

## **Dexterity in Action: A 360-Degree Approach to Offer Quality Care by Customized Services for Reproductive-Age Women**

**Roopashree M. Rangyyan<sup>1</sup>, Shrikrishna dhale<sup>2</sup>, Ankit singh<sup>3</sup>**

<sup>1,2,3</sup>Symbiosis Institute of Health Sciences, Symbiosis International (Deemed University),  
Pune, India

Email: <sup>1</sup>drroopashree@sihspune.org

### **Abstract**

**Introduction:** With the distinction of Indian culture having a strong family background, the natural birthing process has been in vogue. With transdisciplinary approaches, preparation for the normal birthing phenomenon is effective for parenthood. By continuum of care with the quality of services during pre, intrapartum, post-partum phase counseling to new mothers provides better bonding and minimizes the adversity.

**Methods:** Descriptive study on the quality care with multimodality approaches for the normal process of birthing by sessions of yoga, Lamaze classes that include Diet, nutrition counseling, meditation sessions, physiotherapy, relaxation techniques.

**Results:** Providing care and comfort during the intrapartum phase for painless delivery is a strategy for better adaptability to new mothers. Incorporating best practices such as providing delayed cord clamping & implementing skin to skin touch of the newborn soon after the delivery to encourage bonding & prevention of hypothermia. Lactation counseling for exclusive breast-feeding till 6 months, the most intimate bonding experience between mother and infant.

**Discussion:** A combination of these therapies initiated from the pre-conceptual stage up to the intrapartum phase along with Dulia support for delivery and Post-partum stages supported with exclusive breastfeeding practices for women and kangaroo care for the baby are effective. The emotional care and support for women during reproductive age are provided by multi-modality techniques.

**Application:** The Best Yoga exercises for pregnant women which are provided as customized recommendations helps in the natural birthing phenomenon.

**Conclusion:** Incorporating yoga and multidimensional approaches has been an impacting factor for women during the reproductive phase.

**Key words:** Yoga, the natural birthing process, quality of care.

### **Introduction**

: **“Yogah Karmasu Kausalam”** Yoga as special knowledge and life skill helps the body and mind to reach a state of calm and peace. As Sri Auribindo emphasized that Yoga practice helps in self-development and it can be customized to individuals for reaching the desired effect. The key aspect of Yoga is to culture the mind and physically be fit to attain the state of all-round development(1).

As Bhagavad Gita and our ancient literate Upanishads have mentioned the scope of yoga in a comprehensive manner. As Swami Vivekananda has explained that one's evolution into a single life there is growth and development in bodily existence.

Nearly 5000 years ago, Pathanjala Yoga which is best known as the sixth system of India Philosophy consists of Sutras (aphorisms) which are the principles of yoga. These have made immense contributions in the field of yoga(2).

The World Health Organization (WHO) has defined a state of health as a state of complete physical, mental, social and spiritual well-being and not merely an absence of disease or infirmity. Yoga helps to prevent disease, promote positive health, being in economics, pleasure, and joy, at the same time, in the framework of ethics. During the process of pregnancy which is systematic, accelerating of growth of a human being in his/her entity is achieved by all-round development. Yoga helps in nurturing and promoting positive health(3). Yoga can accomplish an all-round personality development by bringing bliss into one's life. According to renowned yoga guru B.K.S Iyengar "The rhythm of the body, the melody of the mind and the harmony of the soul create the symphony of life".

During pregnancy and normal childbirth process, "The search begins; The Quest starts". The journey of transformation begins. Call it as introspection, inward look, an awareness, and features of the quest. The subtler layer of the mind unfolds themselves – the inner dimensions of personality open out(4). By Yoga, a proportionate body with all the muscles relaxed is a normal state. All organs and systems in the bodywork in harmony and with the least abnormalities. It is very important that breathing practice and a few minutes of meditation can create calmness and bring sustainability in work life. To mention a comparison, the Yogic body is soft like a flower, supple to the core, instantaneously it can acquire a diamond hardness!

### **Material and Methods:**

From pre-conception stage till Normal delivery, for the benefit of women during the reproductive stage, Pathanjali Yogasutrasa, Hatha yoga Pradipika provides an opportunity to inculcate mindfulness for better posture, gate which in turn helps in all-round growth and development by:

- Muscular level relaxation making the body feel lighter and smoothening
- Maintaining the state of the body in balance, slowing the breathing pattern and increasing the vital capacity at the Pranic level
- Improving the creative thinking capacity, stabilizing the mental level, increasing the efficiency by will power
- Optimizing the intelligence with calming down the mind to moderation
- Streamlining the mind at the emotional level to bring happiness
- Calmness and innate divine state in a different stage of life

Yoga leads to Svasthya, which means Peace, Satisfaction, Comfort, and Healthy.

The concept of the body according to yogic lore has been described in Taittreya upanisat as 5 major sheets of existence which are systematically arranged.

- **Annamaya Kosa:** Based on our physical personality consist of five elements (Panca Buhutas) namely earth (Prthvi), Water (Jala or Apa), Fire (Agni or Tejas), Wind (Vayu) and Space (Akasa). This deals with food which we consume as nourishment. Balanced diet & Nutrition plays a major role in physical personality during the prenatal, perinatal and post-natal period.
- **Pranamaya Kosa:** The fundamental components in the universe is present inside and outside our body. To maintain a stable and harmonious flow of sole or the Prana helps to each cell keeps them alive and healthy.
- **Manomaya Kosa:** Conglomeration of thoughts, mind (Manah) and memory (Citta). In Manomaya Kosa, gathering the momentum of emotions (Bhavana) and governing our actions. Any imbalance is interpreted as Adhi it is stress-related factors. Long-standing stress or Adhi leads to systemic diseases or illness called Vyadhis
- **Vijnamaya Kosa:** Mind of the human race believes in performing things that are right as per logical thinking capacity which differentiates humans from animals. Doing things right is the judgemental capacity with the intellectual capacity of individuals.
- **Anandamaya Kosa:** A state of complete silence and a blissfulness with the harmony of oneself and the surroundings. This state leads to perfect health and prosperity.

Pathanjili gives the whole dimension of Suthras or 196 aphorisms. Raja yoga is one of the main streams of yoga. Raja yoga has Astanga yoga – the eight limbs and advanced yoga. Astanga yoga is divided into two parts: Bahiranga Yoga and Antaranga yoga.

Bahiranga Yoga consists of Yama (Don't's), Niyama (Do's), Asana (Yogic postures), Pranayama (Mastery over mind through breathing), Pratyahara (Mastery over mind through senses).

Antharanga yoga consists of Dharana (Binding the mind on single thought), Dhyana (Effortless Focussing) and Samadhi (Merger).

### **Results:**

“Yoga” initially starts functioning in the physical level, which later state modifies to mind and body integration at a subtler level. The “Asana” are positions of firmness at ease. By practicing yogasana as day to day practices the positions are maintained for longer durations. The three stages of Yogasanna: Sthira, Cira, and Sukha transform an individual to be a better individual as a mother and for her family.

By Yoga and Natural birthing where women are prepared physically, mentally and emotionally for giving birth, by letting nature take its course in a un- medicalized way(5). This allows women to lead the birthing process naturally with utmost comfort. Choosing natural childbirth is trusting one's own body.

In Indian Philosophy: “We believe in women empowerment and women's rights. Women have to plan and make choices of the safe birthing process under the skilled care provider’s sensitive observations and monitoring(6). Pregnancy and childbirth are a normal phenomenon and need minimal interventions unless it is assessed to be complicated one(7).

Medical services & Supportive care, for those who are to be mothers, are provided with comprehensive sessions of Lamaze sessions(8) that include Diet and nutrition counseling, Yoga and Meditation sessions, physiotherapy, relaxation techniques.

The main objectives are:

- To provide customized care to meet the reproductive needs of women with the consensus of their families.
- To provide birth preparedness to women through non-judgemental & complete information.
- To help simplify the birth process with an informed approach that helps to eliminate women’s fear and manage pain.
- To enhance natural births without instrumentation.
- To give women, their family, and future baby the experience of blissful birthing.
- To provide a powerful voice for women using the services by acting as an advocate for them.

### **Discussion:**

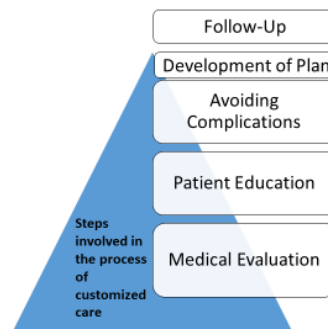
By these training of Yoga and Lamaze, women incur training for birthing process through prenatal counseling & coaching using essential components of prenatal exercises, pelvic floor exercises performed regularly at frequent interventions scheduled under the supervision and assessed at subsequent intervals to tone and prepare the perineal muscles which will help in minimizing the risk of tear and ensure a smoother and more comfortable birthing process.

- To educate and train women with techniques to eliminate their anxiety during pregnancy and birthing through meditation and relaxations.
- To provide a comfortable and homely atmosphere.
- To offer gentle birthing and labor aids such as birthing balls and birthing seats.
- These also support the women in adopting a preferred position for birthing.
- The provision of complementary therapies to soothe the intensity of pain during birthing through "painless labor – epidural anesthesia" is in vogue at health care centers.

There are proved long term benefits that are regarded as a transdisciplinary approach for systemic illness to minimize the adversity and reduce the complications(9). There are short term advantages of inculcating yoga practices and meditation to improve the health and well-being during pregnancy and birthing process.

From the provider's point of view, the first step is to develop the prescription to address the personal goals of the patient. Ideally, there will be multiple goals that are to be achieved:

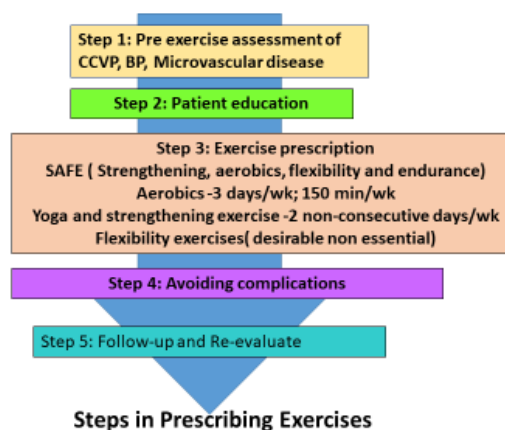
- Weight loss before conception or normalization of weight to ideal weight.
- Increase the strength and endurance
- Reduce cardiovascular risks
- Improve blood glucose control



**Fig.1. Steps involved in the process of customized care for the patient.**

As there are specific steps involved in prescribing these exercises, a plan for customization is considered for implementation(10).

### Plan to increase intensity or duration of activity over time: Practical consideration



**Fig.2. Steps involved in the Prescribing Exercises.**

By providing multimodality as packages for the targeted patients, the outcomes are reached in a 360-degree manner.

Lamaze sessions are planned interventions taken up voluntarily for the pregnant women on the 5th month of pregnancy. Every week, planned sessions on the posture, gate, physiotherapy exercises regarding strengthening the pelvic floor muscles are considered(11). A combination of hands-on activities along with the demonstration of parenting skills is

incorporated. There are sessions for mothers to be performed individually and also for the couples to perform in pairs.

Prenatal counseling & coaching with the techniques and skills for developing them flawlessly are provided as myths and benefits, dos and don'ts and as interactions(12). Every parent has to be provided with an awareness of the techniques of parenthood.

Duala support has been in vogue in the west for many years. The experienced and well-informed ladies who take initiatives in the normal birth process are boon for young mothers to be(13). There are many instances of nuclear families are heading towards single precious child norms and Duala support has been well adapted in many birthing centers which are mushrooming for spreading the essence of normal delivery. As a support system, a well experienced Duala is far better than inexperienced family members and bystanders.

The best practices that are incorporated during and post-delivery are:

- Providing delayed cord clamping(14) & immediate skin to skin touch of the new-born soon after the birth helps in emotional bonding and also prevents the untoward consequences of hypothermia.
- Lactation counseling for exclusive breast-feeding till 6 months, the most intimate bonding experience between mother and infant(15).

The Best Yoga exercises for pregnant women which are provided as recommendations:

SL. No.	Pose / posture	Asana
1.	Butterfly pose	Baddha konasana
2.	Hero pose	Virasana
3.	Easy pose	Sukhasana
4.	Cat pose	Marjaryasana
5.	Tree pose	Vrikshasana
6.	Worrier pose	Virabhadrasana
7.	Low lunge pose	Anjeneyasana
8.	Godess pose	utkata konasana
9.	Full squat pose	malasana
10.	Standing Mountain	Tadasana
11.	Lord of dance	Natarajasana
12.	Upword bow pose	Chakrasana
13.	Camel posture	Ustrasana

Post-delivery exclusive breastfeeding, frequent nursing about 10 to 12 times a day with the time duration of 90 minutes to 120 minutes helps for the growth and development of the baby. The aim of exclusive breastfeeding is mentioned by WHO as a recommendation. For years, WHO, La Leche League international along with BPNI (Breastfeeding promotion Network of India) has brought in a sea of changes in the frequency, duration and nursing pattern. The role of a well-experienced breastfeeding counselor is of utmost importance in situations of fussy babies who are reluctant in accepting the feeds.

During these phases, incorporating lifestyle modifications plays a vital role in the betterment of the health of individuals and also the new-born.

### **Conclusion:**

By providing appropriate care and support, the majority of women prefer to achieve the normal birthing process. Even during the difficult stages of delivery, with minimal technical interventions, pregnancy outcomes can be better for those women who practice yoga.

As yoga practice is proved beyond doubt to enhance the outcomes of physical and psychological well-being. There are instances of a reduction in the body mass index post-delivery and also minimizes the stress and anxiety at the post-partum phase. In totality, the general well-being improves by a combination of Lamaze and aerobic exercises. As multi-modalities of interventions like counseling prepares the couple for better adaptability to maintain the stability of parenthood.

We have to train our younger generation regarding these aspects with scientific knowledge and develop skills of support and care in a structured manner. Courses at the Institute with the hands-on training and development perspective have to incorporate distinctive areas of the blend of academic, cultural and psychological aspects to the students in transdisciplinary medicine. These institutes will be a boon for building around development in developing insight into the growth and development of the students and aspirants for venturing to these courses.

Right from the time of induction of these courses, the culture of the organization has to be a student perspective approach for the betterment.

Academic perspective: The distinction of academic input is books along with the magazines providing recent trends and innovation aspects information. There is the availability of e-learning books which is provided in abundance. There are top branded learning materials for updating and nurturing knowledge. Many of the technical talks are structured with a blend are transdisciplinary approaches. By listening to renowned speakers as guest faculty providing their concepts that are transforming in nature. To learn through hands-on experience, we have simulation-based training modules incorporated in every aspect. All adult training modalities are incorporated for making it innovative and as emerging trends.

Cultural Perspective: We need to provide multidimensional inputs and practices for the inculcation of our own cultures along with national and regional level cultural practices. As these are imbibed in the concepts based, the students find this diversity as a unique blend of culture more adaptable. Cross-cultural approaches play a distinctive impact on the knowledge, attitude, and practices in imbibing these techniques.

Psychological Perspective: As these students are in there late teens and early 20s, by providing an opportunity and psychological supports in terms of mentor and mentee relationship, molding these students from all adversities.

By considering a blend of three perspectives we can achieve teaching-learning aspects in a structured manner.

All these learnings are based on the trust and confidence of the students with their interests and involvement. Most of these practices are cultural adaptability and best practices incorporated in many organizations. These are continual learning opportunities to the faculty and also to the students. Ethics and trustworthiness from all these three perspectives are to be enrooted deeply within the system.

**Conflict of interest:** NIL

**Source of funding:** NIL

**Ethical clearance:** Not applicable and not required. (As these are not involving any of the patient information directly, ethical clearance is not needed).

### **References:**

1. Ross A, Thomas S. The health benefits of yoga and exercise: A review of comparison studies. *J Altern Complement Med.* 2010;16(1):3–12.
2. Chowdhary S, Gopinath JK. Clinical hypnosis and Patanjali yoga sutras. *Indian J Psychiatry.* 2013;55(SPEC. SUPPL.).
3. Kabat-Zinn J. Mindfulness-based interventions in context: Past, present, and future. *Clin Psychol Sci Pract.* 2003;10(2):144–56.
4. Sharma T, Kumari P, Kumar V. Yoga and mental health: A review. *J Indian Acad Appl Psychol.* 2017;43(1):128–33.
5. MacDonald ME. The cultural evolution of natural birth. *Lancet* [Internet]. 2011;378(9789):394–5. Available from: [http://dx.doi.org/10.1016/S0140-6736\(11\)61200-2](http://dx.doi.org/10.1016/S0140-6736(11)61200-2)
6. Modh C, Lundgren I, Bergbom I. First time pregnant women's experiences in early pregnancy. *Int J Qual Stud Health Well-being.* 2011;6(2):1–11.
7. Chalmers B, Dzakpasu S, Heaman M, Kaczorowski J. The Canadian Maternity Experiences Survey: An Overview of Findings. *J Obstet Gynaecol Canada.* 2008;30(3):217–28.
8. Seong C hee, Park K min, Moon K ja. Effects of a labour and delivery simulated practice programme for elderly primigravidas. *Nurs Open.* 2020;(January):1–7.
9. Rodriguez (Then) FS, Jackson J, Ware C, Churchyard R, Hanseeuw B. Interdisciplinary and Transdisciplinary Perspectives: On the Road to a Holistic Approach to Dementia Prevention and Care. *J Alzheimer's Dis Reports.* 2020;4(1):39–48.
10. Exercises F. Q : A : 2020;20(5):5–9.
11. Schmied V, Myors K, Wills J, Cooke M. Preparing Expectant Couples for New-Parent Experiences: A Comparison of Two Models of Antenatal Education. *J Perinat Educ.* 2002;11(3):20–7.
12. Mikami FCF, de Lourdes Brizot M, Tase TH, Saccuman E, Vieira Francisco RP, Zugaib M. Effect of Prenatal Counseling on Breastfeeding Rates in Mothers of Twins. *JOGNN - J Obstet Gynecol Neonatal Nurs* [Internet]. 2017;46(2):229–37. Available from: <http://dx.doi.org/10.1016/j.jogn.2016.10.005>
13. Koumouitzes-Douvia J, Carr CA. Women's Perceptions of Their Doula Support. *J*

Perinat Educ. 2006;15(4):34–40.

14. Academy TA, Umbilical D, Clamping C, Birth A, No CO. Delayed Umbilical Cord Clamping After Birth. *Pediatrics*. 2017;139(6):139–41.
15. Yadav P, Jacob L. EFFECTIVENESS OF LACTATIONAL COUNSELING ON BREAST ENGORGEMENT AND NEW BORN FEEDING BEHAVIOUR AMONG POSTNATAL MOTHERS –A NARRATIVE REVIEW | Yadav | *International Education and Research Journal*. 2019;(June):52–3. Available from: <http://ierj.in/journal/index.php/ierj/article/view/1930>