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Pregnancy can be a happy event for some women, but not for all. Pregnant women are experiencing swirl of emotions because pregnancy is a life-changing moment. According to research, about one in ten women suffers from depression during pregnancy. Mild to moderate anxiety, extreme irritability, wakefulness, fatigue, eating problems and persistent sadness are some of the symptoms of depression that can be experienced by a pregnant woman.

Studies show that depression during pregnancy can be attributed to the changes of hormonal levels. Then again, there are aspects in the life of the woman that may not be going so well, maker her vulnerable to depression. Common conflicts that can cause depression during pregnancy include previous miscarriages, unstable relationships, abuse, low income, stressful life events and personal history of depression.

To help manage depression in pregnancy, expecting women are advised to seek advised from the trusted obstetrician. A medical doctor can help expecting mothers to manage symptoms of depression effectively. Natural and alternative treatments for depression are also available. These simple remedies include Omega 3 fish oil with DHA and EPA. These essential nutrients are found in prenatal vitamins. Before taking any supplements, make sure to talk with a medical expert first.

Another way to treat depression in pregnancy is yoga. The word yoga actually means union in Sanskrit. It also refers to the practice of physical postures or poses. According to the latest research, performing mindfulness yoga for ten weeks can help decrease depressive symptoms in high-risk women. It can also boost feelings of bonding between the mother and her unborn child. Dr. Maria Muzik, M.D., an assistant professor of psychiatry at the University of Michigan, said, "Research on the impact of mindfulness yoga on pregnant women is limited but encouraging. This study builds the foundation for further research on how yoga may lead to an empowered and positive feeling toward pregnancy."

Eighteen women who were between 12 and 26 weeks pregnant are included in the study. These women were considered at high psychiatric risk from their scores on the Edinburgh Postnatal Depression Screen. The women underwent ten weeks of 90-minute sessions of mindfulness yoga.

In line with the research, the team of researchers noted the antidepressant medications that the women are taking to treat their depressive symptoms during pregnancy. They noted that a number of women are hesitant to receive the treatment because they are concerned that it will harm their child. Because of this, Dr. Maria Muzik believes that it is critical to develop feasible alternatives for treatment.

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