

Effect of Yoga during Pregnancy on the Incidence of Postpartum Depression

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ABSTRACT. *Postpartum depression is the most common type of puerperal mental syndrome. The main influencing factors are social factors, psychological factors and biological factors. Yoga during pregnancy can promote social harmony, regulate emotions, reduce labor pain, shorten the labor process, reduce the rate of cesarean section, improve the rate of natural childbirth, so as to reduce the risk factors of postpartum depression.*

KEYWORDS: *Yoga during pregnancy; Postpartum depression; Research*

1. Introduction

Postpartum depression is the most common type of puerperal mental syndrome. It is characterized by depression, sadness, depression, crying, irritability, irritability, hallucination or suicide. The symptoms were obvious in 4-6 weeks, lasting for 6-8 weeks, and a few lasted for more than half a year. The recurrence rate of second pregnancy was 20%. The cognitive ability of the next generation will be affected. It has caused serious harm to the family and society. It has been reported that the suicide rate of the people with depression is 83.3/100000, which brings serious social problems and economic burden. As an interdisciplinary subject of Obstetrics and psychology, postpartum depression has been paid more and more attention by scholars at home and abroad.

2. Overview of Postpartum Depression

2.1 Morbidity

Because of the different sample size, measurement tools, diagnostic criteria and study time, the incidence of reported PPD varies greatly. Pitt's initial report is 10.8%, the incidence reported abroad in recent years is 30%, and the incidence in some Asian and African regions is as high as 20% - 40%. In recent years, there is no accurate report in China. Luo Yang and other researchers investigated the incidence of postpartum depression in 16.7%[1].

2.2 Inducing Factors

The related factors of postpartum depression are complex, and the causes of postpartum depression are influenced by social factors, psychological factors and pregnancy factors. These three factors can affect each other or cause disease alone. Huang Li and others reported that the more stress during pregnancy, the more likely postpartum depression. Lack of support and help from family and society, especially from husband and elders, is the first social and psychological risk factor of postpartum depression. Studies such as Xie Rihua show that prolonged first stage of labor is the risk factor of postpartum depression, delivery mode is significantly related to postpartum depression, cesarean section and vaginal delivery are the risk factors of postpartum depression[2].

2.3 Intervention Means

At present, the intervention methods of postpartum depression mainly include health education, consultation and guidance, pregnancy examination, pregnant women's gymnastics, postpartum yoga, etc. These measures have good effects on the intervention of postpartum depression, but still can not meet the needs of physical and mental health of pregnant women. With the development of sports medicine, the role of yoga in physical and mental health care of pregnant women has been concerned by people[3].

3. The Meaning and Classification of Yoga in Pregnancy

3.1 Meaning

Yoga is a physical and mental adjustment movement guided by physical and mental practice, physical and mental adjustment and mind. Originated from ancient India, it has a history of more than 5000 years. Foreign scholars began to study Yoga early, involving philosophy, culture, natural therapy and many other aspects. At present, the international research on yoga as “alternative therapy” or “natural therapy” (i.e. exercise prescription) has increased. The function of yoga in our country is mainly focused on the physiological and psychological effects on college students. In recent years, yoga as a suitable exercise in pregnancy has been recognized by many scholars. It is reported that yoga is a suitable exercise in pregnancy[4].

3.2 Classification

According to the way of yoga practice, it can be divided into seven categories: hatha yoga, eight branch yoga, wisdom yoga, Tantra yoga, voice meditation yoga, practice yoga and love service yoga. Hatha Yoga is currently the most popular system in China. According to the characteristics of yoga and women in pregnancy,

Li Wanrong and others, based on the rules of Hatha Yoga, combined with the professional knowledge about pregnancy and childbirth in modern medicine, selected the exercise postures beneficial to the health and safety of pregnant women, and guided the pregnant women to do yoga exercises[5].

4. Study of Application of Yoga Exercise in the Perinatal Period of Pregnant Women

Yoga exercise in pregnancy should be excluded from the contraindications of yoga exercise, starting from the 16th week of pregnancy, when the pregnancy response is weakened and the physical condition is relatively stable. It is not recommended to do too many postures and twists. Yoga postures during pregnancy are more targeted than ordinary yoga postures. Through yoga exercises, pregnant women can effectively control their weight, increase the probability of delivery, slow down the pain during pregnancy, shorten the labor process, reduce the complications during pregnancy, and help the puerpera to repair as soon as possible after childbirth. Li Wanrong and others concluded that yoga for pregnant women can improve the natural delivery rate, promote the secretion of milk, accelerate the recovery of body shape, and benefit the health of mothers and infants. Zhao Lu reported that 200 pregnant women received routine nursing and yoga training at the same time one week after delivery, which helped to improve the degree of postpartum depression and reduce its incidence. Zheng Dongyan et al. Discussed the effect of yoga training for pregnant women and concluded that yoga training for pregnant women can control the weight of pregnant women within the normal range, shorten the labor process, reduce the rate of cesarean section and the incidence of macrosomia[6].

Zhang Aihua et al. Studied how to make pregnant women reach the state of self-regulation and mental balance by breathing and relaxing. Yan Suqin and other research reports: yoga during pregnancy can promote social harmony, regulate emotions, reduce labor pain, shorten the labor process, reduce the rate of cesarean section, improve the rate of natural labor, thus reducing the risk factors of postpartum depression. Yan Suqin et al set 180 primiparas who took part in yoga training in high altitude area as the observation group, and 180 primiparas who did not take part in yoga training as the control group, to compare the incidence of fetal distress and labor process between the two groups. The study found that prenatal yoga training can reduce the incidence of fetal distress in high altitude areas and shorten the labor process. Zhou Fanglan et al. Found that the exercise of Gymnastics in pregnant women increased the tension and elasticity of abdominal muscles, lumbar dorsum muscles and pelvic floor muscles, and made the joint ligaments loose and soft. During delivery, it is beneficial for the fetus to pass through the birth canal, which is conducive to natural delivery and reduces the rate of cesarean section. Research by Wu Lifang and others shows that Yoga lying posture is soft and tough. Through the cooperation of yoga breath and Yoga action, it can contract the loose pelvic floor muscle group, promote the contraction of the uterus, prevent the uterus, bladder and vagina from falling, and make the uterus return to its normal position.

Liang Guoxiu and others studied the requirements of yoga for lying in women. After practice, lying in women felt that their back pain was reduced, their sleep quality was improved, their psychology was relaxed and their spirits were full. Yin Yanan and others pointed out that: medical staff should increase the guidance of pregnancy sports safety, combined with the actual situation of pregnant women, guide them to choose safe and effective pregnancy sports[7].

5. The Effect of Yoga during Pregnancy on the Incidence of Postpartum Depression

Zhao Lu et al. Conducted yoga training on 200 parturients after one week's postpartum routine care, and concluded that postpartum yoga training can improve the degree of postpartum depression and reduce its incidence. Li Wanrong and others adopted the pregnant mother Yoga specially created for pregnant women to do pregnant mother Yoga for 400 pregnant women on the basis of regular pregnancy health care. Conclusion: pregnant Mommy yoga can improve the natural delivery rate, promote the secretion of milk, accelerate the recovery of body shape, and benefit the health of mother and baby. Zheng Dongyan et al. Discussed the application effect of yoga training for pregnant women in antenatal examination and concluded that: choosing yoga training for pregnant women in antenatal examination can control the weight of pregnant women within the normal range, shorten the labor process, reduce the cesarean section rate and the huge child birth rate. It reduced the risk factors of postpartum depression. Zhang Aihua and other researchers have provided a set of effective and scientific yoga training methods for pregnant women. According to different physiological changes in different periods of pregnancy, they choose different postures to practice. Through breathing, relaxation and daily basic movements, pregnant women can achieve a state of self-regulation and spiritual balance.

Yoga is through posture (body adjustment), breathing (breath adjustment), mind (heart adjustment) to achieve a relaxed, quiet, natural state of relaxation. It is a kind of exercise with physiological and psychological interaction. It can integrate body and mind, regulate emotions, reduce anxiety and pressure, exercise the muscles, pelvis, joints and ligaments of pregnant women, help pregnant women adapt to pregnancy, and increase abdominal muscle strength through endocrine function, muscle function, ventilator function and social relationship function. Quantity, prevent the abnormal fetal position and dystocia caused by abdominal wall relaxation, which is conducive to the natural delivery of the fetus through the birth canal. Yoga is a static and non competitive activity, which can be carried out indoors without being affected by the weather. The concentrated practice of pregnant mothers can enjoy the fun of body extension together, and then enhance the communication between each other. They can also practice together with their husbands to improve the relationship between husband and wife, mutual care between husband and wife, eliminate the worries, anxieties and other bad emotions of pregnant women, and give pregnant women a vigorous incentive. This kind of emotional and social support to a certain extent enhanced the ability of pregnant

women to stress the puerperal period, such as delivery, baby, breast-feeding, etc., so that they have enough confidence to spend the pregnancy and delivery period calmly, so as to maintain the physical and mental health of pregnant women and reduce the incidence of postpartum depression[8].

6. Conclusion

Although yoga is a suitable exercise for pregnant women, it has not been reported in the literature that yoga has adverse effects on pregnant women and fetus. But we must follow the rules of sports, master the indications and taboos, and the time and intensity of sports, under the guidance of professionals. Ensure the safety of pregnant women and fetus.

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