

MOTHER-BABY YOGA

The first MBU (Mother Baby Unit) in India was started in July 2009 at the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru for admitting mother-infant dyads, modelled after MBU units in the UK. Further, the Department of Integrative Medicine in liaison with the MBU developed and tested a mother-baby yoga therapy module for mothers diagnosed with postpartum psychosis and depression or severe mental illness. This module comprising of simple practices for both mother and child has been found to be found to be feasible and safe in this population.

List of practices for the Mother

(Traditional/contemporary yoga literature review)

- ✓ Griva Sakti Vikasaka – Neck Exercises – [Forward & backward, Sideward movements]
- ✓ Kaphoni Sakti Vikasaka – [Elbow movement]
- ✓ Bhujavalli Vikasaka – [Arms movement]
- ✓ Janu Sakti Vikasaka – [Knee Movement]
- ✓ Kati Sakti Vikasaka – [Twisting in sitting posture]
- ✓ Gulpha, padaprasta, padatala Sakti vikasaka – [Ankle and Feet movements]
- ✓ Butterfly practice
- ✓ Hand stretch breathing
- ✓ Shashankasana breathing
- ✓ Ardhakati chakrasana
- ✓ Ardha chakrasana
- ✓ Badhakonasana
- ✓ Shishu Balasana
- ✓ Bhastrika
- ✓ Nadishodhana
- ✓ Bhramari
- ✓ Nadasandhana [A-U-M-AUM] in sitting position
- ✓ Relaxation [Quick relaxation technique]

List of practices for the Baby

(Adapted from Itsy Bitsy Yoga by Helen Garabedian (2004)).



Touch and feel practice with AAA chanting



Hand stretch practice



Leg stretch practice



MMM chanting

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Disclaimer: The mothers were taught yoga under supervision only after risk-assessment by the Perinatal Psychiatry team. The team or institution will not be responsible for any untoward consequences arising from unsupervised practice of the yoga module.