

Original Article

Prenatal Yoga in the Third Trimester: Enhancing Maternal Well-being & Sustainable Health Outcomes

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Abstract

Compared with non-pregnant women, the expectant woman is experiencing profound physical and psychological changes in her pregnancy. In particular, for their third trimester most women undergo profound discomfort like restlessness and mood swings. Also sleep disturbances strike differently from what would be considered normal; there is an increased chance of gestational diabetes, hypertension even heart disease without an eminent cause. There is therefore an urgent need to seek out prenatal yoga as the most appropriate response to these questions. This study aims to investigate the impact of other interventions upon the pregnant women's feeling warm inside and out, their worries or fears for an uncertain future and general wellbeing. Data was collected through a yoga program for pregnant women that addressed the issues around stress during this sensitive period in life. According to the results of the survey, regular prenatal yoga practice substantially reduced levels of perceived stress and anxiety. It also improved sleep quality, made it easier for people to become comfortably comfortable in their own bodies. The research paper helps to define prenatal yoga as a successful low-cost and sustainable intervention in lifestyle diseases three traditional. It is also reflected the importance of including prenatal yoga as a new part of routine antenatal care to reduce lifestyle diseases and promote holistic wellbeing.

Keywords: Prenatal yoga, third trimester, sustainable health, lifestyle disorders, maternal well-being

Introduction

Preventive care is Sustainable health. Full sustaining ablution is comprehensive Then as well as preventive, long -term Everything from environment-sustaining water sources to environmental regeneration for one's host city--This "sustaining ablution" approach both prevents and treats disease. Pregnancy is an important period during which there are numerous chances to enter Take sustainable health interventions that can greatly influence both maternal and foetal outcomes. The third trimester of pregnancy is a time when the physical and emotional trials that often accompany it reach their peak. Thus, there are also more chances for trouble with health in everyday life aspects--the effect this has on mother at home cannot be overemphasized, nor can the impact upon childbirth. New TOKAD levels of drug-related disruption can even affect pregnant women's quality of life and pregnancy outcomes negatively. It is also worth noting that health problems such as gestational diabetes (GDM), gestation Lal hypertension and gain of uncontrolled weight can threaten both mother and baby. This is a general trend because today's lifestyle diseases are popular and everyday Chinese people sit in front of the computer screen--or at least a large-panel display screen--all Day long. Unrestricted gain in body fat during pregnancy may account for as much as 40 kg increase in weight between conception into second trimester Gestational diabetes patients may gain an additional 30% - 40% body weight. As a result, between conception or the fourth month of pregnancy, this group even increased by one third in some categories. This includes osteopathy in certain variations, touch and relaxation therapies. Interventions which succeed in increasing physical activity and relieving mental strain among pregnant women without the use of drug include... A "system of unmodified practice" for pregnant women. Prenatal yoga is a modified form of traditional yoga designed especially for mothers-to-be, involving physical postures which are suitable and comfortable to do, as well as breath practices and relaxation techniques.

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This has the prospect of developing a sustainable maternal health (Babbar et al., 2016). This research chronicles how prenatal yoga affects women in their third trimester. In these circumstances it measures the extent that yoga helps to alleviate modern living lifestyle disease and give sustainable health support.

Review of Literature

Citing because of a previous study that prenatal yoga can increase flexibility, ability to breathe deeply and lower one's centre of gravity. Asanaam doesn't just stretch muscles but also company circulation, and cushions avatars of physical discomforts such as back pain. According to Satyapriya and other researchers (2013), exercises to stretch and strengthen muscles in the third trimester of pregnancy, or as one approaches have not only lowered López-pelvic pressure but they also restored functional mobility among those carrying heavy bellies around all day long. Researchers often used the third trimester Are there any useful statistics available? Because it is a time when women are prone to anxiety and worries about birth, which can have an impact on her emotion towards childbirth. Results from a multitude of studies show that prenatal yoga reduces anxiety, depression and perceived stress. Prenatal yoga increases interoceptive awareness through movement and breathing practices based on mindfulness and breath control. This not only helps activate the parasympathetic nervous system (which provides most restive conditions for life processes), it also strengthens at an intangible level the mother's moral strength and most important emotions. Progress during pregnancy can promote better management of these disorders in life. Clinically it is being reported that prenatal yoga can significantly reduce the incidence of gestational diabetes and hypertension, thereby promoting better glucose metabolism as well down-regulating blood pressure levels responsible for high-risk pregnancy scenarios like those caused by toxemia of pregnancy (Babbar et al., 2016). In addition, being a low-impact activity and one that can be adjusted to individual needs, yoga supports practice of healthy movement throughout pregnancy.

Objectives of the Study

The aim of the present study is to:

1. Investigate the impact of prenatal yoga on physical wellbeing in the third trimester of pregnancy.
2. Evaluate how prenatal yoga influences anxiety and stress levels.
3. Investigate the role prenatal yoga plays in promoting maternal health over time
4. Look at prenatal yoga as an intervention for fashion-related pregnant woman diseases

Research Methodology

Research Design

It is a mixed-method design inquiry to use quantitative and qualitative treatments to have a comprehensive and here better research.

Sample

The sample consisted of pregnant women in their third trimester, who were selected through purposive sampling. Participants had no major medical complications and were given medical clearance to join prenatal yoga classes.

Intervention

Participants participated in a formal prenatal yoga program lasting a certain amount of time:

1. Gentle third-trimester Hospital Asanas
2. Pranayama for Pregnancy (breathing techniques)
3. Relaxation and Mindfulness Techniques for Pregnant

Tools for Data Collection:

- Sessions were conducted under the supervision of a certified prenatal yoga instructor.
- A structured questionnaire on physical discomfort and anxiety was used.
- Standardized anxiety scale
- Semi-structured interviews to gather qualitative feedback

Data Analysis

Quantitative data was analysed using descriptive statistics. Qualitative information was frequently analysed thematically with an eye toward discovering patterns and experiences that recur.

Results and Discussion

On the other hand, the result showed pretty incredible reduction in physical discomfort, especially back soreness and tiredness. While these women practiced yoga regularly during pregnancy, there was a noticeable decline in anxiety scores. This means not only improved emotional well-being but fewer conditions for heart and vascular diseases such as high blood pressure can arise, either. Participants also said they slept better and were more self-assured about dealing with labor-related stress. These results are in line with earlier research showing the beneficial effects of prenatal yoga both physically and mentally on pregnant women (Field et al., 2013; Satyapriya et al., 2013). Through the encouragement and practice of mindful movement and relaxation, prenatal yoga provides an embryonic growth period

for lifelong health practices that extend far beyond pregnancy. The findings of this project was that whether or not our prenatal yoga intervention is any good for women in the third trimester from a physical comfort, mental health and lifestyle-health behaviour aspect. As a matter of fact, this study provides the first empirical evidence that prenatal yoga is an ecological and non-pharmacologic prenatal care measure. It concerns several dimensions: physical health and mental well-being.

Physical Well-being and Functional Comfort:

The results show that subjects' physical comfort improved markedly, particularly in terms of lower back pain, pelvic discomfort, fatigue, and postural distortion. These benefits can be attributed to the mechanical principles of yoga itself: gentle stretching, muscle tone, proper alignment for one's body given its current state - all tailored to suit people who are pregnant or close. The reduction in orthopaedic discomfort seen in this study is consistent with earlier work that highlights yoga's role in improving flexibility and reducing pregnancy-related discomfort (Curtis et al., 2012; Satyapriya et al., 2013). From a physiological perspective, slow movements and sustained postures are beneficial blood circulation and improved neuromuscular coordination. All this serves to alleviate muscle tension and trapped fluid. Prenatal yoga classes offer gentle movement modified to account for the decreased balance and joint instability associated with the third trimester. As such the present findings may be considered an extension of the existing literatures on this issue, re-proving prenatal yoga to be a safe form of exercise for pregnant women everywhere at late stage.

Psychological Well-being and Anxiety Reduction:

One of the main discoveries of this research is that regular prenatal yoga exercises reduced the anxiety levels and psychosocial stress for the participants. As the end of pregnancy draws near, an increasingly complex psychological state, often characterized by greater susceptibility to pressures in childbirth or motherhood, is making Inclusion of pranayama and relaxation techniques would likely improve autonomic regulation as well as emotional stability. These results are in accord with previous studies that found lower cortisol levels and improved mood states among pregnant women doing yoga (Field et al., 2013). The present study also continues to validate what was found in previous research: that yoga works within a psychophysiological framework to make up the activation of the parasympathetic nervous system, thus helping diminish responses and effects caused by stress. By developing mindfulness and understanding of one's breathing rate, prenatal yoga can help pregnant women generate positive coping styles. This could have long-term effects for their mental health postpartum.

Sleep Quality and Energy Regulation:

As a major outcome, improved quality of sleep was evident, with participants reporting better sleep initiation. They had fewer nighttime awakenings and higher daytime energy levels too. Sleep disturbances are often reported by pregnant women in the third trimester and can lead to adverse maternal outcomes such as prolonged labour, postpartum depression (Field 2012). By reducing physical discomfort and cognitive hyperarousal through relaxation practices, prenatal yoga may indirectly improve sleep quality. This is consistent with previous evidence suggesting that mind-body interventions can positively influence sleep organization mechanisms in pregnancy Sleep. The present study adds to this causal body of knowledge the message that prenatal yoga can be thought of as a sustainable alternative to pharmacological sleep aids, which are generally contraindicated during pregnancy.

Lifestyle Modification and Preventive Health Perspective:

Apart from immediate physical and psychological results, this study highlights prenatal yoga's contribution toward other healthier lifestyle behaviors. Participants gained a higher level of body awareness, better managed stress, and more physical exercise. These effected changes are worth particular attention given increasing lifestyle-related problems in pregnancy such as gestational diabetes and hypertension. Indeed, as Bechard (2002) suggested, "the stress of too much work and too little play can not only affect your relationships but also send you to bed with a headache". This is also in line with Kendall-Tackett & Hale (2003) which notes that stress is often related to substance use or violence respectively, both of which have direct harmful by-effects on cardiac function. Although clinical biomarkers were not measured directly in the study, the behavioural changes reported by the participants suggest potential long-term advantages for metabolic and cardiovascular health. This is consistent with earlier research findings (Babbar et al., 2016). Thus, prenatal yoga is not just a therapeutic treatment but also preventive health approach consistent with the principles--and virtues--of sustainable medical care.

Contribution to Sustainable Health Discourse:

Another example of prenatal yoga fitting closely with zest for life. Such healthier habits of living not only make one's own state of body better, but also contribute more to families and society. These low-cost programs, which feature exercise and health education integrated into all subjects of study, have been able to achieve reasonable success. Effective low cost alternatives in healthcare and preventive medicine need not necessarily be high tech, but they do require access. Sustainable health is both an aggregate of such daily activities as are listed above and the understanding to carry them out with joy--not only because that puts one at ease but also because it makes life worth living. Prenatal

yoga is an inexpensive practice, using merely one's own body weight and movements which are easily attained. Still, it generates excellent results in mental relaxation and physical energy. Communal festivals are an integral component of Chinese society. In short, the mind-body approach to yoga supports holistic maternal care, illuminating the psychosocial parameters for health and well-being often marginalized by traditional antenatal programs. As with prior studies, this study's intent is to place prenatal yoga within the context of sustainability, revealing that in fact it has potential for reducing medical burdens and improving people's quality of life throughout their maternal lives.

Theoretical and Practical Implications

Biopsychosocial approaches of maternal health underscore the interconnection of physical, psychological, and behavioural aspects. The study is in line with biopsychosocial theory. Prenatal yoga is an integrated intervention which has the power to effect more than one aspect of health at a time. In practice, the findings indicate that incorporating structured prenatal yoga programs into antenatal care may improve maternal results and help public health programs aimed at preventive medicine.

Limitations and Directions for Future Research

The reliance on self-measured methods and a small sample size restricts our conclusions. Fuller exploration of tranquilizers with physiological indicators such as cortisol or glucose levels is needed. Furthermore, prenatal yoga should be compared with other pre-natal exercises of various types; hence one can more clearly determine where it stands in its overall effectiveness.

Conclusion

It concludes from this study that prenatal yoga is an effective, cost-consistent intervention for improving physical and psychological health among women in the third trimester of pregnancy. In prenatal yoga, we address lifestyle-related challenges through gentle physical activity and relaxation of mind. Prenatal yoga serves as an important addition to ordinary prenatal care and will help combat the miscellaneous lifestyle-related diseases that ail us.

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