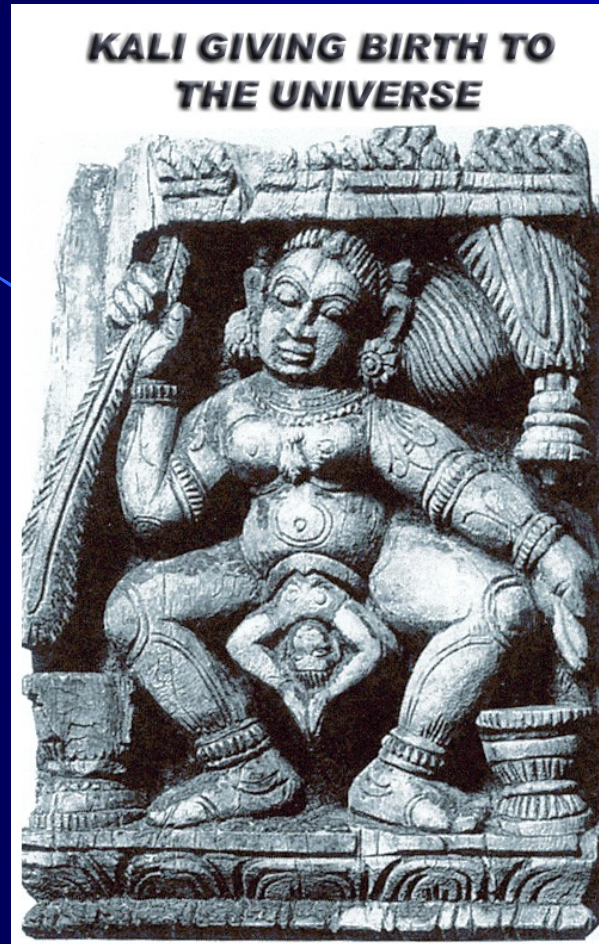


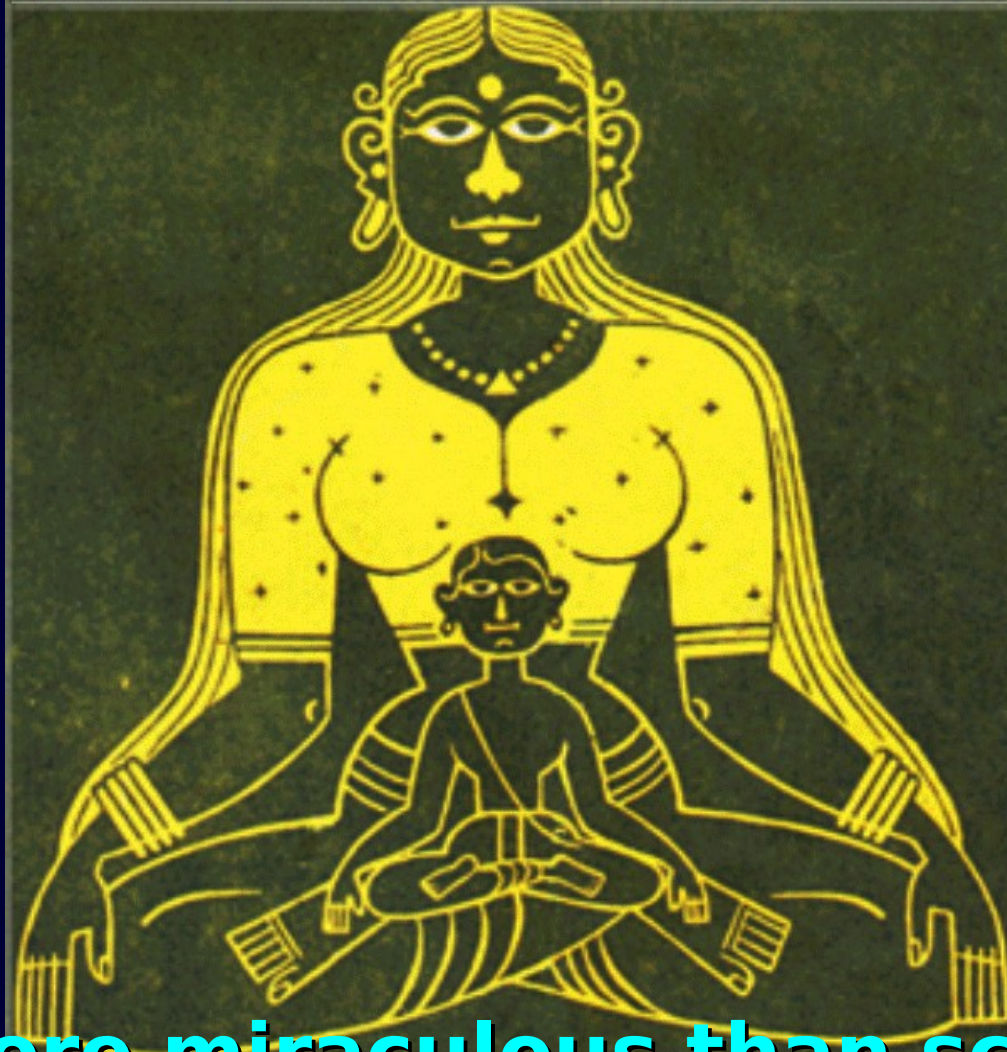
# Care of the unborn child with Yoga in the present age



**Dr. SHAMANTHAKAMANI NARENDRA**

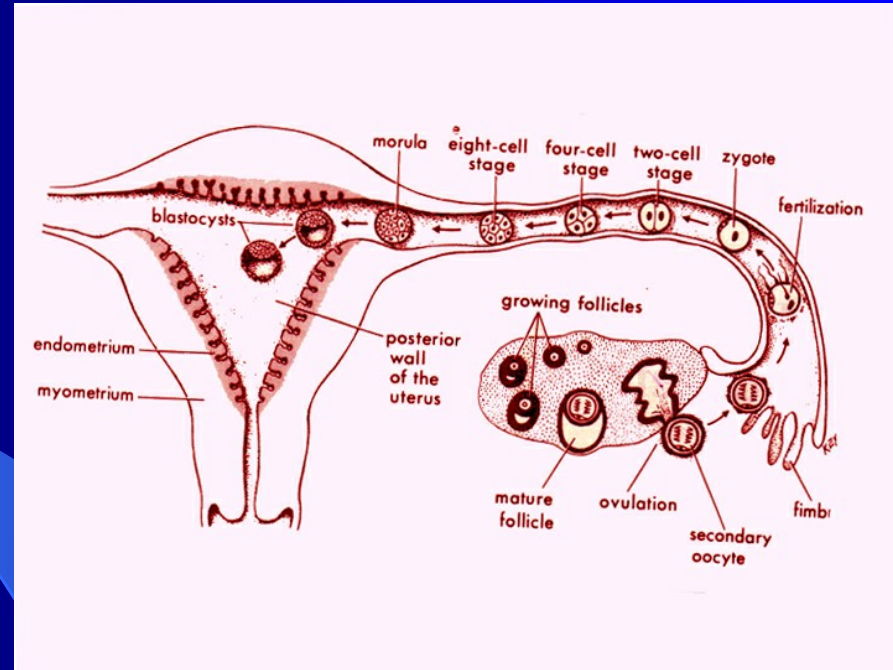
**M.D.(Paed), Ph.D. (Yoga Science)**

# 'LIFE WITHIN LIFE'



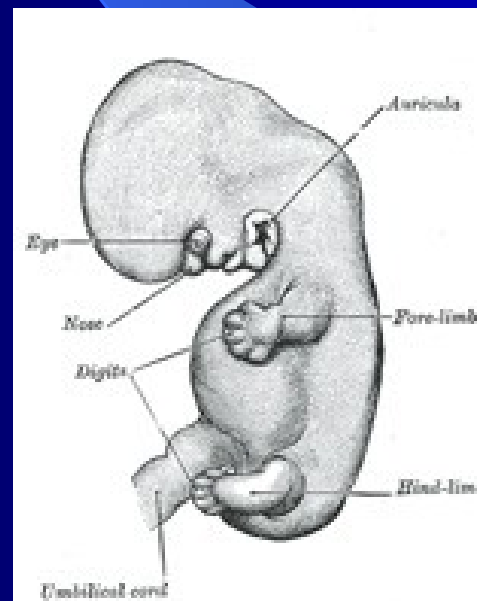
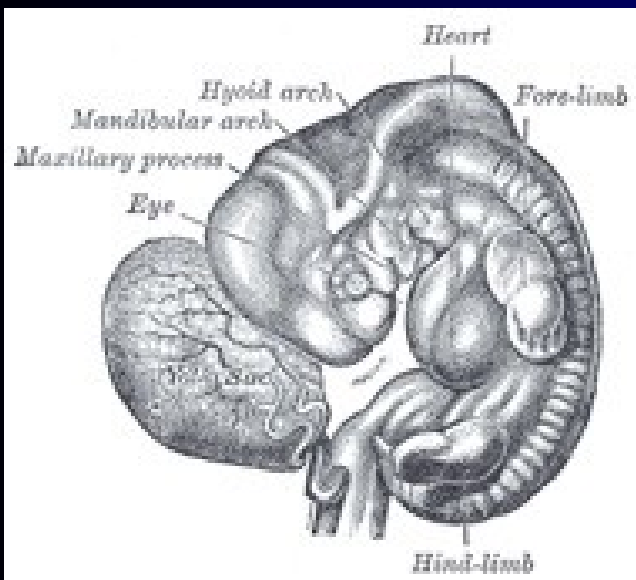
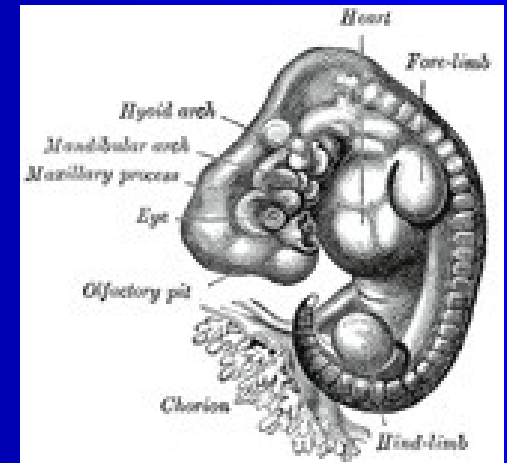
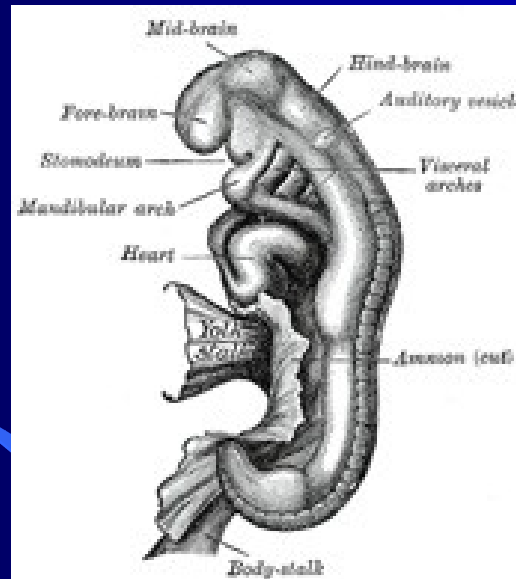
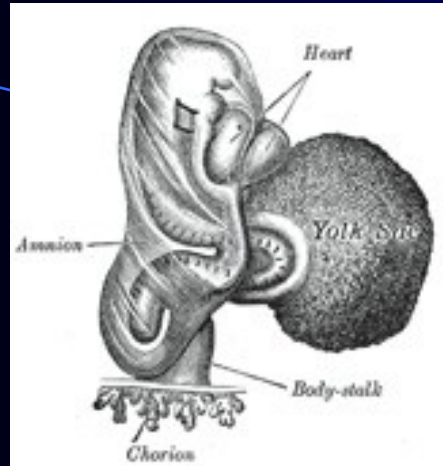
**Birth more miraculous than science can  
conceive**

# Fertilization

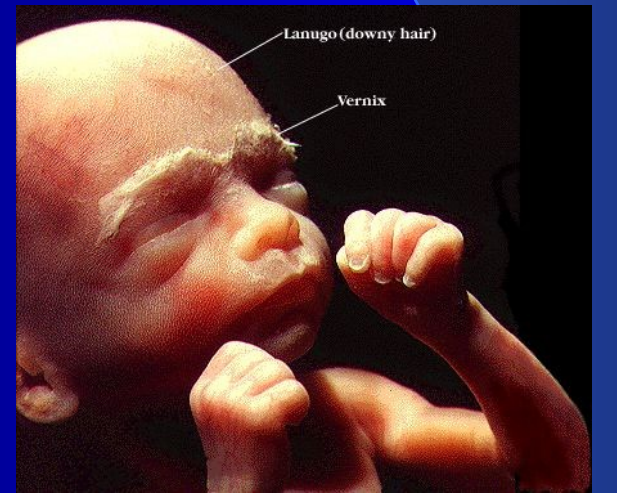
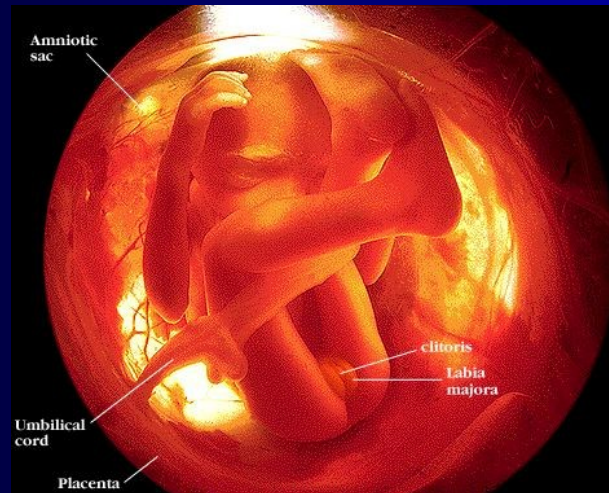
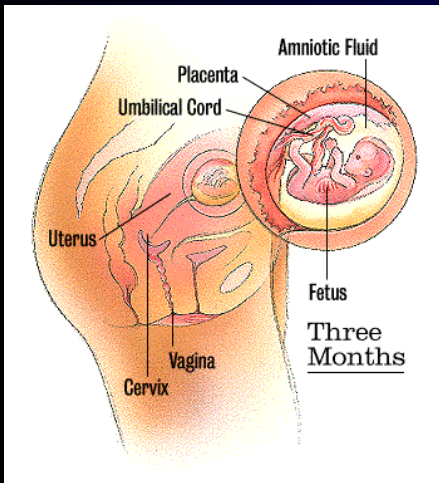
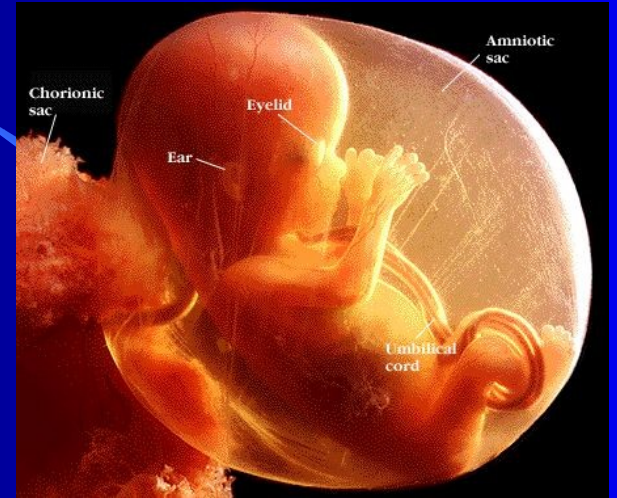
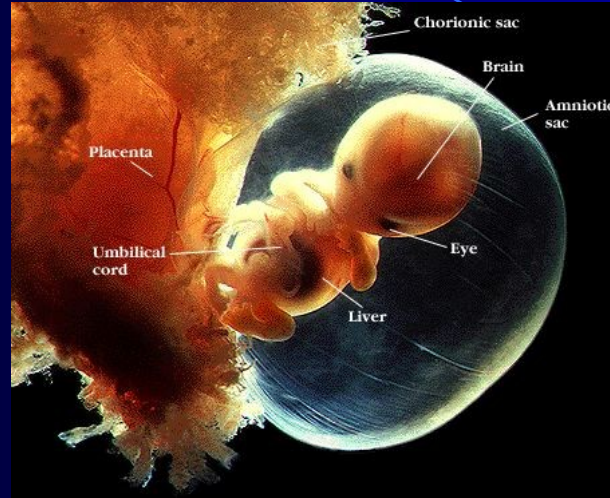


- ✓ **Richard Restak** – “Sperms are single celled organisms capable of movement and reaction to their environment at **cellular level.**”
- ✓ **David Barker**, epidemiologist – His research on pregnant women with severe stress.

# DEVELOPMENT OF THE FETUS



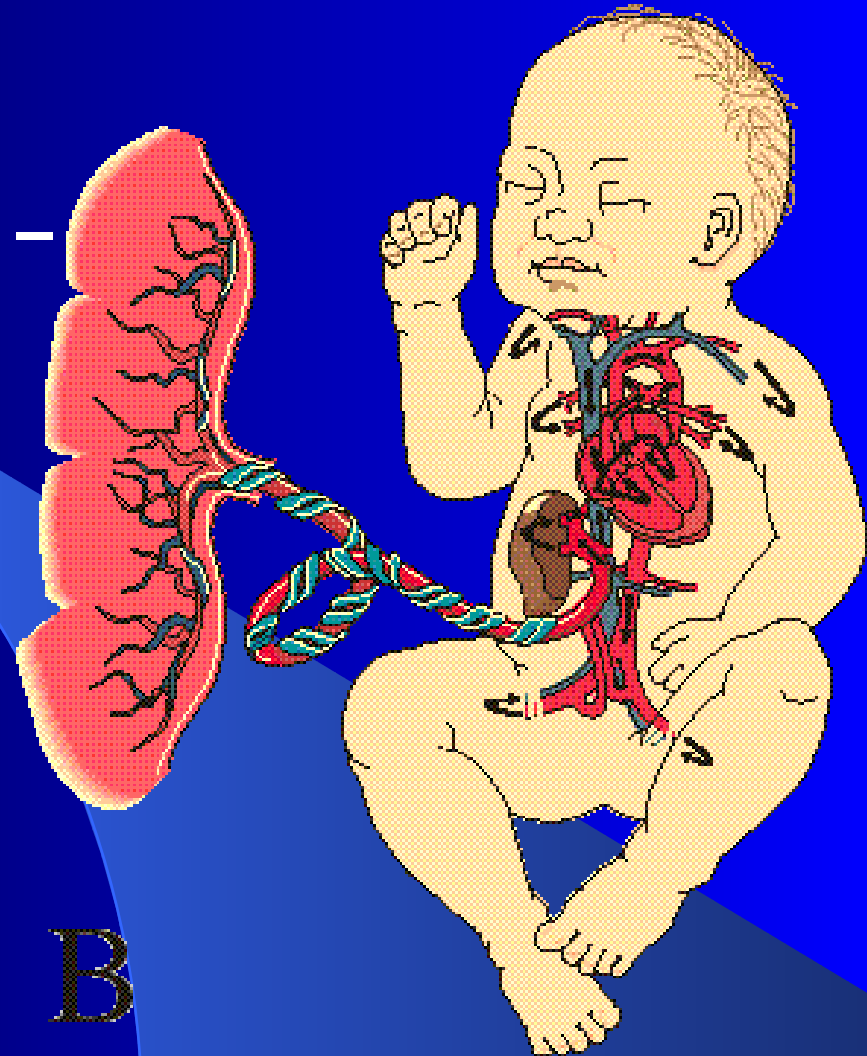
# DEVELOPMENT OF THE FETUS



**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.



B



**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 micturition

## 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

- o Pregnancy induced hypertension
- o Pregnancy induced Diabetes
- o Abortion
- o Preterm labor
- o Eclampsia
- o 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*



# Aurobindo

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**

# **Bhagavad Gita**

**ABILITY TO MAINTAIN INNER  
PEACE – AT ALL TIMES  
CALMNESS IN ACTION IS  
THE SECRET**



IAY

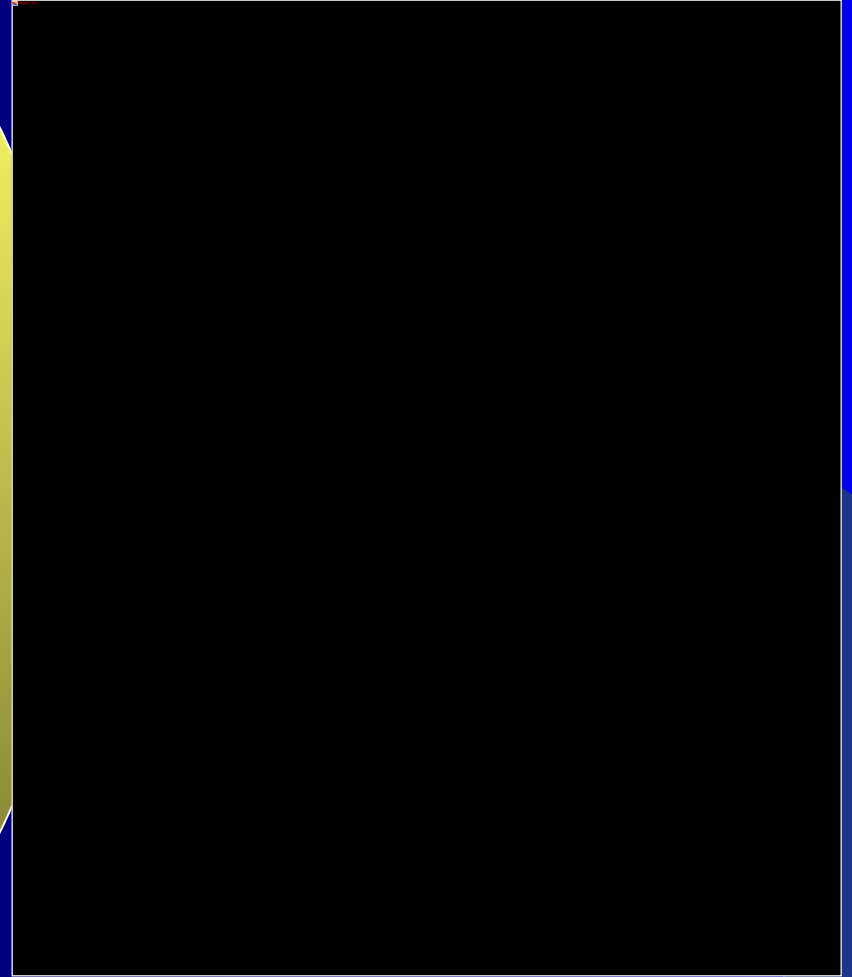
Integrated Approach of Yoga

ANANDAMAYAKOSA

VIJNANAMAYAKOSA

MANOMAYAKOSA

PRANAMAYAKOSA





**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)**

*Hold your child's hand every chance you get.  
The time will come all too soon when he or she won't let you.*



# 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



Uphavista Konasana

# 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

# Meditation



Omkar Meditation



# Mudra



Aswini Mudra

- ✓ My research on “Efficacy of Yoga on Pregnancy Outcome” has shown marked benefits to the mother and fetus.
- ✓ **Efficacy of yoga in pregnant women with abnormal Doppler study of umbilical and uterine arteries.** J Indian Med Assoc. 2005 Jan;103(1):12-4, 16-7.
- ✓ **Efficacy of yoga on pregnancy outcome.** J Altern Complement Med. 2005 Apr;11(2):237-44.



Thank You