



Yoga as Complementary Therapy for Pain Management Among Postpartum Mothers in Delhi: A Controlled Study

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Abstract

Postpartum mothers often experience significant pain due to physiological changes and childbirth complications. Yoga has been proposed as a complementary therapy for managing such pain. A randomized controlled trial was conducted with 100 postpartum mothers. Participants were randomly assigned to either an intervention group (receiving yoga sessions) or a control group (standard care). The analysis revealed that the mean pain score in the intervention group decreased by 25% compared to baseline, while the control group showed no significant change. Yoga was found to be an effective complementary therapy for reducing postpartum maternal pain when compared to standard care. Further research should explore longer-term effects and potential mechanisms of action. Clinicians should consider recommending yoga as a supplementary treatment option for postpartum pain management. Yoga, Postpartum mothers, Pain management, Complementary therapy, Randomized controlled trial

Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Postpartum, Delhi, Yoga, Pain Management, Complementary Therapy, Intervention, Anthropology*

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