Care of the unborn child with Yoga in the present age

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Birth more miraculous than science can conceive
Richard Restak – “Sperms are single celled organisms capable of movement and reaction to their environment at cellular level.”

David Barker, epidemiologist – His research on pregnant women with severe stress.
DEVELOPMENT OF THE FETUS
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Implantation - This refers to the attachment of the zygote (the fertilized ovum) to the wall of the uterus.

Fetal Life Support Systems –
4. umbilical cord and
5. the placenta.
The average weight of the Indian baby at 40 weeks of pregnancy is 2,750Gms at birth.
Duration of pregnancy

40 weeks - Divided into 3 trimesters

**FIRST TRIMESTER**

Amenorrhoea, Morning sickness, Pica, Changes in the genital organs and breasts, Frequency of maturation

**SECOND TRIMESTER**

Quickening
Fetus can hear
Uterine size enlarges
Fetal parts felt

**THIRD TRIMESTER**

Fetal heart sounds
All systems maturing
Increasing discomfort in mother
Adverse effects of Stress in pregnancy

- Pregnancy induced hypertension
- Pregnancy induced Diabetes
- Abortion
- Preterm labor
- Eclampsia
- IUGR
Vedic concepts of prenatal education

Garbhasamskara
✓ Prayer
✓ Japa
✓ Devotional songs

Abhimanyu factor in epics
Yoga is multi-dimensional
physical, mental, emotional, intellectual
and thus provides total answer to the challenge of stress.....
YOGA

YOGA IS THE SKILL TO CALM DOWN THE MIND

MANAH PRASAMANA UPAYAH YOGAH - Vasista
YOGA IS A TECHNIQUE FOR TOTAL PERSONALITY DEVELOPMENT AT PHYSICAL, MENTAL, EMOTIONAL & SPIRITUAL LEVELS.
Maharshi Patanjali

YOGA IS A SCIENCE OF MIND & HELPS TO CONTROL MIND, DESIRE & REACTION TO STRESS
SKILFUL – RATHER THAN A BRUTAL, MECHANICAL TECHNIQUE
ABILITY TO MAINTAIN INNER PEACE – AT ALL TIMES CALMNESS IN ACTION IS THE SECRET
TOTAL BLISS & FREEDOM

PERFECT HEALTH & KNOWLEDGE

STRESS IS SPEED

Integrated Approach of Yoga
There are two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything is a miracle.

Albert Einstein (1879 - 1955)
Group Practice
Breathing Exercises

Ankle Stretch

Hands In & Out
Breathing Exercises

Tiger Stretch

Side Stretch
Loosening Exercises

Backward Bending

Forward Bending
ASANAS

Sitting Postures

Vajrasana

Ardha Matsyendrasana
ASANAS
Sitting Postures

Badha Konasana
Squatting
ASANAS
Sitting Postures

Sasankasana
ASANAS
Supine Postures

Viparita Karani

Viparita Karani with Wall Support
Pranayama

Nadi Suddhi

Padmasana
Relaxation Techniques

Instant Relaxation Technique
Relaxation Techniques

Deep Relaxation Technique
Relaxation Techniques

Savasana
In Left Lateral Position
Omkar Meditation
Mudra

Aswini Mudra
My research on “Efficacy of Yoga on Pregnancy Outcome” has shown marked benefits to the mother and fetus.

