

Exploring the impact of Yoga on Postpartum Depression: Implications for Maternal Mental Health- A Narrative Review: Reg No: 301

Priyanka Sidholi, Naveen KH, Manoj Kumar Gupta, Srikanth Srinivasan, Naresh Nebhinani

All India Institute of Medical Sciences Jodhpur

CORRESPONDING AUTHOR

Dr Priyanka Sidholi, All India Institute of Medical Sciences Jodhpur

Email: drpriyankasidholi@gmail.com

CITATION

Sidholi Priyanka, KH Naveen, GuptaManoj Kumar, Srinivasan Srikanth, Nebhinani Naresh. Exploring the impact of Yoga on Postpartum Depression: Implications for Maternal Mental Health- A Narrative Review: Reg No: 301. Journal of the Epidemiology Foundation of India. 2025;3(2Suppl):74.

DOI: <https://doi.org/10.56450/JEFI.2025.v3i2Suppl.074>

ARTICLE CYCLE

Received: 10/11/2025; Accepted: 20/12/2026; Published: 31/12/2025

This work is licensed under a Creative Commons Attribution 4.0 International License.

©The Author(s). 2026 Open Access

ABSTRACT

Background: Postpartum depression (PPD) is affecting 19% of women within the first year after childbirth globally. PPD significantly impacts a mother's emotional well-being, underscoring the need for early identification and intervention. Pharmacological treatments, though effective, may be limited by breastfeeding safety concerns. Consequently, non-pharmacological approaches such as yoga have gained attention as accessible strategies to enhance maternal well-being. **Objective:** This narrative review synthesizes current evidence on the effectiveness of yoga-based interventions in alleviating postpartum depressive symptoms and improving maternal mental health. **Methods:** This comprehensive review analyzed data from twelve research papers and reviews published between 2012- 2025. Studies involving postpartum women (≤ 12 months after delivery) receiving yoga interventions were included. Data on study design, intervention characteristics, and mental-health outcomes were narratively synthesized. **Results:** Anxiety and depression were assessed with different scales, reported a statistical diminution of anxiety when applying the interventions: yoga during pregnancy ($p < 0.001$) and in postpartum ($p < 0.05$). Visual Reality enhanced mindfulness and yoga intervention's therapeutic effects offers a powerful, scalable approach to treating postpartum depression and anxiety immediate changes in EPDS scores were strongly correlated with changes in GAD-7 scores ($r = 0.68$, $P < 0.001$), and moderately correlated with changes in salivary cortisol levels ($r = 0.53$, $P < 0.01$). Laughter Yoga (LY) significantly reduced postpartum depression symptoms ($t(102) = -14.007$; $p = 0.000 < 0.05$). Yoga was significantly associated with a reduction of depressive symptoms during the postpartum period (SMD, -0.73 [95% CI, -1.84 to -0.43], $P < 0.001$). However, most studies had small sample sizes and limited follow-up, restricting generalizability. **Conclusion:** Evidence indicates that yoga is a feasible, low-risk adjunct to conventional care for postpartum depression, promoting maternal well-being. Further large-scale, standardized trials are needed to establish efficacy and integration into maternal health services.

Keywords:

KEYWORDS

postpartum depression, yoga, maternal mental health, non-pharmacological therapy, Mind-body intervention