

The Effect of Cardiovascular Health on the Fourth Trimester: A Narrative Review

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ABSTRACT

The term 4th trimester is the period that starts after childbirth and during the first few months of latest parenthood. Cardiovascular fitness is one of the physiological changes the body experiences throughout this phase and responsible for vascular resistance, blood quantity changes, and elevated heart rate. The cardiovascular device experiences healthy, adaptive modifications throughout pregnancy to ensure enough uteroplacental blood flow and oxygen and nutrient exchange to support and maintain the developing fetus. Although oxygen is important for the foetus's growth and development, it plays a critical function during pregnancy. Oxygen is still necessary for the mother and the baby for the production of energy for tissue repair. This narrative review aimed to evaluate the impact of yoga on cardiovascular health in terms of postpartum cognitive fitness for women who are at high risk for cardiovascular health issues following childbirth, such as postnatal problems or metabolic syndromes, was found from a comprehensive Google Scholar search to find studies published as of currently. We utilised

keywords like "parturition," "metabolic syndrome," and "females" to build search queries. After an initial investigation of 400 studies, 15 randomised controlled trials were discovered and included in this evaluation. Numerous beneficial effects on cardiovascular health have been linked to yoga practice throughout the postnatal period. Yoga seems to be beneficial for postpartum cardiovascular health. The combination of yoga's regulated breathing, physical activity, and mental relaxation offers these benefits. Yoga reduces postpartum stress and anxiety, increase coronary heart rate variability, improve blood stress regulation, lower postpartum weight and cholesterol, and enhance overall cardiovascular and mental health development. A safe and effective method, yoga help postpartum women restore cardiovascular fitness while encouraging normal physical and mental healing. During the postnatal period, it is important to improve lifestyle and healing intervention approaches in order to lower the risk of cardiovascular disease further on.

Keywords: Cardiovascular disease, Glycaemic control, Postpartum period, Pregnancy