overcome this problems Yoga plays an important role.

The word yoga indicates Ashtang Yoga which includes.

1. Yama
2. Niyama
3. Aasana
4. Pranayama
5. Pratyahara
6. Dharana
7. Dhyana
8. Samadhi.

So Author choose the subject i.e. Significance of Yoga In Normal and Assited Labour purperium wants to review detail literature and apply practically over the Sutika which will help for woman her family and for society too.

**Aim :-**

To compile and elaborate significance of Yoga in normal and assisted labour purperium.

**Objective :-**

- 1) To study normal purperium in detail and rule out its complication according to Ayurvedic and modern.
- 2) To study and rule out complication of assisted labour.
- 3) To review detail literature about Ashtang Yoga.
- 4) To encourage the Sutika to follow the same.

**Material And Methodology.**

- 1) Charaka Samhita
- 2) Sushurt Samhita
- 3) Kashyapa Samhita - Khilasthan
- 4) HathaYoga Pradipika
- 5) Patajnal Yogadarshan
- 6) Yogopnishad.

**Study Design-**

Conceptual study

Literary review.

**Discussion**

- 1) Definition of Sutika :-

Though all classics have advised specific management of Sutika only after expulsion of placenta however explicit description is only given by Kashypa .He says that after delivery of child till the placenta is not expelled the woman can not be called Sutika in other words. Sutika term can be used only after expulsion of placenta.

2) Sutika Kal- Charak has not given any classics have given any definite period of specific dietetics etc. management for puerperal woman which can be considered as normal duration of purperium . According to Sushrut and both vagbhats Sutika restricted specific dietetics for 1,1/2 month have cited the opinion of others that woman should be called Sutika till she doesn't restart her menstrual cycle. Kashyapa mentioned Sutikakal about 6 months.

3) Sutika parichrya Ethics / Tatva

Sutika Parichrya should be considered in view of following points

- 1) Vrani In case of episiotomy L.S.C.S.
- 2) Raktasranajanya / kledajanya dhatukshya
- 3) pravahanjanya vatprakopa
- 4) Dhatukshayajanya Agnimandya
- 5) Stanyapran
- 6) Stanapushti
- 7) Yonisamrakshan.

**Paricharya:**

All aacharya said paricharya that can be stated in following point.

- 1) Aashwasan : After delivery Sutika should be encouraged.so that she will be psychologically stable.
- 2) Snehan & Mardan ( Massage)Due to pravahan there is dhatukshaya and so she becomes exhaust for this snehan and massage over the body specially on lower abdomen is very much effective. In case of L.S. C.S. suitka genital massage should be done abdomen.
- 3) Pattabandhan : lower abdomen and Parshwa , Kukshi , Prushtha shouldbe wrapped with clean cloth it is helpful to regain shape of abdomen and for tonicity of abdominal muscle.
- 4) Snehapan : According to desha andprakruti snehapanshould be given to Sutika( Ghrut Taila, vasa, majja) mixed, pippali, papplimul, chavya, chavk, chitrak can be given to Sutika.
- 5) Garbhashya Shodan :- For this Kalabol, Dashmularishta Latakaranj , Pimplimool, used so if there are any product then it will get expel out and these drug act on uterus and helps uterus to contract and retract.
- 6) Koshtashodan;- for Koshtashodhan Erandsneha andShunthi used . so that vitiated vata dosha becomes inequilibrium.
- 7) Stanyotapatti : This is very important in Sutika's life for stanyotapatti shatavari, ahaliv , karpasbij, yavani can be used
- 8) Snan: If she is very much tired then bath can be given on next day ( in case of normal or ventuse and forcep delivery) but local cliniliness of vagina is very important and should be done.In case of L.S.C.S bath can be given only after removal of stiches but local vaginal cliniliness should be required.

**Rakshoghnan** :- Fomentation and yoni dhupan should be by drayaslike Ajamoda, Yavani, guggule. They act locally as antibacterial agent. In case of normal, forecep and ventuse we can give fomentation and dhupan immediately but in case of LSCS it shouldgiven after removal of stitches.

**Aahar** : It should be light, but healthy up to 3 day :- Panchkolyavagu Sneha Yavagu then after 3 day yava, kol, kultha yush can be given. Now Author wants to correlate or applying yoga in Sutika paricharya to gets more benifites to prajatha and to Navajat balak.



**Basic Nature of Yoga** : The word yoga has its origin from a Sanskrit word 'Yoj' <sup>5</sup>Yuto unite with real and to separate from unreal to this when consonant 'j' is combined it means energy or direction.

Hence the real meaning of yoga is discipline or integration. It is the practical application of Vedic teachings.

**Aim And Objectives Of Yoga (Yogasya Prajojanam)**

- Yoga involves meditation, patience, silence and peace. Yoga is also called as yajanya meaning sacrifice or surrender. This is sacrifice of the outer for achieving the inner or higher objects.
- Yoga directly touches the eternal point of human mind and it improves the consciousness of humans. It is a different type of science which combines science and spiritual activities. Yoga tries to stabilize the activity of all five sense organs which helps in meditations. According to Patanjali, Yoga is a stage in which all the activities of mind get stabilized.

The word Yoga indicates Ashtanga Yoga which includes:

- 1) Yama
- 2) Niyama
- 3) Asana
- 4) Pranayama
- 5) Pratyahara
- 6) Dharana
- 7) Dhyana
- 8) Samadhi

**Yama<sup>6</sup>:-**

It includes

- 1) Ahimsa
- 2) Satya
- 3) Asteya
- 4) Brahmacharya
- 5) Aparigraha

about which if she follows Ahimsa, Satya, Asteya and Aparigraha, Suta will be at peace of mind, so stana utpatti will be increased and also quality of stanya gets improved and bonding between mother and baby will be strong.

**Brahmacharya** :- It means abstinence. Suta should follow abstinence because physically she is not prepared to this activity and it also helps in contraception by natural way.

**Niyama<sup>7</sup>:-** It includes

- 1) Shaucha
- 2) Santosh
- 3) Tapa
- 4) Swadhyaya
- 5) Ishwar Pranidhan

Again by following Niyama, Suta will be psychologically at peace of mind and again it helps in better stanya utpatti.

**Aasan<sup>8</sup> :-**

**Definition of Aasan :** Asana Means different postures it gives stability to the body and mind. Yogasana should aim at giving flexibility to the body. There are many types of asanas and can be divided into two main types i.e. meditative and physical.

**Specific feature of yoga postures forSutika-**

- 1) Yoga postures are to be performed in a slow, steady and rhythmic manner. All jerky and hurried movements of body and limbs should be avoided.
  - 2) They should not be performed laboriously by stretching one beyond limits, but should be done with least amount of efforts.
  - 3) Yogasanas are not be practiced only as physical exercise but for complete self development.
  - 4) While doing postures breathing should remain even and natural.
- Yoga postures should be performed in a serene relaxed and effortlessly attentive state of mind . It is a meditative state of mind in which it is free of thoughts.
- 6) After reaching the final position a particular yogasana stay tuned with that position for some time make sure that it is not physically overtaxing.
  - 7) Yoga postures should be learned from properly trained yoga teacher.
  - 8) Yoga postures and other practices should become an integral part of daily living not just impulsive practice of few days or few weeks.

**Rules and techniques for Sutika**

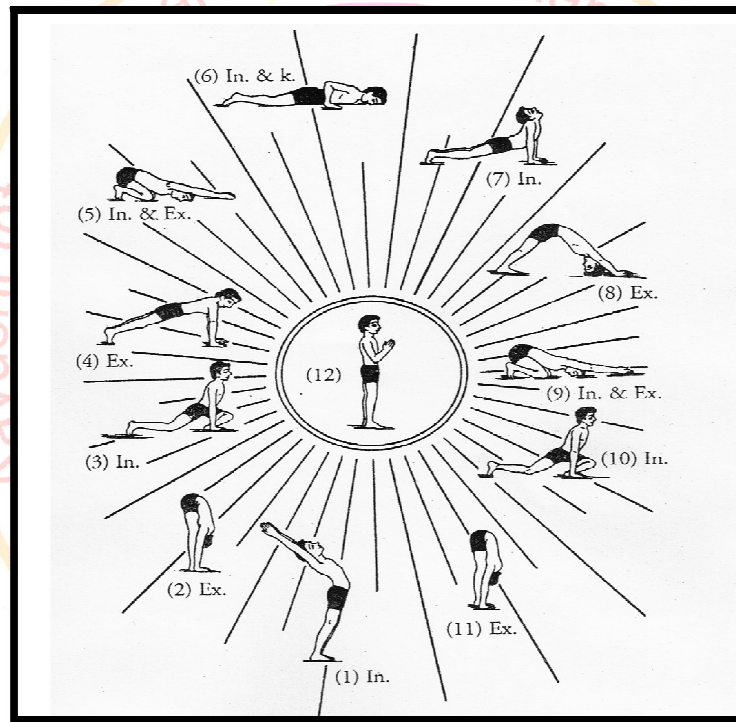
- 1) Yogasanas should be done in morning. It is preferable to practice them after bathing because bathing makes the body light and fresh and thereby increasing its elasticity . It should be done on empty stomach.
- 2) The place of asanas must be clean and peaceful and well ventilated.
- 3) Never talk while doing asanas. Attention should be on breath.
- 4) Always start with simple and easy asanas. Do not start next asana until breath has become normal after first asana.
- 5) Increase practice of asanas gradually.
- 6) While doing asanas clothes are to be not very much tight.

No.	Name of Asanas	When to perform	
		In normal and forcep and ventuse	In LSCS
1	Syuryanamaskar	after 2 wks	after 6 months
2	Siddhasan	After healing episiotomy wound	After 2 wks
3	Aardhaapadmasan	After healing episiotomy wound	After 2 weeks
4	Padmassan	After abhyas of ardhapadmasan	After abhays of ardhapadmasan.
5	Pavanmuktasan	After 2 wks	After 6 wks
6	Sukhasan	Soon after delivery	After 7-10 day (after removing stitches.)
7	Vajrassan	After healing episiotomy wound	After 7-10 day (after removing stitches.)
8	Matseyndrasan	After 2 wks	After 6 wks

9	Janu Shirasan	After 2 wks	After 6 wks
10	Tadason	After 2 wks	After 6 wks
11	Trikonasan	After 2 wks	After 6 wks
12	Halasan	after 6wks	after 6 months
13	Utakattasan	afatar healing episiotomy wound	after removal of stitches on a abdomen.
14	Passchimotanasan	After 6wks	After 6 months
15	Bhujangasan	After 2 wks	After 6 wks
16	Ardhashalabhasan and Shalabhasan	after 2 wks	after 6 wks

**Advantages of Aasan**

**1. Suryanamaskar**



It actually composite exercise containing seven different aasanas. By this aasana fat on the abdomen gets reduced. Muscle tone will be regain.

Stomach, lungs, liver, spleen, intestines and spinal cord are strengthened by regular practice

Also it helps in reducing weight that was increased during pregnancy.

**Aasans for meditation**

Siddhasan<sup>9</sup>, Padmasan<sup>10</sup>, Aardhapadmsan, Sukhasan

By doing meditation then again Sutika will be at the peace of mind and it will help in improving quality of stanyautpatti and stanyapravartan.



2) **Vajrasana**<sup>11</sup> :In Sutika there is common problem of constipation vajrasan is helpful to digest the food and relieving constipation . And also backache, joint pain etc. gets relieved. It helps in improving the tone of Perineal muscles.

**3) Matsyendrasana**<sup>12</sup>

- Low back pain, abdominal pain get relived.
- Also reduces abdominal fat helps for getting tone in muscle
- It helps in reducing weight.

**4)Janushirasana**<sup>13</sup>

- It reduce abdominal fat, reduces lumbar pain. And for getting tone in Abdominal muscle this aasan useful.

**5) Tadasana**<sup>14</sup>:

For reduction of backache and for maintain figure and for toning of all muscles tadasan is useful.

**6) Trikonasana**<sup>15</sup>

Specially for low back and lower abdomen this aasan isuseful so that backache not occur and also abdominal fat get reduced.

**7) Halasan**<sup>16</sup>

- Vertebral column becomes stretched.
- Abdominal fat as well as fat on thighs, hips get reduced.
- It relieves the lumbar pain.

**8) Passchimottanasan**<sup>17</sup>:

Lower abdomen fat reduced also low back pain get relieved. And helps in strengthen the uterine muscles.

**9) Uttakatasan**<sup>17</sup>:

For perineal muscle strengthening this aasan helps. And also useful in the management of Fissure and Sentinel piles.

**10) Bhujangasan**<sup>18</sup> :

It decrease Backache , vertebral column pain. By doing this aasana uterine, breast, chest muscles becomes strengthen, abdominal fat get reduced and for toning of abdomen muscle.

**11) Shalabhasan**<sup>19</sup>:

For reduction of fat in abdomen and for toning of abdomen muscle.

**12) Pavanmuktasana**<sup>20</sup> -

This asana regulates vata in the body. It brings the flatus down. So that it can be easily eliminated through the anus. It also helps to eliminate constipation. It also helps to cure disease of lung and heart. Obesity can also be checked.

**Pranayama**<sup>21</sup> -

**Definition**

"Prana" means breath and 'Ayama' means a pause or retention . Hence Pranayama means a pause in the movement of breath. Patanjali describes Pranayama as a pause in inspiration or expiration.

**Phases of Pranayama**

There are four basic types, which are based on the nature of the breathing and retention.

- 1) Retention after expiration ( rechaka) called an outer retention ( bahya kumbhaka),
- 2) Retention after inspiration ( puraka), called an inner retention ( abhyantara kumbhaka) ,
- 3) Retention made at once.

4) Retention after many inhalations and exhalations.

These last two forms of retention are called Kevala Kumbhka. Thus the action of Pranayama consists of four phases:

1. Inspiration - Puraka
2. Inner retention - Abhyantara Kumbhaka
3. Expiration - Rechaka
4. Outer retention - Bahya kumbhaka.

Patanjali has described 8 different types of pranayam out of which Kapalbhati and Bhastrika are useful in Sutika.

### 1) Kapalbhati<sup>22</sup> :

This is also one of the procedures for cleansing the nasal passages in the head. The actual meaning is " What makes the head shine" strictly speaking it is not a type of Pranayama. The person should sit in the lotus or any comfortable pose because it is a breathing exercise for abdominal and diaphragmatic muscles and the organs in the portion of the umbilicus. First a forceful exhalation should be done which is a little deeper than ordinary breathing. At this time the front abdominal muscles are suddenly and vigorously contracted. Then inhalation should be performed by simply relaxing the abdominal muscles. In this procedure retention is not to be done. The beginner should start with eleven expulsions in each round. With each expiration a stroke is delivered to the center of the abdomen which thereby helps to spiritually activate the nervous system.

### 2) Bhastrika<sup>23</sup>:

Bhastrika is characterized by quick expulsion of the breath producing a sound like a bellows. It differs little from Kapalabhati. There are four varieties of Bhastrika. The first type start out with some quick rounds of Kapalabhati after the last expulsion of Kapalabhati, a very deep inhalation is done followed by internal retention. Then exhalation should be done slowly, followed by external retention. This entire procedure completes one round of Bhastrika.

In the third variety, quick respirations are done through the right nostril, keeping the left closed. After some rounds, the inhalation should be done through the same nostril. Then retention is done and exhalation through the left nostril.

In the fourth variety, quick inhalation through the right nostril and quick retention through the left nostril should be done until one is fatigued. Then the deepest possible inspiration through the right nostril should be done and after retention, exhalation should be done through the left nostril.

### Benefits of Pranayama –

- 1) Meditation.
- 2) Breathing exercise.
- 3) Abdominal and diaphragmatic muscle exercise.
- 4) Reduction of fat on abdomen.

### **Conclusion:**

- o Yama , Niyam helps for peace of mind and ultimately for stanya pravartan and strong bonding between mother and child. Among different aasanas some are helpful for meditation and for stanya pravartan and strong bonding between mother and child.



- Some aasanas useful for weight reduction, toning of abdominal muscle.
- Some useful in low back pain vertebral column pain etc.
- Thus here author took into account only Yama ,Niyama, Aasan, Pranayam among ashtang Yoga.
- The view on Pratyahar, Dharana, Dhyan, Samadhi will be a different one and it can become an another research literature.
- By doing this author wants to suggest which yoga ( among Yama, Niyam, aasan, Pranayam) would help Sutika which was not clearly mentioned in Samhita.

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