

Effect of Yoga Based Biofield Intervention on Psychological distress of Childbirth and Pregnancy Stress: A Case Series

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Abstract

Background

Pregnancy is a precious part of one's life, factors like Anxiety, depression, and stress can impact on mother and child with variable adverse outcome. There is an immense need of safe supportive systems which can work on mother and baby, so as to make the pregnancy and labour as joyful event rather a disease.

Cases

We are presenting seven pregnant ladies who were worrying excessively and suffering from anxiety, stress, and depression. These women were reluctant to accept medication, seek medical attention. They were worried and uncertain about pregnancy outcome. We've outlined a yoga-based biofield therapy (Yogic Healing developed and executed by Unnathi Healing Foundation) as intervention, that was found to be beneficial in caring for these women during their pregnancies.

Conclusion

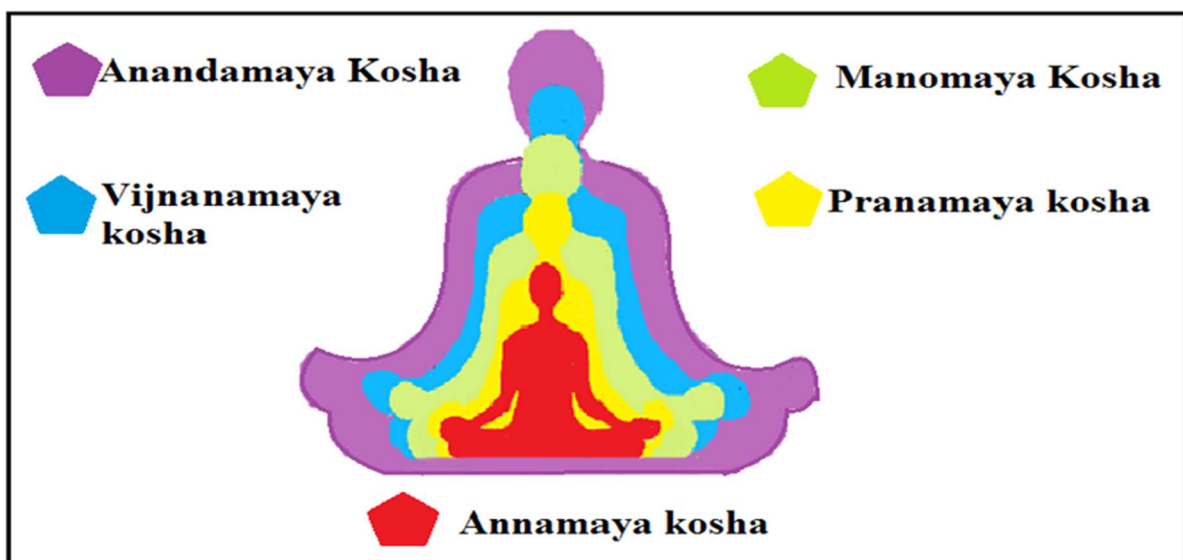
A collaborative effort involving supportive system like Yogic healing, psychiatry, and obstetrics could be a viable impact in management as mode of holistic care in these pregnant women.

Key words : Psychological distress, Pregnancy, Yogic healing, Child birth

Introduction:

Complementary biofield therapies known to modify various risk factors like anxiety, depression, stress, fear, pain of labour with the better mother to child outcome in non-invasive way. Yogic healing is one such, non-contact non-invasive Yoga based biofield intervention (Yogic Healing developed and executed by Unnathi Healing Foundation) or energy therapy which has its roots in India. It is a scientific technology, which needs intellectual process of systematic study of the structure of Panchakoshas & its behaviour. Yogic healing utilizes the energy/Prana, a vital driving force which exists in the nature and acts like a catalyst, in order to facilitate, accelerate and restore the healing process. It balances and harmonizes the energies in chakras and meridians in Pranamayakosha or energy or etheric body.

Present case series shares the outcome of Yogic Healing.



Reports:

The most common symptoms of the pregnant women with psychological distress and fear, anxiety and agitation relating to childbirth, was evaluated in 7 cases. Following yoga healing with patients, Nobody was transferred to intensive care unit (ICU) for treatment and there were no maternal and neonatal complications. Delivery occurred in all patients in the third trimester. Using Yogic healing techniques, thrice a week, continued till 15 days postpartum.

Significant reduction in anxiety ($p<0.001$). phobia ($p=0.000$) and fear levels ($p<0.001$) and normal growth millstone in new-born. An integrated healing to pregnancy was found safe, improving birth weight, decreases preterm labour, and decreases IUGR either in isolation or associated with PIH, with no increased complications.

Conclusions: The above discussions suggest that yogic healing is well indicated for pregnant women and leads to improvements on a variety of pregnancy, labour, and birth outcomes and also neonatal problems and helps to deal with psychological problems as well. A collaborative effort involving support interventions such as Yogic healing, psychiatry, and obstetrics could be a viable management method for these women during pregnancy.