

**GOVERNMENT OF INDIA  
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY,  
UNANI, SIDDHA AND HOMOEOPATHY  
(AYUSH)**

**LOK SABHA  
UNSTARRED QUESTION NO. 1196  
TO BE ANSWERED ON 9<sup>TH</sup> FEBRUARY, 2018**

**ADVISORY TO PREGNANT WOMEN**

**1196. SHRI B. SENGUTTUVAN:**

Will the Minister of **AYURVEDA, YOGA AND NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)** be pleased to state:

- (a) whether India has the largest number of maternal deaths in the world, if so, the details thereof, State/UT-wise, during the last five years;
- (b) whether the Ministry has released a booklet titled Mother and Childcare through Yoga and Naturopathy issued by Central Council for Research in Yoga and Naturopathy containing an advisory to the pregnant women and if so, the details thereof;
- (c) whether the booklet urges the pregnant women to hang beautiful pictures on the wall and detach themselves from desire, anger, attachment and hatred as well as abstain from sex during pregnancy and if so, the details thereof;
- (d) whether the advisory also urges the pregnant women to avoid eggs and meat during pregnancy and go for vegetarian diet, if so, the details thereof; and
- (e) whether his Ministry is confident that there is any scientific basis for the advisory given to the expectant mothers in the said booklet and if so, the details thereof?

**ANSWER**

**THE MINISTER OF STATE (IC) OF THE MINISTRY OF AYURVEDA,  
YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY  
(SHRI SHRIPAD YESSO NAIK)**

(a): India ranks 56 out of 183 countries in the world having Maternal Mortality Ratio of 174 i.e. proportion of maternal deaths per 1,00,000 live births for the year 2015 as per the data from WHO, UNICEF, UNFPA, World Bank Group and UNPD (MMEIG) – November 2015.

A sample survey of births and deaths known as Sample Registration System (SRS) is being carried out on continuous basis by the Office of the Registrar General, India in randomly selected villages and urban blocks spread throughout the country. Along with various fertility and mortality indicators, SRS also provides direct estimates of maternal mortality through a

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nationally representative sample. Hence, it does not estimate the total number of maternal deaths in the country, but only provides the number of maternal deaths recorded in the SRS sample.

The results have been derived by following the practice of pooling the three years data to yield reliable estimates of maternal mortality. The details of MMR, as derived under SRS, for the years 2007-09, 2010-12 and 2011-13 are Annexed.

(b): Central Council for Research in Yoga and Naturopathy has published an information booklet (not as an advisory or treatment prescription) titled “Mother & Child Care” through Yoga and Naturopathy to be circulated free of cost among the masses to create an awareness about importance of Yoga & Naturopathy based lifestyle intervention for Mother & Child Care.

(c ): The booklet contains general guidelines for pregnant woman, which are based on the principles and concepts of Yoga & Naturopathy, and also useful information culled out from many years of clinical practice in the fields of Yoga and Naturopathy. Our ancient literatures based on Yoga & Naturopathy as well as research studies have established a direct correlation between negative emotions and pregnancy complications and outcomes and maintaining a calm and relaxed mind with positive emotions as a result of Yoga practices are known to prevent various pregnancy complications and produces better outcomes.

(d): As the practice of vegetarian, satvik diet is based on the basic principles and theory of Yoga & Naturopathy. The booklet repeatedly highlights the importance of a balanced diet during pregnancy, as Yoga & Naturopathy doesn’t advocate non-vegetarian food in its practice; hence, the said booklet suggests vegetarian food.

(e): Yes, there are ample research studies conducted across the world showed a beneficial effects of inculcating positive emotions by gaining control over negative emotions such as anxiety, depression, stress etc following Yoga based practices in prevention of pregnancy related complications and to have better pregnancy outcome. Some of the studies are:

- Shi Z, MacBeth A. The Effectiveness of Mindfulness-Based Interventions on Maternal Perinatal Mental Health Outcomes: a Systematic Review. *Mindfulness* (N Y). 2017;8(4):823-847.
- Gong H, Ni C, Shen X, Wu T, Jiang C. Yoga for prenatal depression: a systematic review and meta-analysis. *BMC Psychiatry*. 2015 Feb 5;15:14.
- Deshpande CS, Rakhshani A, Nagarathna R et al.. Yoga for high-risk pregnancy: a randomized controlled trial. *Ann Med Health Sci Res*. 2013 Jul;3(3):341-4.
- Narendran S, Nagarathna R, Narendran V et al., Efficacy of yoga on pregnancy outcome. *J Altern Complement Med*. 2005 Apr;11(2):237-44.

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**Annexure**

**Maternal Mortality Ratio(MMR), India, EAG & Assam, South and Other states, 2007-09, 2010-12 & 2011-13**

India & bigger States	2007-09				2010-12				2011-13			
	Sample Female Population	Live Births	Maternal Deaths	MMR	Sample Female Population	Live Births	Maternal Deaths	MMR	Sample Female Population	Live Births	Maternal Deaths	MMR
<b>INDIA</b>	<b>5678691</b>	<b>436411</b>	<b>926</b>	<b>212</b>	<b>6169091</b>	<b>430170</b>	<b>767</b>	<b>178</b>	<b>6155526</b>	<b>430000</b>	<b>718</b>	<b>167</b>
Assam	174250	12303	48	<b>390</b>	195275	12811	42	<b>328</b>	198242	12975	39	<b>300</b>
Bihar / Jharkhand	331294	38096	100	<b>261</b>	371114	38549	84	<b>219</b>	378927	38925	81	<b>208</b>
Madhya Pradesh / Chhatisgarh	323937	33041	89	<b>269</b>	353851	32533	75	<b>230</b>	355339	32465	72	<b>221</b>
Orissa	272797	20616	53	<b>258</b>	293129	19981	47	<b>235</b>	292951	19929	44	<b>222</b>
Rajasthan	241249	27277	87	<b>318</b>	269335	26702	68	<b>255</b>	272496	26658	65	<b>244</b>
Uttar Pradesh / Uttarakhand	484847	54039	194	<b>359</b>	542640	53194	156	<b>292</b>	552032	53383	152	<b>285</b>
<b>EAG AND ASSAM SUBTOTAL</b>	<b>1828374</b>	<b>185372</b>	<b>570</b>	<b>308</b>	<b>2025344</b>	<b>183770</b>	<b>472</b>	<b>257</b>	<b>2049987</b>	<b>184335</b>	<b>453</b>	<b>246</b>
Andhra Pradesh	340520	23003	31	<b>134</b>	357699	22427	25	<b>110</b>	352221	22600	21	<b>92</b>
Karnataka	376272	22889	41	<b>178</b>	390941	21909	32	<b>144</b>	382771	21657	29	<b>133</b>
Kerala	287854	14624	12	<b>81</b>	305268	15351	10	<b>66</b>	295114	15410	9	<b>61</b>
Tamil Nadu	388462	22262	22	<b>97</b>	410769	22622	20	<b>90</b>	404093	22704	18	<b>79</b>
<b>SOUTH SUBTOTAL</b>	<b>1393108</b>	<b>82778</b>	<b>105</b>	<b>127</b>	<b>1464677</b>	<b>82309</b>	<b>87</b>	<b>105</b>	<b>1434199</b>	<b>82371</b>	<b>77</b>	<b>93</b>
Gujarat	280969	24435	36	<b>148</b>	301207	23552	29	<b>122</b>	298019	23304	26	<b>112</b>
Haryana	165619	14594	22	<b>153</b>	179220	14243	21	<b>146</b>	178447	14155	18	<b>127</b>
Maharashtra	323812	21715	23	<b>104</b>	342534	20684	18	<b>87</b>	335756	20486	14	<b>68</b>
Punjab	193705	12691	22	<b>172</b>	206148	11988	19	<b>155</b>	204149	11796	17	<b>141</b>
West Bengal	476579	30291	44	<b>145</b>	526090	29682	35	<b>117</b>	530544	29623	33	<b>113</b>
Other	1016525	64535	104	<b>160</b>	1123871	63942	87	<b>136</b>	1124425	63930	80	<b>126</b>
<b>OTHER SUBTOTAL</b>	<b>2457209</b>	<b>168261</b>	<b>250</b>	<b>149</b>	<b>2679070</b>	<b>164091</b>	<b>208</b>	<b>127</b>	<b>2671340</b>	<b>163294</b>	<b>188</b>	<b>115</b>

“Empowered Action Group” (EAG) States comprise Bihar, Jharkhand, Madhya Pradesh, Chhattisgarh, Orissa, Rajasthan, Uttar Pradesh & Uttarakhand and Assam; “Southern” States include Andhra Pradesh, Karnataka, Kerala and Tamil Nadu; and “Other” States cover the remaining States/UTs.