

Study reveals benefits of yoga for pregnant women

18 July 2018

Gynaecology Research, [DOI: 10.1111/jog.13729](https://doi.org/10.1111/jog.13729)



Provided by Wiley

Credit: CC0 Public Domain

New research in pregnant women suggests that practicing yoga activates the parasympathetic nervous system (which is responsible for bodily functions when at rest) during the third trimester, improves sleep at night, and decreases α -amylase levels, indicating reduced stress.

The *Journal of Obstetrics & Gynaecology Research* study included 38 women in a yoga group and 53 in a [control group](#).

"Yoga involves holding poses and repeating slow, long, deep breaths; maternity yoga encourages the participant to relax and become aware of both herself and the fetus, and it supports the initiation of parasympathetic nervous activity," the authors wrote.

More information: *Journal of Obstetrics &*

APA citation: Study reveals benefits of yoga for pregnant women (2018, July 18) retrieved 25 April 2021 from <https://medicalxpress.com/news/2018-07-reveals-benefits-yoga-pregnant-women.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.