

CHAPTER 6

SUMMARY

Here is the summary of the entire thesis:

Chapter 1:

Advancement in medical science and technology in the field of antenatal health has added obstetrics. This has reduced the maternal and infant mortality rate to a great extent. In contrast to this, the Cesarean-section birth rate has gone up remarkable. The reason behind this is that girls lead sedentary lifestyle especially in urban areas. They are afraid of taking a labour pain as both their physical and psychological health is weak. Various studies have shown that Cesarean-section birthing has a bad effect on baby's health. There was an urgent use for mind and body intervention programme to reduce the duration of labour and prepare mother both physically and psychologically for natural birth. Yoga was the best to fulfill two prerequisites for natural birthing:- improving flexibility and building mental strength.

Anupreksha: To help in sowing the seed of natural birthing and reducing labour in the sub-conscious mind of the expecting mother through contemplation.

Chapter 2

Summarizes the literature reviewed relevant to the study, there is no study reported on the effect of *anupreksha* on labour and gestation whereas, some studies have been on *Yoga* and labour.

Chapter 3

Summarizes the research problem, research design and the method and methodology used for the study.

Research problem: Effect of *Yoga* and *anuprekshas* during antenatal period and labour in Primigravidae,

90 primipara were selected by simple random technique. It was an experimental research. Three groups were formed, two experimental and one control. Experimental groups were *Yoga* group and *Yoga* and *anupreksha* group.

Yoga group was given one hourly session of *Yoga* practices five days a week. *Yoga* and *Anupreksha* group was given same *Yoga* practices, but the practices were followed by *Anuprekshas*. Sessions were given five days a week.

Nine variables were selected for the study. Flexibility, Blood Pressure (Systolic, Diastolic), Level of Oxygen saturation in blood, Breathing Span (Inhalation, Exhalation), Cardio-vascular endurance, fear of labour, frustration during gestation, duration of labour, mode of delivery (Cesarean/ Normal).

t-test and ANOVA were applied and wherever ANOVA was significant, LSD Post HOC test was applied.

Chapter 4 is the summary of analysis and interpretation of the data collected (two experimental groups with respect to one control group), both in tabular and graphical form.

Chapter 5: Results and conclusions

Yoga had a positive effect on flexibility, blood pressure (systolic, diastolic), level of oxygen saturation in blood, cardiovascular endurance and breathing span (Inhalation, Exhalation).

Anupreksha had positive effect on fear of labour, frustration during gestation, labour duration and mode of delivery.

Range of labour duration in this group was 6 hours to 0.5 hours and number of normal deliveries was 28 out of 30 and only two Cesarean-section birthing took place.

Chapter 6 is the summary of the entire work.